

ONE WEEK CALABRIAN COOKING CLASSES

Learn traditional cooking with passion

8 DAYS/ 7 NIGHTS - 3 STAR HOTELS • HOME HOLIDAYS • FARMHOUSE
SATURDAY DEPARTURES

from April to June / from September to October



Have fun learning Italian & Calabrian cooking. Join us on our one week Italian Cooking classes at Badolato, an old medieval village. Learn how to make complete 4 course Calabrian dinners covering all the basic Calabrian cooking techniques.

Our chef believes that the only way to learn to cook is to do it yourself. While he will demonstrate the techniques, be prepared to roll up your sleeves and put what you have seen into practice. **Italian cooking well done:** Our Italian & Calabrian cooking classes are suitable for couples, friends travelling together, singles and also popular for honeymoon couples. Everyone is there to enjoy the experience of cooking and eating together.

Sightseeing and culinary excursions: You will have afternoon cooking lessons on 4 of the days with enough time to relax and enjoy the surroundings or to do some sightseeing in the area in the mornings or on your free day. A full-day culinary excursion is included with visits to a cheese farm, olive oil farm for olive oil tasting, shopping and wine tasting in a unique winery and its rounded off with an informal dinner back at your hotel after a long but fun day. Itinerary for the one week Italian & Calabria Cooking schools: Immerse yourself in the culture and lifestyle of Calabria. Learn to cook authentic Mediterranean dishes, having fun and making friends for life, all while staying in one hotel. During your one week Italian cooking vacation you will have Italian cooking lessons on 4 of the days. For dinner you will dine on your creations accompanied by local wines to compliment the dishes. We introduce you each evening to different red and white Calabrian wines. The program allows you enough time to relax and enjoy the surroundings or to do some sightseeing in the area. A full-day culinary excursion is included.



The itinerary for the one week Italian Cooking vacation:

First Day - Arrival at Lamezia Terme airport and transfer to Badolato. Check-in at the hotel from 14:00 onwards. Welcoming dinner and overnight. Introduction given by the chef and a chance to get to know each other.

Second Day - Buffet breakfast. In the morning you will enjoy 3 hrs walking tour of **BADOLATO**, an old medieval village perched on a hill at 250 mt. above sea level. Visit of the Monastery of "S. Maria degli Angeli", the Church of Santa Caterina, the Church of the Immacolata and the Bell Tower. Short stop for a tasting of local products at a "catojo", a typical local wine cellar. Light lunch for those who are present. In the afternoon first Cooking lesson starts at 15:00. Dinner and overnight.

Third day - Buffet breakfast. Morning free for sightseeing or relaxing time. Light lunch for those who are present. Second Cooking class starts at 15:00. Dinner and overnight.



Fourth day - Buffet breakfast – Transfer to Lamezia Terme for a visit to “Statti”, one of the most important calabrian winery. Walking along the vineyard and olives grove. Lunch is planned in a breathtaking location and before going back to Badolato you visit a Olive oil farm to taste various cold pressed extra-virgin olive oil and learn how it is made. Dinner and overnight.

Fifth day – Buffet breakfast. Morning free for sightseeing or relaxing at the resort-hotel. Light lunch for those who are present. Third Cooking lesson starts at 15:00. Dinner and overnight.

Sixth day – Free day - On the free day, only breakfast is served. After breakfast you have the day to yourselves to do some sightseeing or just enjoy the peaceful surroundings. This is an ideal day to take a trip to Soverato for shopping and sightseeing. Tip: Our guide can organize and accompany your group on excursions in the area. You also have the option to stay at the beach and relax on the beach. Lunch and dinner reservations can be made at a restaurant of your choice.

Seventh day – Buffet breakfast. Morning free for sightseeing or taking a walk in the countryside. Light lunch for those who are present. Final cooking lesson starts at 15:00. You prepare an elaborate dinner covering all the

cooking techniques you have learnt during the week and more. Presentation of food will be demonstrated. Farewell dinner and overnight.

Last day: Breakfast, check-out and transfer to Lamezia Airport and end of our services.

One week Calabrian cooking courses as **all-inclusive** cooking holidays, including accommodation, cooking lessons, meals, beverages and a full day culinary excursion. Your only extras are your lunch and dinner on the one free day. We would like you to feel totally at home and not have to keep tabs of what you drink or eat or when you go on-line. Non-participating guests are welcome on the excursion and can use all the facilities at the hotel and join all the meals, just not the actual cooking lessons.

<p>WHAT'S INCLUDED:</p> <ul style="list-style-type: none"> ➤ ACCOMMODATION IN 3*** HOTEL IN BADOLATO ➤ TRANSFER FROM/TO LAMEZIA TERME AIRPORT TO/FROM BADOLATO ➤ 3 HRS GUIDED WALKING TOUR IN BADOLATO ➤ WELCOME DRINK ➤ DAILY BUFFET BREAKFAST ➤ 1 FAREWELL DINNER ➤ 1 LOCAL FOOD TASTING ➤ DAILY , LUNCH AND DINNER AS PRESENTED IN THE ITINERARY ➤ 7 NIGHTS ACCOMMODATION AND USE OF ALL FACILITIES OF THE RESORT ➤ 4 COOKING LESSONS OF APPROXIMATELY 3 HOURS EACH 	<ul style="list-style-type: none"> ➤ FULL-DAY CULINARY EXCURSION INCLUDING LUNCH ➤ CALABRIAN WINES DURING DINNER and LUNCH ➤ TOURIST CARD MEMBERSHIP ➤ LOCAL TRANSFER ➤ GROUND TRANSPORTATION BY DELUXE MOTOR COACH WITH AIR CONDITIONING ➤ SERVICES AND TAXES INCLUDED ➤ MULTILINGUAL TOUR; ENTRANCE FEES <p>NOT INCLUDED:</p> <ul style="list-style-type: none"> ➤ FLIGHTS, TIPS, DRINKS, PORTAGE, EXTRAS ➤ MANDATORY CITY TAX (1.5-3 EURO, PER PERSON PER NIGHT) ➤ EVERYTHING THAT IS NOT MENTIONED UNDER “INCLUSIONS LUNCH AND DINNER ON YOUR FREE DAY
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Terms & Conditions:

SATURDAY DEPARTURES from APRIL 01, 2017 to OCTOBER 28, 2016:

3.5 & 4 STAR | DOUBLE/ TRIPLE € 1.450 | SINGLE € 1.650

*Prices are in Euros, per person for specified package, in specified room type

DOUBLE: Based on 2 adults sharing one room - (1 Queen/King -OR- 2 Individual Single/Twin Beds as per clients request)

TRIPLE: Based on 3 persons sharing one room - (1 Queen with 1 Single Bed OR 3 Individual single beds as per clients request, confirmed at the time of booking)

SINGLE: Based on 1 person sharing the room - (1 Single Individual bed OR 1 Double Bed depending on availability)

HOTELS used on Tour or Similar – Badolato: Agriturismo Zangarsa – Casa Vacanza Santa Barbara – Casa Vacanza Costa degli Angeli – Casa Vacanza Stilla Chiara

Hotels listed are based on availability, and are confirmed at the time of booking.