Campania Food and Wine Tour

Food and Wine tour in Campania

Duration: 7 days

1st Day

Arrival at Naples

Arrival at Naples, transfer in hotel. Free time at disposal. Dinner and overnight.

2nd Day

Naples

Breakfast in a hotel. In the morning we will visit the historic Center: the Church S. Chiara with the cloister, the Duomo of S.Gennaro, the quart of S.Gregorio Armeno and the glimpses that surround it. Free lunch. In the afternoon we will proceed our panoramic tour of the city taking a break at Plebiscito Square. Here we could taste a coffee in one of the historic café of the city: il Gran Caffe’ Gambrinus.

This evening we will participate at one cooking class of pizza \*\* in one Neapoli0tan historic pizza place equipped with a wood oven, in the immediate area of Margellina. So, it is a pizza place, not so far from the seacoast and, finished the pizza class, we could also enjoy in a walk near the sea, arrive until the Castle of Ovoaor eat an ice cream in one of the locals in via Caracciolo.

During the pizza cooking class- with the help of the pizza maker – we will personally prepare the pizza Margherita following all the steps, from the realization of the dough until the cooking in the wood oven. You are not going to see only the preparations of the Neapolitan pizza but you are going to discover some secret: which flour is good to use, which yeast, how much time is needed for the dough to rest, how should be spread, which tomato to use, when should the oil need to be added and so many other things. And you will hear the story of this unique dish, which in all over the world are trying to replicate it but only in Naples remains in its kind.

Return in the hotel and overnight.

Curiosity: one of the legends tells that the coffee, in Naples, became a cult thanks to **Maria Carolina from Habsburg**, doughter of Maria Teresa from Austria and wife of the king Ferdinando IV. When the queen moved to live under Vesuvio, at Wien the refined **Kaffeehaus** were already **institutions**. It was like that so they started to tick also in the capital of the Borbonic Reign. From **the historic coffees** in Naples, the one that has survived until today is the **Gran Caffè Gambrinus, on the angle between the square Trieste and Trento and the Plebiscito Square. Entering in the Gran Caffè Gambrinus is like you make a jump in the history. Its history begins with the Unifying of Italy in the 1860. During the years it became the good salon of the good Naples. Furniture in liberty style, stucco, marbles, art operas and walls decorated with the most important Neapoletan landscapes. The actual seat, where still today you can breath that environment a little retro, was inaugurated in the 1890. In its halls were alternated intellectuals, artists, nobles and presidents. Today Gambrinus is an obligatory stage for every visitor of the city. For a breakfast, a lunch, an appetizer, but mostly for the coffee, shaken also.**

**\*\*During: around 2 hours. The lesson includes: dinner based on the pizza Margherita from every single participant, mixed starter based on frying and dessert, beverage included (1/2 water + ¼ wine or alcohol free drink included)**

3rd Day

Vesuvius and Pompeii excavations

After the breakfast in the hotel, a departure for the visit of the National Park of Vesuvius. Accompanied by a guide inside the park we will pass through the pathway of Gran Cono having an unique experience, for the emotion of walking along the crater of an active Vulcan and for the view that we can enjoy in a good part from Campania to Lazio.

At the end of the visit we will stop in one farmhouse on the slopes of Vesuvius for the lunch. This zone is rich with typical products, which became unique for the characteristic fertility of the land. Here were born the famous grapes mentioned from Sallustio and Plinio, testimony of one very old tradition: the Falanghina of Vesuvius, the Fowtail, called Caprettone, and the Piedirosso of Vesuvius. From these grapes was brought the famous Lacryma Christi (Doc from 1983).

Vesuvius is also the reign of the “tomato of piennolo”, a tomato of bunch, by around shape and lace tip, used in so many typical recipes.

The tour includes: visit of a typical Vesuvian cellar, starter, first course, sweet and degustation of 5 wines (Lacryma Christi of Vesuvio DOC White, Rose and Red vintage, Lacryma Christi of Vesuvio DOC Red “Reserve” sealing wax vend. 2012, Passito del Vesuvio e Sparkling Rose’ Aglianico “CAPAFRESCA”).

In the afternoon departure to Pompeii and visit of the Excavations which have restitute the remains of the antique cities buried under ashes, lapilli and mud during the eruption in 79 AC. Return to the hotel. Dinner and overnight.

Menu degustation

-starter with typical products of the zone: salami, provolone, casatiello and tomato of piennolo bruschetta, eggplants and olives roasted on bread baked in a wood oven.

Wine surved with **Lacryma Christi del Vesuvio White DOP** (100 % caprettone grapes) or **Christi del Vesuvio SUPERIORE White DOP** (caprettone grapes 100%), Rosato DOP (100% piedirosso) and **Rosso DOP (100% piedirosso)** or **Rosso SUPERIORE DOP** (100% piedirosso).

* -Spaghetti of durum wheat with a tomato of piennolo sauce and basil served with **Lacryma Christi Riserva** (80% piedirosso and 20% aglianico aged in French oak barrels from 18 to 24 months).
* -Neapolitan pastier made with ricotta, wheat and white fruit, served with **Capafresca Spumante Rosato** (100% aglianico) and **Passito Bianco IGT**.

4th Day

sORRENTO AND GRAGNANO

Breakfast in hotel.

Departure to Gragnano, the city of pasta. In Gragnano, the wheat is over 500 years the main resource of the local economy: some artisan pasta factories can be visited like the one that we propose in this delicious tour where in a hall decorated with pgotos from the period and antique furniture used by the Pastai in the 800s you could taste an unforgettable lunch with a splendid authentic taste.

* In the afternoon we proceed to Sorrento. Here we will explore the magical streets of the city and will be curious for the local painting activities. Finally we will enjoy in a breath-taking views of the Neapolitan Gulf from the amazing Torquato Tasso Terrace.
* Return in hotel, dinner and overnight.

5ht Day

Amalfi Coast

Right after the breakfast we departure to the Amalfi Coast. First we will stop to Belvedere of Positano, known as the “vertical city” for its conformation that sees it develop perched on a hill, perpendicular to the sea. Characteristic are also the many **stairways** which from the high part of the city permit to go down and arrive on sea. We continue the visit on Amalfi Coast, this coast city characterized by one seaside and a long way of shingle beach. We will visit its amazing cathedral along the shore and the paper factory with the annexe museum. Free lunch.

This afternoon we will enjoy a beautiful lemon tour. We will start with the guided visit of a limoneto with the spiegation of the way of cultivation of the “Lemon Amalfi COast” I.G.P.

On the arrival a small refreshment will be served. A visit of the center of collect which protects the process of production and elaboration of the “Lemon Amalfi COast”I.G.P. Visit of the artisan liquor factory “Terra di limoni” with a presentation of the production process of the “Limoncello”. Next is the degustation of typical local liquors. Every participant will be honored with a small container of “Limone Costa d’Amalfi” I.G.P.

Return to hotel, dinner and overnight.

6th Day

**Excavations of Paestum and Cilento**

Breakfast in a hotel and departure to Paestum, where we will visit the Archeological Excavations, which has impressing examples of temples in Doric style.

Here we will find a sublime magic: the unmistakable taste of the buffalo mozzarella DOP.

The tour includes: guided visit of the Paestum temples, lunch in a typical cellar, a vision of the elaboration of the mozzarella, the plant of the transformation of the yogurt, the buffalo breeding, the museum of the village civilization with more than 1000 pieces and the leather shop.

Return in hotel, dinner and overnight.

7th Day

**Naples / Departure**

Breakfast in hotel and transfer in airport for the return flight.

\*\*\* END OF THE SERVICES \*\*\*