



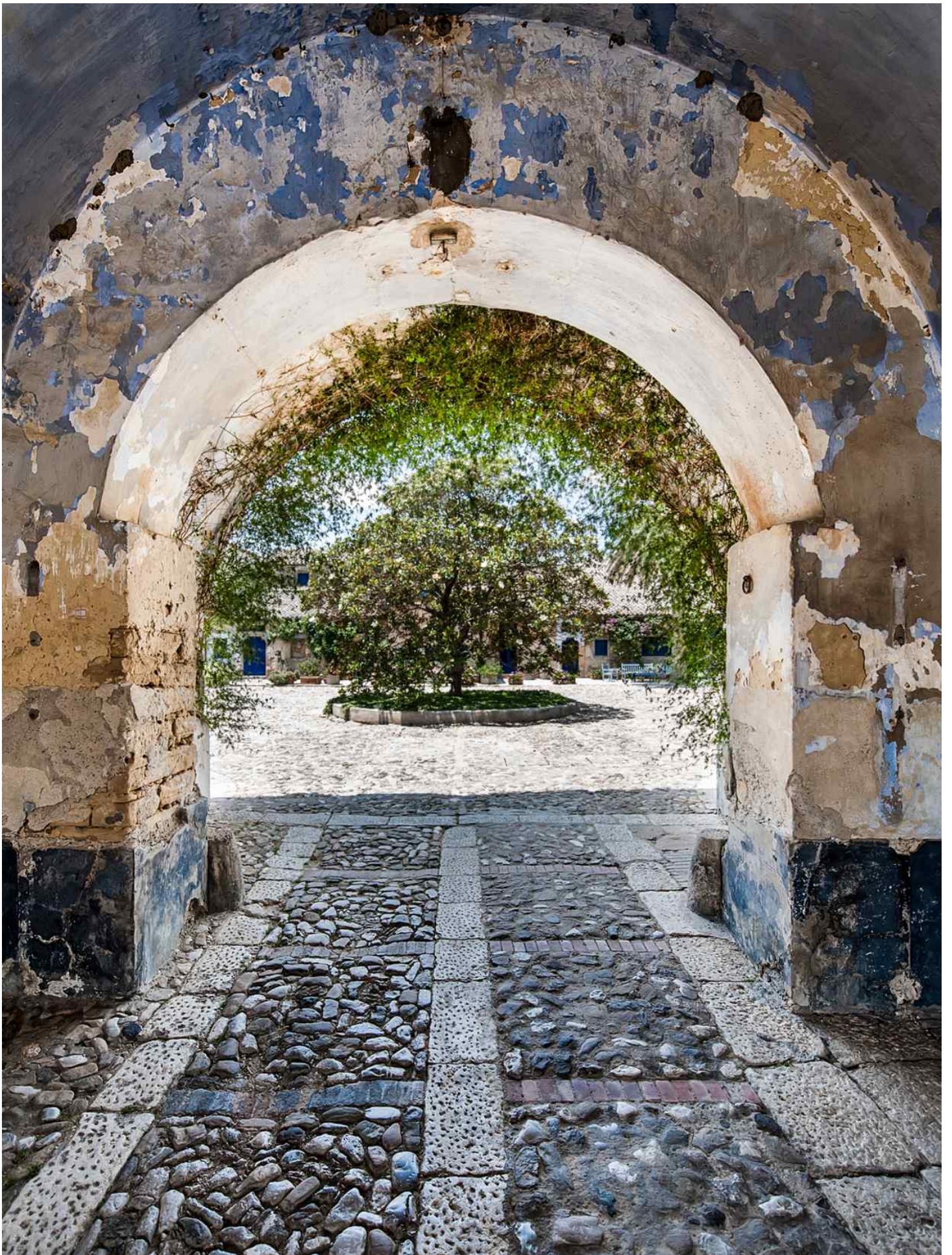
TRAVEL / DESTINATIONS

Welcome to “slow” – the future of travel

As we grow ever aware of our eco footprint, travel editor Maria Shollenbarger finds new ways to wander more mindfully



Guests can ride purebred Lusitanos across Finca La Donaira’s 1,750-acre estate | Image: Anna-Maria Indra



“Even in a place like **Paris**, you can still have a meaningful experience this way. It’s about doing it with the right person,” Prior notes. “I recently sent a couple – worldly, travelled people – on a walk around the city, with a super-hot young **chef**, to all the **food** stalls and shops and producers he himself frequents. The charcutier, the butter and cheese maker, the baker. It’s a baseline example – how do you elevate a picnic-in-Paris fantasy someone might have? It’s such a simple way in, but made super-local and a bit magical.”

That intersection of food, people and place is the apotheosis of slow. And it’s where the real visionaries are busying themselves, with immersive experiences that require serious commitment from travellers. At La Donaira in **Spain**, for instance, there are opportunities for four to eight volunteers at a time to reside on the property for several months, engaging with anything from working in the medicinal gardens to picking olives, and bedding down, if you care to pay the rates, in one of the finca’s exquisitely tasteful suites (think standalone copper bathtubs, Moroccan *beni ourain* rugs, limed ceiling beams).



Another is in Sicily's severely beautiful interior, at Tenuta Regaleali, the 1,200-acre estate owned by the Tasca d'Almerita winemaking family. The late Anna Tasca Lanza founded a famous cooking school here in the late '80s; when she passed away in 2010, her daughter, Fabrizia Lanza, inherited the mantle. She has spent years deepening the remit, putting her own personal passions – sustainable food production and agricultural heritage – into the mix. This has culminated in Cook the Farm, a two-month-long apprenticeship that sees its participants make cheese, prune vines, shadow a shepherd in the hills for a day, grind wheat and visit olive mills and butcheries, to name a few of the very hands-on activities. They spend a day with Lanza's cousin [Alberto Tasca d'Almerita](#), CEO of Tasca d'Almerita, and his winemakers to learn about his horizontal sustainability protocols, which have been adopted as a benchmark by Italian winemakers, and to taste his award-winning wines. And they eat – honest, wholesome food that they have prepared together.

As of 2019, 42 people have travelled from as far away as Singapore, Australia and Brazil to be part of Cook the Farm. That's undeniably a lot of jet fuel – but what they're doing on the ground, Lanza reckons, more than mitigates that output. "This kind of immersion gives real value to our travels. People come to do Cook the Farm to learn about Sicilian food culture. But we're also giving them tools, a compass, for both good taste and a better food system where they live. We're helping them learn to ask the right, or at least intelligent, questions."

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Last month, Lanza began offering week-long Cook the Farm immersions – abbreviated but intense opportunities for those who can't take two months away from their lives to dip into various aspects of the experience. And spring 2020 will see the launch of its first satellite, on the Aegean coast of [Turkey](#). Lanza hopes eventually to have a network of outposts in every European Mediterranean country, diffusing her message of preservation, education and communal pleasures as old as time. But no rush; she knows the value in taking it slow.