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PASTA GRAMMAR TOUR 2024 ITINERARY

September 25 - October 4, 2024



Day 1 - Arrival in Naples

Benvenuti a **Napoli**! We will meet at the historic **Hotel Decumani**. After checking in to the accommodations, a travel briefing will be conducted before heading to our first meal together. Time to meet and greet!

For dinner, we will visit one of our favorite restaurants in Naples, **A Cucina Ra Casa Mia**. This traditional trattoria serves old-school Neapolitan classics, such as **Parmigiana di Melanzane**, **Ragù alla Genovese**, and more. Their **meatballs** have been awarded the **best in the city!** Check out [this video](#) we made in Naples to get a taste of what's to come!

Return to the hotel.



Day 2 - Naples: The Gateway to the South

Breakfast at the hotel.

We'll spend the morning walking around the historic center of Naples to visit some of Harper & Eva's favorite **street food** vendors. As we traverse the "**Spaccanapoli**," the colorful main street of the city, we'll taste the famous **sfogliatelle** pastries: a classic Neapolitan breakfast treat.

Expect to go where few tourists ever venture! Together we'll visit the **Mercato della Pignasecca**, a street market that serves as the grocery store for locals. Here can be found some of the best food in the city for those in the know. For lunch, we'll have the classic **pizza frita**. Plus, adventurous eaters can choose to try a secret street food treat that might seem strange, but is a Neapolitan favorite! To finish our walking tour, we'll take the **funicolare** cable railway up to the heights above Naples for some incredible views.

After a free afternoon for exploring and shopping, we will end 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 pizza prepared by our masterful instructor).

Day 3 - Mozzarella

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

As we make our way south, we will stop in **Paestum** to see how a local cheesemaker crafts the famous **buffalo mozzarella**. This **caseificio** is a special destination as the ruins of magnificent **ancient Greek temples** are literally in the backyard! A lunch made with the on-site products will follow.



After lunch, we will continue our journey to **Morano**. Here we will check into **La Locanda Del Parco**, a stunningly beautiful agriturismo farm in the mountains of northern **Calabria**. Together we will share a dinner made with the farm's delicious produce.

Day 4 - Albanian Mysteries

Breakfast at the hotel.

We will spend the day visiting **Civita**, one of the unique **Albanian communities** in Italy. For over 600 years, the **Arbresche** people who inhabit this beautiful land have been perfecting their unique cuisine.

After a brief Jeep ride into the nearby canyon to visit the stunning "**Devil's Bridge**," we'll head to **Ristorante Kamastra**. Here we will learn how to make **Dromsa**, one of the most unusual and magical types of pasta in Italy, before enjoying a lunch together.

Return to the hotel for dinner.



Day 5 - Tasting Our Way to Tropea

In the morning, we will have a chance to learn how the farm makes **ricotta cheese**. If you've never had **hot, fresh ricotta**, you're in for a delicious treat! A lunch made from the farm's produce will follow.

Departure by private bus.

As we make our way south, we will stop at a gorgeous **olive oil farm**. With stunning views overlooking the **Tyrrhenian Sea**, we will sample several blends of their delicious oil. This farm is particularly unique in Italy, in that they grow their own olives and press them in-house. Their control over the product from start to finish produces an incredible flavor!

After arriving in **Tropea** and checking in to our accommodations at the **Eliseo Palace Hotel**, we will have dinner at our favorite local **seafood restaurant**. It's becoming an annual tradition on this night to hold a [Calabrian Chili Pepper Eating Contest](#) for those brave souls who want to challenge Eva's mastery of spice!

Tropea is a true Calabrian gem, with white sandy beaches, towering cliffs, crystal blue waters and unique food. Recently it was named the **most beautiful village in Italy** by the **Borghi Più Belli d'Italia** association, and for good reason.



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 and departure by private bus.

On our way to **Bagnara Calabria**, we will stop at 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 Calabrian fileja pasta**, followed by a meal of a Calabrian classic: **pasta with 'nduja**. The winery is run by an all-female staff who know their way around a kitchen, which is why this is one of our **personal favorite meals** on the trip!

Departure for **Bagnara Calabria**, a seaside town on the **Strait of Messina**. Check-in at the **Grand Hotel Victoria**, followed by a free evening to digest!



Day 8 - Going Nuts in Sicily

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 ferry. It's a fun experience to sail across the waters where, according to ancient legend, Odysseus encountered the monsters of Scylla and Charybdis.

Making our way to the city of **Ricchigia**, on the slopes of **Mount Etna**, we will visit a local pistachio producer. Here we will taste the **best pistachios** in the world, and some of the many delicious products made with them. Save room for a **pistachio-themed lunch**!

Return to Bagnara.

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, such as **crocchette di riso, pitta chjina, Mamma Rosa's meatballs, local cheeses and salami, nacatole, paste di mandorla**, and more. Time to celebrate our journey with music, dance and LOTS of food!

Return to Bagnara for our final night.



Day 10 - Arrivederci

Breakfast in the hotel, and departure for Lamezia Terme airport & train station. 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, excursions and attractions as per the itinerary
- 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

FREQUENTLY ASKED QUESTIONS

Who is this tour for?

This tour is for adventurous travelers who want to try new food and see a side of southern Italy off the beaten path! We created this trip to share our favorite Italian experiences that most tourists will never have the opportunity to find on their own, especially not on another guided tour. It's also for people who would never normally join a group tour. This is different! We intentionally keep the group small, making it an intimate and unique experience that never feels like a "normal" tour.

Who is this tour NOT for?

This tour is not for someone who is looking for a postcard experience. Southern Italy isn't a resort in Venice! There is nothing wrong with wanting the latter, but this tour is more like a safari for adventurers who wish to see Italy through the eyes of locals. It is also DEFINITELY not for those with small appetites, or anyone who is scared of carbs, fat, or fried 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.

How much walking will there be?

Italy, like so many European countries, is very walking-focused. Many of the streets in the cities and villages we will visit are inaccessible to buses and we will often need to walk a few blocks to reach our ultimate destinations. Don't expect hiking, but do expect to traverse cobblestone streets.

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!

Will I be able to do laundry during the trip?

In Tropea, our hotel is located nearby an excellent and affordable laundromat. You can drop off your clothes and they will usually be ready for pick-up within a day.

Can I bring food home from Italy?

We rarely encounter a guest who doesn't bring a treasure trove of Italian goodies home! In fact, many purchase extra suitcases during the trip for this purpose. Check the specific laws regarding transporting food. The general guidelines for the United States of America prohibits transporting meat or fresh produce. Aged cheese, pasta, olive oil and wine are fine!

What happens if the trip is canceled or I cannot join due to COVID-19?

See our COVID-19 policy below.

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 180 days before the first day of the tour. Payment will be accepted through bank transfer or with major credit cards. Cancellations made within 180 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.