



TAVOLA TOURS

Culinary & Cultural Adventures to Italy

Hosted by Chef Franco Lania

TAVOLA TOURS presents a Fall Harvest Foodie Adventure!

Destination: The Calabria Region of Southern ITALY

Depart: USA on September 29, 2018 | Return to USA on October 8, 2018

8 Nights & 8 Fun Days of a CULINARY and CULTURAL ADVENTURE

\$2,665 per person LAND ONLY | Breakfast Daily with 5 Lunches & 7 Dinners



- Hands-On Cooking Classes
- Local Food Specialties
- Wine Tastings & Food Pairings
- Beautiful Sightseeing Tours
- **Villa Fabiano**, located in the city of Rende, will be your home away from home.

Explore Calabria: The Toe of The Boot

Join us on a boutique autumn culinary and cultural adventure to the alluring Deep South of Italy. Savor the traditional foods and wines of the region, learn from local artisans, and relish in the natural beauty known as **Calabria**.

Relax as you soak up *la dolce vita*, the sweet life, of southern Italy and learn about this magnificent region of **Magna Graecia**.





ITALY: CALABRIA REGION TOUR ITINERARY

DAY TO DAY ITINERARY

September 29th* – October 8th, 2018

**IMPORTANT: Departure should be scheduled for September 29th in order to arrive on September 30th*

Day 1: Benvenuti in Calabria!



Arrive at Lamezia Terme Airport. Transfer to **Villa Fabiano**, your boutique hotel a few short miles from Cosenza, an almost undiscovered medieval town located in northern Calabria. After settling into your room, you are free to enjoy the pool, spa** or simply relax in your comfortable room with its large balcony. That evening, you'll meet the group for a welcome dinner in the hotel's dining room, complete with local Calabrian wines. All courses will be cooked by one of the most important chefs of the **Calabria Cooking Academy**. Overnight in Rende.

Day 2: Caciocavallo, Cirò Winery and Santa Severina Castello



After breakfast, you will discover Calabria's most famous Caciocavallo Silano DOP at a local family-run dairy for a tour and tasting. Then, you'll have the opportunity to prepare your very own Caciocavallo and Mozzarella with expert guidance from the professional cheesemakers. We then head south to the highly acclaimed **Cirò wine** region of the Crotona province. **Cirò wine** is nicknamed the **Barolo of the South** and is known as Calabria's best wine. Lunch will be at a local restaurant serving specialties of Crotona. After, we head to the picturesque mountaintop village of **Santa Severina** for a tour of its stunningly beautiful Castello and medieval village. There you'll learn about its importance for Byzantine art and history. In the evening, you'll enjoy an **Italian Aperitivi & Bibita al Caffè** (a unique Calabrian drink) in the hotel's restaurant. Overnight in Rende.

Day 3: Village of Altomonte & Cooking Class at Hotel Barbieri



This morning you can sleep in, schedule a spa treatment** or enjoy the amenities of the hotel. Later this morning, we will head to charming **Altomonte**. You will explore the old town before attending a fun interactive cooking class held by a talented chef of the **Hotel Barbieri** family. Your hands-on class will include *gnocchi*, *eggplant polpetta*, *braciola*, *peperoni cruschi* (crunchy peppers), and a few other surprises. You may participate or simply sit and watch as dishes are demonstrated. You'll have dinner at the Barbieri restaurant, and enjoy a selection of wines and beverages to accompany your meal. Overnight in Rende.

Day 4: Explore Medieval Cosenza & Pizza Cooking Class



This morning you'll discover *le meraviglie di Cosenza*. Onboard a local panoramic bus, you'll visit the main attractions of this **medieval town**: the prestigious **National Gallery of Palazzo Arnone**, the **Duomo of Cosenza**,

***Some spa services may be an additional cost to you.* (Continued)



ITALY: CALABRIA REGION TOUR ITINERARY (*Continued*)

Day 4: Explore Medieval Cosenza and Pizza Cooking Class

(*Continued*)

and other attractions. This afternoon, you'll learn how to make traditional **Pizza Calabrese** and enjoy it for dinner. You'll visit **Pasticceria Renzelli**, one of the best pastry shops in the city. Here you can feast your eyes on their beautiful delicacies, and taste your favorites. After, you will have some free time to stroll the lovely walking promenade of Corso Mazzini and view its open air museum with the sculptures of famous artists such as **Salvador Dali** and **Giorgio Chirico**. Overnight in Rende.

Day 5: Tropea Boat Trip ("Coast of The Gods") & Pizzo, Tartufo Ice Cream Experience



BREAKFAST
LUNCH

This morning, you'll head south on the **Tyrrhenian Coast** to the beautiful seaside town of Tropea for a scenic boat ride along the dramatic Calabrian coastline, known as "Costa degli Dei" (Coast of the Gods), including a light aperitivo on-board. After, you will visit the Santuario di Santa Maria dell'Isola, and the famous balcony viewpoint of Tropea. We will leave in the afternoon to visit Italy's most famous gelato shops in the main square of **Pizzo**, where **tartufo ice cream** was invented. This town is a mecca for ice cream fans from around the world! You will be given an exclusive tartufo demonstration by the man whose father created this world-famous treat. Then, relax and enjoy your favorite flavor. After, you'll be free time to roam around the historic center of Pizzo, before returning to the hotel for a free evening. Overnight in Rende.

