ITALIAN FOODIE TOUR

LIGURIA AND PARMA

6 NIGHTS - 7 DAYS
• Discover 2 regions and their different culinary traditions
• Visit small producers and listen to their stories
• Learn to cook traditional recipes
• Discover Genoa old shops and food market
• Visit the amazing Cinque Terre villages and terraced vineyards
• Prepare Pesto with mortar and pestle
• Live the Dolce Vita in Portofino
• Be enchanted by Parma
• Learn the secret of the production of Parma ham, Parmesan cheese, and balsamic vinegar
• Delight your taste buds with great food and wine

BOOK WITH CONFIDENCE WITH OUR 100% CAREFREE BOOKING POLICY
ITINERARY AT A GLANCE

DAY 1: welcome to the Italian Riviera!
DAY 2: Portofino, Ligurian olive oil and pesto
DAY 3: Cinque Terre villages and vineyards
DAY 4: Genoa city tour and cooking class "a palazzo"
DAY 5: Parma and its traditional recipes
DAY 6: Italian flavors: Parmigiano Reggiano, Prosciutto crudo and balsamic vinegar
DAY 7: discover Parma and departure
DAY 1: WELCOME TO LIGURIA

Arrival and check in at your boutique hotel in Santa Margherita. Relax and start feeling the Italian Dolce Vita atmosphere.
DAY 2: LIVE THE DOLCE VITA IN PORTOFINO

From Santa Margherita Ligure you will enjoy a panoramic trip by ferry and reach Portofino. Arriving in Portofino by boat will let you admire the best view of the village. Take a stroll in the famous piazzetta (small square), among luxury yachts and glittering boutiques and then reach the castle and the beautiful church of St. George, perched on the rocks.
DAY 2: LIGURIAN OLIVE OIL AND PESTO

Your day continues with an exclusive experience: you will reach the slopes of Portofino Mountain, overlooking the beautiful Tigullio Gulf where you will be welcomed in the gorgeous private estate of a very well-known local family, who has resumed with great passion the traditional activity of olive growing. You will have a tour among the olive groves and taste the unique olive oil they produce. In the patio of the beautiful villa overlooking the gulf, you will learn the traditional recipe to prepare pesto and enjoy a light lunch with local specialties in front of a magnificent view.
DAY 3: BE ENCHANTED BY THE PICTURESQUE CINQUE TERRE VILLAGES

A full day to immerse yourselves in the picturesque atmosphere of the Cinque Terre accompanied by your local insider. You will explore the famous fishing villages like a local, discovering secret corners and the most panoramic points from which to take great photos.
Visit the amazing vineyard of a local producer. Here you will understand why the Cinque Terre wines are called “heroic wines” and have a special wine tasting accompanied by local specialties in a memorable tasting lunch overlooking the vineyards.
DAY 4: FALL UNDER GENOA'S SPELL

Genoa combines noble palaces, a maze of narrow alleyways, a fascinating waterfront and incredible traditional shops still untouched. Accompanied by your insider, today you will discover all of this. You will be charmed by the combination of beauty and authenticity of this town not touched by tourism yet.
DAY 4: COOKING CLASS IN THE PALACE OF THE MARQUISE BRIGIDA SPINOLA DORIA

At lunch, you will enter a private aristocratic palace dating back to the 16th century. The owner of this palace was the marquise Brigida Spinola Doria, one of the richest and most powerful women in Genoa. You'll be charmed by her story.

Here, under stuccoes and frescoes you will learn to prepare the "pansoti" traditional handmade pasta stuffed with herbs and the typical nut sauce done with mortar and pestle.
DAY 5: PARMA AND ITS TRADITIONAL RECIPES

Enjoy the morning relaxing by the sea or doing some shopping in Santa Margherita.
In the early afternoon, private transfer to Parma where you will enjoy a special cooking class* where will learn to prepare the famous Tortelli stuffed pasta and other local specialties and have a delicious dinner.
*private class with minimum 7 participants
Visit a diary producing Parmigiano Reggiano, a historical “acetaia” where you will learn the secrets of balsamic vinegar and a producer of the famous Prosciutto di Parma. It will be an unforgettable day in which you will find out ancient production methods handed down for generations and taste some of the Italian gastronomic excellences right in their places of production.
At lunch, you will taste local specialties in a lovely “trattoria”.

*private tour with minimum 7 participants
DAY 7: BE CHARMED BY PARMA

Enjoy an amazing walking tour to discover Parma. You will be breathless in front of the magnificent cathedral and the baptistery which contains some of the best examples of medieval sculpture. A visit to the Teatro Regio can't miss: it is one of the temples of Italian opera; Giuseppe Verdi was born right near Parma.

In the afternoon: departure
We can arrange transfers on demand (not included).

*private tour with minimum 7 participants
WHAT'S INCLUDED

- 4 nights 4* hotel in Santa Margherita Ligure
- 2 nights 4* hotel in Parma
- all breakfasts
- 1 dinner
- 4 lunches
- 4 full-day + 1 half-day private guide
- visits of the producers as per itinerary
- 2 cooking classes
- train and boat tickets on day 2
- private transportation to the olive oil producer on day 2
- private transportation on day 3 and 4 with minimum 6 participants otherwise train tickets
- private transportation to Parma
- private transportation on day 5 with minimum 6 participants otherwise shared

WHAT'S NOT INCLUDED

- flights
- city tax
- travel insurance
- transfers other than those mentioned above
- meals, food and beverage other than those mentioned above
- tips
- all that isn't mentioned in the “what's included” list
PRICE RESERVED TO THE ITALIAN CULTURAL SOCIETY MEMBERS

- Price based on 2-3 persons: **Euro 2900 per person**
- Price based on 4-6 persons: **Euro 2400 per person**
- Price based on 7-8 persons: **Euro 2200 per person**

*sharing a double room - single supplement on request

DATES

- **OCTOBER 17-23 2021**
- any date on request (price varies depending on travel dates and hotels' availability)
100% CAREFREE BOOKING POLICY

- Euro 200 deposit at the moment of booking FULLY REFUNDABLE and TRANSFERABLE up to 30 days before the arrival date.
- Final payment is due 30 days prior to the arrival date.
- For cancellations received 30 days or less prior to the arrival date, we will keep all the sums paid as credit for a future trip. The credit is transferable.*
- For cancellations received 7 days or less prior to the arrival date, no refund. We will keep 25% of the sums paid as credit for a future trip. The credit is transferable.*

*This policy applies only for cancellations due to official travel restrictions preventing travel to Italy at the time you're due to travel. In all the other cases cancellations received 30 days or less prior to the arrival date are not refundable.

IMPORTANT NOTES

- availability has to be checked at the moment of booking
- the trip is not suitable for people with mobility problems
- the trip can be fully customized
WHO WE ARE

• We are a boutique incoming tour operator, local specialist for Liguria and surrounding regions.
• We aim to offer immersive experiences, far from mass tourism, making our guests discover the authentic soul of the territories they visit.
• We are locals and personally handpick, try, and many times create from scratch all that we propose, always avoiding uninspired touristic options.
• We believe small details make a big difference. That’s why we are proud to be a boutique company with the ability to fully dedicate our attention to our guests’ holiday plans, giving them all the care they deserve.
• Traveling with us is a sustainable travel choice because we value local connections. Avoiding tourist traps, we highlight and support the work of local and independent entrepreneurs that excel at what they do. We strive to enhance their efforts to preserve and improve the quality and traditions of their territories.
SEE YOU IN ITALY SOON!

TO BOOK THE TOUR OR ASK FOR MORE INFORMATION
CONTACT THE ITALIAN CULTURAL SOCIETY.