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PASTA GRAMMAR TOUR ITINERARY

Dates: May 11 - May 20



Day 1 - Arrival in Naples

We will meet at the historic **Hotel Decumani** in Naples. After checking in to the accommodations, a travel briefing will be conducted. Time to meet and greet!

For a “typical” Neapolitan dinner, we will visit the **Salumeria Upnea**. Naples is the capital of southern Italian cuisine, so there’s much to try!

Return to the hotel.

Day 2 - Naples: The Gateway to the South

For breakfast, we will have a tasting of the delicious Neapolitan **sfogliatelle** pastry and coffee in a historic bakery.

Afterwards, we will rendezvous with a guide for a walking tour of the historic center of Naples. As we traverse the “**Spaccanapoli**,” the colorful main street of the city, our tour will be interspersed with tastings of the local “**o cuoppo**” street food and the peculiar **fried pizza** local vendors hawk.

We will finish the day with a **pizza masterclass** taught by a Neapolitan chef who has graciously agreed to reveal his secrets. Dinner will, of course, be pizza! Together we will enjoy the fruits of our labor (along with a selection of gourmet pizzas prepared by our masterful instructor).

Return to the hotel.

Day 3 - Mozzarella

Breakfast at the hotel and departure from Naples by private bus.

As we make our way south, we will stop in Battipaglia to see how a local cheesemaker crafts the famous **zizzona di Battipaglia**: a HUGE ball of fresh mozzarella. A lunch made with the on-site products will follow.

After lunch, we will drive to **Morrano** in northern Calabria. Here we will check into **La Locanda Del Parco**, an agritourism farm where we will share a dinner made with the farm’s delicious produce.

Day 4 - Tasting Our Way to Tropea

In the morning, we will have a chance to learn how the farm makes fresh **ricotta** and harvests their seasonal produce. After learning how to make **fresh pasta**, we will share a lunch made with the delicious food we cooked and harvested together.

Departure by private bus.

After arriving in **Tropea** and checking in to our accommodations at the **Villa Vittoria**, we will have dinner at a local seafood restaurant. Tropea is a true Calabrian gem, with white sandy

beaches, towering cliffs, crystal blue waters and unique food. This year it was named the most beautiful village in Italy by the **Borghi Più Belli d'Italia** association, and for good reason!

Day 5 - Traditional Calabrian Cooking

Breakfast at the hotel.

In the morning, we will visit **Zungri**. This unique 8th-century rock settlement consists of about one hundred cave grottoes carved from solid stone. A local women's association, dedicated to preserving **traditional bread-making methods**, will treat us to a lesson in their wood-fired art.

Together we will make and share a wide range of traditional Calabrian foods, all made over an open fire!

Return to the hotel.

Day 6 - Free Day with a Surprise!

Breakfast at the hotel.

The morning and afternoon will be free so that we all have time to explore Tropea, spend time on the beautiful beaches, and shop.

In the evening, we will reconvene for a delicious dinner cooked by a special, surprise guest!

Return to the hotel.

Day 7 - In Vino Veritas

Breakfast at the hotel.

We will make a day trip to a local **Monte Poro** winery: **Casa Comerci**. Here we will, of course, taste the delicious local wine while learning about its cultivation and production.

For lunch, Eva will teach us how to make handmade **fileja pasta**, followed by a meal made with the fruit of our labor.

Return to Tropea. Free evening to digest!

Day 8 - Sweet Sicilia

A visit to southern Italy wouldn't be complete without a trip to **Sicily!** After breakfast at the hotel, we will cross the **Strait of Messina** via private bus. In Messina, we will stop at a famous pastry shop to sample a must-try Sicilian delicacy: **cannoli!**

Moving on, we will visit the nearby city of **Forza D'Agrò**, famous for being one of the principal Italian locations in the 1972 film, **The Godfather**. Here we will enjoy a lunch of classic Sicilian food.

Return to the hotel.

Day 9 - Southern Feast

Breakfast at the hotel.

