



## Food & Wine: Southern Italy & Sicily

13 days | 15 days with Naples extension

Fresh and bright, Southern Italian cuisine is a direct offshoot of the region's pleasant weather, Mediterranean influences, and laid-back lifestyle. Long summers bring bountiful tomato harvests—and the red sauces, pizzas, and salads that most diners associate with Italian cooking. On this small group Food & Wine Tour, explore the region's best tastes in the undiscovered coastal towns and tucked-away villages where staples like olive oil and wine are lovingly produced.



### Your tour package includes

- 11 nights in handpicked hotels
- 11 breakfasts
- 2 lunches
- 6 dinners with beer or wine
- 3 wine tastings
- 1 liquor tasting
- 6 tastings
- 1 cooking class
- 6 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach
- 1 ferry transfer

### Included highlights

- Baroque Noto
- Avola wine region
- Italian contessa dinner
- Sassi di Matera cave dwellings
- Campanian cooking lesson
- Taurasi wine tasting
- Paestum ruins

### Tour pace

On this guided tour, you'll walk for at least 2 hours daily across uneven terrain, including cobblestone streets and paved roads, with some hills and stairs.

### Group size

12–22

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## Overnight Flight → 1 night

### Day 1: Travel day

Board your overnight flight to Catania today.

## Catania → 3 nights

### Day 2: Arrival in Catania

*Included meals: welcome dinner*

Welcome to Italy! Meet your Tour Director and fellow travelers at tonight's welcome dinner.

### Day 3: Sightseeing tour of Noto & the Avola wine region

*Included meals: breakfast, tasting, dinner*

Pay a visit to the Baroque city of Noto and the Avola wine region today.

- Stroll along Corso Vittorio Emanuele, visiting Noto Cathedral
- Sample Sicilian pastries and chocolate
- Head to the Avola wine region for a light snack and Nero d'Avola wine tasting
- Transfer to Azienda Casabianca, home to an Italian contessa, for an included countryside dinner at a Sicilian villa

### Day 4: Sightseeing tour of Catania

*Included meals: breakfast*

Meet your local guide and set out to discover Catania, which sits at the base of Mount Etna.

- Discover Catania's historic city center
- Explore the world-famous fish market held near the Baroque Catania Cathedral
- Tour the Museo Storico dello Sbarco, a WWII museum focused on the allied invasion of Sicily

Enjoy a free afternoon in Catania or add an excursion.

+ Mount Etna Wine Region Tasting & Dinner

## Tropea Region → 2 nights

### Day 5: Tropea Region via Messina & Reggio Calabria

*Included meals: breakfast, dinner*

Travel to Messina and take a ferry across the Strait of Messina to Reggio Calabria. You'll explore this coastal city alongside your Tour Director.

- View the iconic Riace Bronzes inside the National Museum of Magna Graecia
  - Enjoy free time to explore the historic city
- Then, continue on to the Tropea region and sit down for an included dinner.

### Day 6: Sightseeing tour of Tropea & Pizzo

*Included meals: breakfast, tasting, dinner*

Get to know the region on a sightseeing tour led by your Tour Director.

- View the spectacular Santa Maria dell'Isola monastery perched high above the sea in Tropea
- Stop for a tasting of local pecorino sheep's cheese, salami and *cipolla rossa*, the sweet red onions for which Tropea is famous
- Continue on to the coastal town of Pizzo to sample handmade gelato

Sit down for an included dinner this evening.

## Matera → 2 nights

### Day 7: Transfer to Matera

*Included meals: breakfast*

This morning, pass through the Calabrian countryside to Matera.

### Day 8: Sightseeing tour of Matera

*Included meals: breakfast, tasting*

Explore Matera, known as the Subterranean City, with a local guide. *(Depending on the season, this may take place on the afternoon of day 7.)*

- Visit Sassi di Matera, the two districts that make up Matera, which are known for their 9,000-year-old cave dwellings
- Stroll through the Old Town, passing Matera Cathedral and the ruins of Castello Tramontano
- Admire the architecture in Palazzo del Sedile
- Step inside the Casa Grotta di Vico Solitario and the *chiese rupestri*, or rock churches
- Taste regional cheeses and bread at a local shop

Enjoy a free evening in Matera or add an excursion.

+ Puglia Wine Tasting & Dinner

## Benevento Countryside → 2 nights

### Day 9: Benevento Countryside via San Marco dei Cavoti & cooking class

*Included meals: breakfast, tasting, dinner*

Visit the town of San Marco dei Cavoti to learn about the art of chocolate making.

- Join a local chocolatier for an artisanal chocolate tour
- Watch a chocolate making demonstration and try a few different sweet treats including Croccantino

Settle in to your agriturismo in the Benevento countryside. Then, learn to craft traditional Campanian recipes in a cooking class followed by dinner at a local restaurant.

*Please note: The order of today's activities is subject to change.*

### Day 10: Samnium villages & Sannio wine tasting

*Included meals: breakfast, liquor tasting, wine tasting, lunch*

Today, discover more of the Benevento region's flavors on a tour with a local guide.

