



The Journey: Sweet Italy: Cooking, Wine, Art & Truffle Hunting
Duration: 9-days / 8-nights + 1-night air
Destination: ITALY – Abruzzo & Rome



“You’ll hear the silence of Abruzzo, you’ll get lost among its colors, you’ll remember its flavors and perfumes forever.”

- Fabrizio Lucci

Italy - sweet, sweet Italy! So many of us dream of a unique Italian holiday and this is exactly what we have created to inspire the artist’s muse in everyone. When you’ve toured the major cities and want to dive into the beautiful Italian culture, this is the trip for you. Although a sample itinerary is provided, we are happy to customize your tour with everything to make it perfect - cooking, painting, pottery, wine tastings and even fishing expeditions! Tell us your focus and we will create your masterpiece trip.

Abruzzo spreads from the Apennine mountains to the Adriatic Sea. It is this huge variety of landscapes and seascapes that make it an ideal palate to celebrate the arts. Just a short drive from Rome, Abruzzo is considered the greenest region in Europe with three National Parks and many protected areas and species such as bears, wolves, lynx and Golden Eagles. Abruzzo and her four provinces - Teramo, L’Aquila, Pescara and Chieti - have a very diverse gastronomic heritage that includes wine, pasta alla chitarra, extra-virgin olive oil, cheeses, salami, truffle, saffron and fish soups. Get ready for sun, sea, mountains, good food and wine when you discover Abruzzo!



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Finally, a trip to Italy just wouldn't be complete without sampling a few days in Rome! Spend your days exploring the classic sites – Ancient Rome, Baroque Rome plus the Vatican. Amazing inspiration for the amazing artist in all of us!

Sweet Italy: Cooking, Wine, Art & Truffle Hunting			
Day	Morning	Afternoon	Evening
1	Travel overnight to Rome, Italy; meals in flight		
2	Arrive Rome and transfer to Abruzzo, Italy	City tour, hotel check-in, rest & relaxation	Welcome Dinner & Orientation
3	Italian Pottery or Painting Class	Farmhouse experience - forage, cook & feast with wild Italian herbs & plants	
4	Truffle Hunting Adventure	Extra Virgin Olive Oil Grove, Mill & Tasting Experience	Italian Cooking Class & Dinner
5	Gelato Making Class OR Grape Harvest	Roccasalegna Medieval Castle & Town Tour	Dinner & Street Theatre
6	Historic Bell Foundry of Agnone	Local Vineyards Tour & Wine Tasting	Pasta Making Class & Dinner
7	Handmade Jewelry Demonstration	Cheese Class - Sheep's Ricotta + Cheese tasting	Pizza Making Class & Dinner
8	Transfer to Rome	Ancient Rome Walking Tour - the Coliseum, Roman Forum & Palentine Hill	Dinner on Own in Rome
9	The Vatican - Museum, Sistine Chapel & St. Peter's Basilica	Baroque Rome - Spanish Steps, Trevi Fountain, Navona Square and the Pantheon	Farewell Roman Dinner
10	Transfer to airport and fly home		



Although the itinerary below matches what is portrayed above, please let us know if you would like a focus on any specific area. We are happy to customize a tour to match your group's interests.

Day 1 – Meals available during flight

Most groups will depart with an overnight flight to Rome, Italy.

Day 2 – Meals available during flight; dinner

Arrive Rome today; transfer to Abruzzo. Enjoy a short city tour and then get checked in and acclimated to your surroundings. Enjoy a bit of downtime to rest and relax, and then reconvene for a Welcome Dinner and Orientation.

Day 3 – Breakfast, lunch & dinner included

Rise and shine Italy! This morning, we'll start our day with a choice of either an **Italian Pottery Class** or a **Painting Class**. Get creative and learn from a master!



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In the afternoon, we'll have a very unique farmhouse experience. We'll start by **learning how to milk sheep and cows** and learning how to **make cheese**.

Later in the day, we'll discover the art of **foraging for delicious wild Italian herbs & plants**. Afterwards, we'll learn how to cook them into a traditional feast. Bon appetit!

Day 4 – Breakfast, lunch & dinner included

Good morning Abruzzo! Today is our **truffle hunting** adventure! We'll meet our local truffle guide and his dogs and get immersed in the nature of Torrebruna. This activity is dependent upon seasonality, generally April through December.

In the afternoon, learn about one of nature's treasures – olives! Giovanni and Elio, the owners of the olive oil mill at La Selvotta, will explain the secrets of **olive oil production** to us, and after **a tour of olive groves**, we'll have an exclusive opportunity to participate in an **olive harvest** and assist in olive oil production. We'll taste extra-virgin olive oil and then have a late lunch under the olive trees with salami, cheese and of course, bread with olive oil. Please know that the olive oil harvest and production usually takes place October through December. If traveling outside of these times, we'll participate with other olive activities without the harvest included.

In the evening, we'll have an **Italian Cooking Class** and make our own dinner!

Day 5 – Breakfast & dinner included; lunch on own

Rise and shine Italy! Today, dependent upon seasonality, we'll either participate in a **grape harvest**, or a **gelato making class**. Either way, we're going to have a stunning day!

In the afternoon, we'll tour the amazing town and **Medieval Castle of Roccascalegna**. Learn about Baron Corvo de Corvis and the history and legends that surround the castle which some say is cursed!

This evening, we'll have dinner locally and an evening of interesting **street theatre** and people watching!

