



hosts

Splendors of South Italy

an entertaining epicurean excursion to Calabria & Sicily
Fabulous Food, Sublime Wines

in collaboration with

**The Italian Institute
for Advanced Culinary and Pastry Arts™**



January 3 – 12, 2011

by reservation only

Old Vine Cafe • 2937 Bristol St. Suite A-102 • Costa Mesa, CA 92626 • Tel: 714-545-1411 • oldvinecafe@yahoo.com

Splendors of South Italy

BENARRIVATI!

It is with great pleasure and pride that we invite you to join us to enjoy and savor the *Splendors of South Italy!*

During this special travel program, you'll live Italy, not as a tourist, but as an Italian, as you travel and dine with food and wine connoisseurs from the real Italy: Magna Grecia, Calabria and Sicily, the places that existed a thousand years before Rome...

Calabria, the birthplace of wine in mainland Europe, with its breathtaking pristine seas, and Sicily, the land of colors, will show you an Italy that visitors rarely see, and once seen, never forgotten...

Created for the most discerning Epicureans, *Splendors of South Italy* is the most impressive leisure tour available in Italy and is the only that is presented and hosted by Old Vine Café and ICI. Our excursion has been planned by people who love fabulous wine and dining, culture and fun as much as you do...

Join us for a colorful gastronomic and cultural journey through the "old country" where so many wonder about but so few venture...

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The Italian Institute for Advanced Culinary and Pastry Arts (ICI)

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ITINERARY
January 2011

DAY 1 – Calabria – Arrival & Welcome Dinner

- Arrival at the airport, transfer to the hotel Baia dell'Est.
- Welcome dinner with Mark McDonald, chef and owner of Old Vine Cafe, ICI president John Nocita and Chef Sabrina Mancin. This grand welcome features a feast called *Monte e Mare* with exclusive entertainment of traditional Calabrian folk dancers.
- Overnight at Baia dell'Est, Calabria

DAY 2 – Calabria – Cirò - Visit & Tasting at an Award Winning Winery; Authentic Mediterranean Dinner

- Breakfast at the hotel.
- Late morning departure for Ceraudo, and award winning winemaker in Cirò. Cirò means "Cyprus" in Italian and is the place where the Ancient Greeks named as its capital for what once was Magna Grecia or Great Greece. Here, you will taste the same wines that opened the ceremonies at the 2004 Olympic Games in Athens. The Cirò D.O.C. red wines are the oldest wines in Europe and the varietals have recently been dubbed as "Super Southern" by the world's most authoritative wine publications. The tasting is accompanied with traditional meats and cheeses from the area.
- Afternoon return to the hotel.
- Dinner: Authentic Mediterranean Feast
- Overnight at Baia dell'Est, Calabria

DAY 3 – Calabria - Hands-on Cooking Lesson; Evening Pasta Party

- Breakfast at the hotel.
- Hands-on Cooking Lesson: *Pasta, pasta, pasta!*
 - In Italy, pasta represents a healthy, tasty, colorful dish. For chefs and homecooks, pasta represents unlimited creativity...
 - In addition to hands-on preparation, participants learn Regionalism: understanding where each pasta comes from in Italy enables culinarians to identify the appropriate sauces or condiments for that dish. It also gives a clear idea of how to pair that dish with the perfect wine and, most importantly, create an entire healthy and natural menu with pasta as the starter.
 - In this lesson, participants work hands-on alongside ICI chefs preparing over 50 types of pasta in just one day!
 - Chef's-style kitchen lunch.
- Dinner: Pasta Party paired with three Super Southern wines.
- Overnight at Baia dell'Est, Calabria

DAY 4 – Calabria – Visit to Roccelletta di Borgia: Archaeological Site & Museum Visit; Visit to Squillace: The City of Terracotta; Risotto Wine Dinner

- Breakfast at the hotel.
- Late morning departure for the Archaeological Site & Museum at Roccelletta di Borgia.

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- Considered the most important Ancient World archaeological site in Italy today, these well preserved ruins span over 2 millenniums and 3 realms and include a Greek Theater, Roman Market and Byzantine Cathedral.
- Lunch at a local restaurant.
- After Roccelletta di Borgia we proceed to Squillace, a medieval walled town perched on a hill overlooking the Ionian sea so famous for its terracotta that Flavius Magnus Aurelius Cassiodorus, ancient Roman statesman and writer, mentions the terracotta of Squillace in his writings almost two thousand years ago!
 - In Squillace we will see how an artisan terracotta maker assembles a *pignata*, an earthenware pot which became famous in all of Italy, and is still used today.
 - Free time in Squillace is perfect to browse the many terracotta shops and explore the winding streets of the 1000 year old village.
- Early evening return to the hotel.
- Dinner: Risotto Tris: three types of risotto accompanied by three special wines and a dessert typical of the Region.
- Overnight at Baia dell'Est, Calabria

DAY 5 – Calabria – Visit and Lunch Feast at an Organic Farm; Dessert Dinner & Wine Pairing

