

**Food and wine tour**  
**In and around The Amalfi Coast**  
**October 9-20, 2017**

**Day 1 - Arrival Transfer Naples airport/Agropoli**

Overnight in Agropoli ( 1st night )

Transfer with private coach from Naples Airport to the Francesco Resort, which lies in the Cilento Coast ( wonderful little town of Agropoli ) where you will can enjoy a buffet dinner of local delights.

This day includes the following services:

- Transfer by coach from Naples airport to the Hotel in Agropoli
- Dinner buffet style, wines included

**Day 2 - Tour of a Mozzarella farm & The Greek Temples, Paestum**

Overnight in Agropoli ( 2nd night )



Breakfast buffet on the terrace of Resort San Francesco. Pick up with coach and driver. Visit one of the Campania Region's most famous mozzarella farms, considered industry leaders in buffalo mozzarella production (the only area in Italy where the well-known buffalo mozzarella is produced). Participants will follow the production of this world-famous cheese, from the milking of the water buffaloes to the salting and packing of the final product. This wonderful visit enables you to enjoy the world's freshest mozzarella & ricotta cheeses, yogurt, ice cream, and various other buffalo milk products indigenous to the area and produced on this farm. Your excursion continues with a visit to the famous Greek Temples in Paestum where you'll find the oldest, fully intact Greek Temples in the world. This is truly one of Italy's

most enchanting archaeological sites. Enjoy a private guided tour of Paestum, discovered around 600 B.C. by Greek colonists who chose to colonize the area for its central location and proximity to the Sea. Your tour will take you through the sites of the impressive Greek temples, Roman buildings, and amphitheater. After your tour, enjoy a marvelous lunch prepared with local ingredients at a nearby estate.

Lunch at a local farm, wines included.

In the afternoon visit and tasting wine to a local winery farm that produces about 10,000 bottles per year and their wines are made from indigenous varieties of grapes such as Fiano and Aglianico. Wine experts have referred to their productions as “wines to be eaten,” as they are highly fragrant and contain a high alcohol content.

This day includes the following services:

- Full day tour by coach
- Guided tour of a mozzarella farm with tastings of mozzarella and yoghurt.
- N. 2 hours guided tour with English speaking guide of The Greek Temples in Paestum.
- Admission ticket to the archaeological site in Paestum
- Lunch at a local farm, wines included.
- Visit to a winery, wines included

### **Day 3 – Half day tour and cooking school**

Overnight in Agropoli ( 3rd night )

Breakfast buffet at the hotel. Pick-up with coach and driver. Visit and tasting to a Olive Oil farm.

Then it's off to a Masseria located in the countryside near Paestum, while you will enjoy a Cooking school – typical products of “Dieta Mediterranea”. Your cooking classes held by the Baroness owner of the Masseria you will learn how to prepare the local Italian dishes influenced by Greek and Roman traditions, use the healthy foods of the Mediterranean, diet and the fresh products typical to the surrounding areas, such as anchovies, asparagus, buffalo mozzarella and ricotta cheese, most of which are made directly on the farm itself.



This day includes the following services:

- Full day tour by coach
- Guided tour of an olive farm near Battipaglia.
- Cooking course at a local farm, followed by lunch wines included

### **Day 4 – Transfer Agropoli/Sorrento. Food Tasting Tour in Salerno.**

Overnight in Sorrento ( 1st night )

Buffet breakfast at Resort San Francesco. Pick-up with coach and driver. Transfer from Agropoli to Sorrento. During the transfer we will have a stop in Salerno for a food tasting tour.

Our tour takes you through the old-town of this authentic city as you discover its local gastronomic delights. Highlights include a visit to the outdoor market, a historical pastry shop, and tastes of the homemade specialties at some of the city's best restaurants, including a stop for Salerno's infamous lemon granita in the local botanical garden. Between tastings, you will experience "real life in Southern Italy," as you stroll through its traditional neighborhoods, passing by some of its main historical sights, including the beautiful Cathedral San Matteo dedicated to the Patron Saint of the city, while enjoying anecdotes shared by a your local guide. Salerno is the ideal place to please the palate and your tastings en-route will include: Homemade pasta with fresh coastal lemon, world-famous buffalo mozzarella, authentic eggplant parmesan, brick-oven bread, and some of the most delicious local pastries created from ancient recipes developed hundreds of years ago by the nuns from the local monastery. Arrival at the hotel in Sorrento. Dinner and overnight.

