

11 DAY GASTRONOMIC AND COOKING TOUR OF PUGLIA

\$4498 pp/twin share - May 23rd, September 19th - 2011 departures

BARI - MONOPOLI - ALBEROBELLO - LOCOROTONDO - CISTERNINO - OSTUNI - LECCE - OTRANTO - MATERA (BASILICATA) - BARI

Spoil your senses. Indulge, relax, explore this enchanting, captivating region - one of Italy's best kept secrets.

Discover the beauties of this region: Its rich Baroque architecture, fascinating 'Trulli', villages, unspoilt towns, white sandy beaches and wonderful food and wine. Definitely a gourmet lover's paradise.

Sit back relax and tantalise your taste buds. Explore regional dishes, taste great local DOC & DOCG wines, olive oil and buffalo mozzarella. See how the locals live. Cooking classes are held in Masserias and you'll also get the chance to shop at some of the finest markets Puglia has to offer.

You won't be disappointed! Buon Appetito!!!



Day 1:

Arrive in Bari. Transfer to your accommodation in the Valle d'Itria area. Welcoming drink. Time at leisure. Typical 'Pugliese' dinner and overnight.

Day 2: Monopoli

Trip to the fish market in Monopoli. Cooking class at Masseria Torre Coccaro and lunch of what you have

prepared. Afternoon: Visit to Locorotondo and its fascinating historic centre. Visit a cellar to sample the famous DOC Locorotondo white wine. Dinner and overnight.

Day 3: Alberobello (UNESCO listed)

Tour of Valle d'Itria with a stop in the unique town of Alberobello. Lunch in a Masseria or in a typical restaurant there. Visit Martina Franca and then proceed to Cisternino for dinner in a typical Pugliese restaurant.

Day 4: Ostuni

Visit to Polignano Mare (weather permitting). Lunch at a famous restaurant set in a cave (weather permitting - otherwise a local restaurant). After lunch tantalise your taste buds with the local ice cream or coffee as you walk through the narrow cobblestone streets. Transfer to Ostuni, stopping along the way in a Masseria for a tasting of local olive oil, wine and typical homemade products. Dinner in a traditional restaurant. Overnight.





Day 5: Salento

Transfer to Hotel/Masseria in the Salento area. Visit Due Palme Cellar sampling the local wine of the area. Visit to the city of Lecce. Highlight: Typical aperitivo with traditional pugliese music inside an historic palace. Dinner and overnight.

Day 6: Otranto

Visit to Otranto. Time to discover this beautiful seaside town. Lunch, followed by a visit to the "Leone de Castris" cellar for a wine tasting. Dinner and overnight at the hotel.

Day 7: Galatina

Morning: trip to the local market followed by a cooking class at 'Masseria Appide'. Lunch: guests will eat the meal they have prepared. In the afternoon a pastry tasting at the prestigious Alvino Caffè, in Piazza Sant'Ornzo. Dinner and overnight.

Day 8: Lecce

Morning: trip to Lecce market and cooking class. Lunch: guests will eat the meal they have prepared. Afternoon: transfer to a cellar, the winner of several prizes at Vinitaly. Wine and local food sampling will take place.

Day 9: Castro Marina - Lecce

Visit the Castro Caves. Weather permitting, a boat trip to 'Zinzulusa Cave'. Indulge in an aperitivo with seafood oeu d'oeuvres. In the afternoon, time at leisure to kick back and relax at the beach or enjoy a "passegiata" (walk) through the streets of Lecce admiring the rich Baroque architecture that Lecce is famous for. Dinner and overnight.

Day 10: Matera

Transfer to Matera. Visit the 'Sassi' area with a local guide. Sassi are prehistoric cave dwellings still intact today. Lunch in a local restaurant. Dinner and overnight.

Day 11: Matera - Bari

Breakfast. Transfer to Bari. End of Services.

Rates per person:

Double room \$4498

Single supplement: on request



The price includes

- 10 nights in 4* hotels, BB or HB (excluding drinks)
- 3 cooking lessons and lunch/degustation of what is prepared
- 10 breakfasts
- 6 lunches in typical restaurants/masseria with traditional local menu
- 5 wine tastings (1 with cheese); 1 olive oil tasting; 1 pastry tasting in a traditional bakery at Café Avelino or similar
- 1 aperitivo/light lunch at an historical Palace with musical entertainment; 1 seafood aperitivo in Castro
- English speaking guide for all of the tour; 1 half day and 6 full days;
- Local guide in Matera
- Bus transfers from day 2 to day 11

The price does not include:

- Individual transfers for arrival & departure (first & last day)
- Entrance fees; drinks; tips, extra and anything not specified in the 'tour includes'

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ITALIAN TRAVEL SPECIALISTS