



TAVOLA TOURS

Culinary & Cultural Adventures to Italy

Chef Franco Lania & DiningOut New Jersey

TAVOLA TOURS presents a New Adventure!

Amalfi Coast & Cilento Regions of Campania

Depart: USA on May 23, 2020 | Return to USA on June 3, 2020

11 Fun Days & 10 Nights of a CULINARY and CULTURAL ADVENTURE

\$3,369.00 per person



- 4-Star & 5-Star Hotels
- Michelin-Star Dining
- Amalfi Lemon Tour
- Mount Vesuvius Winery
- Cooking with a Baroness
- Beautiful Sightseeing Tours
- “Hands-On” Mozzarella Experience
- Temples of Paestum (Magna Graecia)
- Beach & Fun in the Sun Time!

Explore Campania!

Enjoy a culinary and cultural adventure of a lifetime as you visit two of the most spectacular regions of Campania.

Savor the glamor & glitz of the **Amalfi Coast** along with the **Cilento** region (known as one of Italy’s best kept secrets, and home of the **Mediterranean diet**). Relish in the “sweet life” of southern Italy and its gracious people on this one-of-a-kind tour.





ITALY: CAMPANIA & CILENTO REGION TOUR ITINERARY

DAY TO DAY ITINERARY

May 24 – June 3, 2020

IMPORTANT: Departure should be scheduled for May 23rd in order to arrive on May 24th.

Day 1: Arrival | Naples International Airport

Meet and greet at Naples International Airport. Bus transfer is provided for the group from the airport to Hotel Sole Splendid. Relax, settle in, and enjoy the amenities of the hotel and the beautiful beach. In the evening, meet the group for a welcome dinner.



Day 2: Splendors of Positano & Amalfi | Minori Dining Experience

Breakfast at the hotel. Then enjoy a short stroll to the Port of Maiori, then onward to the alluring towns of **Positano** and **Amalfi**. (Shuttle service can be provided for those with disabilities). Experience a one-hour ferry ride to the chic village of Positano, famous for its glamorous shopping, restaurants, beautiful cliff-side panoramic views, and the magnificent Church of Santa Maria. Then it's off to the ancient maritime town on Amalfi! This once very influential seafaring village is still today the main town along the breathtaking **Costiera Amalfitana**. Here you will experience a guided tour of this historical town and its famous Duomo! Later this evening, you will have a delicious dinner at local restaurant in Minori.



Day 3: Capri | Ana Capri | Monte Solaro | Blue Grotto*

After breakfast, it's off to the **captivating island of Capri**! First, we'll go to **Anacapri**, where you'll have an opportunity to buy sandals, custom-made by a man who once created sandals for Jackie Onassis! During this time, the rest of the group can also do some shopping or relax in a café before our guided tour of **Villa San Michele** with its beautiful gardens and view from the "**statue of the sphinx**." Then it is time for an exciting cable car ride up to the highest elevation on Capri (1,932 ft. / 589m), **Monte Solaro**! From this highest peak of the island, you'll learn about "**Fortino di Bruto**", a blockhouse used in battles between Britain and France and see the statue of **Emperor Augustus**, who first landed on Capri. This is a bucket list experience for many, and you'll have great photo opportunities with the Tyrrhenian Sea and the Gulf of Naples out in the distance. **The rest of the afternoon you are free to explore the Gardens of Augustus, the Piazza Umberto, have lunch, shop, or to experience "la dolce vita".**



**Once on Capri, you can opt to see the famous Blue Grotto on your own. This is a separate excursion and is only open if weather and sea conditions are favorable. Our guide will assist you if this is possible.*



ITALY: CAMPANIA & CILENTO REGION TOUR ITINERARY(Continued)

Day 4: Forza Napoli | Historical & Cultural Highlights



Today, we head to Napoli, the capital of Campania. This lively metropolis is Italy's third largest city after Rome and Milan. So, get excited! You will visit many of the best cultural highlights of the city, such as **Castel Sant'Elmo**, with its breathtaking view of the **Bay of Naples**, and the historical landmark, **Piazza del Gesù Nuovo** (New Jesus Square), named after the church located in the square. This church is the only Neapolitan monument to ever have been portrayed on Italian paper notes, the famous 10,000 lire. Then you will also visit the **10th century** church of **Saint Gregorio Armeno** (St. Gregory of Armenia), one of the most important Baroque churches in Naples. The church is located on **Christmas Street** (Via dei Presepi), aptly named for the many shops that sell beautifully-crafted, world-renowned nativity scenes all year long. Then it's off to the **Museum of Cappella Severo** which is known as the "jewel" of Naples for its artistic heritage and home to the incredible **Cristo Velato** (Veiled Christ) masterpiece, the outstanding marble sculpture that was created in 1753 by Giuseppe Sanmartino. Then, you will have free time to sample the delicious local specialties of Naples and to enjoy some shopping or relaxation time in a cafe.

Day 5: Pompeii World Heritage Site | Mt. Vesuvio Winery



After breakfast, depart for the **UNESCO World Heritage Site of Pompeii**. The city was totally buried by a volcanic explosion from Mt. Vesuvius in 79 AD. You will feel the **history of more than 2,000 years ago** come alive through the stories of your expert guide. Points of interest will be the Antiquarium, House of Vetti, Forum, Casa della Venere in Conchiglia (House of Venus), House of Meander, House of Lovers, Thermoplium (an ancient Roman restaurant offering fast food), all subject to availability. Then onward to the slopes of **Mt. Vesuvius** and a local winery to learn about the prized **Lacryma Christi** (tears of Christ), a type of Neapolitan wine that has been produced from the surrounding vineyards of Mount Vesuvius since ancient Roman times. You will have a relaxing wine-pairing lunch. Then, take an educational guided tour of the vineyards and the wineries' production and bottling sites to learn all about Campania's famous Lacryma Cristi. Return to hotel to enjoy a free evening.

