

# The Festival of London with the Royal Society of Medicine 'Gourmet London' Tour 28 – 31 October 2021



Borough market (Max Van Den Oetelaar, Unsplash)

Prepare your taste buds for a weekend of gourmet delights, including gin tasting with botanical cold distillers, the Griffiths Brothers, and rare champagne tasting with musical accompaniment with the Principal Flute of the London Symphony Orchestra, Paul Edmund Davies. Enjoy lunch at Randall and Aubin, an Anglo/French brasserie, and hear about the history from head chef and owner Ed Baines. Travel to Hackney Marshes

to join a professional forager to learn the art of foraging, explore Billingsgate Market, the UK's largest inland fish market, on an exclusive guided tour, and browse Borough Market, one of the largest and oldest food markets in London. Enjoy a walking tour around Marylebone Farmers' Market, trading in seasonal foodstuffs from artisan and local producers.

To book or find out more, contact us on:

Tel: +44 (0) 207 223 9485 / 5618

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## Day 1: London (Thur, 28 Oct) **D**

### Foraging, Gin & Tonic and Dinner

**Pm:** Check into Domus Medica at the RSM. Travel to Hackney Marshes to join a professional forager to learn the art of foraging and to discover the vast range of wild edibles lying all around us. Sample a huge range of pre-made wild food tasters from pickles to jams, chutneys, syrups, flavoured salts, alcohol infusions and much more.

**Eve:** Pre-dinner gin and tonic tastings with Griffiths Brothers. Welcome dinner at the Royal Society of Medicine.

## Day 2: London (Fri, 29 Oct) **B L**

### Markets and Seafood

**Am:** Start the morning bright and early with an exclusive guided tour and breakfast at Billingsgate Market, the UK's largest inland fish market. Continue to Borough Market, one of the largest and oldest food markets in London, with a market on the site dating back to at least the 12th century.

**Pm:** Visit Randall and Aubin, an Anglo/French brasserie that specialises in seafood for an early lunch. Hear from head chef and owner, Ed Baines, about its roots as a Victorian butchers' shop to finding itself at the epicentre of Soho's gentrification. Gentle afternoon walking tour through Soho, discovering the history behind its diverse culinary scene, passing the site of

a former pickling factory and brewery that exploded.

**Eve:** Optional dinner near Domus Medica.

## Day 3: London (Sat, 30 Oct) **B D**

### Chocolate, Cheese and Champagne

**Am:** Start the morning with a food walking tour of Mayfair and Marylebone, sampling the delights of cheesemongers and chocolatiers alike.

**Pm:** After lunch participate in a rare champagne tasting session, '*Flutes and Flutes*' with Paul Edmund Davies. Paul was Principal Flute of the London Symphony Orchestra for 20 years. For five years he held the same position in the Philharmonic Orchestra, completing his orchestral life with two-and-a-half years at English National Opera.

**Eve:** Farewell dinner at The Grazing Goat.

## Day 4: London (Sun, 31 Oct) **B**

### Urban Farmers

**Am:** Conclude the tour with a morning walk through Marylebone Farmers Market, a Sunday street market trading in seasonal foodstuffs from artisan and local producers.

### Optional Meal

On the second night we can arrange a dinner close to the Royal Society of Medicine.

**All itineraries are subject to change according to local conditions.**

Billingsgate Market (Jonathan Noack, Unsplash)



Foraged damsons (Annie Spratt, Unsplash)





Randall and Aubin (top); A stop on the gourmet walking tour (above)

## Tour Leader

**Janice Liverseidge** was previously a Director of Membership at The Royal Society of Medicine and is now a full-time guide and in her spare time a trustee of both the Royal Medical Benevolent Fund, the London Handel Festival and la Nuova Musica. She is also a registered Blue Badge tourist guide and regularly leads groups in London on medical history walks, tours of the Wellcome Collection and other healthcare locations plus provides music and art tours for specialist art groups and U3As. Janice has the Visit Britain "Good to Go" Industry standard demonstrating that she has shown her compliance with government and industry COVID-19 guidelines and has a Risk Assessment in place.





The Royal Society of Medicine

## RSM Festival of London

To coincide with the 170th anniversary of *The Great Exhibition* and the 70th anniversary of *The Festival of Great Britain*, join Jon Baines Tours and the Royal Society of Medicine for three different themed long weekends in 2021. **Only 20 places available on each.**

### The weekends are:

**Secret London** (24 – 27 September)

**Gourmet London** (28 – 31 October)

**Shopping London** (10 – 13 December)

## BOOK NOW!

Call: 0207 223 9485 / 5618,

Email: [info@jonbainestours.co.uk](mailto:info@jonbainestours.co.uk),

or book online [HERE](#).

## Hotel

**Domus Medica** is located on the first floor of the RSM on the corner of Wimpole Street and Wigmore Street in Marylebone. This stylish and comfortable hotel has 47 en suite and climate-controlled bedrooms. They feature ample desk space, a flat-screen TV with Freeview, tea and coffee making facilities, bottled water, a room safe, complimentary Wi-Fi and Noble Isle toiletries. Guests can enjoy continental breakfast included in their stay and are welcome to dine and relax in the restaurant and lounge bar.

**The cost of the tour for RSM members is £780 pp sharing.**

**The cost for non RSM members is £830 pp sharing.**

### The cost includes:

- Three nights' accommodation in double or twin-bedded rooms in Domus Medica

**The single room supplement is £156.**

**The cost of the tour without accommodation for RSM members is £575.**

**The cost of the tour without accommodation for non RSM members is £625.**

- Tour leader (Janice Liverseidge)
- Breakfast daily
- Travel in private transport
- Dinners at the Royal Society of Medicine and the Grazing Goat, lunch at Randall and Aubin, gin tasting with Griffiths Brothers and private rare champagne tastings with Paul Edmund Davies
- A full programme of visits, walks and talks
- Specially arranged visits and specialist guides/speakers
- Admission fees throughout
- VAT

### The cost excludes:

- Travel (public transport and / or taxis at customers expense)
- All personal extras such as laundry and drinks and meals not mentioned
- All optional excursions, tours and visits