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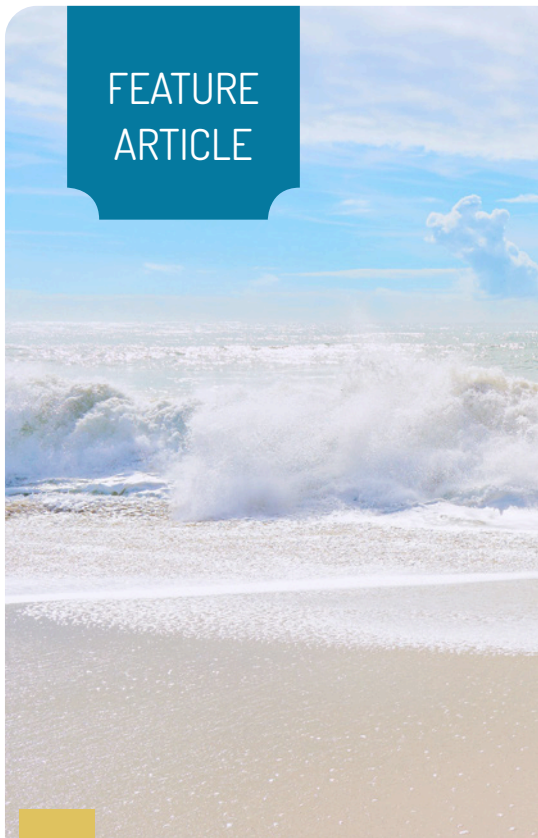
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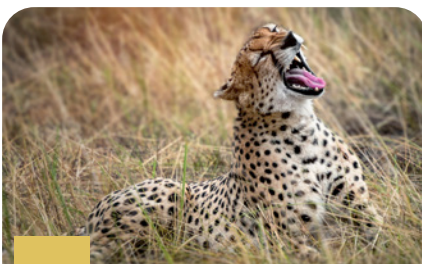
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MARCH

The Month That Awakens

March does not arrive abruptly. It doesn't throw the doors open or announce itself loudly; instead, it nudges them ajar and lingers for a moment on the threshold.

The world is still marked by winter, yet a movement appears that cannot be ignored. Light stays a little longer, the air carries a different scent, and the landscape—still restrained—begins to signal that change is inevitable. March is a month of awakening, not of explosion. It is a transitional time, when things are only just beginning to decide themselves.

After the quiet of January and the depth of February, March feels like a first breath. Not fully confident yet, still slightly cautious, but already unstoppable. It is the month when the world starts opening itself to the senses again. Taste returns, scents become legible, colors slowly emerge from beneath winter's surface. This is not spring in its full expression, but its promise—and it is precisely this promise that makes March exceptional.

In travel, March holds a distinctive position. It is not yet a season, but no longer outside of it. Cities are not trying to impress, the countryside moves at its own pace, and the landscape is not prepared for an audience. For the traveler, this is an ideal mo-



ment—a time to move without pressure, to observe without expectations, to taste the world in its in-between state. March does not offer finished images. It offers process.

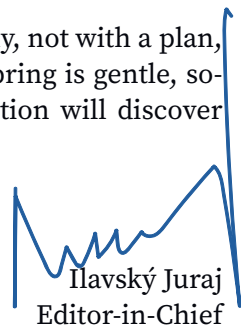
Awakening is not only visual; it is physical. After months of retreating indoors, the urge appears to step outside, to walk without a clear destination, to sit on a bench that only weeks ago felt inhospitable. The flavor of the world returns slowly—through simple meals, the first seasonal ingredients, a glass of wine enjoyed in light that feels different from winter’s. March does not teach us to speed up. It teaches us to feel again.

The mood of the landscape shifts as well. Fields are still bare, trees still without leaves, yet there is tension in their quiet—not unrest, but anticipation. This state of “between” is essential to March. It is not a month of goals, but of directions. Things have not yet fully begun, but they can no longer be stopped. And it is in this openness that March finds its strength.

This issue of Travelista moves precisely within that space. It does not celebrate spring; it senses its arrival. It follows the taste of the world before it becomes familiar. It looks at places where spring reveals itself through food, landscape, and everyday life. At cities that are still preparing for the season. At movement that is not performance, but a response to changing light and air.

March is not a month of major decisions. It is a month of subtle shifts—and those are often the most lasting. At this time of year, the world awakens not because it must, but because it is ready. Without pressure. Without noise. Without the need to prove anything.

We invite you to step into this movement. Not quickly, not with a plan, but with open senses. The taste of the world before spring is gentle, sometimes barely perceptible. Yet those who pay attention will discover that it is in March that the world tastes most true.



Ilavský Juraj
Editor-in-Chief



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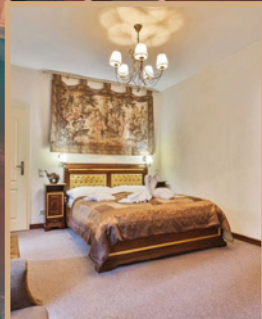
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DESTINATIONS THAT TASTE BE IN SPRING

Spring does not arrive everywhere in the same way. In some places it announces itself with an explosion of color, elsewhere through a subtle change in light and the scent of the air.

S EST

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Yet there are places where spring is felt first not by the eyes, but by taste. In food that simplifies after winter and, at the same time, comes back to life. In markets that fill again with local produce. In kitchens where the season is not declared by the calendar, but by the first herbs, young wine, or olive oil from the most recent harvest. These are the places that taste best in spring.

Spring travel carries a particular sensuality. It is not yet overloaded by the season, but no longer closed into a winter mode. The world exists in between—and in this transitional state, food gains exceptional power. After months of dense flavors, preservation, and slowness, the palate softens. Fewer layers, more essence. Spring does not teach us to eat more, but to eat more attentively.

SOUTHERN EUROPE: WHEN THE KITCHEN BREATHES AGAIN

The Mediterranean in spring operates in perfect balance. It is not yet hot, not yet crowded, and locals cook primarily for themselves. In Italy, spring begins with simple dishes. Young vegetables, artichokes, the first asparagus, herbs appearing at markets without being labeled as seasonal highlights. Rome, Naples, and smaller southern towns offer a cuisine that, in March and April, sheds heavy sauces and returns to fundamentals. Pasta with olive oil, lemon, and vegetables tastes different than in summer—calmer, more precise, less performative, but more truthful.





Spring works similarly in Spain. Andalusia, which struggles with heat in summer, becomes an ideal place for food and movement in spring. Markets in Seville or Córdoba fill with fresh produce, bars operate without pressure, and tapas regain their original role—to accompany conversation, not replace experience. Spring here tastes of citrus, olives, fresh fish, and simple dishes that require no explanation.





Portugal offers an even gentler rhythm. The Atlantic coast is fresh, the interior calm, and the cuisine moves naturally between sea and countryside. Soups, fish, bread, wine. In March and April, food is not served as an attraction, but as part of the day. It is precisely in this period that Portugal tastes most honest—without seasonal adaptations, without pressure to perform.



THE COUNTRYSIDE: SPRING AS A RETURN TO THE SOIL

If cities soften their rhythm in spring, the countryside rediscovers it. Vineyards, olive groves, fields—everything awakens slowly, without dramatic gestures. This is why spring is the ideal time to travel to regions where food is inseparable from the land.

In Tuscany, Provence, or Central Europe, spring reveals itself through work. Vineyards prepare for the season, cellars are open but quiet. Conversations with winemakers are calmer, less commercial. Wine tastes different at this time—not as a product, but as a continuation of the landscape. Tastings are not a program, but part of the day.

Rural kitchens in spring often work with what is available. The first herbs, young vegetables, simple cheeses. Dishes are less complex, yet more precise. Spring in the countryside does not taste of novelty, but of return. To soil, to seasonality, to cooking that is simple and does not seek attention.