This day includes the following services:

- Transfer by coach Agropoli/Salerno/Sorrento
- Food tasting tour of Salerno, tastings included ( Approx 10 tastings )

### **Day 5 – Sorrento and cooking school with Lucia**

Overnight in Sorrento ( 2<sup>nd</sup> night )



Buffet breakfast at the hotel. Enjoy a privately guided tour of Sorrento, and experience the cultural and architectural influences of the different dominations that have historically ruled this beautiful seaside city. Your tour provides a glimpse into historic churches and ancient monasteries, and a stop at the Cathedral, built at the beginning of the fifteenth century. Following a special cooking course at Luciana's Villa, a private residence with beautiful garden and several types of Palm trees and Mediterranean plants. Tour of the garden before we start the hands on cooking lesson which consists of preparing homemade Italian pasta or gnocchi, a main course and a traditional lemon cake dessert made from the world-famous lemons indigenous to the town of Sorrento.

In the afternoon time on your own to enjoy Sorrento.

This day includes the following services:

- Transfer by coach from the hotel to Lucia's private villa or viceversa
- Cooking course, followed by lunch wines included

## **Day 6 – Capri Island**

Overnight in Sorrento ( 3rd night )

After breakfast, departure by hydrofoil from the port of Sorrento to the Island of Capri. Enjoy a guided tour of Villa San Michele, an 18<sup>th</sup> Century villa with a terraced garden once belonging to the Swedish doctor and art collector Axel Munthe. A magical place that must be experienced, as some speak of Feng Shui perfection, others about a node for magnetic flows, and everyone about its enchanting beauty.

In the afternoon I would rather suggest the following program instead of the Augustus gardens, which I do not find much of interest: A pleasant walk by the Natural Arch passing by the Faraglioni Rocks with a specialized naturalist trekking guide.

This day includes the following services:

- Transfer by coach from the hotel in Sorrento to the port in Sorrento and vice-versa
- Jet boat from Sorrento to Capri and vice-versa
- Tour of the island of Capri by coach ( Marina Grande/Anacapri/Maria Grande )
- English speaking local tour guide



## **Day 7 – Boat full day tour**

Overnight in Sorrento ( 4th night )

Your by private boat from Sorrento along the Amalfi Coast to Amalfi town; you depart from Sorrento continue past Punta Campanella, where you can see the remains of an ancient temple dedicated to Minerva. Sail to the Li Galli Islets, where it is said that Ulysses met the mythical Sirens. On the largest of these, you can make out the villa where Rudolph Nureyev spent his final years.

From here, you cruise along the coastline which is of a breathtaking beauty to Amalfi. Time on your own to enjoy Amalfi. The boat tour then takes you to Positano, where you can drop anchor so you can take a stroll along the twisting lanes of the village and stop to do some shopping in Positano's charming boutiques.

Stop for lunch at the fishing village of Nerano in one of the areas most prestigious fish restaurants.



This day includes the following services:

- Transfer by coach from the hotel in Sorrento to the port in Sorrento and vice-versa
- Full day tour ( 8 hours ) by private boat Sorrento/Amalfi/Positano/Sorrento
- Skipper
- Lunch at a restaurant, wines included

### **Day 8 – Full day tour Private Limoneto and Wine Tramonti**

Overnight in Sorrento ( 5<sup>th</sup> night )

Buffet breakfast at the hotel. In the morning a unique visit to a private family-owned lemon estate, stretching from the mountain cliffs all the way down to the Mediterranean Sea. The proprietor has been growing lemons for generations, following the age-old, local agricultural practices and traditions. Enjoy a private visit, complete with a tasting of lemon-specialties in the beautiful garden.

Visit and lunch to a vineyard housed in a structure dating back to 1700, which has been recently renovated. The vineyard covers seven hectares, and is situated approximately 500 meters above the Mediterranean Sea. You will be guided through the wine cellars and the vineyard where the vines date back hundreds of years.

After your tour, you will enjoy a wonderful lunch composed of the traditional dishes of Southern Italy, paired with a tasting of some of the vineyard's best wines. During lunch, members of the family who run the vineyard will join you. They will discuss with you the vineyard's history, present operations, and future plans, and provide you with incredible insight as to how they have preserved the historical traditions of maintaining this ancient vineyard high above the Amalfi Coast.



This day includes the following services:

- Full day tour by coach
- Guided tour of a lemon estate with tastings, Maiori
- Guided tour of the vineyards and the wine canteen, Tramonti
- Lunch and wine tasting at the winery, Tramonti

### **Day 9 – Transfer Sorrento/Naples – Tour of Pompeii and of a pasta factory**

Overnight in Naples ( 1st night )

Buffet breakfast at the hotel. Pick up and transfer from the hotel in Sorrento to the hotel in Naples.