- Stroll the medieval streets of Guardia Sanframondi
- Visit a local bar and enjoy a cocktail of made with Falanghina wine and strega, a famous after-dinner liquor infused with saffron
- Enjoy a wine tasting and lunch at a farming cooperative, tasting wines the group produces on vineyards in the Sannio region
- Sample Janare wines with an included lunch

*Please note: The order of today's activities is subject to change.*

## Salerno → 2 nights

### Day 11: Sightseeing tour of Benevento & Salerno via Taurasi wine region

*Included meals: breakfast, tasting, wine tasting, farewell dinner*

Take a guided sightseeing tour of the Benevento this morning.

- View the Arch of Trajan and Benevento Cathedral

- Enter the UNESCO-recognized Church of Santa Sofia
  - Sample ice cream flavored with strega liquor
- Then, visit the Taurasi wine region. You'll walk through a local vineyard to learn about wine production and taste local varietals.
- Then continue on to Salerno, a lively port town steeped in cultural tradition, and celebrate your trip during a farewell dinner.

*Please note: The order of today's activities is subject to change.*

#### Day 12: Mozzarella farm & Paestum

*Included meals: breakfast, lunch*

Today, explore the Cilento region, home to the Mediterranean diet, stopping to visit a mozzarella farm and archaeological museum.

- Tour a local organic dairy farm and savor farm-fresh mozzarella during a light lunch and tasting
- Travel to nearby Paestum for a guided tour of the Greek and Roman ruins
- Visit the Archaeological Museum of Paestum to see the famous frescos of the Tomb of the Diver

Raise a toast to your trip as you enjoy a farewell drink this evening.

## Flight Home

#### Day 13: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the Naples airport for your flight home or extend your stay to visit Naples.

### + Naples extension

What's that line that Dean Martin sang? Ah yes... "That's amore!" He was singing about Naples, of course, and for good reason: There's so much to love about this second-to-none destination. Discover that feeling while exploring with a local guide and seeking out your interests with the help of your Tour Director.

## Naples → 2 nights

#### Day 13: Transfer to Naples & sightseeing tour

*Included meals: breakfast, tasting*

After a short ride to Naples, set off on an afternoon tasting tour in the city with a local guide.

- Walk through Piazza del Gesù to view the Church of Gesù Nuovo
- Stop at a local cafe to try espresso Napoletano
- Enter the Basilica of Santa Chiara to see the unique and ornate cloister
- Step inside a shop to taste the famous Vesuvius chocolate
- Walk along Via dei Tribunali and enjoy a cuoppo, or cone, filled with fried street foods such as arancini, polenta, croquettes, and vegetables
- Sample *sfogliatella*, a flaky pastry, near the Church of San Domenico Maggiore

#### Day 14: Free day in Naples

*Included meals: breakfast*

Spend a free day in Naples or add excursions. This evening, enjoy a farewell drink as you celebrate your trip with your fellow group members.

+ A Naples Tradition: Neapolitan Pizza

+ The Lost City of Herculaneum

## Flight Home

#### Day 15: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the airport for your flight home.

# Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: [goaheadtours.ca/TSI](https://goaheadtours.ca/TSI) | 1-800-754-5066

## Day 4: Mount Etna Wine Region Tasting & Dinner

\$175CAD/\$185CAD\* (4 hours, departs in the evening with dinner)

Travel to the Etna wine region for a traditional Sicilian dinner and wine tasting on the grounds of a local vineyard estate. The area's volcanic soil and distinctive climate infuse the wines with an intense and pleasing minerality that perfectly complements traditional Sicilian cooking. You'll sip on Etna Rosso blends made of the sleek nerello mascalese and nerello cappuccio grapes while in view of the majestic Mount Etna.

## Day 8: Puglia Wine Tasting & Dinner

\$175CAD/\$185CAD\* (4 hours, departs in the afternoon, dinner included)

Journey to the scenic Puglia region and tour a boutique winery outside of Gioia del Colle. You'll learn about the flavor profiles and production of the varietals, including Primitivo. While the grapes are a near identical twin to Zinfandel, Primitivo produced in this rich volcanic soil is known for its bold flavor and is one of Italy's best and most underrated wines. Taste the winery's Primitivo alongside other wines as you enjoy passed appetizers. Then, sit down to enjoy a three-course dinner paired with more wine.

## Extension excursion options

### Day 14: A Naples Tradition: Neapolitan Pizza

\$109CAD/\$119CAD\* (3 hours, departs in the afternoon)

Visit one of Naples' most famous pizzerias for a demonstration of the local art of pizza making—and a tasting of the final product, of course. Pizza as we know it today was born in Neapolitan peasant towns in the late 18th century, nearly 200 years after explorers brought tomatoes back from the New World. Lucky for pizza lovers, the fruit finally made its way onto rustic, yeast-based flatbreads. The new creation drew tourists in to the poorer areas of the town just for a taste—and this tradition of quality and freshness still reigns supreme in Neapolitan kitchens.

### Day 14: The Lost City of Herculaneum

\$105CAD/\$115CAD\* (4 hours, departs in the morning)

Part of the family of Lost Cities, Herculaneum was also glazed over by the eruption of Mount Vesuvius. On this excursion, a guide will take you through the small city and all of its well-preserved wonders. Unlike Pompeii, the conditions in Herculaneum allowed for many buildings and artwork to remain intact. Examine the frescoes and mosaics that decorated the homes of the wealthy, and the narrow streets that characterized the area. Before you leave, take some free time to shop.

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.ca/terms](https://goaheadtours.ca/terms)