MARKETS: WHERE SPRING TRULY BEGINS

If there is one place where spring reveals itself earlier than elsewhere, it is the market. Not tourist markets, but local ones—urban and rural alike. In March and April, their atmosphere changes. Colors return, selection expands, people linger longer. A market in spring is not just a place to buy food. It is a barometer of the country's mood. In Southern Europe, the first seasonal produce appears; in Central Europe, a return to simplicity. Less exoticism, more locality. Markets function as social spaces, not attractions. And it is here that one best understands why some destinations taste better in spring than in summer—because they are still cooking for themselves, not for an audience.

WHY SPRING TASTES DIFFERENT

The taste of spring is not only about ingredients. It is a combination of light, movement, and psychological openness. After winter, we are more sensitive. We notice details that would disappear in summer. Food does not become the main event of the day, but its companion. And it is in this role that it works best.



In spring, travel stops revolving around plans and starts responding to impulses. A long lunch without a reservation. A glass of wine in sunlight that still does not burn. Simple food that tastes exactly as it should. Spring does not teach us to discover new cuisines, but to re-discover the meaning of taste.



DESTINATIONS THAT DO NOT FORCE EXPERIENCE

What unites places that taste best in spring is not fame or popularity. It is their ability to function without seasonal pressure. Cities and regions that have not yet assumed their tourist role offer cuisine in its natural form. Without embellishment, without

the need to impress. Spring is the season when food regains its original meaning—not as an attraction, but as part of life. Traveling for taste during this time is not about seeking the “best” restaurants. It is about finding places where flavor still belongs to landscape, time, and the rhythm of the day.

THE TASTE OF THE WORLD BEFORE SPRING

March and early spring are a moment when the world is not yet in full motion, but no longer closed. It is precisely then that it tastes most delicate. Destinations that taste best in spring do not teach us to eat more. They teach us to eat more slowly. To perceive. To listen to what the landscape offers without forcing it into a seasonal role.

And perhaps that is why these places feel so convincing in spring. They do not offer a culinary experience as a goal. They offer the taste of the world at the moment when it is closest to its essence.

THE ENDLESS PLAINS OF THE SERENGETI

A Place Where Africa Breathes Freedom



Entering the Serengeti does not feel grand. There are no fences, no turnstiles—just a simple wooden gate standing in the middle of an endless plain. And yet it is one of the most powerful moments of the entire journey. Beyond it opens a world that has followed its own laws for thousands of years. Serengeti National Park in northern Tanzania is not merely a safari destination—it is a living organism, pulsing with the rhythms of migration, hunting, birth, and death. The Serengeti is synonymous with space. Endless savannas where the eye can no longer distinguish the boundary between earth and sky were formed on ancient lava plains later covered by fertile but shallow soil. That is why trees are rare here—the landscape is open, grassy, and raw. Only along the edges do acacias, shrubs, and gallery forests appear near water sources. It is no surprise that the park has been part of the UNESCO World Heritage List since 1981.


Shortly after entering, we find ourselves in the heart of the Great Migration. In front of us, behind us, and on both sides of the road—wildebeest. Thousands, tens of thousands, hundreds of thousands of dark bodies in motion. Among them move zebras, fewer in number but impossible to overlook.

The herd moves slowly, almost imperceptibly, yet relentlessly. Most of the animals face the same direction—the direction guided by instinct, water, and fresh grass. Migration here is not chaos; it is a precisely functioning system.

The road cuts through the herd like a narrow scar. The wildebeest hesitate, waiting for the first brave animals to run across the dusty track. Only then does the rest follow in a tight column. We stand patiently and watch as one of nature's greatest spectacles unfolds before us. Nowhere else on Earth will you see so many mammals gathered in a single place. With the migration come the predators. Lions, cheetahs, hyenas, leopards—this is their season of abundance. They hunt little and rest often, preferably in the shade of trees where a breeze keeps away the persistent flies, including the notorious tsetse. Our vehicle hardly interests them. We watch lion families resting in the branches of trees, pregnant females panting in the heat, and cubs that resemble plush toys more than wild animals.

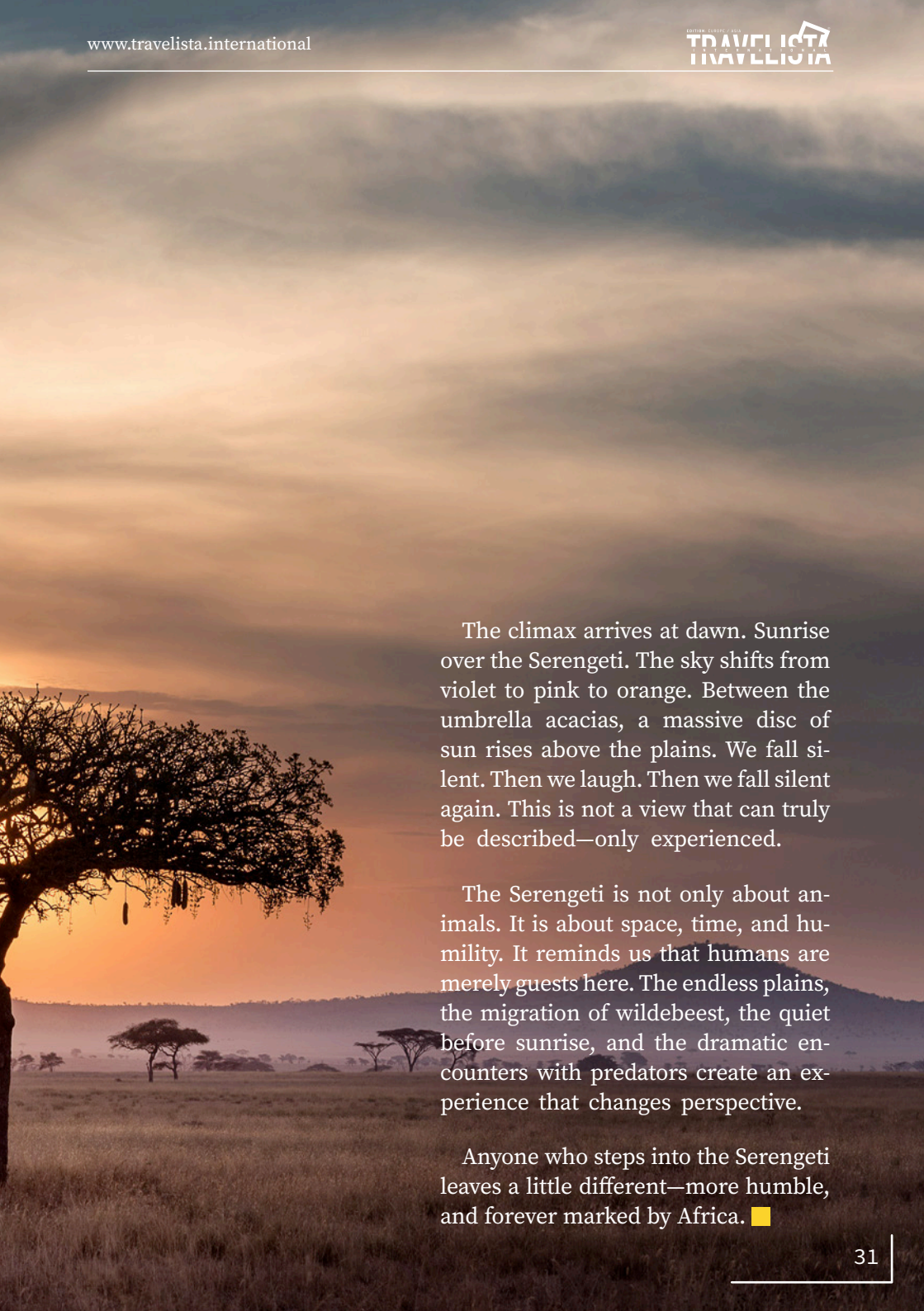
The second day belongs to a full-day safari. Buffalo, giraffes, gazelles, hippos in the ponds, crocodiles basking on the banks. Then comes a moment that changes the



A wide-angle photograph of a savanna landscape at sunset. The sky is filled with soft, golden light and wispy clouds. In the foreground, a large, dark silhouette of an acacia tree stands on the right side. The middle ground shows a flat, grassy plain with several smaller acacia trees scattered across it. In the distance, a range of low hills is visible under the setting sun. The overall mood is peaceful and serene.

rhythm of the day—cheetahs. Four slender bodies in the grass, calm, focused, observing their surroundings. The animals watch us briefly, then accept us as part of the landscape. Encounters like this cannot be planned. They happen only when the moment allows.