Day 6 – Breakfast, lunch & dinner included

Good morning Abruzzo! Today we'll set off to visit the historic **Bell Foundry of Agnone**. The Marinelli Family has been making bells since 1000 AD; every bell is handcrafted. Bells are made for the Vatican here with their ancient traditions.

In the afternoon, it's time to learn about wines... **tour a local vineyard** and learn about the beautiful process of making Italian wines. White grape varieties from the region include Trebbiano d'Abruzzo, Trebbiano Toscana, Falanghina, Malvasia, Moscato, Passerina, and Chardonnay. Red grape varieties include Montepulciano, Sangiovese, Cabernet Sauvignon and Merlot. Raise your glass!

This evening we'll learn how to make **pasta the Italian way**. Roll up your sleeves, we're in for some fun!

Day 7 – Breakfast, lunch & dinner included

Rise and shine Italy! This morning we're off to discover beautiful **handmade jewelry** as we watch a demonstration. We'll watch an artist at work as we learn the process for creating stunning pieces.

In the afternoon, we'll learn all about **cheese**. From **ricotta made from sheep's milk** to **cheese tasting**, we'll sink our teeth into this luscious art!

In the evening, it's time for **pizza making**. Hope you're hungry for another delicious creation!



Day 8 – Breakfast & lunch included; dinner on own

Good morning! It's time to check out of our hotel and start to say goodbye to our wonderful hosts in Abruzzo as we travel to Rome this morning. On arrival, we'll check into our new hotel and then head straight out to see the sights.

First up – **Ancient Rome Walking Tour**. Explore stunning Ancient Rome with a guided walking tour to see the Roman ruins. Sites include the **Colosseum**, the **Roman Forum** and more as you learn about the notorious gladiator competitions of old.

This evening we'll have time to kick back and enjoy dinner on our own to try some of those restaurants you've read about. Enjoy!

Day 9 – Breakfast, lunch & dinner included

Today will be a special day as we visit **Vatican City** this morning. A city-state surrounded by Rome, Vatican City is the headquarters of the Roman Catholic Church and home to the Pope and a trove of iconic art and architecture. Its **Vatican Museums** house ancient Roman sculptures such as the famed "Laocoön and His Sons" as well as Renaissance frescoes in the Raphael Rooms and the **Sistine Chapel**, famous for Michelangelo's ceiling. We'll have a guided tour to explore the Vatican Museum, the Sistine Chapel and **St. Peter's Basilica**.

In the afternoon, we'll explore **Baroque Rome**. The tour will start with a Bernini masterpiece - **the Trevi Fountain**, followed by the **Pantheon**, the **Spanish Steps** and finally, the **Piazza Navona**.

This evening we'll gather for a farewell dinner as our last evening in beautiful Italy!

Day 10 – Breakfast included (dependent upon flight times and restaurant hours), other meals available during flight

Today we'll end our tour by traveling to the Rome Airport for our flight home, taking memories away with us that will last forever.

As mentioned above, several activities are available to you to customize your trip if you would like to focus on a specialty like cooking or wines. Below are some of the other amazing options that are not depicted in the itinerary above:

- Cooking class on a trabocco (ancient fishing vessel typical of Abruzzo)
- Visit to a hermitage in the mountains
- Cycling or walking tours along the coast or inland in the Appenine mountains
- Fishing demonstration on a trabocco
- Tomato canning class - Learn how to preserve tomatoes to last all winter making traditional delicious bottles of passata or pezzetti
- A day trip to one of Abruzzo's picturesque mountain villages like Castelli, Scanno, Rocca Calascio or Santo Stefano di Sessanio

Trip Inclusions

- Round-trip flights to/from Rome, Italy
- Group transportation for all included activities
- 8-nights' accommodation + 1-overnight air. Overnight stays include 6-nights in Abruzzo and 2-nights in Rome
- Tourist tax billed by hotels



- Meals in destination - Breakfasts daily, 5 lunches, 7 dinners
- All activities & excursions as shown in above itinerary
- Travel insurance for each participant

Not Included

- Airport transfers in your home city
- Airline baggage fees; please pay direct at airport during flight check-in
- Meals not shown as 'included' above
- Gratuities at hotels and restaurants, gratuities for guides
- Cost of passport & visa fees
- Cost of inoculations or medication required for travel
- Hotel incidental bills – internet services, spa services, purchases billed to room, etc.
- Food, beverages, sightseeing and transportation not shown as included above
- Personal expenditures
- Baggage handling in destination

Important Notes

- Dependent upon your international airline, meals may be included in costs or at additional cost during flight. We will notify you of the specific inclusions once your ticketing has been completed.
- All guests are quoted on double occupancy in the hotel property. If single occupancy is required, please understand that a supplemental fee will be required.
- Should the numbers in your group change, please contact us directly for potential cost revisions.
- A 'Release of Liability' waiver is required from all participants, including those organizing the trip, prior to travel. Additionally, local suppliers may also have select waivers which require signature.
- Each person registering is supplied with a basic travel insurance policy that meets minimum standards. If you wish to expand your coverage, you may wish to add a private, supplemental policy.
- Due to fluctuation in air rates, please understand that the initial quote issued is based on a credible assumption, however it may vary at the actual time of booking. Flights will be reserved once first deposits have been received and are generally available approximately 11-months prior to departure. If at that time flight rates exceed the assumption and it increases the cost of the trip, the organizational lead will have an option to decline the booking at no penalty to your group.
- Each guest should be prepared to present a credit card at check-in for security deposit holds and in-room charging.
- If traveling internationally, each guest should ensure they are aware of passport and Visa requirements.

