**TOUR ETNO-GASTRONOMICO (6gg;5nts)**

 **ETHNO-GASTRONOMIC TOUR (6 DAYS/5 NIGHTS)**

**1st DAY: THE TERRACES OF LAVAUX / LOSANNA**

Arrival on the lake Geneva more precisely at Montreux, and start of the excursion on foot through the Terraces of Lavaux.

We will pass on foot the path that connects Montreux to Losanna with possibility to taste wine and typical products inside of the cellars of the local vineyards.

At the end of the degustation we proceed to Losanna.

**CURIOSITY:**

* The Terraces of Lavaux are vineyards favored of stone walls which extend on around 20 km (from Losanna to Vevey), creation a spectacular landscape overlooking the lake Geneva. The wine producers from generation to generation, have constructed the terracing , have created paths and stairways, all of this thanks to the Cistercian monks who from the XII century started to produce wine and started also the antique process of cultivation of the terraces.

**2ND DAY: LOSANNA / GRUYèRES / BERN (122 KM)**

Departure to Gruyères, the magical medieval town situated in the heart of Switzerland.

It is first of all a pedestrian city where you can take many walks, enjoying the view of its characteristic fountains and pebbles.

The city has been given its name to the delicious cheese Gruyère AOP.

Here we should visit the cheese factory La Maison de Gruyères, one of the biggest in Switzerland.

In this place we will learn all about the tradition (which passes from generation to generation) and about the production of the famous cheese.

We can also meet the citizens of the place who bring the fresh milk to the cheese factory (2 times per day); observe the dairyman who make forms of the milk, and taste the gruyere in its three different fazes of maturation: 6,8 and 10 months.

Departure for Bern and the capital of Switzerland. The city which rises up on the river Aare and is the political center of the country.

A panoramic visit by fiit of the historic center to admire some of the attractions such as the Cathedral of Bern, the National Swiss library, the bear pit, the tower Zytglogge.

**CURIOSITY:**

* The village of Gruyères is also the native land of the patchy Friborg black and white cows, whose milk serves to the production of the tasteful cheese of the place, or the gruyère.
* At the end of the visit the cheese factory La Maison de Gruyères we can make a small excursion on foot of the duration of 2 hours to discover the pasture of Gruyère, to be able like that to see its herds of cows and to admire the authentic alpine chalets.
* Two are the ways that bring to another cheese factory where you can get small diploma.

**3RD DAY: BERN / AFFOLTERN IM EMMENTAL / BERN (77 KM)**

An excursion at the Affoltern im Emmental and a day dedicated to the visit of the cheese factory demonstrative of the Swiss emmentaler.

The citizens of the village everyday are bringing fresh milk to the demonstrative cheese factory where experts dairyman transform it into an excellent Emmentaler DOP.

In the cheese factory we will participate in live of the production of cheese by the traditional production and by the production with the modern technique.

In this way we can learn some interesting ways and curiosities of the production and conservation of the cheese during the time.

During the visit it is possible by the guide of some headmaster to try to produce ourselves cheese.

Return to Bern.

**CURIOSITY:**

* You must try in Bern the Lebkuchen with hazelnuts a typical sweet of Bern based on ground hazelnuts, canella, sugar and egg whites.

**4TH DAY: BERN / ROOT / ZURICH (161 KM)**

In the morning departure to Root and a visit of the Aeschebach Chocolatier founded in the 1972 by Charles Aeschbach. There are so many activities and surprises that meet inside this factory.

Here will be discovered all the secrets of the chocolate like its production, its processing and the techniques of decoration. During the exhibit you can find so many samples of free chocolate to taste lost in the way.

At the end of the visit a departure to Zurich.

**CURIOSITY:**

* IN Zurich in the 1898 year was opened the first vegetarian restaurant in the world. The restaurant was named by the one who found it Ambrosius Hiltl. Leaded by the Hiltl family, today on the fourth generation, the restaurant hosts also an academy, where are organized seminars and courses. Without a count here there is the first vegetarian butchery in Switzerland.

**5TH DAY: ZURICH / APPENZELL / SAN GALLO (112 KM)**

Departure to Appenzel for the visit with a degustation of the famous liquor produced in the factory Appenzeller Alpenbitter.

The history if this factory begins in the 1902 when Emil Ebner opened one liquor store giving like that the bases of the actual AlpenzellerAlpen bitter. In the 1908 together with the brother in low founded the society Emil Ebneter & Co, which in the 2006 will be renamed into Appenzeller Alpenbitter AG.

Today is still a firm of family management, and has fourth generation.

Inside the museum you can find all the history of the family and of the production of the Appenzeller Apine Bitter.

The visit of the factory ends with the degustation of home products.

Departure to San Gallo.

**CURIOSITY:**

* In the Appenzeller Alpenbitter AG, only two persons have access to the recipes of the mixture of herbs and are a part of the founding and owner family, only these two persons every day enter inside the herb room, collect them from the big containers, measure them and control the quality. At the end of the work the created mixtures are ready for the processing.
* You must try also the typical dish of the city of San Gallo the St. Galler Bratwurst which recipe is from 1438 year, it is a sausage of calf’s meat and a little pork speck. The citizens of S. Gallo eat it with absolutely no mustard and without boiled in water.

**6TH DAY: SAN GALLO / RETURN**

In the morning a return to Italy.