In the evening, another spectacle begins. On a rocky kopje a lion family appears. First silhouettes, then cubs, and finally the adults warming themselves in the last rays of the setting sun. One lioness stands on the edge of the rock, watching the surroundings. Her silhouette against the golden horizon looks like a painting—too perfect to be real, and yet it is.



The climax arrives at dawn. Sunrise over the Serengeti. The sky shifts from violet to pink to orange. Between the umbrella acacias, a massive disc of sun rises above the plains. We fall silent. Then we laugh. Then we fall silent again. This is not a view that can truly be described—only experienced.

The Serengeti is not only about animals. It is about space, time, and humility. It reminds us that humans are merely guests here. The endless plains, the migration of wildebeest, the quiet before sunrise, and the dramatic encounters with predators create an experience that changes perspective.

Anyone who steps into the Serengeti leaves a little different—more humble, and forever marked by Africa. ■

TRAVEL FOR SUNSHINE

Where Europeans Go for the Sun in 2026





Every summer in Europe follows a familiar story. Millions of people begin asking the same question: where to go for sunshine? Travel trends may change, but one region has maintained its dominance for decades – the Mediterranean. The sea that connects Europe, Africa, and the Middle East is the largest holiday region in the world and the birthplace of the modern idea of a summer vacation.

For travelers from Central Europe, the Mediterranean offers another major advantage: proximity. Flights usually take just two to three hours, and the climate is remarkably reliable. This combination of stable weather, high-quality hotels, beautiful beaches, and easy accessibility makes the region a recurring destination for millions of Europeans every year.

Some destinations are ideal for families with children, others attract couples or active travelers looking for adventure. Some focus on luxury resorts, while others offer authentic villages and quiet bays. And it is precisely this diversity that keeps people returning year after year.

GREECE





ISLANDS WHERE SUMMER HAS ITS OWN RHYTHM

Greece has long been one of Europe's most beloved holiday destinations. Its appeal lies in a remarkable combination of crystal-clear seas, ancient history, Mediterranean cuisine, and an atmosphere that quickly feels like home. With thousands of islands scattered across the Aegean and Ionian Seas, every traveler can find a version of summer that suits them perfectly.

GREECE



CRETE

The largest and most diverse Greek island can satisfy almost every type of traveler. On the northern coast you will find well-developed resort towns such as Chania, Rethymno, and Heraklion, where beach hotels, lively promenades, and family-friendly resorts create a classic Mediterranean holiday atmosphere.

The southern coast offers a completely different mood. Here the landscape becomes wilder and quieter, with remote beaches, rugged mountains, and villages where time seems to move more slowly. Crete combines wide sandy beaches, dramatic gorges, olive groves, and historic towns, making it ideal for both families and active travelers who enjoy hiking, exploring, and discovering local cuisine.

GREECE





SANTORINI

Few places in the world are as instantly recognizable as Santorini. Formed by a massive volcanic eruption thousands of years ago, the island's dramatic cliffs rise above a flooded caldera, creating one of the most iconic views in the Mediterranean.

White houses with blue domes perched on the edge of the cliffs have become symbols of romance. Santorini is particularly popular among couples, honeymooners, and lovers of boutique hotels. However, visitors should be prepared for higher prices and large crowds, especially during the peak summer months.

GREECE



RHODES

Rhodes combines beautiful beaches with a fascinating historical legacy. The island's medieval old town, a UNESCO World Heritage Site, is one of the best preserved in Europe.

The island also offers long sandy beaches and numerous family-friendly resorts, making it one of the most popular destinations for family vacations. Inland, pine forests and traditional villages offer a welcome escape from the summer heat.



GREECE





ZAKYNTHOS

The Ionian island of Zakynthos is famous for its dramatic cliffs and turquoise waters. Its most iconic location, Navagio Beach, with the rusting remains of a shipwreck resting on white sand, is among the most photographed places in Europe.

The island attracts travelers looking for spectacular scenery and crystal-clear water, but it also offers quieter coastal villages and excellent conditions for snorkeling and boat excursions.



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SPAIN

THE ENDLESS COAST OF SUN- SHINE

Španielsko je jednou z najnavštevovanejších krajín sveta a jeho pobrežia patria medzi najživšie dovolenkové regióny Európy. Krajina ponúka kombináciu dlhých piesočných pláží, živých miest, kultúry a skvelej kuchyne.



SPAIN



COSTA DEL SOL

One of the most famous Mediterranean coastlines is Costa del Sol in Andalusia. Stretching along southern Spain around Málaga, Marbella, and Estepona, the region enjoys more than 300 sunny days per year.

The beaches are wide, sandy, and well equipped, while nearby cities provide endless opportunities for exploration. Travelers can easily combine beach relaxation with visits to historic destinations such as Granada, Seville, or Córdoba.

SPAIN



MALLORCA

The largest of the Balearic Islands, Mallorca has transformed itself in recent years. Once associated mainly with mass tourism, the island now attracts travelers seeking stylish beach clubs, boutique hotels, and excellent gastronomy.

Beyond its famous beaches, Mallorca hides spectacular mountain landscapes in the Serra de Tramuntana, charming villages, and quiet coves with turquoise water.

SPAIN



IBIZA

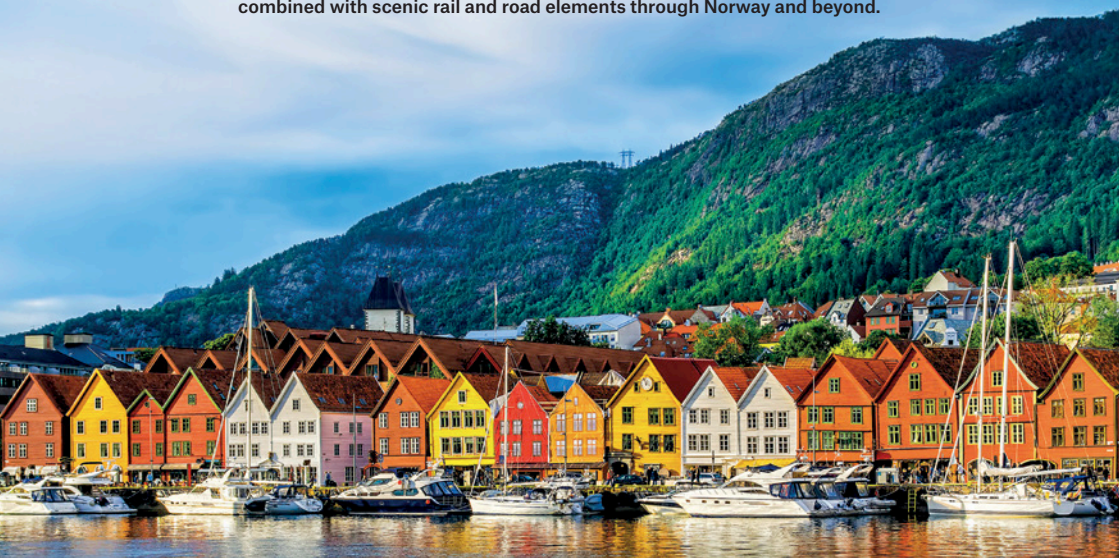
Ibiza may be globally known for its nightlife, but beyond the clubs lies one of the most beautiful islands in the Mediterranean. Hidden coves, pine forests, and crystal-clear waters make it perfect for travelers looking for both vibrant energy and peaceful relaxation.





