



TAVOLA TOURS

Culinary & Cultural Adventures to Southern Italy

Hosted by Chef Franco Lania

TAVOLA TOURS presents a Foodie Adventure!

Destination: Campania | The Amalfi & Cilento Regions of Southern ITALY

Depart: USA in Spring of 2019

(Dates, Final Itinerary, Price & Meals to be announced shortly)

9 Fun Nights & 9 Days of a Fully-Inclusive CULINARY and CULTURAL ADVENTURE



- Hands-On Cooking Classes
- Local Food Specialties
- Wine Tastings & Food Pairings
- Beautiful Sightseeing Tours
- **Hotel Cerere**, located in the ancient city of Paestum, will be your home away from home. You only unpack once! Just a short walk to the sea!

Explore Campania | The Amalfi & Cilento Regions!

Delight your senses on this special culinary and cultural journey. Savor the famous foods of the region and learn from local artisans.

The Cilento area is home to some of the lushest vegetation in Italy and is the home of the **Mediterranean Diet**. Relish the breathtaking sights. Relax as you soak up the “sweet life” of southern Italy and its gracious people.





ITALY: CAMPANIA | THE AMALFI & CILENTO REGIONS TOUR ITINERARY

DAY TO DAY ITINERARY

Spring of 2019

Day 1: Arrival & Transfer



DINNER

After Passport & Customs, meet Driver in arrivals hall for the transfer to Hotel in Paestum. Balance of day is free. Dinner is at the hotel. Note: *Transfer from Rome Fiumicino Airport is estimated between 1 & 3 pm on arrival day, April 18th, Rome local time.*

Day 2: The Temples of Paestum



BREAKFAST
DINNER

Feel free to sleep in, or relax and enjoy the hotel's facilities this morning. In the afternoon, we will drive to the magnificent Temples of Paestum to see where ancient Greek culture once thrived in this area. The welcome dinner will be held at our sister hotel, the trendy MEC Paestum, where you will enjoy a chef's tasting menu to delight your palate. After dinner, we will drive back to the spectacular Temples of Paestum that are colorfully lit up at night. You'll have a perfect opportunity for photos.

Day 3: Mozzarella Factory Tour with Cooking Class & Winery Tour



BREAKFAST
LUNCH
DINNER

This will be one exciting day for MOZZARELLA fans! This morning's tour will begin at an authentic Buffalo Mozzarella Farm to see the water buffaloes and to learn about the handmade process of making mozzarella, which as you might know, is known as "white gold" in Campania. To make this visit even more special, you can participate in the mozzarella- and bocconcini-making process. Yes, you'll be taught how to make your very own mozzarella from scratch by the local experts. Exciting? You bet it is! To follow, we will enjoy a light lunch on the farm grounds and, of course, you'll get to eat the mozzarella that you made. That afternoon, we visit a local vineyard for a full wine-tasting experience. Dinner will be in an Agriturismo, Italy's local gastronomic farmhouse experience. The cuisine is based on "piatti poveri" (peasant foods and traditions of the area), but prepared with innovative and creative flair by the chefs.

Day 4: Amalfi, Vietri & Ravello



BREAKFAST
DINNER

The Amalfi Coast is one of the most scenic coastal areas of Italy. The photo opportunities here are incredible! This morning, we head to the village of Ravello to visit the beautiful Villa Cimbrone with its historic cloister and spectacular panoramic views that stretch out to the bright blue sea. Then we'll continue to Amalfi to visit its gorgeous cathedral; entrance is optional. You'll enjoy free time in Amalfi to stroll, shop or have lunch on your own in one of the many delicious trattorias.

(Continued)



ITALY: CAMPANIA | THE AMALFI & CILENTO REGIONS TOUR ITINERARY (*Cont'd.*)

Day 4: Amalfi, Vietri & Ravello (*Continued*)

As we leave Amalfi, we travel south along the panoramic and breathtaking Amalfi Coast Road to the village of Vietri, which is famous for its exquisite ceramic work. We'll stop to check out some of the many ceramic shops specializing in dinnerware and home décor, as well as talk with the local artisans. Dinner tonight is in the hotel.

Day 5: Pompeii Excursion

This morning, enjoy the very best that Pompeii has to offer. Feel the history of more than 2000 years ago come alive through the stories of your expert guide. No archaeological site has the drama or size of Pompeii, the city that was buried by the volcanic explosion of Mt. Vesuvius in 79AD. As we return back to the hotel, you'll notice the breathtaking view of the Bay of Naples. Dinner tonight is out at a local restaurant in the nearby old Greek city of Agropoli, where you can relax and reminisce about your day spent in the ancient past.



