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# Discover Lagos Through its Flavors: Food & Market Tour



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0 User Reviews

🕒 Half Day  
(Duration: 3hrs - 3hrs 30mins approx.)

📍 Lagos

€ On Request Best Rate

Get ready to immerse yourself in the essence of Lagos through its flavours! Join us on our Food & Market Tour as we take you on a gastronomic journey. From exploring the local market to tasting authentic dishes at the best traditional spots, you will experience Lagos like a true local.

### Highlights

- Experience Lagos like a local with a **friendly and knowledgeable guide**
- Discover a **rich variety** of flavours and traditions
- Uncover **hidden taverns** that serve **mouth-watering local delicacies**
- Visit and explore a **local Algarvian market**

## General Overview

**Country:** Portugal  
**Region:** Algarve  
**City:** Lagos  
**Duration:** Half Day (Duration: 3hrs - 3hrs 30mins approx.)

**Type:** Private Half Day Tours  
**Theme:** Food & Wine Tours  
**Group Size:** 2 - 12 People  
**Price from:** €

## Introduction

### Lagos Food and Local Market Gastronomy Tour

If you are looking to experience **Lagos** like a local and savour its essence, then this gastronomic experience is tailored just for you. Embark on a food tour with a friendly and knowledgeable guide who will lead you around this wonderful coastal town. Lagos has a **rich variety of flavours and traditions** waiting to be explored. With your guide, you will walk through the streets where families and friends gather to indulge in some of the most emblematic dishes of this seaside gem.

Your journey begins at the **local market**, a bustling hub where the **agricultural and fishing heritage** of the region comes to life. Here, you will uncover the stories behind the ingredients that will soon grace your palate. Before you take a bite, you will get to know the fascinating history and preparation methods behind each dish. As you make your way to the local fishing port, you will catch a glimpse of the **fishing traditions** that have shaped this community. The salty breeze carries with it the tales of generations of fishermen, and you will be captivated by their legacy. Your adventure takes a turn into the uncharted backstreets of Lagos, revealing hidden taverns that serve as the beating heart of the town. Here, you will have the opportunity to sample some of the most **mouth-watering local delicacies**. Be prepared to be amazed by the freshness of the

ingredients and the unique cooking techniques that have been cultivated over centuries of cultural fusion. This foodie experience is not just about satisfying your taste buds; it is also a gateway to understanding the history and culture of Lagos. You will explore authentic neighbourhoods, connect with locals, and gain insight into what it is truly like to live in this charming coastal town.

## A Coastal Idyllic Destination in the Algarve

Situated on the picturesque **Portuguese Algarve coast**, Lagos is a captivating town that attracts travellers with its **extraordinary rock formations, stunning beach coves**, and the **crystal-clear waters of the ocean**. Its quaint cobbled streets are flanked by **white washed houses**, where you will find **souvenir shops, surf boutiques**, and an abundance of **inviting restaurants and cafes**. You will also uncover a wealth of cultural attractions, including **historic forts, churches**, and **museums** that reflect the town's maritime history.

If you are eager to embark on a cultural and culinary voyage, join this tour and your way through the narrow streets of Lagos, experiencing its past and present, one delicious bite at a time.

### Day by day itinerary

DAY 1:

#### LAGOS

- Meet your English Speaking Guide in front of the main entrance of "Mercado Municipal de Lagos"
- The perfect food tour to experience the Algarvian gastronomy!
- Petiscos and wine at selected spots in Lagos.
- This tour will make you feel like a local and eat like one. Your guide will be a friend and host who will take you to the places where families and friends gather to have some of the most typical dishes of this coastal town. We'll be visiting the local market to learn about the agricultural as well as the fishing tradition of the area. Before you taste anything, you will be learning all about it.
- Get a glimpse at the local fishing port before you head into the back alleys of unexplored Lagos on route to some of the hidden taverns at the heart of the town. You'll be encouraged to try some of the best delicacies and be surprised both by the freshness and the way of cooking that hundreds of years of mixed culture brought to the Algarvian tables.
- Eating your way around the small streets of charming Lagos is also one of the best ways to learn about its history and culture as you will be visiting authentic neighbourhoods and getting to know how it is to live there today.
- End of the tour and make your own way back to your hotel.

**L**

END OF FOOD TOUR

### Included

- English-speaking Food Expert Guide.
- Visit of Lagos city centre & Interpretation of the Local Market.
- **(L)**: Lunch consisting of Tapas (Petiscos) at 2 local taverns with drinks.

- Local taxes.

## Excluded

- Transportation not specified in the itinerary.
- Meals not specified in the itinerary.
- Guided Tours not specified in the itinerary.
- Any other expenses not mentioned in the itinerary.
- Gratuities to Drivers & Guides (Not mandatory but given if you have enjoyed the service).

## Pick up

- Hotels or apartments within city limits
- Airport
- Train Station
- Bus Station
- Cruise Ship Port
- Other locations on request at time of booking

## Drop off

- Hotels or apartments within city limits
- Airport
- Train Station
- Bus Station
- Other locations on request at time of booking

## Cancellation policy

- Up to 48 hrs before: **Fully Refundable**
- Under 48 hrs : **100% Non-Refundable**

## Map