During the transfer enjoy a 2-hour private guided tour of Pompeii, the world famous archaeological and historical site of the ancient Roman town buried under the ash and lava during the eruption of Mount Vesuvius in 79 A.D. Your tour will take you through this fantastic testimony of the Roman Empire. The public buildings and private villas will leave you with a lively impression of the organization and daily life in this Roman town, inhabited over 2000 years ago.

After stopping for a lovely lunch in one of our favorite restaurants in Pompeii, we will continue the afternoon with a visit of a Gragnano Pastificio . Back when one was only allowed to make pasta by hand, Gragnano's pasta makers hung spaghetti outside on drying racks, like laundry, to capture the fresh mountain breeze and the salty air from the sea. Those traditions seem to have disappeared, until you join us for a behind the scenes look into how the BEST pasta in the world is still made today. Enjoy the day at one of Gragnano's most unique, bronze-cut pasta making facilities. Learn about the uniqueness of the bronze cuts and how it adds to the flavor and aromas of the pasta. See how the pasta is made, learn about the microclimate of the area.

Arrival in Naples at dinner at Zi Teresa at the charming and characteristic Borgo Marinaro.



The Bay of Naples

This day includes the following services:

- Buffet breakfast at the hotel.
- Full day tour by coach
- Guided tour at a pasta maker with tasting.
- N. 2 hours guided tour with English speaking guide of Pompeii
- Admission ticket to the archeological site in Pompeii.
- Lunch at a restaurant, wines included
- Dinner at a restaurant, wines included

### **Day 10 – The Volcanic Island of Ischia and its Exotic Gardens**

Overnight in Naples ( 2<sup>nd</sup> night )

After breakfast, departure by jet-boat ( public ferry service ) from the port in Naples to the Island of Ischia, the largest of the Partenopean islands. Ischia has acquired international fame thanks to its numerous thermal and thermo-mineral springs, a result of the island's volcanic origins.

Upon arrival, your tour starts with a visit to The Mortella Gardens and their dramatic volcanic rocks whose design was conceived through skill and refinement, taking advantage of the suggestive natural landscape and their openings towards the Mediterranean Sea. The garden spreads for about 2 hectares and enjoys a major collection of exotic, rare plants. The garden is constantly cured and expands year after year. The garden boasts three tropical greenhouses: the Victoria House, the Orchid House and the Temple of the Sun. After your visit, a divine lunch will be arranged in the garden of a private villa. Visit the gardens before returning to Naples.





This day includes the following services:

- Buffet breakfast at the hotel
- Transfer by coach from the hotel to the port in Sorrento and vice-versa
- Jet boat from Sorrento to Ischia and vice-versa ( A 60 minutes ride )
- Transport on the island with coach
- Admission fee to Giardini della Mortella, Ischia
- Visit to a private garden in Ischia Porto followed by a nice lunch, wines included in the patio outside in the garden.

### **Day 11 – Naples and its Magnificence**

Overnight in Naples ( 3<sup>rd</sup> night )

After a rich breakfast in Sorrento, transfer to Naples.

In the morning guided tour of Naples old town with the Cathedral. Visit; admission fee included, to The Sansevero Chapel in the historic heart of Naples is a jewel of the world's artistic heritage. Here, baroque creativity, dynastic pride, beauty and mystery blend to create a unique and almost timeless atmosphere. With its masterpieces such as the famous *Veiled Christ*, renowned world over for the remarkable tissue-like quality of the marble, feats of virtuosity such as *Disillusion*.

The Sansevero Chapel is one of the most impressive monuments that the human mind has ever conceived.

Light lunch in a historical pizzeria.

Your tour continues along the streets of Via Toledo and towards the famous 17th Century Piazza, Piazza Plebiscito, while experiencing some of the city's most remarkable monuments including The Royal Palace & The San Carlo Theatre.

Farewell dinner in a very prestigious palace in Naples of an immense and historical importance. The possibility to experience a private home of one of Italys most importan Art Gallerists.

This day includes the following services:

- Buffet breakfast at the hotel
- Full day tour by coach, Naples
- N. 5 hours guided tour with private English speaking guide, Naples
- Admission fee to The Sansevero Chapel, Naples
- Licht lunch inn a Pizzeria
- Farewell dinner arrangement in a private palace

### **Day 12 – Departure**

Overnight in Naples ( 4 night )

Buffet breakfast at the hotel in Naples. Pick up from the hotel in Naples and transfer to Naples airport.



This day includes the following services:

- Buffet breakfast at the hotel
- Transfer by coach from the hotel to Naples airport

Cost per person sharing a double room

Cost per person in a single room

Travel to Italy requires a passport valid for 6 months after your return.