Day 6: Famous Amalfi Coast Lemon Tour | Michelin-Star Dining Experience



Today, you will learn about the "gold" of the **Amalfi Coast**! Yes, we will visit a certified **Amalfi Coast lemon grove** to learn all about the world famous "sfusato amalfitano" lemons. These large lemons, the great symbols of the Amalfi Coast, are adored around the world. Learn about the cultivation processes (Continued)



ITALY: CAMPANIA & CILENTO REGION TOUR ITINERARY (*Continued*)

Day 6: Famous Amalfi Coast Lemon Tour | Michelin-Star Dining Experience (*Continued*)

of the **Costa d'Amalfi PGI lemons**, their gastronomic-culinary use, as well as their therapeutic and cutaneous properties for soaps, creams, and perfumes. You will have a beautiful slow walk downhill to visit the amazing lemon-scented groves, see the collection and processing areas, and enjoy a tasting of typical lemon liqueurs and other specialties (made from these precious lemons). Then back to the hotel to relax, enjoy some free time, and organize for tomorrow's **change of hotels**. Tonight's dinner will be at a **Michelin-star restaurant**, serving food and wine specialties of the Amalfi coast.

Day 7: Picturesque Ravello & Villa Combrone | Vietri sul Mare | Amalfi Ceramic Art

Check-out from Hotel Sole Splendid. This morning, we head to **Ravello**, a hidden treasure on the Amalfi Coast. First, we visit the stunning **Villa Cimbrone** with its beautiful cloister and breathtaking panoramic views that stretch out to the sea. Next stop is the **Cathedral of Ravello**, built in the 11th century. The cathedral is well-known for its Baroque and Romanesque style. Then, onward to the village of **Vietri sul Mare**. This hilltop town is known throughout the world for its **exquisite ceramics**. The tradition of ceramic-making in Vietri dates back to Roman times. Learn all about the process of making ceramics from a talented local artisan. Afterward, you'll be free to stroll the historic center and explore the many colorful ceramic and pottery shops for some shopping and to enjoy a coffee or a bite to eat. Then, we head south to the **Cilento** area of Campania and **check-in** at the **5-star Mec Paestum Hotel**. Dinner tonight will be in the hotel.



Day 8: Mozzarella di Bufala | Campania's White Gold

Today will be one exciting day for **MOZZARELLA fans!** This morning, we head to an **authentic Buffalo Mozzarella Farm** to see the buffalos and get our hands into the process of making mozzarella and bocconcini. Known as **"white gold"** in Campania, this is another experience of a lifetime! Exciting? You bet it is! Then, we will have a nice picnic lunch on the farm's grounds and, of course, you'll get to eat that delicious mozzarella. After, we head back to the Mec Paestum Hotel for a free afternoon to enjoy the hotel's many great amenities and some relaxation time. Tonight for dinner, you are free.



Day 9: Cooking with Baronessa Cecilia | Archeological Park of Paestum | Magna Graecia

Today's culinary adventure will be a fun and informative cooking **class with Baronessa Cecilia**. Here you will learn about the **Mediterranean diet** (*Continued*)





ITALY: CAMPANIA & CILENTO REGION TOUR ITINERARY (*Continued*)

Day 9: Cooking with Baronessa Cecilia | Archeological Park of Paestum | Magna Graecia (*Continued*)

and have a hands-on cooking class with an expert. Cilento is the birthplace of the **Mediterranean diet**; and during this cooking class, you will learn some tips and secrets to incorporate into your diet for a **healthier, yet delicious lifestyle**. After, it will be time to take a big step back in time for a guided tour of the **Archeological Park of Paestum**. At this magnificent **UNESCO World Heritage Site**, you will learn about the **Magna Graecia** (Great Greece), see three majestic **Temples of Paestum**, and learn about the great significance of the temples during the allied invasion of this area during **The Second World War**. We will also visit the site's Archeological Museum, where you will see the amazing, well-preserved **Tomb of the Diver**!

Day 10: Palinuro Boat & Beach Excursion

Today we will depart for a day at the beach in **Palinuro**. This seaside town is a fun local beach destination that will allow you to have an authentic experience in a beautiful location. You'll take a private boat excursion in the **Gulf of Policastro** and cruise along the dramatic **coastline of Cilento**. You will see **fascinating grottoes** (some say rival those of Capri) and have a swim in the **Baia del Buon Dormire** (Bay of Good Sleep). You will learn about the lush vegetation that flourishes in this very particular coastal region and how it gave birth to the world-famous **Mediterranean diet**. Our charming English-speaking captain will be happy to answer your questions and make this an experience of a lifetime. After, there will be free time at the beach of Palinuro, to swim, enjoy some sun, and have a bite to eat. Tonight is the farewell dinner at Mec Paestum Hotel.



BREAKFAST
DINNER

Day 11: Departure & Transfer to Airport

Check-out of Mec Paestum Hotel. Airport transfer to Naples airport for your flight home. **Note:** Those flying back to the USA and Canada will arrive home on same day.



BREAKFAST





TAVOLA TOURS TRIP RESERVATION FORM – SPRING 2020

Reserve your place with a \$1,0000.00 per person 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: _____

***\$550 additional fee for a single room covers both hotel stays.**

Departure Date: _____ Return Date: _____

YOUR PAYMENT DETAILS

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

TRAVEL PROTECTION INSURANCE

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.

TOUR RESERVATION POLICIES

- \$1,000.00 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.**

SIGNATURE: _____

DATE: _____