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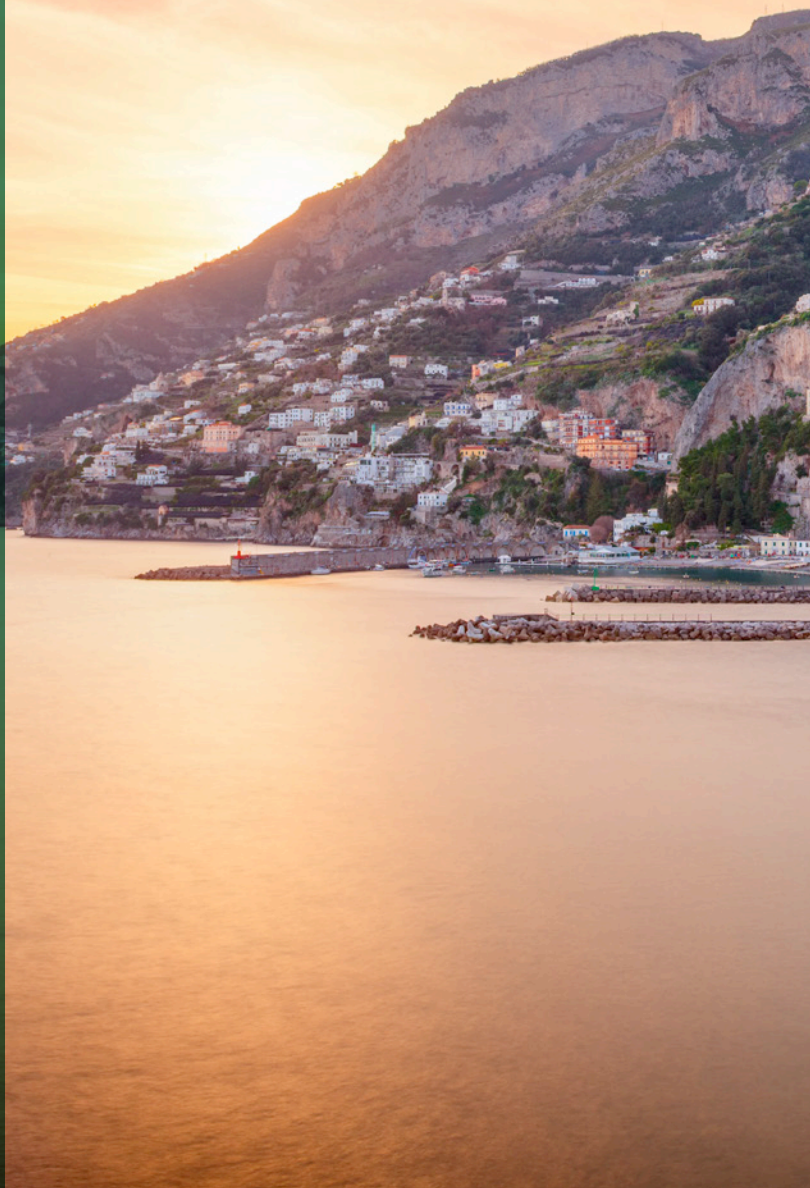
Few countries combine beaches, culture, and cuisine as naturally as Italy. Every coastal region has its own identity, yet all share the same passion for good food, beautiful landscapes, and a slower pace of life.

ITALY





ITALY





AMALFI COAST

The Amalfi Coast is one of the most photographed coastlines in the world. Towns such as Positano, Amalfi, and Ravello cling dramatically to steep cliffs above the sea.

Visitors come here not only for the beaches but also for the extraordinary scenery, historic architecture, and romantic atmosphere that defines this stretch of southern Italy.

ITALY



SARDINIA

The island of Sardinia is often compared to the Caribbean thanks to its emerald waters and bright white sand. The northeastern Costa Smeralda attracts luxury yachts and exclusive resorts, while the island's interior remains wild and authentic.

ITALY



PUGLIA

Located in southern Italy, Puglia offers a quieter and more traditional experience. Whitewashed towns, endless olive groves, and relaxed beaches create an atmosphere that feels authentic and timeless.



CROATIA





THE CLOSEST SEA FOR CENTRAL EUROPE

For travelers from Slovakia and the Czech Republic, Croatia remains one of the most accessible summer destinations. Many visitors drive there by car, and the country is famous for its exceptionally clean Adriatic Sea.

CROATIA





ISTRIA

The Istrian Peninsula offers elegant coastal towns such as Rovinj and Poreč, excellent cuisine, and vineyards that produce some of Croatia's finest wines. The region is often compared to Tuscany thanks to its rolling landscapes and historic charm.

CROATIA

DALMATIA

Further south, Dalmatia offers dramatic coastlines and beautiful islands such as Hvar, Brač, and Vis. Crystal-clear waters and historic towns create the classic Adriatic summer atmosphere.



CROATIA





DUBROVNIK

Often called the “Pearl of the Adriatic,” Dubrovnik is one of Europe’s most impressive historic cities. Its massive stone walls and red-roofed buildings overlooking the sea have made it famous around the world.

