

Chef Mark McDonald of Old Vine Café & The Italian Culinary Institute hosts

Splendors of Ancient Italy

OCTOBER 18 - 27, 2018



CONTACT:

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ITINERARY

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DAY 1

Arrival in Calabria; Welcome Dinner

- Arrival at Lamezia Terme International Airport (SUF), transfer to the Baia dell'Est Hotel
- Welcome dinner with Mark McDonald, proprietor of Old Vine Café and Italian Culinary Institute (ICI) president John Nocita
- Overnight stay at the hotel, Calabria

DAY 2

Mercatino Visit; Express Cooking Demo and Tasting

- Breakfast at the hotel
- Late morning departure to mercatino, a typical Italian open air market. This local market offers culinarians an insight to the region's most traditional aspects as well as an opportunity to browse foods, cheeses, wines and cured meats that are still produced by true artisans
- After mercatino, guests return to the ICI kitchens to experience a live lunch demo presented by chef Mark McDonald and chefs from the Italian Culinary Institute team. Each dish will be accompanied with a perfectly paired wine
- Evening aperitivo on the seaside
- Overnight at the hotel in Calabria

DAY 3

Visit and Lunch in the Ancient City of Tropea, Master Chef's Dinner

- Breakfast at the hotel
- Late morning departure for Tropea. Legend has it that Hercules founded Tropea upon returning from his colonies in Spain. The city's history is linked to ancient Greece as tombs from the period have been found possibly dating back to 2800 years ago. Later it became of major importance for the Romans as a commercial port city. Ruins of the eras include Norman, Saracen and Byzantine. Now Tropea is most famous for its amazing natural beauty on a bluff overlooking the Tyrrhenian Sea. We will have time to wander this beautiful city and then enjoy lunch featuring its most famous delicacies including: the renown Red Onion of Tropea, peperoncino and an abundance of fresh seafood
- Lunch and free time in Tropea
- Return to the hotel
- Master chef's dinner and wine pairing at ICI
- Overnight stay at the hotel in Calabria

DAY 4

Basilicata and Matera

- Breakfast at the hotel
- Late morning departure for Matera. Known as the 'City of Stones'. Matera is one of the oldest cities in the world, is a UNESCO Patrimony of the World location, and has been settled since the Paleolithic period.
- Lunch in Matera
- Free time to explore the wonders, architecture, wines and food of this unique city
- Dinner open
- Overnight at the hotel in Matera

DAY 5

Free day in Matera

- Breakfast at the hotel
- Free day to explore the ancient neighborhoods of Sassi, made up of a series of grottoes carved out of limestone on the edge of a ravine. Wine and dine in caves that have been transformed into stylish bars and restaurants.
- Dinner open
- Overnight at the hotel in Matera

DAY 6

Bari, Puglia, Winery visit

- Breakfast at the hotel
- Morning departure for Bari, the major port city in Puglia since Roman times dating back 2300 years.
- On the way we stop at an 18th century winery for a tasting, estate lunch amongst vineyards and architecture
- Check in to the hotel in Bari
- Free time in Bari
- Dinner open
- Overnight at the hotel in Bari

DAY 7

Free Day in Bari

- Breakfast at the hotel in Bari
- Lunch and Dinner open
- Free day to wander the picturesque Bari Vecchia (Old Town) and its maze of narrow streets packed with historical points of interest, dining and nightlife. Visit Lungomare Augusto that follows the east shore of the old town to the Mole San Antonio, where a small fort has been turned into a gallery for modern art. Beyond this point, there is another stunning promenade, Lungomare Nazario Sauro, a terrace that runs along the Porto Vecchio (Old Harbor).
- Overnight at the hotel in Bari

DAY 8

Travel Back to Calabria, Lunch and visit to Alberobello

- Breakfast at the hotel in Bari
- Morning departure for Calabria
- Lunch and free time visit to Alberobello, a small UNESCO protected town in Puglia famous for its Trulli Homes built from limestone with cone shaped rooftops.
- Lunch in Alberobello
- Return and dinner at a local restaurant in Calabria
- Overnight at hotel in Calabria

DAY 9

Winery Visit, Hands-On Cooking and Pizza Making

- Breakfast at the hotel
- Late morning departure for a winery visit and tasting in Lamezia Terme, Calabria. Wines in Calabria are amongst the oldest wines in Italy, and new varietal blends are said to rival “Super Tuscans” by authoritative sommeliers.
- Lunch at a traditional Trattoria. A trattoria is a family owned restaurant that exemplifies the character of genuine local cuisine in any part of Italy. Menus are not needed here as patrons are only served the best dishes the area has to offer.
- Return to hotel to rest or for a walk along the seaside
- Hands-On Pizza Making: During this lesson, guests learn how to make the perfect pizza.
- Review of the tools and base techniques for pizza making
- Preparing the dough and levitation, including naturally colored doughs
- The evening culminates with a Pizza Party and ICI’s hearth oven pizzeria, where every participant makes their own individual pizza while enjoying local beer and wine
- Overnight at the hotel in Calabria

DAY 10

Departure

- Breakfast at the hotel
- Transfer to the airport

PRICING

OCTOBER 18 – 27, 2018

\$4000.00 PER PERSON

INCLUDES:

- 9 nights of accommodations in 3-4 star hotels in Calabria, Basilicata & Puglia
- Transfers to and from the airport
- Breakfast every day
- Five dinners & 6 lunches
- Welcome dinner with wine pairing at ICI
- Live lunch demo in ICI kitchens
- Aperitivo dinner
- Lunch at a local restaurant in Tropea
- Master chef's dinner and wine pairing at ICI
- Lunch at a local restaurant in Matera
- Winery visit and vineyard lunch in Puglia
- Lunch at a local restaurant in Alberobello
- Dinner at a local restaurant in Calabria
- Winery visit in Lamezia Terme
- Pizza making course
- Wood fired pizza party with beer and wine

**Price does not include airfare*

***Major credit cards are accepted for payment*

****Payments refundable minus a 300.00 administration fee until 90 days prior to start date*