



Italy
Global Cuisines and Cultures Trip
Sample Itinerary

Destinations in each region are subject to change with each group. The itineraries provided are for examples only.

Duration: 15 Days

Overnights: Salerno 5, Rome 3, Noci 5

• **Day 1**

Private motor coach from CIA to airport.

• **Day 2** Salerno

Arrive in Naples and bus to Salerno. Free time to rest and explore. Welcome dinner at Ristorante La Cucina di Eduardo.

• **Day 3** Salerno

Travel to Capaccio and the Caseificio Borlotti to visit farm and mozzarella production center. Continue to Masseria Eliseo for hands-on cooking instruction including ravioli, mozzarella in carrozza and ragu Napoletana. After lunch, head to Seliano for a demonstration on local sausage making techniques at 3.30pm. Return to Salerno for a free evening.

• **Day 4** Salerno

Learn about pasta production at Pastificio Antiche Tradizioni. Lunch in the town of Sorrento at Ristorante Zi Antonio a Mare followed by tour and tasting of Limoncello at Giardini di Cataldo. Return to Salerno for a free evening.

• **Day 5** Salerno

Begin day in Prignano Cilento at dried figs producer Santomiele. Light lunch before returning along the Cilento coast. Free evening.

• **Day 6** Salerno

Free day for students to work on assigned tasks, seek out local producers and restaurants or take in some cultural visits. Possible include a trip to Naples or Mount Vesuvius.

• **Day 7** Rome

Guided tour of the excavations at Pompeii. Lecture on Ancient Roman cuisine, followed by a lunch featuring recipes from the Roman era at Ristorante Il Principe. Free time to explore the city.

- **Day 8** Rome

Travel outside of Rome to Pomezia to visit Colavita, a producer of olive oil. Lunch at Ristorante Scaella. Head to Tivoli for a hands-on class to learn the technique for producing Colomba, an Easter tradition in Italy. Return to Rome for a free evening.

- **Day 9** Rome

Day begins with a hands-on class featuring a variety of techniques and local produce. Enjoy lunch before an afternoon visit of the Colosseum. Free evening in Rome.

- **Day 10** Noci

Early departure from Rome. Arrive in Campania for lunch at Maremma, the restaurant at Feudi di San Gregorio and holder of a Michelin star since 2009. After lunch, estate tour and wine tasting. Then continue east and into Puglia, check in to your hotel in Noci and enjoy a late dinner at Ristorante Montegrappa. (B,L,D)

- **Day 11** Noci

Pane di Altamura (PDO) is a staple of the Provincia di Bari; visit the Panificio di Gesu in the town of Altamura to learn more. Lunch at Ristorante del Corso. Visit the Molino di Benedetto, an artisanal grain mill built in the 1950's almost entirely in wood that still operates according to traditional methods, producing the finest varieties of flour for pasta and bread making. Free evening in Noci.

- **Day 12** Noci

Drive to Masseria Altemura, a beautiful estate that produces fine wines and oils. Tour, tasting, and light lunch before heading a short distance west to Maruggio for a visit of Masseria Le Fabriche. Learn how female entrepreneur Alessia Perrucci successfully combined winemaking and hospitality. Return to Noci for a free evening.

- **Day 13** Noci

Drive to nearby Alberobello, famed for its unique 'Trulli' buildings. Continue to Ceglie Messapica for a cooking demonstration on the local dish 'Sagna Penta' at Ristorante Cibus. Enjoy lunch at the restaurant. Return to Noci for presentation from a Californian wine maker about why he decided to make wine in Puglia and the varietals that make the region so special. Free evening.

- **Day 14** Noci

Today is free for students to work on assigned tasks, seek out local producers and restaurants or take in some cultural visits. Possible excursions include a trip to Matera or the Castellana Grottos. Dinner at Antica Locanda.

- **Day 15** Departure

Depart for the USA. Private bus back to CIA campus.