



International CULINARY TOURS

Salento, Puglia: Culinary, Culture and Fitness

Oct. 6-13, 2018
8 days/ 7 nights

Preliminary Itinerary

Saturday, Oct. 6:

Arrive in Brindisi and group transfer to the Castle in Ugento. Relax and get situated in your beautiful accommodations.

Evening: Welcome cocktail party and dinner with discussion of the week's activities.

Included: Welcome cocktail party, dinner

Sunday, Oct. 7:

Optional sunrise yoga on the beach in Gallipoli prior to breakfast at the Castle. Afternoon walking tour of Ugento with our local art restorer and historian visiting the Cripta del Crocifisso, Archeological Museum and more.

Evening: Dinner at the Castle

Included: Breakfast, dinner

Monday, Oct. 8:

Optional sunrise yoga in the garden at the Castle prior to our breakfast. Enjoy a market visit with our resident chef as she explains the local products of the Salento and how they relate to the Mediterranean diet of the area. Return to the Castle and begin our cooking class in the late afternoon and enjoy the dishes you have helped prepare for dinner.

Late afternoon: At your leisure to relax, take a hike or bike

Evening: Dinner

Included: Breakfast, cooking class with dinner

Tuesday, Oct. 9:

After breakfast, start our full day tour with our art historian guide. Begin with a visit to Lecce, the beautiful Baroque city with its spectacular cathedral and Roman amphitheater.





Talk with local artisans and meet some of the world-famous papier-mâché producers and restorers. Continue on to Otranto with our guide for a picnic lunch on the Adriatic. Spend the afternoon in one of the prettiest cities which has the largest mosaic in all of Europe, This 12th-century mosaic is one of the most important examples of Medieval art that still exists today. A quick visit to the Roman-era stone pier will conclude our tour in Otranto.



Evening: Dinner

Included: Breakfast, picnic lunch, dinner

Wednesday, Oct. 10:

Optional sunrise yoga in the garden followed by breakfast. Half day biking tour(hiking for those who want to walk) includes biking to the local olive oil producer and/or farm to see how local olive oil is produced and learn about the local cheeses of the Salento. Picnic lunch prior to our return to the Castle.

Late Afternoon: Wine tasting with local varietals such as Primitivo and Negroamaro at the Castle in the private Museum. Includes a lecture on Italian Frescoes, too.

Evening: Dinner

Included: Breakfast, picnic lunch, dinner

Thursday, Oct. 11:

Optional sunrise yoga, either on the beach in Gallipoli or in the garden at the Castle. Return for our relaxing breakfast. Explore the herb garden with our resident chef prior to our late morning cooking class and enjoy the dishes you have helped prepare for lunch.

Evening: Dinner

Included: Breakfast, cooking class with lunch, dinner

Friday, Oct. 12:

Optional sunrise yoga in the garden at the Castle. Enjoy a relaxing breakfast before spending the morning in Gallipoli for those who enjoy shopping, beachcombing, sitting in a café, etc.

Optional: Afternoon pastry cooking class or specialty gift shopping tour in Gallipoli with private guide (both at additional cost).

Evening: Cocktail party in the garden and farewell dinner

Included: Breakfast, dinner

Saturday, Oct.13

After breakfast, transfer to the airport or train station for departure.





Included:

- 7 nights 5 star hotel accommodations in a 17th century Castle
- Daily breakfast and dinner
- 2 cooking classes and 1 optional pastry class
- 1 full day tour to Lecce and Otranto with private art historian/restorer
- 1 half day tour to Ugento with private art historian/restorer
- Daily sunrise yoga
- Two picnic lunches
- Guided excursion by bike(or foot) to local olive oil producer and farm

- Morning market visit with chef prior to cooking class
- Cocktail party with art lecture in the museum on the Castle grounds
- Airport transfers from Brindisi airport
- Services of tour hostess

Price: \$3395 per person, double occupancy. Book by March 15 and save \$100 .

Single supplement: \$770

We will be staying at a 17th-century restored Italian Castle in Ugento, Italy in the Salento, Puglia region. See above photo. Geographically, the Salento part of Puglia is located in the "heel" of the "boot" of Italy. Puglia's history is a mixture of conquerors and colonizers, at the crossroads of the eastern and western Mediterranean too.

This region is known as the "bread basket" of Italy and "fruit basket" as well. A very undiscovered area to say the least for most American tourists. Puglia embodies the famous "Mediterranean diet" to the fullest and relies on the sea for its mainstay. Additionally, tomatoes, eggplants, peppers, figs, citrus fruits, almonds, melons and grapes thrive here too. Unknown to many, 30% of Italy's wine comes from Puglia. Guests will enjoy eating and drinking here for sure!

The Castle itself is privately owned and parts of it even date back to the 13th century. Most of it was completed in the 17th century and owned by Italian nobles. The Frescoes, in the High Baroque style, date back to the 17th century and have been restored too. There is a museum on site that will house contemporary art exhibits. The 18th century Castle's garden is home to over 100 herbs and seasonal vegetables that will be used for our cooking

classes and meals too. The renovation of this Castle started in 2013 and is now finally completed for guests to enjoy it.

For our guests traveling with us, the property is located in an area that is easily accessible to other countries for a pre or post tour. Rome is 5 hours north of Ugento by train and there are ferries from Brindisi and Bari to Croatia and Greece.

This property is very well suited for "Theme" weeks or incorporating Culinary, Wellness, Yoga and Fitness all together. It also is available for art and architecture enthusiasts as well.