



Explora Journeys Reveals New Culinary, Wellness And Enrichment Experiences For EXPLORA II's 'A Serene Mediterranean' Season

Explora Journeys has unveiled details of its new food and beverage, wellbeing and entertainment experiences for 'A Serene Mediterranean' – the Winter 2026-2027 Journeys Collection of EXPLORA II. Highlights include:

- **Immersive Culinary Discoveries:** Shore-to-Table experiences, featuring local market visits and chef-led masterclasses in Palermo, Marseille, Barcelona, Bari and Brindisi, alongside exclusive Meet the Winemaker experiences at celebrated Mediterranean vineyards and estates. Guests will also enjoy *The Truffle Season*, a complimentary fleet-wide dining experience celebrating prized Piedmont truffles.
- **Ocean Wellness:** The introduction of *A Path to Inner Discovery*, a 12-day Ocean Wellness programme featuring expert-led workshops, restorative movement and sound-led experiences.
- **Inspiring Voices:** An enrichment programme of internationally acclaimed speakers, performers and experts exploring neuroscience, human connection, wellbeing, natural movement and classical music.

Geneva, Switzerland – 15 July 2026 – Life aboard EXPLORA II takes on a distinct character for the Winter 2026-2027 season, bringing the charm of the Mediterranean's quieter months directly into the guest experience. Focusing on discovery, reflection and renewal, the programme for A Serene Mediterranean takes inspiration from the region's quieter seasonal rhythm – softer light, milder temperatures and an unhurried pace, transforming time between destinations into a meaningful opportunity for enrichment and pause.

"Our Serene Mediterranean Journeys reflect the way today's discerning guests increasingly want to travel," said Anna Nash, President of Explora Journeys. "They are seeking experiences that feel more connected, more immersive and more personal. Every element of the journey has been designed to reflect the character of the destinations we visit, from seasonal gastronomy and Ocean Wellness to enriching cultural encounters."

Seasonal Gastronomy and Shore-to-Table Experiences

Guests are invited to discover the Mediterranean's rich food cultures through chef-led experiences that connect destinations, ingredients and cuisine. Celebrating the region's culinary identity, these experiences bring guests closer to local producers, markets and traditions before continuing the journey on board.

Each Shore-to-Table experience begins ashore with a guided market visit alongside an Explora Journeys chef, followed by an interactive masterclass in the Chef's Kitchen onboard.

Together, these experiences reveal not only how regional dishes are prepared, but also the stories, traditions and craftsmanship behind them:

- In Palermo, a visit to the iconic Mercato del Capo is followed by hands-on preparation of refined Sicilian coastal dishes inspired by the market's freshest seafood and seasonal produce.
- In Marseille, guests travel by private boat to the historic Vieux-Port fish market before returning on board for a Chef's Kitchen interpretation of bouillabaisse, paired with regional wines.
- The Barcelona experience explores La Boqueria market for traditional tapas with cava or cerveza, followed by preparing an authentic Paella Valenciana on board, discovering the flavours and convivial spirit that define Spanish gastronomy.
- Additional culinary discoveries throughout the season include experiences in destinations such as Bari and Brindisi, in Puglia, where guests explore vineyards, olive groves and regional gastronomy before enjoying locally sourced cuisine in the heart of the countryside.
- Meet the Winemaker experiences celebrate the Mediterranean's renowned wine culture through exclusive visits to acclaimed vineyards and family estates. In Livorno, guests are welcomed to Il Palagio, the Tuscan estate of Sting and Trudie Styler, for vineyard and cellar visits, guided tastings and a lunch showcasing the authentic flavours of Tuscany.

Celebrating Europe's rich culinary heritage, *The Truffle Season* showcases one of the continent's most treasured ingredients through a complimentary offering available across the Explora Journeys fleet during the Mediterranean truffle harvest, from October to November.

Guests will discover a different truffle creation each day, featuring Piedmont truffles at the height of their season, with each culinary venue presenting its own interpretation—finished tableside with freshly shaved truffle and complemented by Piedmont wine pairings.

