



THE ITALIAN KITCHEN

INDULGE IN THE FOOD & WINE OF THE
EMILIA ROMAGNA AND PIEDMONT REGIONS

SEPTEMBER 28TH - OCTOBER 7TH 2023

When you think of soul-satisfyingly good food, you think of Italy. Bowls of heaping semolina pasta as yellow as the sun. Seafood right off the hook, grilled and seasoned to perfection. Vegetables plucked from the earth just moments before they grace your plate, tasting of nothing more than sunshine and happiness. Wine, ever flowing, rich and robust. In each Italian home, you'll find Nonna, an Italian grandmother, ever so carefully nurturing tonight's dish on the stove. The same worn pot that has spent ages on that same burner, preparing that same dish, carefully crafting its simple ingredients into perfection on a plate.

Discover *The Italian Kitchen*, and take a journey from farm to table in the Piedmont and Emilia Romagna regions of Italy. In a country where food is royalty, these regions are king. Piedmont, known as the home of the Slow Food Movement, can, in many ways, be considered the gastronomic capital of Italy. From the frenzy of white truffle season, to the majestic grapes that are aged into the Barolos and Barbarescos, Piedmont will undoubtedly have you clearing your plate and asking for seconds. We will be sure to visit the town of Alba, known as the center for white truffles.

The Emilia Romagna region, in the fertile Po River valley, boasts culinary powerhouses such as Prosciutto di Parma, Parmigiano-Reggiano and Balsamic Vinegar di Modena. From leisurely mornings spent sampling our way among the farmer's market food stalls to that last toast of vino before we say "Ciao," and retire for the evening, loosen your belt buckle and join us as we explore the gastronomic masterpieces of *The Italian Kitchen*.



BAROLO VINEYARD



AGING PARMIGIANO-REGGIANO

THE COST OF THIS ITINERARY, PER PERSON, DOUBLE OCCUPANCY IS:

LAND ONLY (NO AIRFARE INCLUDED):	\$ 4890
SINGLE SUPPLEMENT:	\$ 960

Airfares are available from many U.S. cities. Please call for details.

THE FOLLOWING SERVICES ARE INCLUDED:

HOTELS:	8 nights' accommodation in first-class hotels, including all hotel taxes and service charges
COACHING:	All ground transportation as detailed in the itinerary
MEALS:	Breakfast daily, 1 lunch, 5 dinners
GUIDES:	DISCOVER EUROPE tour guide throughout, local guides in Turin and Milan
EXPENSES:	Porterage of one large suitcase per person
ENTRANCES:	Entrance fees to all sites included in the itinerary

*Please note that travel insurance is not included on this tour.
Insurance information will be mailed on receipt of deposit.*

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THURSDAY, SEPTEMBER 28TH - Departure from your chosen US gateway city. **OVERNIGHT: PLANE**

FRIDAY, SEPTEMBER 29TH - Your morning arrival at Milan Malpensa Airport will be met for the transfer to our city-center hotel in Turin. After check-in, there will be free time to unpack, relax and begin exploring the neighborhood. Nicknamed “The Paris of Italy,” Turin is a thriving yet elegant cultural city sure to tempt your palette. This evening we gather for a welcome dinner. **(D) OVERNIGHT: TURIN**

SATURDAY, SEPTEMBER 30TH - We start the day with breakfast at the hotel before we head out on a walking tour of the city center with a local guide. We will start with a tour through Porta Palazzo, the local, open air food market, which is one of the largest in Europe! Here, we will sample local specialties and walk through the rows of fresh produce, meats, cheeses, and more! In the afternoon, we

will visit the Royal Palace. This beautiful 17th-century palace houses the Galleria Sabauda, the art collection of the House of Savoy. From here we will visit the Egyptian Museum, with one of the finest collection of Egyptian artifacts in Europe, and then we'll enjoy a sweet stroll along the sidewalks of Turin visiting some of the famous chocolate houses. Turin is the birthplace of the sweetened chocolate we all love today, by mixing the finely ground yet bitter cocoa beans with the local hazelnuts, this sweet and delicious treat was created. Perhaps you'll want a little sugar pick me up after your adventures? Why not venture to Grom, the famous gelato chain for a scoop of dark chocolate, pistachio, or your flavor of choice. The rest of the afternoon and evening are free to continue your tasting of Turin. **(B) OVERNIGHT: TURIN**