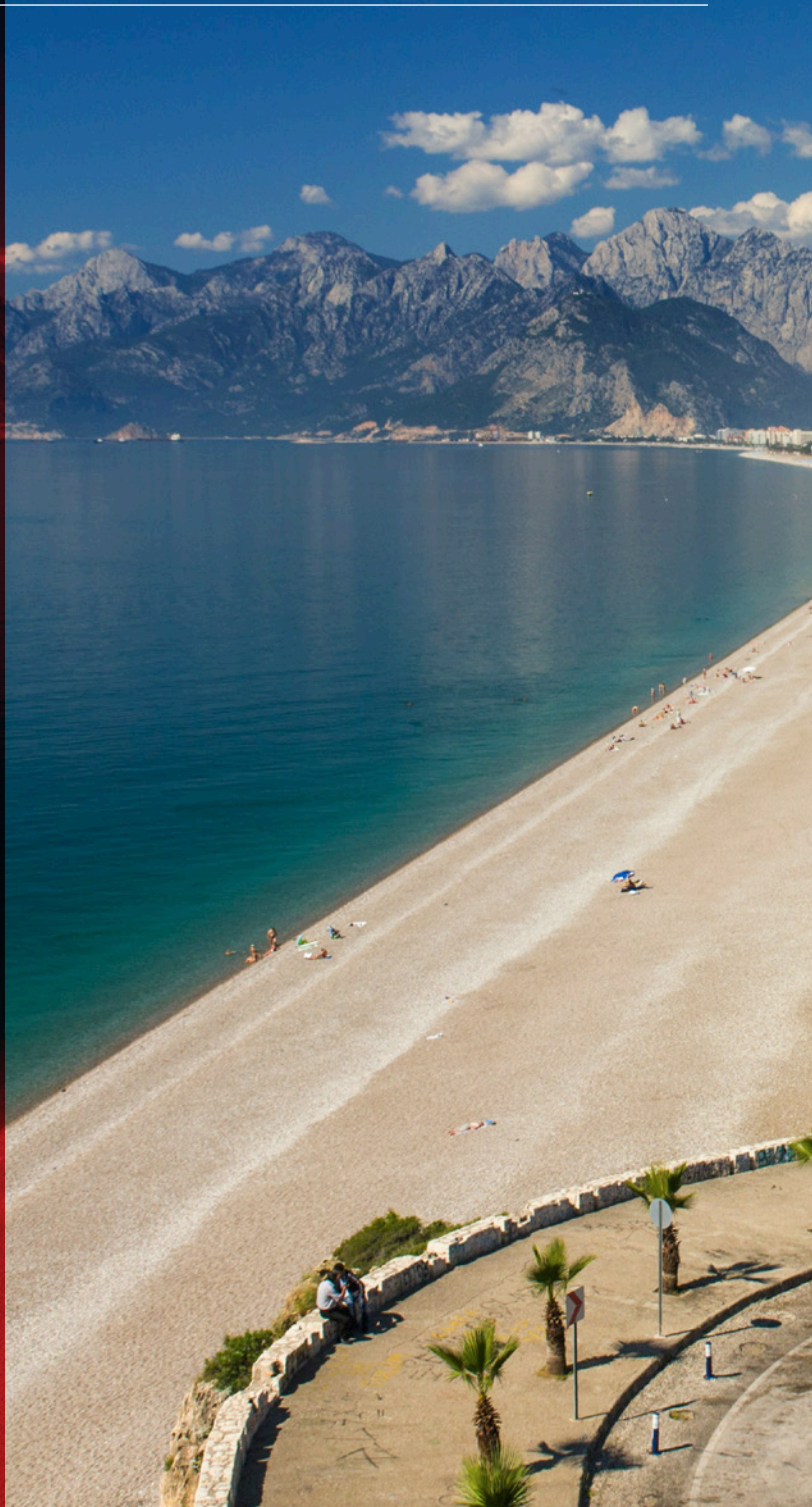
TURKEY



THE MEDITERRANEAN HOLIDAY POWERHOUSE

Turkey has become one of Europe's largest holiday destinations thanks to its combination of luxury resorts, beautiful beaches, and competitive prices.

TURKEY



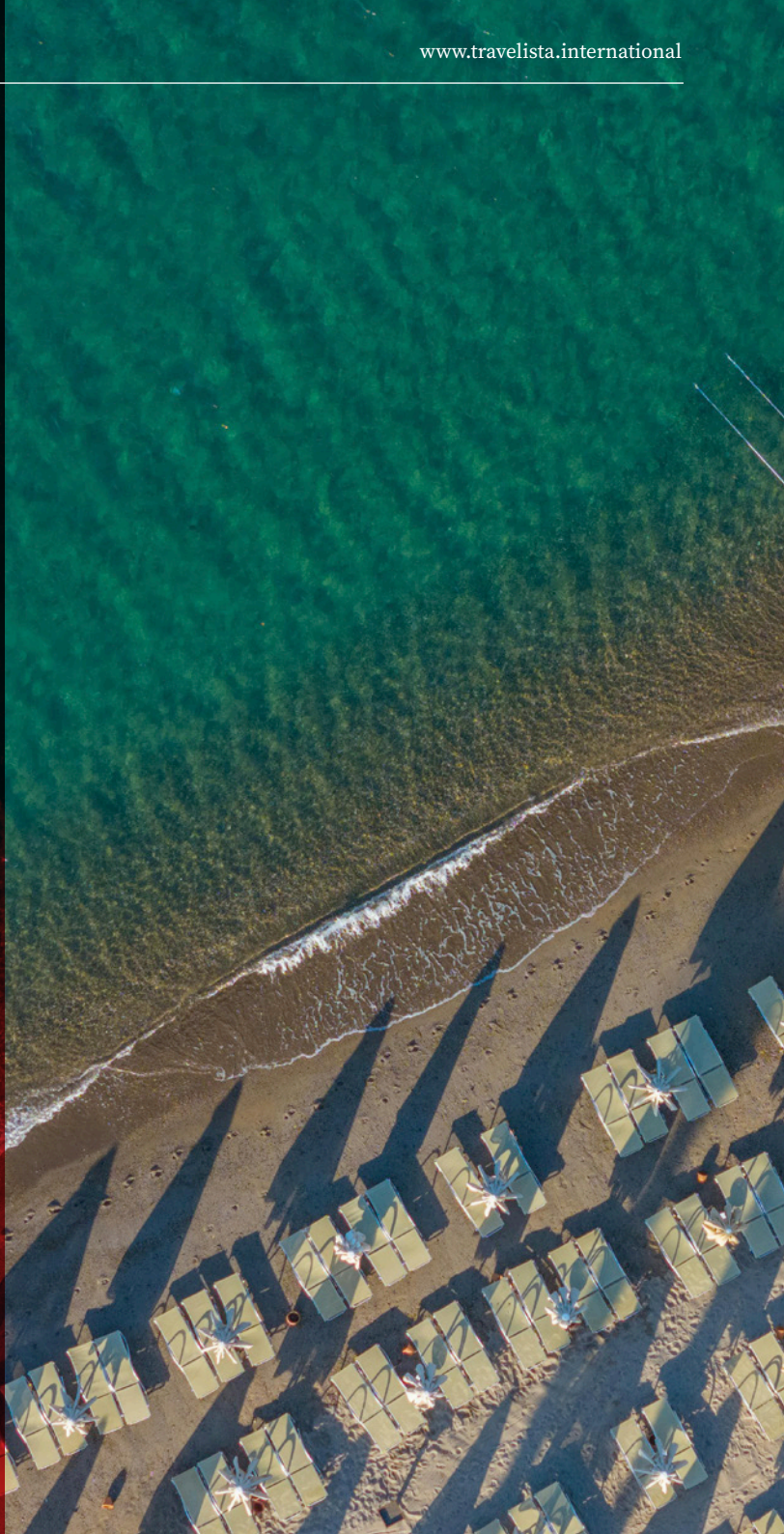


ANTALYA RIVIERA

The region around Antalya, Belek, Side, and Alanya forms the heart of Turkey's tourism industry. Long sandy beaches and large all-inclusive resorts make it especially popular with families.

Many hotels here are among the best equipped resorts in Europe, offering water parks, extensive spa facilities, and world-class service.

TURKEY



BODRUM

Located on the Aegean coast, Bodrum offers a more stylish and elegant atmosphere. White houses cascading down the hills above turquoise water give the town a look reminiscent of the Greek islands.



CYPRUS





THE ISLAND OF SUNSHINE

With more than 300 sunny days per year, Cyprus is one of the sunniest places in Europe. The island is ideal for travel from spring until late autumn.

CYPRUS





AYIA NAPA

Ayia Napa is famous for its lively nightlife and spectacular beaches. Nearby Fig Tree Bay in Protaras is often ranked among the most beautiful beaches in the Mediterranean.

