

Eat, Travel and Love



rome, colosseo

9 DAYS/8 NIGHTS – Lazio, Campania and Tuscany

1 DAY: ROME

Transfer from Rome airport to the hotel, free time at leisure. Overnight at hotel.

2 DAY: ROME

After breakfast, departure for the excursion “in the Heart of Rome” to visit St. Peter’s Basilica (visit inside), Navona Square, Pantheon, Trevi Fountain. The tour will start from Piazza San Bernardo, adorned by Moses’ Fountain, heading to Piazza della Repubblica, previously known as “dell’Esedra” as its central area also called Esedra of the Diocletian Baths is hidden now by the Fountain of Naiadi. Reaching the Square of St. Peter we’ll admire and visit inside the imposing building. Then we’ll start our walk through the centre: the gorgeous Piazza Navona built on the ruins of the Domitian’s Circus adorned by the famous Fountain of the Four Rivers, masterpiece of Gian Lorenzo Bernini realized in 1651, the Pantheon, a building in Rome which was originally built as a temple to the seven deities of the seven planets in the state religion of Ancient Rome. Then the guided tour will lead you to the worldwide famous Trevi Fountain. Afternoon, free time for your personal visits. Overnight at the hotel.

3 DAY: ROMAN COUNTRYSIDE

After breakfast, departure to the Roman countryside to live the experience of “chef for a day”. Cooking lesson in the Roman countryside, a full day gourmet experience far from the beaten tracks! A car will pick you up at the steps of your hotel and take you to the ancient village of Mazzano Romano, where you will make your way to a lavish garden and farm abounding with fresh vegetables, spices, and eggs. There, you will pick all of the ingredients necessary to create the menu you’ll be preparing in a cooking lesson. So don’t wear your best shoes! Once you meet the chef who will guide you through the lesson, he/she will show you step by step how to prepare each menu item, using methods that you will surely be able to duplicate once you return home. From appetizers to the first course, second course, and dessert, the chef will teach you the preparations of a delightful, traditional Italian meal. Once everything is ready, it’s time to eat! After you sip your way through the dessert course tasting the best wines that Italy has to offer, you will set off to the nearby village of Calcata. Calcata looks like one giant castle, but as you enter the town, you will see that it is a cluster of small homes. Now, you will find a thriving town, filled with restaurants, galleries, and cafés. Make sure to purchase a one-of-a-kind

piece of art priced reasonably and made by a local artist. Then you will be taken back to your hotel, free time at leisure. Overnight at the hotel.

4 DAY: ROME – NAPLES

After breakfast, private transfer from hotel to Termini railway station. Train to Naples (2nd class ticket, high speed). Arrival in Naples at 11 am. Transfer from Naples railway station to hotel. Afternoon dedicated to the visit of Naples: the excursion is composed by the visit of 3 different areas: Monumental Naples (walking) passing through Piazza del Plebescito, Umberto I Gallery, the Royal Palace, San Carlo theatre and the New Castle. Then you’ll visit the most famous spot of Panoramic Naples (by bus): via Caracciolo, Mergellina and Posillipo. To discover the last part, Historical Naples once again you will walk into the famous street called “Spaccanapoli” visiting the churches of Gesù Nuovo and Santa Chiara. Overnight at the hotel.

5 DAY: NAPLES – CAPRI ISLAND – NAPLES

After breakfast, departure to discover the fascinating Capri Island whose role as a playground for the rich and famous goes far back. So far, in fact, that the first vacation villas – or rather palaces – built here were for Caesar’s heir, Augustus

"Macaroni... m'hai provocato e io te distruggo! Macaroni, io me te magno"

[Alberto Sordi, Italian Actor, from the movie, "An American in Rome"]



Caesar, 2000 years ago. While modern Capri, with its magnificent hotels and villas, pedestrian streets lined with designer boutiques and elegant cafés, and its port full of lavish yachts, can at first glance appear an invitation-only affair, the island offers delight for everyone. Our excursion starts from Starhotel Terminus in Naples Garibaldi square and transfer to the Port to take the hydrofoil, our assistant on the bus. Arrival in Capri and meeting with the tour guide, visit of Anacapri and Axel Mount Belvedere (entrance fees not included), then there will be lunch in a typical restaurant and to Capri centre, including the visit of the famous Piazzetta, the Augustus Gardens, with an amazing view of the Faraglioni, and finally a stroll among the picturesque streets of the island, where you can find many open-air coffee shops and exclusive boutiques. Light lunch in restaurant. In the afternoon return to Naples by hydrofoil. Free time at leisure, overnight at the hotel.

6 DAY: NAPLES – FLORENCE

After breakfast, private transfer from Hotel in Naples to Garibaldi rail station. Train to Florence (2nd class ticket, high speed) arrival in Florence at 12.50 and transfer from Santa Maria Novella railway station to hotel. In the afternoon you will explore Florence, a

concentration of art and architecture. Despite its international fame and greatness, Florence is also a small city, whose history is interwoven with that of its passionate citizens for almost a thousand years... Let our guide unravel its unconventional side, visit Florence's urban scenery that played a leading role in ancient timeless legends. Get the chance to savour the city's intriguing charm that gave birth to anecdotes whose truth is lost on the border between history and fantasy. We are very pleased to offer to you our original, brand new walking tour: a perfect mix of Florence's classical face and its hot spots, combined with curiosities and unknowns. Discover how the Street of Beautiful Women got its name and how to beat your competitors with poppy seeds! At the end a well-earned refrigerating aperitif will be waiting for you in an exclusive location of an historical square of Florence. But before this you will have to discover two hidden portraits in Piazza Signoria and learn how to win good luck from the Porcellino. This tour has got something for everyone: all ages and interests. Overnight at hotel.

