Pampered in Prague and the spa town of Marienbad

BY BEVERLY MANN

Enjoying your meal is certainly part of dining—just as it is part of travel. In the past, people had to find something edible, and if it was a rare delicacy, it was often considered a treat. Nowadays, we have the luxury of choosing what to eat, and this choice can be a significant part of our travel experience. I am often inspired to try something new, whether it’s a local cuisine or a new dish. For me, food is not just about nourishment; it’s about culture, tradition, and even history. It can be a way to connect with the local people and experience their way of life.

About one month ago, I went on a vegan camping trip for a few weeks in Canada, and I was surprised by how delicious the meals were. We had to plan our meals in advance, but having the opportunity to try new things was refreshing. We ate a lot of beans, lentils, and tofu, which were good sources of protein and fiber. I also enjoyed trying new vegetables and fruits that I hadn’t had before. It was a great way to challenge my palate and expand my culinary horizons.

The consummate traveler: The trials of travel and diet

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