



Baltimore Foodies Celebrates “Food & Fun” in Iceland

BALTIMORE, MD (January 12, 2006) - Baltimore Foodies is taking its “food, friends, and fun” mission on the road. The 244+-member group is partnering with Icelandair to sponsor a four-day, three-night culinary tour of Reykjavik, Iceland.

This is the first trip abroad for the one-year-old Baltimore Foodies, which - true to its, name - has thus far contained its “dinner parties” to restaurants in the Baltimore metropolitan area.

The February 22-26 trip coincides with Iceland’s Food and Fun Festival, an annual event attracting acclaimed chefs from around the world who collaborate with Reykjavik restaurants to showcase all-natural Icelandic ingredients and cuisine. A three-course, “Iron Chef”-like competition on the last day of the Festival pits the chefs against one another in a three-hour match.

The package -priced at \$1519 for Baltimore Foodies members and \$1599 for non-members - includes airfare and accommodation, gourmet meals at six of Reykjavik’s best restaurants (and personal audiences with the chefs), a seat at the Festival’s chef competition, a special final-night sampling dinner and wine tasting, and several culinary and sightseeing tours of the countryside.

The trip also coincides with Reykjavik’s Winter Lights Festival -an annual citywide celebration of the arts, history, culture, industry, sports, and entertainment. The Festival, which marks the growing light of spring, makes for the liveliest days and nights of the Reykjavik winter.

Why go to Iceland? “Everybody loves a road trip. So why not a road trip to Iceland in the middle of winter? It makes perfect sense,” says Baltimore Foodies founder Lars Rusins. “There’s going to be great food, good drink, and places to eat we’ve never been before. And most importantly, this can be shared with old friends and new.” As Icelanders themselves might say, “Skál!”

Baltimore Foodies was founded in January 2004 by Rusins, a 45-year-old Baltimore County resident - by day, a cheese importer and distributor -to promote small, locally owned restaurants and, just as importantly, to gather together people of different ages, backgrounds, and interests who nonetheless all enjoy good food, good drink, and good times.

The group dines out 3-4 times a month, with per-event attendance limited to about 20 people so that all can sit, eat, and talk together. Chefs at the chosen restaurants -among them Pazo, Petit Louis, Sotto Sopra, and The Bicycle - prepare special tasting menus for the group, often with wine pairings. Non-members are welcome to participate and can do so their first time at the members’ price.

For more information about Baltimore Foodies or the Food & Fun trip to Iceland, visit the Baltimore Foodies website: www.baltfoodies.com.