



Barrington Community School

presents

Tastes of Southern Italy

Culinary Adventures in Calabria

May 10 - 18, 2014

Cooking classes provide a recreational and social occasion for discovering the gastronomic and cultural roots of an area. The aim is for the “dish” to come alive for visitors who are eager to taste the local cuisine and learn the secrets of the basic recipes. The only requirement for participating is a love of food, places, and their inhabitants.

Food in general, and its preparation in particular, is first of all about culture, conviviality and creativity, while also representing a way of learning more about the traditions of the country you are visiting. Especially in Italy. And especially in this region of Italy, where the hustle and bustle of modern industrial life slips away as you are transported back to a simpler time, and traditional methods and values still hold sway.

Through cooking courses one can learn how to prepare typical dishes, but above all, one can learn to recognize and appreciate the perfumes and combinations of flavors that have always been present on Italian tables. Food closely mirrors the life and culture of a population, and is one of the fundamental aspects that allow a visitor to enter into and understand the traditions and customs of a land in a more profound way. By participating in a cooking course and visiting local producers of traditional products, one can begin to relate to the precise nature of the cultural situation that for centuries has accompanied the development of Italian history.

This very special tour is designed for anyone who is interested in the subject; there are no requirements other than the love and appreciation of good food. This spring, please join Sandi Tinyk, director of the Barrington Community School, and Discover Europe’s Fiona Bennett, on an adventure exploring the *Tastes of Southern Italy*.



Join us for lunch?



The Villa Cheta, Maratea

The cost of this itinerary, per person, double occupancy is:

Boston departure:	\$4780
Land Only:	\$3570
Single supplement:	\$680

The following services are included:

- Airfare:** Roundtrip air from Boston. All customs fees and airport taxes included.
- Hotels:** 7 nights accommodation in first-class hotels. All hotel taxes and service charges included.
- Coaching:** All ground transportation as detailed in the itinerary.
- Meals:** Breakfast daily, 3 lunches and 5 dinners, and 2 cooking classes with the hotel master chef.
- Guides:** Services of BSC Director, Sandi Tinyk and a Discover Europe tour director throughout.
- Expenses:** Portorage of one large suitcase per person.
- Entrances:** Entrance fees to all sites included in the itinerary.
- Additional:** Roundtrip coach transfer from Barrington to Boston.
- Insurance:** Complete travel insurance inc. cancellation coverage.

**For further information & registration please contact:
Sandi Tinyk at the Barrington Community School
(401) 245-0432**



Saturday, May 10th

This afternoon we gather at the Community School parking lot in Barrington for the coach journey to Boston, Logan Airport, where we board our transatlantic flight.

Overnight: Plane

Sunday, May 11th

On arrival in Naples we will be met by our Discover Europe representative, Fiona Bennett, and escorted to our hotel in Sorrento. The afternoon will be free to unpack, relax and begin exploring the town. For those with energy to spare, Fiona will lead a short walking tour of Sorrento. We'll wander the pedestrian streets around the Piazza Tasso, named after the 16th-century poet, whose statue graces the corner, and stroll through the shaded gardens of the Villa Comunale, looking out over the Bay of Naples. We'll

Overnight: Sorrento

look in to the 13th-century cloisters of the church of San Francesco or see the fine examples of the local craftsmanship in the Museo Correale di Terranova. This evening we gather for a welcoming dinner party at the hotel. **(B, D)**

Monday, May 12th

Our day starts with a leisurely drive along the spectacular Amalfi Coast, through the towns of Positano and Amalfi. We'll stop in Amalfi, where we'll visit a local limoncello maker - as they say around here: if life hands you lemons, make limoncello! We'll return to Sorrento in time to make a stop up in the hills above the town to visit the agriturismo La Sorgente for lunch and a demonstration of ricotta and mozzarella making by Maria and Rosa. The rest of the afternoon and evening are free to enjoy the city. **(B, L)**

Overnight: Sorrento

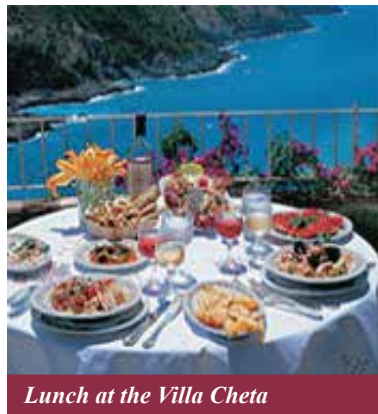


The Harbor at Sorrento

Tuesday, May 13th

Leaving Sorrento, we take the highway south, around the Gulf of Salerno, and stop at Paestum. Here we visit the fabulous remains of the ancient city originally founded by Greek settlers around 600 B.C. and named by them Poseidonia. We'll tour the temples of Neptune and Hera and see the original city walls unearthed by accident in the 18th century. For lunch, we'll visit Tenuta Vannulo, a nearby organic water buffalo farm where they make the *real* Mozzarella, and then drive down the Calabrian coast, with breathtaking views out over the Tyrrhenian Sea, to the town of Maratea. Our base for the next four nights is the wonderful Villa Cheta, where dinner will be awaiting us this evening. **(B, L, D)**

Overnight: Maratea



Lunch at the Villa Cheta

Wednesday, May 14th

This morning we drive up to the Basilica of San Biagio and the great white figure of the Statue of the Redeemer. The views out over the Golfo di Policastro are truly spectacular. We return to the hotel for our first adventure in the kitchen with the chef. We'll learn to prepare a local dish with the finest fresh local ingredients and then, the best part....we get to eat it! **(B, D)**

Overnight: Maratea

Thursday, May 15th

Our excursion today from the hotel continues to immerse us in the local culinary culture with visits to museums dedicated to local delicacies such as pepperoncini and liquorice. We'll also visit an agriturismo for lunch and a sampling of local wines and other produce, and stop in the town of Maratea to allow a chance to try out a local restaurant for an early dinner before returning to the hotel. **(B, L)**

Overnight: Maratea

Friday, May 16th

A free morning to enjoy the hotel – perhaps take the hotel shuttle down to the beach. This afternoon we return to the kitchen and prepare our evening feast. **(B, D)**

Overnight: Maratea

Saturday, May 17th

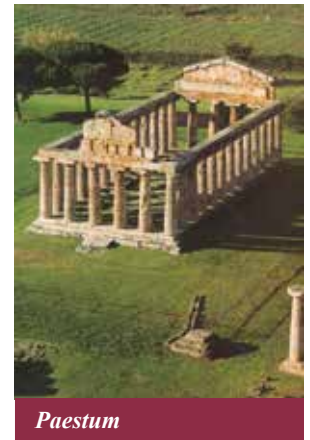
Sadly, we bid farewell to the Villa Cheta and drive north today back to Naples. We'll stop in the city for a farewell dinner before repairing to our hotel near the airport, in readiness for an early departure the next day. **(B, D)**

Overnight: Naples

Sunday, May 18th

Morning transfer to Naples Airport for the return flights to Boston, where our private coach will be waiting to take us back to Barrington. **(B)**

Overnight: Home



Paestum

Key to included meals: **B** - breakfast, **L** - lunch, **D** - dinner