SUNDAY, OCTOBER 1ST - We say goodbye to Turin this morning as we travel south through the Langhe region to discover the sought-after Barolo and Barbaresco wines. We'll stop first in Alba, the town of 100 beautifully preserved medieval towers. The weekends in October are spent celebrating the famed white truffles, so while the festivities surround us, we'll visit the Piazza Garibaldi, the Roman gate which was the entrance to the town dating back to 173 BC, the 14th-century towers, the Church of San Domenico and the Duomo di Alba (Cathedral), all the while taking in the tastes and smells of the activities. From here, we continue to our hotel in Barolo, the most prestigious wine region of Italy. We'll enjoy an evening of wine tasting and dining at a restaurant on a local vineyard. **(B, D) OVERNIGHT: BAROLO**



MONDAY, OCTOBER 2ND - A leisurely start to the day takes us first to Grinzane Cavour, to visit the imposing XIII century castle. A short drive from here to the hill-top town of La Morra, with its scenic “belvedere,” where we will have time to stop for lunch. From here we return to Barolo to visit the Falletti Castle, home of the French Marquise Juliette Colbert, explore the village and visit the wine museum. Dinner is included this evening. **(B, D) OVERNIGHT: BAROLO**

TUESDAY, OCTOBER 3RD - Today we journey east, travelling from the Piedmont region into Emilia Romagna, via the Ligurian Coast. Our first stop is the town of Rapallo. Where (weather permitting) we will take a short boat ride to Portofino. Heading back inland, we cross the Apennine Mountains, stopping to sample some of the local olive oil on the way, to our hotel in Parma where we will enjoy a sumptuous dinner. **(B, D) OVERNIGHT: PARMA**



WEDNESDAY, OCTOBER 4TH - We head to Bologna for a full day of lessons. Not to worry, your class work involves a morning spent with your hands in the dough, sleeves rolled up, learning to roll pasta and make sauces. Your hard work, of course, will be handsomely rewarded with a delicious three course lunch. The rest of the day is free in Bologna to explore this culinary giant with an evening return to our hotel in Parma. **(B, L) OVERNIGHT: PARMA**

THURSDAY, OCTOBER 5TH - Ever wonder how all that amazing Parmigiano-Reggiano cheese is made? This morning we head outside the city center to an artisanal cheese producer for a tour of their factory, where we learn the craft of cheese making. Afterwards we have a sit down sampling of not just their cheese, but local honey and balsamic vinegar. Before heading back to Parma, we will stop by the village of Modena, home of Balsamic Vinegar. Most will be amazed at the difference in taste between what is produced here and what is sold commercially. Traditionally a batch of new balsamic vinegar was only started at the birth of a baby girl and it would become her dowry when she would marry. It is also said that the Duke of Modena had his own vinegar attic in his palace and important people would be introduced to the delights of the black gold when visiting Modena. We will visit an acetaia, where the

vinegar is made, to see the process and taste the black gold for ourselves. The evening is free in Parma to sample your way around the town's restaurants. **(B) OVERNIGHT: PARMA**

FRIDAY, OCTOBER 6TH - With full bellies and happy hearts we say goodbye to Parma this morning after one last cappuccino and head northwest to Milan. In Milan, we will have a city tour with a local guide that will include visits to the spectacular cathedral and the church of Santa Maria Maggiore, where we'll be able to view Leonardo's Last Supper, before we have our own farewell supper. **(B, D) OVERNIGHT: MILAN**

SATURDAY, OCTOBER 7TH - Transfers to Milan Malpensa Airport for return flights to the US. **(B) OVERNIGHT: HOME**

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