To truly experience Italy, one must leave the beaten trail. On our final full day of the trip, we will make the short drive to Dasà, Eva's hometown. You won't find it in any guide books, but here we will experience the unforgettable southern Italian feast. Bring a big appetite!

Eva's family and friends will cook and prepare a host of southern specialties with us: **curujicchi, crocchette di riso, pitta chjina, Mamma Rosa's meatballs, local cheeses and salami, nacatole, cannoli**, and more. Time to celebrate our journey with music, dance and LOTS of food!

Return to Tropea for our final night.

Day 10 - Arrivederci

Breakfast in the hotel, and departure for Lamezia Terme airport. A presto!

INCLUDED

- Transportation by bus for the duration of the trip
- Hotel accommodation for 9 nights
- Treatment as per the itinerary, with meals where indicated
- Visits and excursions with English language guides
- Attraction entrances: Chapel of San Severo in Naples, Pompeii, Paestum & Velia, Greek Theater of Taormina, Church of Piedigrotta
- Workshops, cooking classes and tastings as per the itinerary

NOT INCLUDED

- Airfare
- Initial transportation to the hotel in Naples
- Medical/baggage/cancellation insurance
- Tourist tax (to be paid locally, ranging from € 2 to € 4 per person per day)
- Personal extras
- Anything not expressly listed in the inclusions

PRICE	
Price Per Person - Double Room Occupancy	\$4250
Price Per Person - Single Room Occupancy	\$4650

The itinerary is subject to change due to weather and other unforeseen events.

RESERVATIONS:

For reservations, send an email to angeladonato@sognareinsiemeviaggi.com indicating: first and last name, telephone number, and desired number of guests.

PAYMENT POLICY:

A 25% non-refundable deposit will be collected at the time of booking. The remainder of the payment will be due 45 days before the first day of the tour. Commencement of the tour is dependent on the number of reservations sold; full refunds will be issued in the event of under-booking. Payment will be accepted through bank transfer or with major credit cards.

COVID POLICY:

Up-to-date information on Italian travel regulations can be found here: <https://www.esteri.it/mae/en/ministero/normativaonline/decreto-iorestoacasa-domande-frequenti/focus-cittadini-italiani-in-rientro-dall-estero-e-cittadini-stranieri-in-italia.html>

It is your responsibility to determine and abide by the specific restrictions for your country of origin and the travel requirements of your chosen airline.

In the event that the tour cannot commence during the given dates due to regulatory changes pertaining to COVID-19, guests will be issued a voucher for a rescheduled tour. If an individual guest cannot join the tour due to changes in regulation or contraction of COVID-19, the included travel insurance will cover a full refund.

ACCOMODATIONS

Naples:

The **Decumani Hotel de Charme** is housed in the **Palazzo Riario Sforza**, a splendid 18th century palace which was the official residence of **Cardinal Sisto Riario Sforza**, archbishop of Naples from 1845 until his death. The Decumani Hotel was opened in 2008 with the ambition of creating a small hotel that captures the best of Naples by giving guests an intimate atmosphere, full of charm and comfort. It occupies two floors of the spectacular 39-bedroom palazzo. Each of the rooms is unique, combining ancient Neapolitan splendor with contemporary style.

Morrano:

Surrounded by nature, **La Locanda del Parco** is the ideal place for those who want to rediscover past traditions. The agritourism farm offers large, comfortable rooms and suites, and a beautiful view of the surrounding Pollino mountain chain.

Tropea:

The **Villa Vittoria Bed & Breakfast** is located in the heart of Tropea, a few steps from the central square of the town and the historic center. The sea, with its idyllic beaches, is easily reached on foot. It is a noble **Art Nouveau** villa with a rich history. The Villa has a beautiful common garden, offering a welcoming relaxation area for your holiday. Every morning, right in the green of the garden, a rich and abundant buffet breakfast is served, with both sweet and savory products. The newly renovated rooms are beautiful, comfortable and very bright, recalling the style of the Villa itself.