



The Italian 'Slow Food' Tour

A wonderful tour for food lovers interested in the origins of local food, its traditions, production and of course its taste. The ethos of the 'Slow Food' movement, which aims to preserve local food traditions and interest in where food comes from, how it is produced and how it tastes, permeates this fascinating tour. With a chance to meet the producers of many of the great culinary classics Italy has bestowed upon the world; Balsamic Vinegar, Grissini, Parma ham, salami, and Limoncello. Not to mention the finest olives, wine and truffles. With a country Tuscan cooking course and a visit to the 'Slow Food University' this trip is guaranteed to make life changing views on food!

Itinerary at a Glance

- A ten day full itinerary to tease, tantalize and tempt the taste buds
- Travel south to Naples and a visit to a Buffalo Mozzarella producer
- Experience the delights of salami and Limoncello
- Head north to the Apennine mountains and a tour of the truffle shops of Norcia with tasting session
- Source the produce at a local market that will be turned into dinner at a Tuscan cookery course
- Cross Tuscany and head for the 'Medieval Manhattan' of San Gimignano
- Enjoy a vineyard and olive grove tour and presentation on the production of olives and wines
- Discover how the finest balsamic vinegar is produced, controlled and certified in Modena
- Meet an artisan producer of salami in Langhirano
- Visit a Grissini producer
- Take in a seminar with the University of Gastronomic Sciences on 'Slow Food'
- Depart from Milan

Full Itinerary

Day Two: Arrive in Rome

A meet and greet upon arrival in Rome airport and a transfer to a short panoramic city tour of this wonderful city taking in all the main sights. An overnight stay in Rome.



Day Three: From Rome to Naples

In the morning travel south with an executive touring coach and experienced tour manager the perfect opportunity to discuss the itinerary and ask all food and country related questions. Once in Naples the first visit is to a Buffalo Mozzarella producer. Take a tour of the farm and see the cattle and production facilities for an overview of the whole process from start to finished product. Finally a tasting of the sumptuous mozzarella and provola cheeses.

Day Four: A Full Day in the Naples Area

In the morning travel to Agerola and visit a local artisan salami producer for a tour, discussion and of course a tasting. In the afternoon travel to Sorrento to visit an Lemoncello producer, with a tour of the picturesque orchards and production facilities.



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Day Five: Head North to the Mountains

Leaving the south and heading north into the Apennine mountains. With the change of scenery comes a change in the style of the foods too. A stop in Norcia the center for truffles. There are many shops here dedicated to this ultimate of delicacies that actually cost more than gold, when compared gram to gram. A local guide will take the group to the local shops and explain all the nuances of the truffle. A tasting program at the last shop to experience different truffles.



Day Six: Local Market and Country Cooking Course

A morning visit to a local market to buy the produce required for the afternoon's cooking course in a local 'Agriturismo'. The local guide will help with the selection and negotiation of all the wonderful local produce. In the afternoon the produce is turned into a delicious dinner at a Tuscan cooking course, to be enjoyed with local wines.

Day Seven: Gubbio, San Gimignano, Pisa and Florence

In the morning cross into Tuscany and head for the 'Medieval Manhattan' of San Gimignano. Enjoy a vineyard and olive grove tour, followed by a presentation on the production of the wines and olives. Complete the experience with a tasting of the produce and other local cheeses, hams and salamis. Continue to Pisa to see the famous Leaning Tower and then to Florence for an evening stroll, take in a passeggiata, an ice cream and coffee.

Day Eight Florence

A morning walking tour with the local guide in Florence to take in the city delights. Free time to explore in the afternoon.

Day Nine: Florence to Modena and Reggio

Discover how the finest balsamic vinegar is produced, controlled and certified at the Museo del Balsamico Tradizionale Spilamberto. The tasting is optional!



Day Ten: To Langhirano, Sanguinaro and Parma

The first visit of the day is to an artisan production of salami in Langhirano for a tour and discussion with the team at this small producer. Continue to Sanguinaro/Parma for the factory tour of a Parma ham producer including tasting.

Day Eleven: To Rochetta Tanaro, Bra and Milan

The first visit of the day is to a Grissini producer. Learn about the different shapes, textures, dressings and the variety of ways of serving these delicious breadsticks, followed by a tasting session. In the afternoon a transfer to Bra, to take in a seminar with the University of Gastronomic Sciences on Slow Food. The Slow Food movement aims to preserve local food traditions and interest in the food we eat, where it comes from, how it tastes and how our food choices affect the rest of the world.

Day Twelve: Departure from Milan

Depart from Milan by a luxury coach to Milan airport for the return flight home.



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