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“A WEEK WITH PASTA GRAMMAR IN DASÀ” ***AUTUMN 2023 ITINERARY***

Dates: September 2-8, 2023



Day 1 - Benvenuto!

Pickup at **Lamezia airport and train station** in Calabria, with private transportation to **Dasà**. Check in to your accommodations.

Because there are no hotels or B&B's in Dasà, the local community has worked together to provide **private houses** for our guests during their stay. Each home will house 2 to 4 guests with a shared kitchen, wifi, coffee and tea. All single guests/couples will have a private bedroom and bathroom.

In the evening, we will share a **welcome dinner** prepared by the locals, who are very excited to meet you. Bring a big appetite, because they're equally excited to feed you!

The meal will be held at **La Locanda**, a once-abandoned restaurant that the people of Dasà have lovingly restored into a gorgeous **osteria**! It's a beautiful location where we will meet, cook and eat together throughout the week.



Day 2 - Picnic, Calabrian Style

In the morning, we will go on a brief **walking tour of Dasà** so that you can become acquainted with the village. You'll have a chance to meet people from the town and become acquainted with the local **shops, markets** and (most importantly) **coffee bar**.

For lunch, we will venture into the mountains surrounding Dasà for a **Calabrian-style picnic and cookout**. Here we will try a host of picnic treats, such as **risu d'azata** (stuffed rice), **parmigiana di melanzane**, and more.

For those who are still hungry in the evening, we will always have dinner waiting at La Locanda! Perhaps our favorite part of the Dasà experience is gathering around a fire in the evening, sharing **food and wine** with whoever wants to join.

Day 3 - Tagliatelle con Ragù

One of the weekly traditions in southern Italy is making **ragù**! At La Locanda, Eva and local women from Dasà (the real experts) will teach us how to make **handmade tagliatelle pasta and southern-style ragù**.

Together we will enjoy the fruits of our labor for a well-earned lunch!

In the afternoon, anyone who wants to join can come with us to a **local museum** to learn about the history of **Dasà**, particularly of its cuisine! Otherwise, there are **beautiful hikes** to make in the mountains and valleys, **local farms** to stroll through, and **delicious gelato** to eat at the bar while chatting with the locals.

Drink, food and song in the evening at La Locanda for all who would like to join!



Day 4 - Breaking Bread

In the morning, we will fire up a **huge, wood-fired oven** and make traditional Calabrian **pitta bread**. Together we'll *literally* break bread and enjoy the hot, fresh pitta with **cheese, mortadella**, and one of our favorite Calabrian delicacies: **salimuri**.

Be sure to bring a comfortable pair of shoes when we gather in the evening for a **tarantella dance lesson**! A local tarantella school will instruct us in the basics of dancing to **traditional Calabrian folk music**. Even if you don't fancy yourself a dancer, there will be plenty of **good music, good food and good company** to enjoy.

Day 5 - Maccarruna

Earlier in the week we learned how to make **fresh tagliatelle**, and now it's time for the advanced lesson! Eva and the local experts will teach us how to make **fileja pasta**, or as it's known in Dasà, "**maccarruna**." This unique and interesting pasta shape is Harper's favorite, for good reason. Together we'll enjoy a lunch of the Dasà classic: **maccarruna and beans**. This will probably be unlike any "pasta fazool" you've ever had before!

A free afternoon, with the option to visit the **medieval mill** where the people of Dasà used to make their own flour up until recently. Once you see how beautiful it is, you'll understand why the town is trying to restore it for use!

Dinner at La Locanda, for those who still have an appetite after lunch. This might be a great chance to try leftover **maccarruna and beans**, a rare pasta dish in that it is best served reheated. You'll see why!



Day 6 - Say Cheese!

In the morning, we will visit a local farmer to learn the art of making **Italian cheese**. First, we will **milk the goats** together (optional, of course!) before crafting our own cheese and **fresh ricotta**. No fancy machines here! The cheese of Dasà is still **made by hand** and **cooked over fire**. A light lunch made from the farm's products to follow. If you've never had **fresh, hot goat ricotta** served over crunchy bread, you're in for a real treat!

For our **final feast** together, we have a special surprise planned. Here's a hint: it involves **Eva's favorite food of all time**. Together we'll enjoy one last hurrah and celebrate our new friendships and experiences.

Day 7 - Arrivederci!

Private transfer to Lamezia Airport for departure. Arrivederci!

INCLUDED

- Transportation from the airport to Dasà and back
- Accommodation for six nights in private apartments as per the itinerary
- Activities as per the itinerary, with meals where indicated
- Workshops, cooking classes and tastings as per the itinerary
- Travel/medical insurance

NOT INCLUDED

- Airfare
- Personal extras
- Anything not expressly listed in the inclusions

FREQUENTLY ASKED QUESTIONS

Who is this experience for?

This is for very adventurous travelers who don't just want to visit a place, but to experience living in it! You won't find this food and this experience unless you are part of a rural Italian family. If joining ours for a week sounds like fun, this is the "tour" for you!

Who is this experience NOT for?

Simply put, it's not for someone who is looking for a regular tour! We love our own tour of southern Italy, but this is a different beast. If you're not up for living in a humble village without luxury amenities for a week, this might not be for you.

What will I eat outside of our meals together?

Good question! There isn't a single restaurant in Dasà. Each guest home will come with a kitchen, so you are free to shop for ingredients at the local markets and cook for yourself. However, it is *extremely unlikely* that you will find that necessary. Calabrians eat like they will die tomorrow, and they feed guests according to the same philosophy. Trust us, there will be no lack of food.

I have an allergy or dietary restriction, can I still join?

Let us know what your needs are and we will be happy to do everything we can to accommodate you! We have hosted guests with a wide range of dietary requirements without any trouble.

Will my cell phone work in Italy?

Most of our guests choose to use international roaming plans provided by their domestic carriers, but it's also very easy to acquire a [temporary, local SIM card](#) for your trip. They are widely available for purchase upon arrival in Italy.

I would like to stay in Italy longer! Can you help?

Yes! Our partner, Angela Donato, is the best travel agent this side of the Alps and can help you to extend your trip in Italy. Let us know what kind of plans you would like to make and she can advise further.

Can you help me book my transportation?

Yes again! See the above question; Angela the Travel Angel is here to help!

PRICE	
Price Per Person	\$2300

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. Payment will be accepted through bank transfer or with major credit cards. Cancellations made within 45 days of the tour cannot be refunded. Commencement of the tour is dependent on the number of reservations sold; full refunds will be issued in the event of under-booking.

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.