



FOOD MILEAGE

Catch up on the latest openings, eats and reads around the world with travel editor Rhiannon Batten



3 GREAT SEPTEMBER FOOD HAPPENINGS



Liverpool's Sefton Park will turn into a foodie playground on 16-17 September when **Liverpool Food and Drink Festival** rocks up with chef demos, masterclasses and pop-ups of some of the city's best restaurants. liverpoolfoodanddrinkfestival.co.uk

Local volunteers have helped to bring Porlock's oyster stocks back to healthy levels, a fact that **Exmoor Oyster Festival** will be celebrating at Porlock Weir on 30 September-1 October. Try them yourself at food stalls manned by local chefs. porlockbayoysters.co.uk

The Good Life Experience, in North Wales (15-17 September), promises good music and good food. Chefs Gill Meller and Thomasina Miers will be leading individual campfire cooking sessions. thegoodlifeexperience.co.uk

FLY

America's Pacific Northwest food hubs, Seattle and Portland, become easier to reach from southern England on 17 September when low-cost carrier **Norwegian** launches direct flights to Seattle from Gatwick Airport.

British Airways and Virgin Atlantic already fly direct to the caffeine-soaked city from Heathrow, while Delta flies direct from Heathrow to Portland, but Norwegian's flights are likely to make reaching both cities a whole lot more affordable; the year-round service will operate four times a week with fares starting from £199 each way. Book now to travel next July and coincide with the city's annual Bite of Seattle food festival. norwegian.com



TOUR

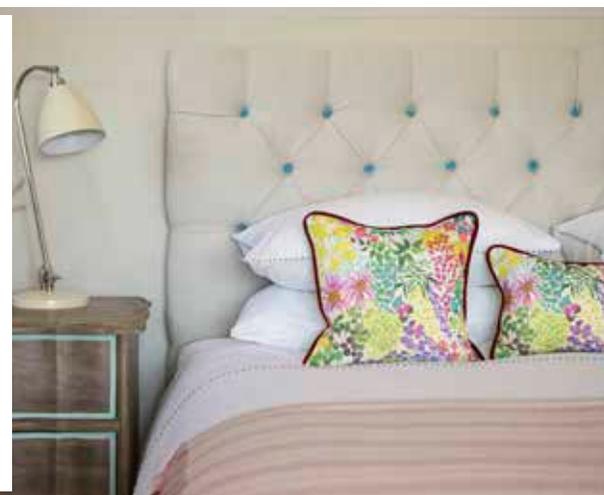
Wellness breaks don't have to mean week-long trips to idyllic but secluded locations. Zurich's forward-thinking **Marktgasse Hotel** has recently launched packages designed to allow guests to get their fitness fix during a regular city break.

The two-night packages cost from £511 per person and include breakfasts of chia seed bowls and rainbow salads at the hotel's all-day café, Delish; dinners of tuna steak with fava beans or chicken with Asian salads at the hotel's restaurant, Baltheo; and a programme of bike rides, yoga classes and lido swimming in between. Time for sightseeing, a pit-stop at a local juice bar and a round of experimental cocktails at the hotel bar (botanicals are healthy, right?) are also included, while bespoke fitness classes can be added on. marktgassehôtel.ch

STAY

One of **olive's** favourite Scottish b&bs, **The Spoons**, on Skye, closed this year, but that doesn't mean it's off limits to guests – it's just been converted into a luxurious self-catering property, sleeping two. Hosts Marie and Ian provide a fridge full of produce to get visitors started, including pies from the Skye Pie Café, Isle of Skye Baking Company bread, yogurt, granola, fresh fruit, Orbest sausages and bacon, and a bottle of prosecco.

If that leaves you hungry for more local cooking, look up our guide to the island at olivemagazine.com. It recommends all the best places to eat, including hip Scorrybreac and classic destination restaurant The Three Chimneys. thespoonsonskye.com



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