

TASTE OF ITALY 2019 INFORMATION SHEET

Dates:

Tour begins in Rome at 5:00 PM on Wednesday September 4, 2019.

Drop-off at Santa Maria Novella train station in Florence at 11:30 AM on Thursday September 12, 2019.

Prices:

Double occupancy: \$2,700

Single occupancy: \$3,000

Prices include a non-refundable \$500 deposit required upon registering in order to reserve a spot on the tour.

Inclusions:

Hotels

Dinners (except for the first night)

Three lunches

Breakfast

Various tastings and excursions (see itinerary below)

In-country transport (including transportation from Rome to Tuscany)

Exclusions:

International airfare

Hotel room incidentals

Dinner on night of arrival

Four lunches (Note: if you opt to participate in the bike tour on Saturday Sept. 7, lunch will be included in the ticket price)

Payments:

To reserve a space on the Taste of Italy tour, a \$500 non-refundable deposit is required. Participants can opt to pay in full upon registering or pay the balance in two installments:

Double occupancy

May 1 2019: \$1,100

Aug. 1 2019: \$1,100

Single occupancy

May 1 2019: \$1,250

Aug. 1 2019: \$1,250

For reservations made after August 1 2019, the balance is due upon registration.

Refunds:

Prior to July 1, 2019: 100 percent of the cost of the tour, up to the amount the Participant has paid to The Wholesome Kitchen towards the cost of the tour (minus the \$500 non-refundable deposit).

July 1, 2019 - August 1, 2019: 50 percent of the cost of the tour, up to the amount the Participant has already paid to The Wholesome Kitchen towards the cost of the tour (minus the \$500 non-refundable deposit).

After August 1 2019: No refunds will be issued.

Travel Insurance:

I highly recommend you purchase travel insurance for this trip to protect yourself in the event that you need to cancel your trip for medical reasons. Travel insurance can

also cover trip delay, trip interruption, medical expenses incurred while traveling, and/or lost or delayed baggage. If you need assistance with purchasing travel insurance, please email Jamie Kornblatt at Lake Shore Travel, jamie@lakeshoretravel.com. Be prepared to provide the total cost of the trip and the travelers' ages.

Where we are staying:

[Albergo Santa Chiara](#) is a charming hotel tucked away on a cobblestoned street in Rome's historic city center. Formerly a wine shop that dates back to 1839, it has been run by the same family for nearly a century. It features an open-air bar overlooking Piazza della Minerva and is a two-minute walk from [one of the best cafes](#) in town.

[Fattoria Poggio Alloro](#) is a traditional Tuscan *agriturismo* run by the Fioroni family just outside of San Gimignano. The name, which means Bay Leaf Hill, is a nod to the abundance of bay leaf bushes lining the property. On the farm they produce a whole range of products including olive oil, various wines and spirits, honey, cured meats and saffron. It is sure to deliver a quintessential Tuscan experience!

Itinerary:

DAY ONE: ARRIVAL IN ROME

- Arrive in Rome and settle in to [Albergo Santa Chiara](#). Check-in begins after 1:30 PM. Please note that you are responsible for organizing your own transportation to the hotel.
- Optional group excursion to [Trapizzino](#) for a light dinner where they serve a variety of triangle-shaped sandwiches on the world's most ethereal, fluffy focaccia

DAY TWO: MARKET COOKING CLASS

- Market-to-table cooking class with Carla Tomasi, a Rome-based cooking instructor and skilled gardener, accompanied by lunch at [Latteria Studio](#) in Trastevere
- Dinner at [Da Casare](#) in Casaletto, a classic Roman trattoria

DAY THREE: GETTING TO KNOW TESTACCIO

- Tour of the Testaccio neighborhood curated by [Katie Parla](#). Testaccio was a hub for much of the ancient trading activity that passed along the Tiber River. Later it became home to city's slaughterhouse and was largely shaped by the butchery culture. Today it is home to some of the city's most interesting and influential artists and chefs. We'll also tour and eat lunch at the Testaccio market (lunch not included)
- Dinner at [Flavio al Velavevodetto](#) in Testaccio, a classic and reliably delicious Roman restaurant that is partially built into Monte Testaccio, an artificial mountain that is essentially one giant pile of pieces of ancient clay amphorae

DAY FOUR: DISCOVERING THE APPIA ANTICA

- Free day to explore Rome. You will have the option to join our bike tour with a picnic along the [Appia Antica](#), one of the earliest and most strategically important roads during the Roman Empire. It dates back to 312 B.C.!
- Dinner at [Marigold](#), a restaurant and microbakery in Ostiense started by Calabrian chef Domenico Cortese and his partner Sofie Wochner, who bakes all their bread and pastries in-house

DAY FIVE: TRANSFER TO TUSCANY

- Private transfer to [Fattoria Poggio Alloro](#) with a stop around Lago di Bolsena for a wine tasting + lunch (lunch not included)
- Dinner at Fattoria Poggio Alloro.

DAY SIX: CASTLE WINE TASTING

- [Castello Volognano](#) for a wine tasting and lunch
- Wine and olive oil tasting at [Volpaia](#)
- Artisanal cheese tasting at Il Vello d'Oro
- Dinner off-site

DAY SEVEN: PASTA TOUR AND ORGANIC WINE PRODUCTION

- Tour the [Martelli](#) pasta factory outside Pisa + lunch (lunch not included)
- Organic wine tasting at [Montenidoli](#)
- Dinner off-site

DAY EIGHT: TRUFFLE HUNTING

- Truffle hunting with [Savini Tartufi](#) + truffle-themed lunch
- Olive oil tasting at [Spannochia](#)
- Dinner at Fattoria Poggio Alloro

DAY NINE: DEPARTURE

Private transfer to Santa Maria Novella train station in Florence. You can expect to arrive at the train station by mid-morning.

Changes to Tour Schedule:

Every effort will be made to adhere to the tour schedule. Due to unforeseen circumstances, the tour operator may be required to adjust the tour schedule and/or certain tour activities. In the event that the itinerary must be adjusted, she will make every effort to supplement with activities and/or venues that hue closely to the nature of the original tour schedule.

Helpful Resources:

[National Geographic's Walking Rome](#)
[Katie Parla's Eating and Drinking in Rome](#)
[My favorite walking map of Rome](#)

Notes:

Please make sure to have cash on hand to cover any incidental expenses. We will attend various tastings of different wines, cheeses, olive oils and other products that you may want to purchase to bring home with you. Some of the smaller producers may not be able to accept credit cards.

Also please note that you'll need cash or a credit card on hand to pay for various lunches not included in the tour price.

We will be walking a fair amount in Rome. If you require assistance, transportation can be arranged. Please communicate this to Brianna prior to the trip.

If you tend to get hungry mid-morning or mid-afternoon, you should consider packing some trail mix or energy bars. Most Italians skip breakfast (although we will have breakfast available each morning at the hotel), and Italy is not known for their snack-on-the-go culture.

Questions?

Please share your questions, concerns or other matters related to the trip with Brianna at Brianna@twkchicago.com or (224) 600-3221.

Ci vediamo a Roma!