CYPRUS

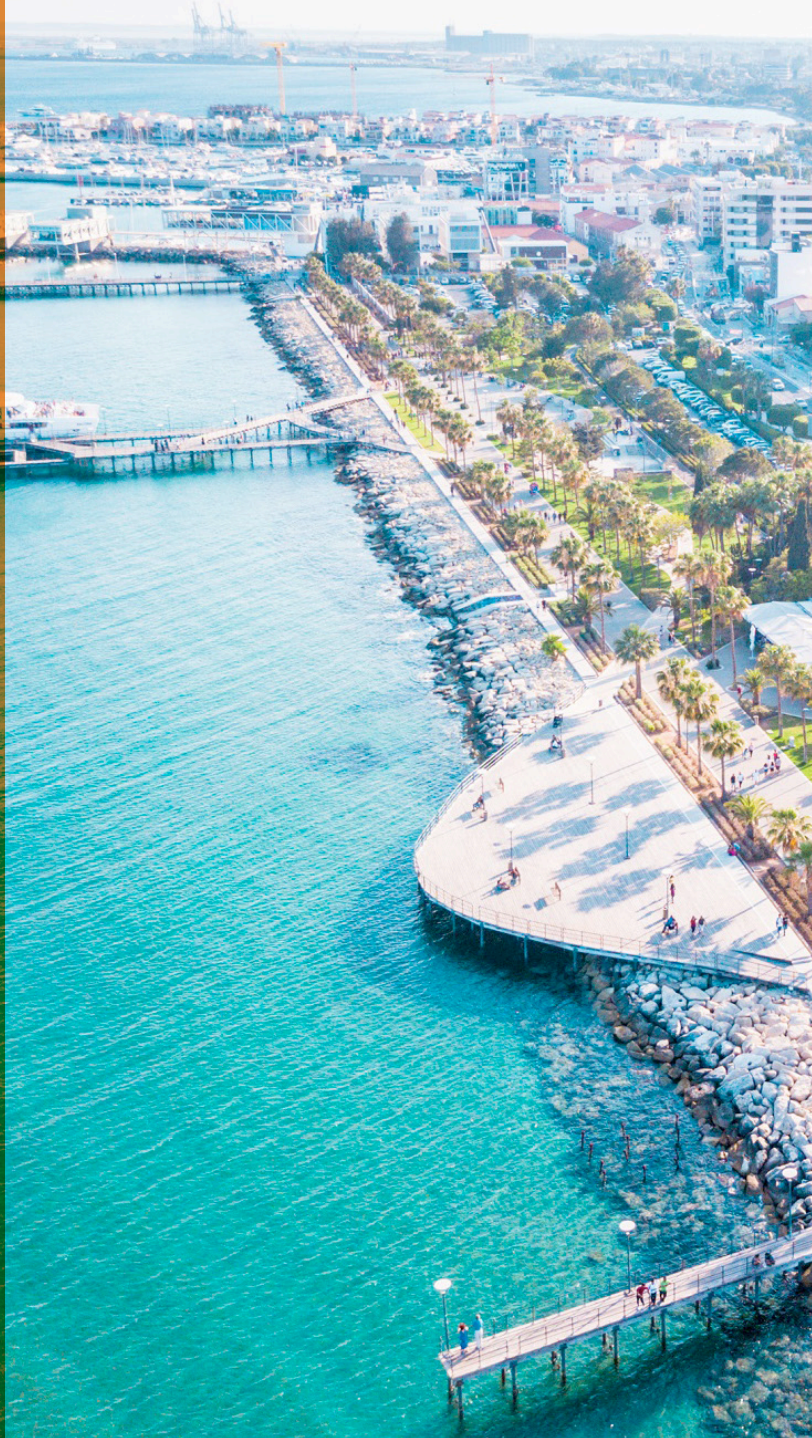




PAPHOS

Paphos offers a more romantic atmosphere, combining historic sites with relaxed seaside resorts. Archaeological parks and ancient ruins give the region a unique character.

CYPRUS



LIMASSOL

The city of Limassol is a modern Mediterranean hub with a luxurious marina, stylish restaurants, and a cosmopolitan atmosphere.



TUNISIA



AFRICA ONLY A FEW HOURS AWAY

For travelers looking for something slightly more exotic, Tunisia offers an appealing alternative. Flights from Europe take around three hours, yet the country introduces visitors to a fascinating mix of Mediterranean beaches, Arab culture, and Saharan landscapes.



TUNISIA



HAMMAMET, SOUSSE, DJERBA

Popular resorts include Hammamet, Sousse, and the island of Djerba, all known for their sandy beaches and well-developed hotel infrastructure.

