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TIME IN**

**INDIA,
CALIFORNIA,
JAPAN,
CURAÇAO,
GREECE,
& BEYOND**

PLUS

**20 TRIPS
WORTH
SAVORING**

THE

*Slow
Travel*

ISSUE





THE
BUSY
PERSON'S

GUIDE

TO
Slow
Travel



Though the term is everywhere right now, “slow travel” is no fleeting trend. Instead, it’s a sensibility, an approach—and there isn’t just one way to do it. Some tips for getting into the mindset: Prioritize depth over breadth when planning a trip, stay longer in one place, and leave plenty of breathing room in your itinerary. Here are 20 journeys grouped by focus—nature (p.52), arts and culture (p.56), adventure (p.60), food and drink (p.64), health and wellness (p.68)—that will inspire you to dig in and make real connections to a place and the people who live there.

by Ellen Carpenter · Illustrations by Elizabeth See

Food & Drink



DIG INTO CULINARY TRADITIONS IN THE LOWCOUNTRY

For a deep dive into the history and hospitality of the coastal American South, book the seven-day “Charleston and Savannah: Lowcountry Culture & Cuisine” customizable getaway by private tour company Kensington. After checking into Charleston’s French Quarter Inn, stroll through the pastel-hued streets of South Carolina’s oldest city on a walking tour, tasting some classic Lowcountry dishes—shrimp and grits, she-crab soup—and visiting acclaimed restaurants Husk and the Ordinary. Head south to Georgia to check into the chic Hotel Bardo and dine at restaurants such as the Grey, from James Beard Award–winning chef Mashama Bailey, and the historic Olde Pink House, then learn the ropes yourself with a private cooking class. Between meals, wander at your own pace between Savannah sites: secret gardens, moss-draped squares, and the hauntingly beautiful Bonaventure Cemetery. kensingtontours.com



BECOME A WHISKY EXPERT IN SCOTLAND

Go beyond the standard distillery circuit with an itinerary from Scottish outfitter Away from the Ordinary, which designs bespoke trips shaped for your pace and palate. Founder (and whisky enthusiast) Aeneas O’Hara brings deep knowledge and industry relationships that real scotch lovers will appreciate. Head into the Highlands for a stay at the 26-room Craigellachie Hotel—home to the Quaich Bar, a 130-year-old icon with a collection of more than 700 single malts—and private tastings at Macallan and Brora distilleries. Or spend time dropping in to Edinburgh’s best whisky bars, then continue to Perthshire via private driver, stopping on the way for a blending class at Glengoyne and ending the day with a meal at Glenturret, home to the world’s only two-Michelin-star distillery restaurant. If the islands are calling, answer with a chartered boat to Islay, where peat and sea air shape every dram. awayfromtheordinary.com

This page: To qualify as scotch, a whisky must be produced in Scotland, made with malted barley, and aged for at least three years. *Opposite page:* At Savannah’s the Grey, chef Mashama Bailey serves meticulously crafted comfort food inside a renovated 1930s-era art deco bus depot.





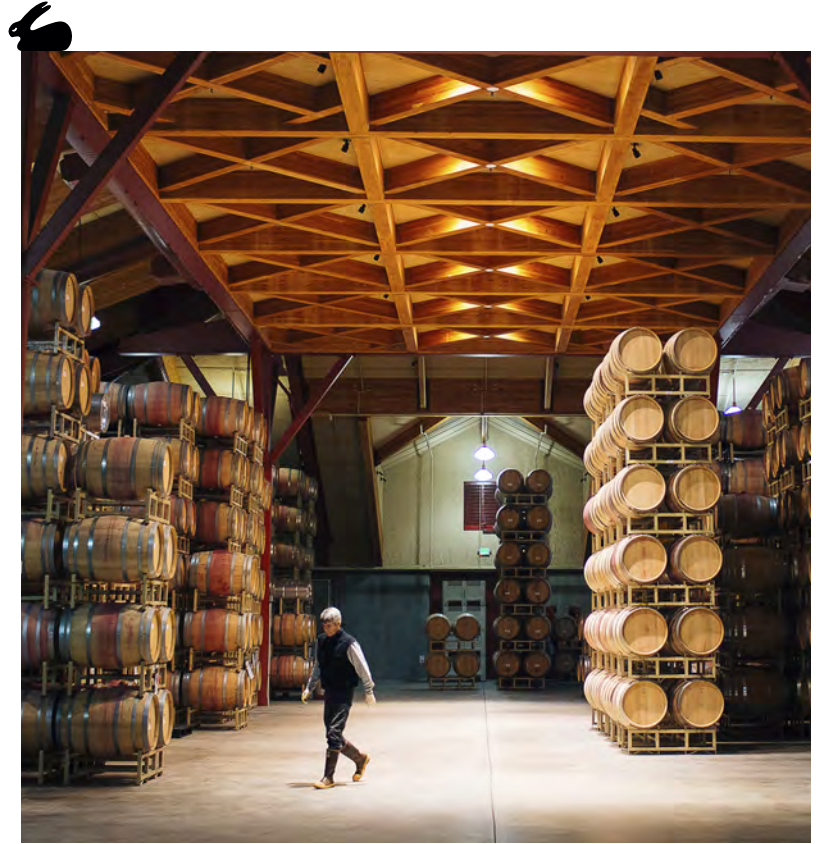
CRUISE ATLANTIC FRANCE WITH A CELEBRATED CHEF

Windstar, the official cruise line of the James Beard Foundation, partners with Gabriel Kreuther for its “French Feast: Normandy, Brittany, and Aquitaine” itinerary, a seven-day August sail aboard the 156-suite *Star Legend*. Travelers will sit down for a dinner prepared by the Alsace-born chef—whose eponymous New York City restaurant has two Michelin stars—and join him for a market tour and cooking demonstrations. You’ll start in Rouen, the capital of Normandy, making stops in Honfleur, St.-Malo, Guernsey, Lorient, and Bordeaux. Shore excursions emphasize local culture: Sample briny bivalves at an oyster farm in Cancale or enjoy a traditional Breton tea at the medieval Josselin Castle, one of the region’s grandest. windstarcruises.com

Clockwise from top left: In French cities such as Bordeaux, market shopping remains a central part of the culinary culture; Cakebread Cellars, a major player in the 1970s Napa renaissance, was founded when Jack and Dolores Cakebread bought some land on a whim (they were in the area while Jack, a photographer, was on assignment); Stag’s Leap Wine Cellars helped bring California wines to the world stage when, in 1976, its cabernet sauvignon beat out France’s best bordeaux in a historic blind tasting in Paris.

DISCOVER NAPA’S BOUNTY ON TWO WHEELS

The private, request-only “Napa Valley Villa Bike Tour” from DuVine—which curates cycling journeys that foreground superb food and wine—is more about immersion than mileage. You’ll spend a week savoring one of the world’s great growing regions, cycling scenic back roads to some of the valley’s most famous wineries (such as Cakebread and Stag’s Leap) with private tastings and picnic lunches along the way. Some days trade pedaling for hiking, cooking classes, spa visits, or canoeing on the Russian River in neighboring Sonoma County. In the evenings, your group dines at the area’s treasured restaurants—perhaps Press, in St. Helena, which has a Michelin star—before heading back to your exclusive-use villa. duvine.com



CLOCKWISE FROM TOP LEFT: DONALD THOREBY/SHUTTERSTOCK; ALEXANDER RUBIN; COURTESY OF STAG'S LEAP WINE CELLARS