7 DAY: FLORENCE

After breakfast, meet our chef and learn how to cook a nice Tuscan meal in the heart of Florence!

First step: grocery shopping at the central market! You will go shopping with the chef at the central market picking up the ingredients for your lunch. You will meet the butchers, the bakers, and the farmers selling vegetables from their gardens. You will learn how to distinguish the highest quality ingredients and taste local foods & wines! After this fun experience you will reach our fascinating home-like professional location, just a few steps from the central market, and you will start putting your hands on the ingredients to create your own meal, driven by the expert guidance of our Chef Giovanni and his assistant Andrea. Your meal will be made of bruschetta, fresh home-made pasta from scratch, and a main course, accompanied with a selection of Chianti wines. As you will eat your own food, you'd better be an attentive student while the Chef is teaching! And finally get your Graduation Certificate! Afternoon, free time at leisure. Overnight at the hotel

8 DAY: FLORENCE – SIENA – SAN GIMIGNANO – MONTERIGGIONI – CHIANTI – FLORENCE

After breakfast, departure for an unforgettable excursion to the food and wine lands: Siena, San Gimignano, Monteriggioni and Chianti. Driving south from Florence and crossing the beautiful

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capri island, faraglioni

Chianti hills we arrive at San Gimignano, a picturesque, fascinating Medieval jewel (declared a World heritage Site by UNESCO), famous for its white wine, the world renowned Vernaccia, and its skyscrapers! The visit is free for independent sightseeing: you will have time to wind your way through the narrow streets and admire the relaxing rolling landscape. We have a surprise for you: your free time here is enhanced by a delicious and absolutely homemade ice cream! This savoury experience will take place in one of the most famous and award winning Ice cream parlours of San Gimignano. Our day continues to Siena, the Medieval town with the suggestive Piazza del Campo, famous for the Palio horse race and its splendid examples of Gothic civic architecture. Here stands the magnificent Palazzo Pubblico with its Torre del Mangia. Then we will continue in the direction of the Duomo, one of the most beautiful Gothic Cathedrals in Italy: you will visit its precious interiors of black and white marble stripes. After leaving Siena we then drive to Monteriggioni, the Medieval hilltop gem with its still intact walls and suggestive square, where you can drink in the history and relive the atmosphere of olden times. After we move into the Chianti area with its picture-postcard landscapes. You have the chance to taste the best Chianti red wine in a rustic wine estate

along with home-made snacks, with tour of the wine cellars and sampling of wines, oil and balsamic vinegar. Return to Florence in late afternoon, free time at leisure. Overnight at hotel.

9 DAY: FLORENCE

After breakfast, private transfer from hotel to Florence airport. Arrivederci!



amalfi coast

"Macaroni... m'hai provocato e io te distruggo! Macaroni, io me te magno"
 [Alberto Sordi, Italian Actor, from the movie, "An American in Rome"]



florence, market

HIGHLIGHTS DAY BY DAY

DAY	Accommodation
1° - 3°	Hotel Ariston, 4 stars in Rome or similar
4° - 5°	Hotel Royal Continental, 4 stars in Naples or similar
6° - 8°	B4 Asoria Firenze, 4 stars in Florence or similar
1° - 8°	Accommodation in standard room in bed & breakfast
DAY	Services/Excursions/Experiences/Meals
1° ROME	Private transfer from Rome airport to the Hotel
2° ROME	Guided excursion with transportation "In the heart of Rome"
3° ROME	Guided food & wine excursion "Cooking lesson in Roman countryside" including transport, cooking lesson, lunch with beverage.
4° ROME - NAPLES	Private transfer from Hotel in Rome to train station, Train ticket from Rome to Naples (2nd class ticket, high speed), private transfer from Naples railstation to the hotel; Regular Tour "Naples daylight" including transport and half day guided tour of Naples
5° CAPRI ISLAND	Full day excursion Capri & Anacapri, including transport, Minibus in Capri, tour guide, light lunch and hydrofoil
6° NAPLES - FLORENCE	Private transfer from Hotel to Naples railstation; train ticket from Naples to Florence (2nd class ticket, high speed); Half day excursion "Walking Tour with aperitif" including walking tour of Florence with professional guide and aperitif.
7° FLORENCE	Half day Food & Wine excursion "Wanna be Italiano" including cooking class and lunch with wine tasting
8° SIENA, SAN GIMIGNANO, MONTERIGGIONI AND CHIANTI	Full day excursion including journey by fully-fitted luxury GT coach, Expert multilingual escort, free tour of San Gimignano and Monteriggioni, tasting of homemade ice cream in a renowned ice cream Parlour in San Gimignano, guided tour of Siena with professional guide, Siena Cathedral tickets. Visit of a rustic wine estate with tour of wine cellars and sampling of wines, oil and balsamic vinegar, snack based on delicious regional products
9° FLORENCE	Transfer from hotel to Florence airport