- Breakfast at the hotel.
- Late morning departure for a visit and lunch in an "agriturismo."
 - An agriturismo is an organic farm that is owned and operated by farmers of both livestock and vegetation. Here we dine on truly local delicacies that are ALL produced by the proprietors. Every item on the menu, including the extra virgin olive oil, cheese, cured meats, breads and, of course, wines are made on the premises offering a unique insight into Italian artisan gastronomy and flavor. Dinner features uncommon preparations of porcini mushrooms that can be found only in this part of the world.
 - After lunch we taste "digestivi", homemade liquors, while farming experts detail how, and why, anyone can develop an organic farm or an organic garden and flower garden.
- Late afternoon return to the hotel
- Dessert Dinner: Three marvelous desserts are perfectly paired with three popular, and obscure, wines from Italy...
- Overnight at Baia dell'Est, Calabria

DAY 6 – Sicily – Giardini-Naxos; Taormina

- Breakfast at the hotel.
- Early morning departure to cross the Straits of Messina for Sicily. Those who've read *The Odyssey*, will remember what a terrible time Ulysses had getting past Scylla and Charybdis, which flank what is now known as the Straits of Messina. We'll have an easier time on one of Italy's famous traghetti. A special tradition that we follow on the boat is to eat an arancino. Aficionados throughout Italy actually travel to the ferry only for a taste of this exclusive delicacy!
- After crossing with the ferry, we continue and arrive in Giardini-Naxos at Taormina to check in to the hotel and for lunch at a local restaurant.
- Following lunch we proceed to Taormina. established in 358 BC for a walking tour of the ancient city that is surrounded by incredible beauty and is situated on a bluff overlooking the Mediterranean Sea and Europe's most active volcano, Mt. Etna. Shopping in Taormina is a *sogno siciliano*...a Sicilian Dream!
- Free time in Taormina.
- Dinner open.
- Overnight at the hotel in Sicily.

DAY 7 – Sicily - Taormina; Free Day

- Breakfast at the hotel.
- Free time to explore Taormina.

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•Free time for visiting some of the most precious and intact Roman and Ancient Greek ruins outside of Greece including the Greek Theater (300 BC), Palazzo Corvaja (10th century), the Duomo (13th century) and much more. After you've fulfilled your cultural fix, shop in some of the hundreds of stores and stop for aperitifs and gelato and cannoli everywhere! ...so enjoy the sights and shopping of Taormina because both are endless...!!!

- Lunch and dinner open.
- Overnight at the hotel in Sicily

DAY 8 – Sicily – Syracuse; Traditional Sicilian Lunch; Taormina

- Breakfast at the hotel.
- Late morning departure for Syracuse.
 - Since 2005, the entire city of Syracuse has been listed as a World Heritage Site by UNESCO, a program which aims to catalog, name, and conserve sites of outstanding cultural or natural importance to the common heritage of humanity. The deciding committee who evaluate potential candidates described their reasons for choosing Syracuse because "monuments and archaeological sites situated in Syracuse are the finest example of outstanding architectural creation spanning several cultural aspects; Greek, Roman and Baroque", following on that Ancient Syracuse was "directly linked to events, ideas and literary works of outstanding universal significance" ...an incredible place!
- Traditional Sicilian lunch at a restaurant that has been with the same family for 150 years.
- Free time to explore the wonders of Syracuse.
- Early evening return to the hotel.
- Evening and dinner open.
- Overnight at the hotel in Sicily.

DAY 9 – Sicily; Calabria; Artisan Cannoli & Cassata Tasting; Farewell Dinner

- Breakfast at the hotel.
- Late morning departure for Messina where we stop for a visit to a pasticceria, a pastry laboratory, where we taste the famous Cassata Siciliana, Cannoli and a caffè.
- Departure for Calabria.
- Farewell dinner.
- Overnight at Baia dell'Est, Calabria

DAY 10 - Departure

- Breakfast at the hotel.
- Departure and transfer at Lamezia Terme Airport.
- Arrivederci!!!

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PRICE & INCLUSIONS

***PRICE: US\$3500**

****PAYMENT DATES:**

- UPON RESERVATION: \$1750
- October 3, 2010: \$1750

PRICE INCLUDES:

- 9 nights accommodations at 3 or 4 star hotels in Calabria and Sicily.
 - Transfers from and to the airport.
 - Breakfast everyday.
 - 7 Lunches
 - Wine tasting at a winery accompanied with traditional meats and cheeses from the area.
 - Chef's-style kitchen lunch.
 - Lunch at a local restaurant in Squillace.
 - Lunch Feast at an Organic Farm followed by homemade liqueurs
 - Lunch at a restaurant in Giardini-Naxos, Sicily.
 - Traditional Sicilian lunch at a restaurant in Syracuse
 - Cassata Siciliana, Cannoli and a caffè tasting at a pasticceria in Messina.
 - 6 Dinners
 - Welcome dinner with entertainment of traditional Calabrian folk dancers.
 - Authentic Mediterranean Feast
 - Pasta Party paired with three Super Southern wines.
 - Risotto Tris: three types of risotto accompanied by three special wines and a dessert typical of the Region.
 - Dessert Dinner: Three marvelous desserts are perfectly paired with three popular, and obscure, wines from Italy...
 - Farewell dinner.
 - All ground transfers listed in the program including airport transfers, all visits and dining, ferry for Sicily and more.
 - English/Italian speaking guides throughout the program.
 - Cooking lessons.
 - Tax and VAT included.
- Gratuities are included.

**Price does not include airfare or expenses during "free time".*

***Payments are refundable minus a \$150 administration fee until 90 days prior to start date.*

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