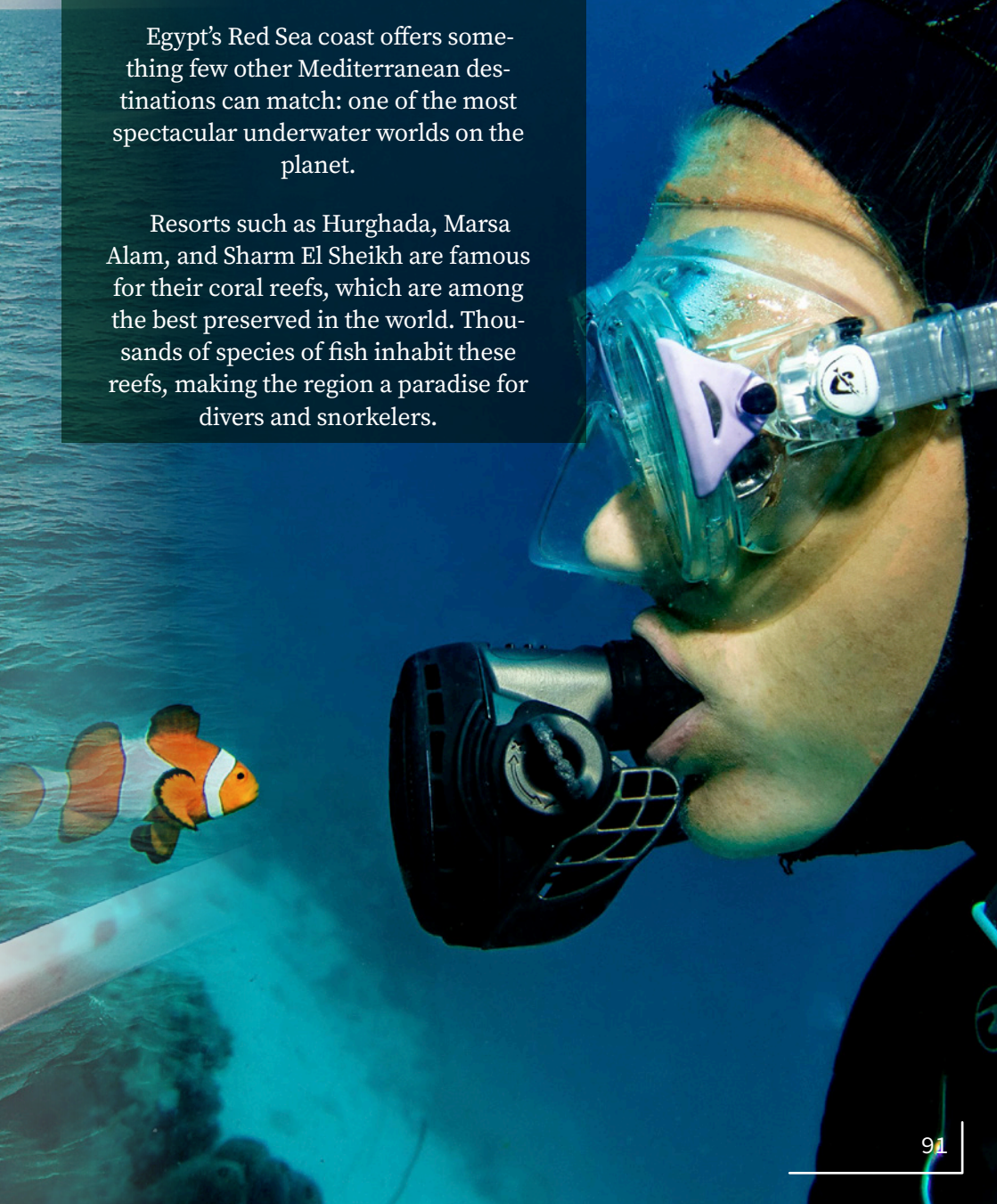
EGYPT



A PARADISE BENEATH THE SURFACE

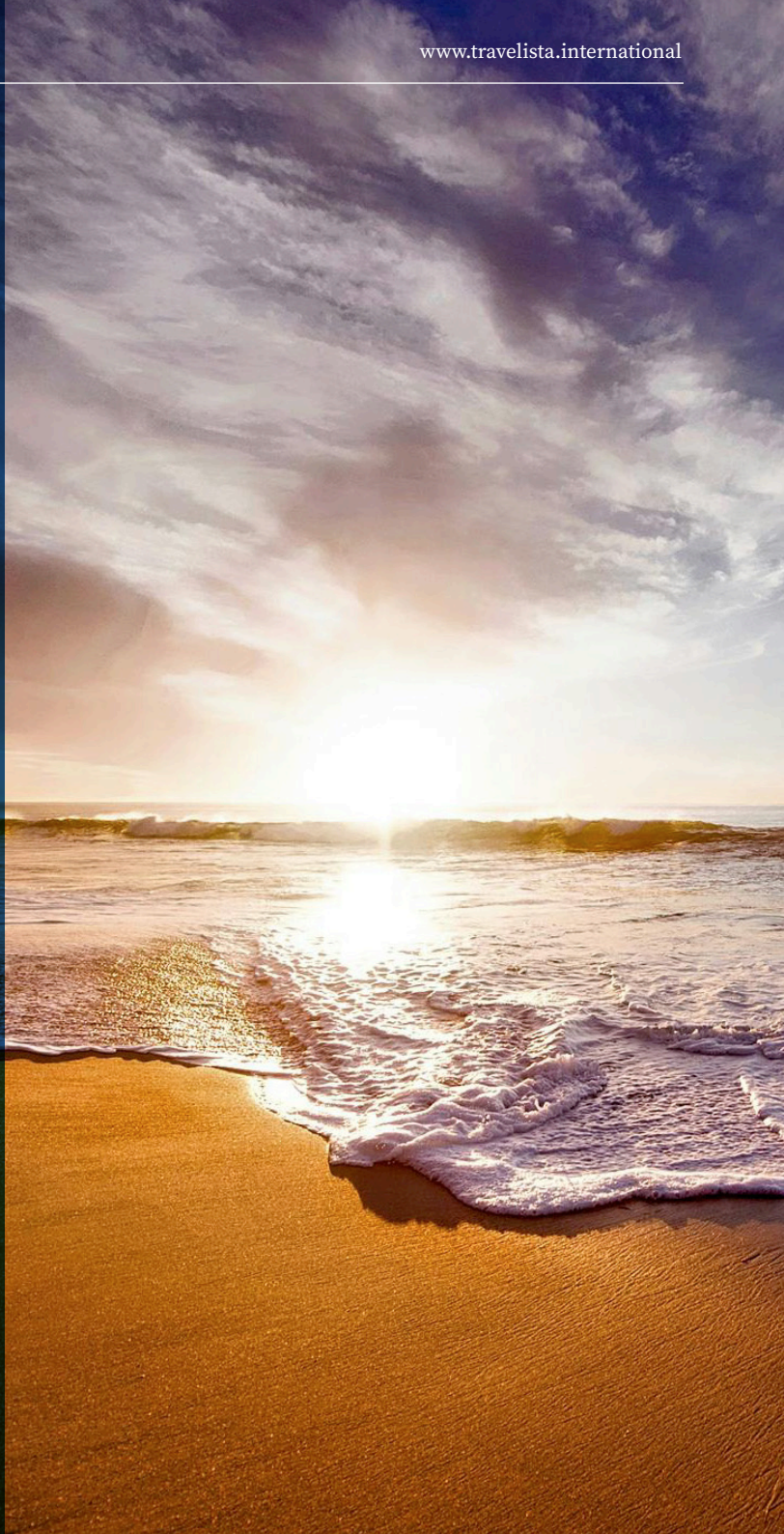
Egypt's Red Sea coast offers something few other Mediterranean destinations can match: one of the most spectacular underwater worlds on the planet.

Resorts such as Hurghada, Marsa Alam, and Sharm El Sheikh are famous for their coral reefs, which are among the best preserved in the world. Thousands of species of fish inhabit these reefs, making the region a paradise for divers and snorkelers.



TRAVEL FOR SUNSHINE

Where Europeans Go for the Sun in 2026



SUMMER STILL HAS ONE ADDRESS

Although the world of travel continues to evolve, one thing remains unchanged: when Europeans search for sunshine, they look south. Toward countries where mornings begin with the sound of the sea and evenings end with dinner under the open sky.

Perhaps that is why the same pattern repeats every year. Flights head toward the Greek islands, Spanish coastlines, Italian bays, Turkish resorts, and North African beaches.

Not because new destinations do not exist—but because the Mediterranean still offers everything we expect from summer.

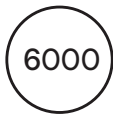


Power, Wherever the Road Leads

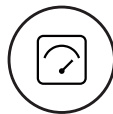
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TUSCANY

A Land of the Middle Ages, Wine, and Silence Between the Hills

Stone houses hidden among rows of cypress trees, golden fields of wheat rippling in the wind, green hills fading into the distant haze, and neat lines of vineyards that look as if someone combed the land with a giant brush. The air carries the scent of olive groves, the sun warms gently without overwhelming, and the silence is broken only by the occasional horn of a car in a blind curve. This is how Tuscany settles into memory—not as a region on a map, but as a feeling. A place where the Middle Ages did not survive in museums, but continue to live in streets, squares, and the rhythm of everyday life.



Tuscany is one of those regions that captures visitors slowly, yet deeply. Its landscapes are soaked in a medieval atmosphere that reflects the area's rich history and extraordinary cultural heritage. Even if the name of the region itself does not immediately ring a bell for everyone, its cities are known all over the world: Florence, Pisa, Siena, Lucca, Volterra, Montepulciano. Located in central Italy, Tuscany borders Lazio, Umbria, Marche, Emilia-Romagna, and Liguria, while the Tyrrhenian Sea washes its western shores. Yet the true wealth of Tuscany lies not only in geography, but in the remarkable harmony between landscape, architecture, and way of life.

THE FLAVORS OF TUSCANY
- Where Simplicity Becomes a Culinary Art

A holiday in Tuscany would never be complete without discovering its local cuisine and wines, which belong among the finest in the world. Names such as Chianti or Montepulciano sound beautiful—and taste even better when enjoyed in the very place where they were born.

Tuscan cooking is built on simplicity and the quality of ingredients. Fresh olive oil, fragrant herbs, sun-ripened tomatoes, and rustic bread form the basis of many traditional dishes. Truffles can transform even the most humble meal into a gourmet experience, while local interpretations of pizza prove that culinary creativity knows no limits.

In many Tuscan towns you will find large rectangular slices of pizza brushed with olive oil, topped with seasonal ingredients, and cut into portions perfect for enjoying while strolling through narrow medieval streets. A strong Italian espresso accompanies the moment—served not merely as coffee but as a ritual of flavor and aroma. Nearby pastry displays tempt visitors with colorful sweets that mirror the richness and variety of the Tuscan landscape itself.

FLORENCE -The Cradle of the Renaissance

Florence (Firenze) is the cultural and spiritual heart of Tuscany. For centuries the city shaped the direction of European art, and today it feels like an open-air museum.





The Uffizi Gallery houses one of the most important collections of Renaissance art in the world. Names such as Botticelli, Leonardo da Vinci, Michelangelo, and Raphael suddenly become more than textbook references—they come alive in front of your eyes.

Yet Florence is not defined solely by its famous landmarks. Its true charm lies in the details: the golden reflections of sunset over the Arno River, the centuries-old jewelry shops along Ponte Vecchio, and the quiet streets that lead toward the monumental Cathedral of Santa Maria del Fiore, whose massive dome still dominates the skyline.

PISA - More Than Just the Leaning Tower

Pisa may be known worldwide for its famous Leaning Tower, but its beauty extends far beyond that single landmark. The Piazza dei Miracoli, or Square of Miracles, appears almost unreal—white marble monuments standing in perfect contrast to the deep green lawns surrounding them. The cathedral, baptistery, and tower together form one of the most harmonious architectural ensembles in Europe. At the same time, Pisa remains a lively university city,

filled with young people, cafés, and an atmosphere where modern life blends naturally with centuries of history.

