

# Splendors of the Mediterranean

September 15 – 24 2023

## Day 1 – Arrival, Welcome Dinner

- Transfer from Lamezia Terme International Airport (SUF) to Baia Dell'Est Hotel in Calabria. All rooms offer stunning panoramic views of the Ionian Sea!
- Four-course dinner with wine pairings prepared sea view in the ICI Dining Room overlooking the Ionian Sea
- Overnight stay at the hotel in Calabria



## Day 2 – A Day in the Italian Culinary Institute (ICI) Kitchen

- Breakfast at the hotel
- Late Morning meeting in the ICI kitchen where guests will be entertained with .... live cooking demos, food and wine tastings, and an informative overview of regional Italian cuisine. But pay attention! You may have a kitchen challenge before the end of the tour!
- Lunch prepared by ICI chefs
- Free late afternoon to rest
- Apericena at a local restaurant
- Overnight stay at the hotel in Calabria



## Day 3 – Wine Country Tour

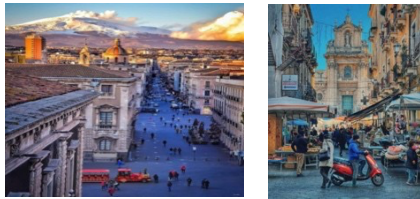
- Breakfast at the hotel
- Morning departure for a private tour and tasting at a winery in Greco di Bianco DOC
- Afternoon private tour, tasting, and lunch at a winery in Bivongi DOC
- Evening Cocktail Hour at ICI
- Four-course dinner with wine pairings in the ICI Dining Room
- Overnight stay at the hotel in Calabria

#### **Day 4 – Sicily**

- Breakfast at the hotel
- Early Morning departure for Catania, Sicily
- Arancini on the ferry
- Lunch at a local restaurant specializing in authentic Sicilian cuisine.
- Free night in Catania, dinner open
- Overnight stay at the hotel in Catania

#### **Day 5 – Catania Fish Market, Free Day in Catania**

- Breakfast at the hotel
- Morning visit to 'La Pescheria' the famous fish market in Catania
- Free day to explore, shop, wine, and dine in the heart of the historic center of Catania
- Lunch open
- Dinner open
- Overnight stay at the hotel in Catania



#### **Day 6 – Winery Visit, Noto, Sicily**

- Breakfast at the hotel
- Morning departure for the Buonivini vineyards of Planeta for a private tour and tasting of the wines and local charcuterie
- Afternoon visit to Noto, a UNESCO World Heritage site and capital of Baroque in Sicily.
- Lunch at a local restaurant in Noto – Free time to explore
- Evening return to Catania
- Free evening in Catania, dinner open
- Overnight stay at the hotel in Catania



#### **Day 7 – Depart Catania for Calabria**

- Breakfast at the hotel
- Late morning departure for Calabria
- Late afternoon return to the hotel in Calabria
- Four-course dinner with wine pairings in the ICI Dining Room
- Overnight stay at the hotel in Calabria

### **Day 8 – Cucina Espressa; Ionian 'Champagne' Boat Cruise**

- Breakfast at the hotel
- La Cucina Espressa – Mediterranean Cooking in under 10 minutes
- The techniques used in these preparations give you the ability to create hundreds of unique, healthy, and colorful “express” dishes.
- Chef's table lunch at ICI
- Afternoon ‘Champagne Boat Ride’ on the coast of the Ionian Sea
- Dinner at a traditional pizzeria
- Overnight stay at the hotel in Calabria

### **Day 9 – Hands-on Cooking: Mystery Basket; Farewell Dinner**

- Breakfast at the hotel
- Hands-on mystery basket cooking challenge in the ICI Kitchen!
- Lunch in the ICI dining room
- Farewell dinner!
- Overnight stay at the hotel in Calabria



### **Day 10 – Arrivederci!**

- Breakfast at the hotel
- Transfer to Lamezia Terme International Airport (SUF)

## **PRICING**

**September 15 – 24 2023**

**\$4000.00 PER PERSON (DOUBLE OCC)**

**\$4800.00 (SINGLE OCC)**

### **INCLUDES**

- 9 nights' accommodations in 3 & 4-star hotels
- Transfers to and from the airport
- 6 dinners with wine
- Breakfast every day
- 6 lunches with wine
- Private wine tastings and tours
- Private champagne boat cruise
- All professional transportation including ferry to Sicily
- All cooking lessons and demonstrations
- All tax and gratuity

\*Price does not include airfare or free time