



**Come to discover the real**

# Flavour of Italy

**COOKING CLASSES IN ITALY**

16-19 May 2013 – 4 days / 3 nights

## 1st Day

Meeting at Ciampino Airport – CIA (RM) with a member of the Flavour of Italy staff at the arrival area at 11.00 am.

(If you want you can visit the city of Rome on your own).

Transfer to Frascati. Check-in at the hotel. Relax.

Frascati is located in the Castelli Romani (Roman's Castel area) which is the most famous and important area of wine production in the region of Lazio.

Dinner will be in a typical tavern called "Fraschette" where you can taste very good wines. This place is very unusual because customers bring food – bought at the local food market – and join the meal on big wood table, as required by tradition. Local musicians will delight our meal with their joyful folkloristic songs. Overnight stay.

## 2<sup>nd</sup> DAY

Breakfast at the hotel. Private transfer towards Campobasso in the region of Molise.

Accommodation in the hotel and lunch.

Little walk to the local market for the grocery shopping! You will go shopping with the chefs at the central market picking up the ingredients for your dinner (or extra tastings at the cooking school when the market is closed). You will learn how to recognize the best quality ingredients and taste local food & wines!

In the evening, your first cooking class with our local chef! Dine on your creations with very good local wine.

## 3rd Day

Breakfast at the hotel.

In the morning have fun cooking with our chef and chatting at your lunch table as you eat the dishes you prepared and drink very good local wines.

In the afternoon tour of the city and shopping.

Our guests enjoy dinner in Campobasso in a local restaurant tasting a typical menu tailor-made for our guests.

## 4th Day

Breakfast at the hotel.

In the late morning transfer to airport Ciampino – CIA (RM).

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**N.B.** The itinerary can be changed or modified to suit your needs.

**Price per person in double room: € 540,00**

Single room supplement: € 50,00

**INCLUDES:**

- Private pick-up & drop-off at Ciampino airport - CIA (RM)
- 3 nights accommodation with breakfast buffet
- 2 hands-on cooking classes and 2 wine tastings
- 1 lunch
- 2 dinners including local wine, water, coffee

**NOT INCLUDED** what is not specified above.

**Minimum number of participants 12.**

**TOUR LEADER:** Giuseppe Crupi Director of Italian School of Cooking.

**SUGGESTED FLIGHTS:** Outbound flight Ryanair n. FR9432 and return flight Ryanair n. FR9431.

**HOW TO PAY:** Down payment of 30% at the time of booking and balance paid 15 days before departure.

**NOTES:** Please inform us of any food intolerance or allergy in advance. Please let us know in advance any special need or impaired mobility of the clients and we will do our best to accommodate them.

**More info visit our web site: [www.flavourofitaly.net](http://www.flavourofitaly.net)**

