

DEPARTURES

— Travel —

The Best Food Tours Around the World

By [Valentina Valentini](#) on June 20, 2018

These foodie havens have culinary tours worth planning a trip around.



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If there's one way to a tourist's heart, it's through their stomach. Food tours have become increasingly popular in cities the world over, with companies pumping them out and creating somewhat of a homogenized experience. If it's the lesser-known establishments, the mom-and-pop shops that you're seeking, these nine tours will get you there. Some specialize in smaller groups and all focus on locally owned businesses, helping to bring tourists into parts of town or eateries they might not necessarily have found on their own.



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Spade & Palacio Tours, Montreal

Montreal has fast been growing as a northeast foodie destination in the Americas over the last decade, rivaling even that of [New York City](#). Locals and owners of [Spade & Palacio Tours](#) started their boutique company after realizing that their social calendar was usually filled with the local eatery hot spots throughout the city. Specializing in small group tours, S&P shows the other side of eating in Montreal — the meals beyond the “big three,” as they call it: poutine, bagels and smoked meats. Instead, you’ll stop by places like Los Planos, a pupuseria in the city’s Petite Patrie neighborhood. You’ll revel in all the stalls at Le Marche Jean-Talone — the market with the most producers in all of North America — which opened in the 1930s as a way to fight the recent depression — and you’ll taste sustainable iced coffee from Dispatch, a coffee brewing company started by women via a Facebook group. *From \$65 per person.*