SIENA, SAN GIMIGNANO, AND VOLTERRA - The Middle Ages Without Compromise

Few places preserve the spirit of the Middle Ages as authentically as Siena. The city's famous square, Piazza del Campo, shaped like a shell, transforms twice each year into the dramatic stage of the historic Palio horse race, where centuries-old rivalries between city districts erupt in a spectacular celebration of tradition and pride. The Gothic Cathedral of Siena is among Europe's architectural masterpieces. Its striped marble façade and richly decorated interior leave visitors breathless, even those who believe they have already "seen it all."

Nearby towns complete the Tuscan medieval picture. San Gimignano, often called the "Manhattan of the Middle Ages," is famous for its stone towers that once symbolized the power of noble families. Volterra, perched high on a hill, enchants visitors with its austere beauty, ancient Etruscan heritage, and a long tradition of crafting delicate objects from alabaster.



CARRARA - The Marble Landscape of Silence

Carrara offers a completely different kind of experience. The town itself is modest, but the surrounding landscape is breathtaking. Vast marble quarries carve dramatic shapes into the mountains, revealing enormous walls of white stone that glow under the Tuscan sun.

It was here that the marble used for many of Europe's greatest works of art—including Michelangelo's sculptures—was extracted. Standing among these quarries, visitors feel the raw power of nature and understand the origins of materials that helped shape the history of art.

TUSCANY, THE SEA, AND THERMAL SPRINGS

Along the coast lies La Versilia, known for its sandy beaches and elegant seaside towns such as Viareggio, famous for its Art Nouveau architecture and lively promenade. Yet many travelers agree that the true soul of Tuscany lies inland, among hills and vineyards rather than along the coast.

An unexpected highlight of the region is its network of thermal springs. In places such as Bagno

Vignoni, the central square itself is a large thermal basin filled with steaming mineral water. Other natural hot springs remain hidden in forests and valleys, known mostly to locals who treat them as treasured secrets.

TUSCANY IS NOT A DESTINATION TO TICK OFF

Tuscany is not a place you simply check off a list. It is a land meant to be experienced slowly—with all the senses. Medieval towns, vineyards stretching across sunlit hills, the scent of olive oil and herbs, and the quiet that settles between distant ridges all combine into a harmony that is uniquely Tuscan.

And once that feeling finds its way under your skin, it tends to stay there—long after the journey has ended.



WHY WE TRAVEL FOR TASTE



Traveling for taste is not a fashionable trend, nor a response to overcrowded itineraries. It is one of the oldest—and most natural—reasons people have moved from one place to another. Long before experience maps and “top restaurant” lists existed, there was the need to eat—and with it, curiosity about how the world tastes beyond the horizon. Flavor has always been the first point of contact with an unfamiliar place. And often the most lasting one.

We remember food differently than images. A photograph captures shape, color, composition. Taste preserves context. The light in the room, the temperature of the air, the conversation at the table, the mood of the day. When we recall a dish from a journey, we do not remember only its ingredients, but the moment in which it existed. That is why gastronomy holds such power in travel. It is not an accessory to experience—it is its carrier.

We travel for taste because food is one of the last authentic languages of a place. Architecture can be replicated, design exported, services standardized. Cuisine resists unification longer than almost anything else. It grows out of soil, climate, seasonality, and memory. It carries the history of a region—its scarcity and abundance, its compromises and its pride. To taste local food is to enter a story not written for visitors, but for those who live there.

Taste also slows us down. Food demands time—time to prepare, to eat, to linger. It cannot be “checked off” without losing its meaning. When we travel for flavor, we naturally stay longer in one place.







We sit. We wait. We listen. Space opens for conversation, observation, simple being. In this sense, culinary travel is one of the gentlest forms of slowing down.

Just as importantly, food frees us from the role of spectator. In a museum we look, in a landscape we admire, but at the table we participate. We eat what locals eat, at the same time, in the same way. For a moment, the boundary between guest and host softens. Food creates a shared plane where differences blur. It requires no language—only the willingness to taste.

Traveling for taste does not mean chasing novelty. The true value of gastronomy lies not in trends, but in continuities. In dishes prepared the same way regardless of season or popularity. In recipes that have endured precisely because they made sense—economically, sensorially, culturally. When we travel for flavor, we are not looking for surprise, but for understanding. Why things are cooked this way here. Why meals are eaten slowly. Why certain flavors do not change.



In March and in spring, this kind of travel carries particular strength. The world is waking, but not yet in full motion. Kitchens operate in a natural rhythm, markets fill again, and food ceases to be a winter necessity without becoming a summer spectacle. The taste of the world at this time is not loud. It is precise. Legible. And for that reason, deeply compelling.

We travel for taste because it allows us to understand a place without explanation. Because it teaches us to slow down without instruction. And because within it we find a memory we do not carry in our phones, but within ourselves. Food does not merely accompany the journey—it becomes the journey itself.





MARKETS THAT DON'T BELONG TO TOURISTS

Markets are among the most accurate mirrors of a place

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Not because they show what is most beautiful, but because they reveal what is most ordinary. Everyday life without embellishment, the rhythm of a city or countryside in its natural form. In March, before the arrival of the high season, markets carry a particular strength. They are not a stage, but a functional space. They do not belong to visitors, but to people who shop out of necessity, not curiosity.

March is a transitional period for markets. Winter produce is still present—root vegetables, cabbage, potatoes, legumes—but alongside it appear the first signs of spring. Bundles of young spring onions, early herbs, the first lettuces, eggs from local farmers. It is not an explosion of color, but a subtle shift. Markets at this time feel less like a festival of flavors and more like a conversation between seasons. And it is precisely in this that they feel truthful.

On local markets in March, shopping is not rushed. Vendors and customers alike have time. Conversations unfold quietly, often without the need for many words. Everyone knows who came from where, who grows what, who needs what. The market here is not an attraction, but a social space. A place where the city meets its hinterland. Where countryside and town intersect. Where work and everyday life overlap.

In southern Europe, spring markets have a particularly distinctive atmosphere. In smaller towns in Spain, Portugal, or Italy, March is still free of crowds. Stalls are simple, the offering straightforward. Fish arrive in the morning, vegetables from nearby fields, cheeses and bread have their regular customers. The market is not a place









to discover the exotic, but a confirmation of a familiar rhythm. For the traveler, this is a rare opportunity to step into local life without disturbing it.

French markets at this time of year feel more civil than in summer. Fewer decorations, fewer tastings, more functionality. What is sold is what is available, not what looks best. March is the month when markets return to their original role—to supply, not to entertain. And it is precisely then that one understands why French cuisine relates to seasonality not as a trend, but as a given.

In Central Europe, markets in March are often modest, but all the more sincere. Urban market halls and small rural markets operate without seasonal marketing. The selection is limited, but legible. Vendors know their customers, and customers know why they come. For travelers, this type of market may be less visually striking, but richer in content. It teaches how to read a place not by what it displays outwardly, but by what it considers essential.

Markets that do not belong to tourists share one common trait—they do not explain themselves. They offer no information panels, no curated stories. They simply







function. If you arrive too loudly, you remain on the margins. If you adapt to the rhythm, you become part of the space—not as a visitor, but as a quiet observer. March is the ideal month for this, because markets are not yet required to perform any role.

For travel, such markets are of fundamental importance. They teach us to understand a place through necessity, not attraction. Through food cooked at home, not in restaurants. Through ingredients with an origin, not a narrative crafted for visitors. A market in March is a lesson in modesty and authenticity at the same time.

If we want to understand the taste of a place before spring truly arrives, the market is one of the best starting points. Not as a place of purchase, but as a place of observation. It is enough to walk slowly, stop, listen. Without a camera, without the ambition to take something away. Markets that do not belong to tourists do not offer an experience. They offer context. And it is precisely this context that makes travel deeper and more truthful.

EDITION: EUROPE / ASIA

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Next issue

Main Theme: **WOMEN ON THE MOVE**

April 20, 2026