Ocean Wellness and 'A Path to Inner Discovery'

This winter season, Ocean Wellness aboard EXPLORA II invites guests to embrace the restorative rhythm of the Mediterranean through movement, breathwork, meditation and sound-led experiences inspired by the restorative power of the sea. All experiences are included as part of the journey fare.

At the heart of the season is *A Path to Inner Discovery*, a complimentary 12-day Ocean Wellness programme available to all guests on the Barcelona to Lisbon Journey from 11 to 23 February 2027. Set against the Mediterranean's quieter season, the programme explores the connection between mind, body and conscious awareness through yoga, journalling, mantra and pranayama, complemented by sunrise, sunset and moonlit practices. Gong baths and electronic music meditation create further moments of stillness and renewal.

Expert-led workshops span neuroscience, holistic wellbeing, nutrition, astrology and natural movement. Psychologist and neuroscientist Dr Helena Boschi, holistic wellbeing expert Carlie Barlow, astrology and emotional awareness practitioner Belinda Matwali, nutrition specialist Kate Cook and movement coach Shane Benzie each bring a distinctive perspective, encouraging greater self-awareness, resilience and lasting wellbeing.

Inspiring Luminaries and Cultural Enrichment

A programme of internationally acclaimed speakers, performers and experts extends the destination experience beyond the shore. Through intimate conversations, performances and interactive sessions, guests are invited to explore neuroscience, human connection, natural movement, wellbeing and classical music.

Zelda La Grange, who spent nearly two decades as Nelson Mandela's closest personal aide, will share deeply personal reflections on courage, reconciliation, humility and the enduring power of human connection, offering guests a rare perspective shaped by one of history's most respected global figures.

Internationally acclaimed pianist Maxim Lando will present intimate performances that celebrate the timeless beauty of classical music.

Complementing the Ocean Wellness programme, psychologist and neuroscientist Dr Helena Boschi will explore the relationship between the brain, behaviour and resilience, while Shane Benzie will reveal the science of natural movement, posture and flow, demonstrating how greater physical awareness can support balance, vitality and overall wellbeing.

Throughout the Serene Mediterranean season, every aspect of life on board is shaped by the spirit of the Mediterranean. From regional gastronomy and inspiring conversations to transformative Ocean Wellness experiences, EXPLORA II is a floating hotel whose address is the ocean, inviting guests to embrace Explora Journeys' signature Ocean State of Mind.

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About Explora Journeys

Explora Journeys is the privately owned luxury ocean travel brand of the MSC Group, headquartered in Geneva, Switzerland. Rooted in Swiss precision, understated European elegance and the Aponte-Vago family's 300 years of maritime heritage, the brand has grown from a long-held vision to redefine the ocean experience for a new generation of discerning guests. At its heart is a unique 'Ocean State of Mind' that connects guests with the sea, themselves and like-minded others, while immersive itineraries blend iconic destinations with lesser-travelled ports for unhurried Journeys inspiring discovery.

Marrying the refined essence and service of the world's finest boutique hotels with the boundless freedom of the ocean, the fleet prioritises a profound sense of space. Each ship features generously proportioned oceanfront Suites, Penthouses and Residences, where abundant natural light, generous outdoor living space and uninterrupted sea views create an unrivalled sense of openness. Guests enjoy a sophisticated collection of distinct dining destinations, world-class wellness facilities, heated pools designed for all

seasons and premium retail spaces, all reflecting the brand's effortless sense of understated European luxury.

EXPLORA I and EXPLORA II are already welcoming guests, having launched in July 2023 and September 2024 respectively. The brand's first LNG-powered ship, EXPLORA III, launches on 24 July 2026, with EXPLORA IV following in early 2027. EXPLORA V and EXPLORA VI are set to join the fleet in 2027 and 2028, incorporating advanced environmental technologies as part of the brand's commitment to sustainability.

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