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A TASTE OF LOS CABOS
*Hotels & Resorts Offer Guests an Impressive Menu of
Interactive Culinary Experiences*

Los Cabos, Mexico (October 27, 2009) – Los Cabos is home to the world’s most sought after golf courses, most luxurious spas and the most exclusive resorts, but one of the destination’s biggest attractions remains the impressive array of culinary delights. With exciting restaurants and award-winning chefs, even the most discerning palate will be impressed by the delicious cuisine and tantalizing flavors offered at “Land’s End.”

Travelers to Los Cabos may further explore the destination’s delectable gastronomy by participating in any of the numerous interactive and personalized culinary programs offered. From wine tasting events to cooking classes, the following select Los Cabos hotels and resorts offer a unique way for travelers to experience the gastronomy of Baja Sur:

One of the newest resorts in Los Cabos, **Capella Pedregal**, offers guests an exclusive look into a “day in the life” of an Executive Chef. This exciting one-day cooking class, allows guests to accompany the chef as he shops at the local farmers markets and meets the fisherman at the pier with their daily catch. Following this, guests will return with the chef to the resort’s hacienda style kitchen and learn how to prepare ceviche with the fish bought at the pier that same morning while enjoying a delicious breakfast and lunch. For those looking to immerse themselves in an authentic cooking experience, Capella Pedregal also offers a three-day cooking class, focusing on the regional cooking which highlights the flavor and techniques of Mexico. As part of the three-day cooking class, guests learn how to make salsa, classic Mexican dishes and traditional desserts. Lunch is provided each day along with a personalized chef jacket to commemorate the experience. The one-day class is \$70 per person and the three-

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day class is \$200 per person plus tax and gratuity. For more information, please visit www.capellahotels.com.

Fiesta Americana Grand Los Cabos Golf & Spa Resort is home to one of the most unique spas in all of Mexico, the SOMMA WineSpa. Devoted to life, serenity and longevity, the resort has paired their exclusive wine-based spa treatments with a special wine tasting that takes place every Wednesday, Friday and Saturday. Guided by the resorts' Sommelier, the tasting takes place on the wine spa's expansive terrace and includes four Mexican wines that are each paired with signature canapés. The SOMMA WineSpa tasting is \$36 per person and includes tax and gratuity. For more information, please visit www.fiestamericanagrand.com.

Guests can learn the secrets of the award-winning cuisine of **Las Ventanas al Paraiso** by participating in cooking classes with the resort's chefs. This one-hour lesson is held every Saturday in the open-air demonstration kitchen located in the property's herb garden. Chef Fabrice creates a different menu each week, and the dishes he prepares are then served to participants for lunch. Cooking class price is \$110 per person plus tax and service fee. Also available at Las Ventanas are tequila lessons, which take place every Tuesday and Friday. Specially trained "Tequileros" teach guests about different types of tequila, the distillation process, and the appropriate way to drink it. The price for the tequila lessons is \$75 per person plus tax and service fee. For more information, please visit www.lasventanas.com.

One&Only Palmilla takes guests on a cultural journey with a choice of three interactive culinary experiences. Take part in a cooking class with famed Chef Larbi Dahrouch and learn how to create his renowned Mediterranean cuisine. For \$120 per person, lunch includes a pairing with wine from the resort's 700-bottle cellar with wines from around the world as well as local options. Sample Mexico's most famous spirit – tequila - with a tasting of eight varieties from different regions. Served with canapés, this tasting will give guests a true sense of Mexico. Guests can also sample six sakes along with canapés while learning about the sake production and the different categories. Both tastings are \$50 per person. For more information, please visit www.oneandonlyresorts.com.

Pueblo Bonito Sunset Beach offers guests a variety of classes where they can get involved in the making and tasting of their own food and drink. With three bars located within the resort, guests can taste and make drinks with tequila tasting, available for \$25 per person. Also available are complimentary Mexican wine tastings as well as mixology classes, where guests can learn to make their own tasty creations, offered for only \$5 per person. For guests interested in how to re-create the colorful cuisine they enjoyed during their stay, there are two cooking classes hosted by the Sunset Beach chefs. For \$100 per person, guests can watch Chef Antonio de Livier of La Frida Restaurant create his signature dishes and enjoy the menu afterwards or enjoy the fresh seafood of Los Cabos with a Japanese flair as they take part in Chef Kata's sushi making lessons and sake tasting for \$75 per person. For more information, please visit www.pueblobonitosunsetbeach.com.

The Westin Resort & Spa's "Westin Unwind" experience takes place each evening, featuring the tastes, sights and sounds of Los Cabos. Each night, at the hotel's fire pit, guests can enjoy tequila tastings, tips on mixing margaritas and lessons on *damiana*, an herbal-infused Mexican liqueur, while enjoying taquitos and guacamole. This complimentary program is available to all guests and encourages them to socialize, make new friends and create a special memory during their vacation. For more information, please visit www.westin.com/loscabos.

Families, honeymooners, mature travelers, golfers, eco-tourists, artists, photographers, sightseers and others find what they are looking for when they visit Los Cabos. Located at the southern tip of Mexico's Baja Peninsula, Los Cabos offers travelers an exotic escape within easy reach of most U.S. cities.

With non-stop flights or convenient connections available from Atlanta, Chicago, Cincinnati, Dallas/Fort Worth, Denver, Detroit, Houston, Kansas City, Missouri; Las Vegas, Los Angeles, Minneapolis, New York/Newark, Oakland, Phoenix, Portland, Sacramento, Salt Lake City, San Diego, San Francisco, San Jose, California, Seattle and more, Los Cabos is both accessible and exciting. For more about Los Cabos and a copy of its informative travel planner, call 1-866-LOS-CABOS or visit www.visitloscabos.travel.

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