BREAKFAST
DINNER

Day 6: Visit Napoli & Its Famous Historic Center (Spaccanapoli)

Today, we go to lively Naples, the capital of the Campania region. This is a bustling city with an enormous amount to see. This will be one foodie fabulous afternoon. Upon arrival, a guide will take us for a tour of the Historic Center and through Spaccanapoli (the straight and narrow main street that traverses the old historic center of Naples). Your guide will lead you through this ancient corridor full of: pizzerias, pastry shops, ancient churches, museums, souvenir shops and much more. This is a city known for its "street food" so keep an eye out for: cuoppo (the iconic cone-shaped paper filled with a variety of tasty morsels), pizza a portafoglio (pizza turned into a booklet or "wallet" to enjoy as street food), panuozzo (a delicious twist between a sandwich and a pizza), and of course sfogliatelle, zeppole, taralli, and much more. In the afternoon, you can enjoy some free time and explore places such as: Castel Nuovo, the Opera House, and the Royal Palace. Or, keep on searching for great food spots! Dinner is at the hotel.



BREAKFAST
DINNER

Day 7: Monteforte Cilento – Cooking Class & Winery Visit

The morning begins with a visit to an exclusive winery estate for a wine tasting, and a visit to their "Cantina." This estate mainly produces Aglianico, a full-bodied red wine famous to the region. It is said that along with Nebbiolo and Sangiovese, Aglianico is generally believed to be one of Italy's three best wine grapes. It is a dense grape, with a mysterious black ink color, that's indigenous to the Cilento region. Then, we'll proceed up the mountain to ristorante Monteforte Cilento, for a fun, hands-on cooking class

(*Continued*)



BREAKFAST
LUNCH
DINNER



ITALY: CAMPANIA | THE AMALFI & CILENTO REGIONS TOUR ITINERARY (Cont'd.)

Day 7: Monteforte Cilento – Cooking Class & Winery Visit (*Continued*)

(by a husband and wife team), where you'll learn to make fresh pasta and wood-fired pizza. Locals rave about the pizza here as the best in the area! Later, enjoy the fruits of your labor. Dinner will be in Monteforte Cilento.

Day 8: Cilento Coast Villages & Palinuro Beach Excursion

The Cilento area is the seat of the **Mediterranean Diet** where olive oil production has been important for centuries. We begin visiting this challenging terrain of the Cilento area as we drive south, passing picturesque mountain & fishing villages. The landscape is dotted with olive groves. Upon arrival in Palinuro, there will be time to enjoy the beach or relax and take in a leisurely lunch. Later, we'll take a boat excursion around the Palinuro Peninsula for breathtakingly beautiful panoramic views and entrance to the fascinating Blue Grotto of Palinuro, which is said to rival the Blue Grotto on the Isle of Capri. This is another great time to take some very spectacular pictures. Dinner will be in the town of Castellabate.



BREAKFAST
LUNCH
DINNER

Day 9: Isle of Capri Tour

In the morning, we take a ferry boat from Salerno across the Gulf of Naples to the beautiful Isle of Capri. Along the way, you'll enjoy the breathtaking views of the stunning Amalfi & Sorrento coastline. Once on land, you'll have the option to visit the eternal Blue Grotto (weather permitting), or take an optional boat ride around the island to view its natural beauty. Later, with the assistance of a guide, you can explore the sights of the island, or try roaming on your own to shop and practice speaking Italian. The Roman Emperor Augustus Caesar (Octavian) famously called Capri, "La Città del dolce far niente" (the city where it's a pleasure to do nothing). You will enjoy this world-class island for its great shops, restaurants, and people watching. Capri has some of the most beautifully diverse and lush wildflowers in all of southern Italy. The photo opportunities are endless! Also, in the afternoon, you could take a walk (or a ride on the funicular) up to Anacapri (at the top of the island) to see the gorgeous Villa San Michele and the unforgettable views below. Late that afternoon, we'll take the boat back to Salerno. The Farewell Dinner is in the hotel.



BREAKFAST
DINNER

Day 10: Departure / Transfer

Airport transfer for the group to Rome Fiumicino Airport for your flight home to USA. **Note:** *Arrive home same day.*



BREAKFAST