Day 6: Maccaroni Chef Academy Paola, Shrine of San Francesco



BREAKFAST
LUNCH
DINNER

Today, we will learn to make several traditional Calabrese dishes at the trendy, ultra-modern cooking studio of the "**Maccaroni Chef Academy**" in Cosenza. Afterward, you'll visit the quaint village of **Paola** with its ancient alleys, old churches, and breathtaking panoramic views. This is the birthplace of **San Francesco**. Here, we will visit the **Shrine of St. Francis of Paola** and have a guided tour. Tonight, you'll have an **elegant dinner at Palazzo Salfi**, a charming upscale restaurant in the illuminated old town of Cosenza.

Day 7: Rossano, Codex, and Byzantine Culture



BREAKFAST
LUNCH
DINNER

This morning, you'll head north on the **Ionian Sea** for a guided tour of the famous **Amarelli licorice museum**. Here, you will learn about the long history of licorice production in Calabria, its medicinal qualities and, of course, the many sweets that are made from it. You'll get to taste candies, gelatos and coffee all made with licorice.

(*Continued*)



ITALY: CALABRIA REGION TOUR ITINERARY (*Continued*)

Day 7: Rossano, Codex, and Byzantine Culture (*Continued*)

Then, we head to the enchanting **historical center of Rossano** where you'll visit one of Calabria's most stunning churches. A few steps away, you will enter the Codex museum to see the astonishingly well-preserved **Codex Purpureus** (the ancient illustrated **Gospels of Saints Matthew and Mark**). Afterwards, you'll have a break to enjoy some light snacks at a stylish art caffè. Then we will visit the elegant **Castello di Corigliano**. After, you'll return back to the hotel for a rest and to organize your suitcases **for our hotel change the next day**. This evening, you'll have an enjoyable **cooking class with the hotel's highly awarded master chef**. You will learn how to make two traditional Calabrese pastas: *Ravioli with 'Nduja* and *Lagane e Ceci*. Dinner at the Hotel's restaurant. Overnight in Rende.

Day 8: Cooking Class and Wine Tour on the Sant'Eufemia's Bay

This morning, you'll leave Villa Fabiano to go to an Agriturismo situated on the beautiful hills overlooking **Sant'Eufemia's Bay**. You'll attend two very interesting cooking classes to learn the secrets of preparing **Tiramisù al Limone** and **Limoncello**. Since this area is also known for avocado production, you will learn a delicious traditional recipe made with local avocados. After a **Calabrian olive oil sampling** (an assaggio), you'll enjoy a multicourse lunch at the Agriturismo. In the early afternoon, you'll visit the famous **Cantine Statti of Lamezia** where you'll be visiting a winery and enjoy a wine tasting of "Riserva" and a degustazione (tasting) of typical products of the area.

MIDNIGHT SPECIAL: Your farewell dinner will consists of *Spaghetтата aglio, olio e peperoncino*, and a **spectacular Calabrian-style FIREWORKS display with music and dance**. Overnight at Agriturismo.

Day 9: Departure / Transfer

You'll have breakfast at the Agriturismo, then depart to Lamezia Terme Airport to return home.

Note: Arrive home same day.



BREAKFAST
LUNCH
DINNER



BREAKFAST



TAVOLA TOURS TRIP RESERVATION FORM – Autumn 2018

Reserve your place with a \$600.00 deposit.

Reservations are processed on a first come, first serve basis. Secure your place today!

Name: _____

IMPORTANT: Name must be exactly the same as it appears on Valid Passport; 1 Form per Person.

Street Address: _____

City: _____ State: _____ Zip: _____

YOUR CONTACT INFORMATION

Home Tel. #: _____ Cell Tel. #: _____

Work Tel. #: _____ E-mail: _____

Travel Companion Name: _____

Room Type: Single*: _____ Double: _____ Triple: _____

***\$350 additional fee for a single room.**

Departure Date: _____ Return Date: _____

YOUR PAYMENT DETAILS

Deposit or Full Payment (List Amount): _____ Payment Date: _____

TRAVEL PROTECTION INSURANCE is available to all participants:

We strongly recommend the purchase of Travel Insurance to protect your travel investment.

NOTE: Pre-existing medical condition clause is included if insurance is purchased within 14 days of deposit.

Travel insurance is non-refundable.

Would you like Optional Travel Insurance Protection? YES: ____ NO: ____

To purchase Travel Insurance, your date of birth is REQUIRED: _____

TOUR RESERVATION POLICIES

- \$500.00 Deposit required to secure space. Tour Balance is due 45 days prior to travel date.
- We prefer payment by check. Credit Card payment is possible; however, a 3.75% credit card fee applies.
- \$250.00 Administration fee is charged if tour reservation is cancelled 2 weeks after initial deposit.
- Itinerary could be altered only if deemed necessary beyond control of travel agency & local tour operator.
- Full deposit, administration fee & full tour cost become NON REFUNDABLE 45 days or less from travel date.

REQUIRED TRAVEL DOCUMENTS

TRAVEL DOCUMENTS: USA citizens need VALID PASSPORT with expiration date 6 months or more from US departure date.

NON-USA: Citizens may require a VISA. Please check with your own country's Consulate General or their Website.

PAYMENT DETAILS

- Please make your payment out to "I-Chef, LLC": PO Box 273, Chatham, NJ 07928.
- Please write TAVOLA TOURS on the Memo line of your check.
- For questions, please contact us at info@tavolatours.com.

SIGNATURE: _____

DATE: _____