



Experience the essence of the Spice Islands. In days past, Zanzibar was known for exporting aromatic cloves, vanilla, nutmeg and cardamom across the Indian Ocean to the world. Merchants introduced the spices from Far East Asia and South America and they flourished in the tropical climes. The island is still heavily perfumed with them today. As you walk through the spice farm with your guide, smelling and tasting, you can try to guess the spices from crushed leaves, fruits and freshly cut shoots of the plants. The guides will also explain the origins of each spice, teaching you their history and use in Swahili food and

medicine. Depending on the season, you can find anything from vanilla, cardamom, cinnamon, nutmeg, turmeric, lemon grass, cloves, ylang-ylang, coriander, pepper, tamarind, chilli and tropical fruits including pineapple, jack fruit, custard fruit, star fruit and many others.

After your tour of the spice farm, the spice markets where you can purchase pure spices to take to the Zanzibar Serena Inn. Here the expert chefs will teach you to create traditional dishes from the Swahili kitchen. Cooking lessons can also be arranged on the sandbanks, so you can learn the secrets of Swahili cui-

sine as you watch the dhows fishing for their catches besides your simmering and spicy pot.

Advisable

- Suitable for individuals, couples and groups
- Comfortable closed walking or hiking shoes and pants
- Sun hat and sunscreen