



TOUR TO SLOW FOOD SALONE DEL GUSTO AND LUCCA, ITALY
23 OCTOBER – 1 NOVEMBER 2008

Personally escorted by *Heather Jarman* of Saponi e Saperi Gastronomic Adventures in Lucca, Tuscany. In collaboration with Ann Meyer of Cooking with Meyer, Western Australia.

Together we will travel, taste, experience and enjoy a journey from the Salone del Gusto in Turin (Piedmont) to Lucca and the Garfagnana in Tuscany, meeting the locals, the artisans and Slow Food enthusiasts along the way.



Salone del Gusto (Courtesy of Slow Food Archive)

BOOKINGS

info@saponi-e-saperi.com
 UK: +44 (0)7768 474610
 Italy: +39 339 7636321

ITINERARY

Thursday 23 October

Arrival at Hotel Victoria, Turin.

Free afternoon at Slow Food Salone del Gusto. Book your own Taste Workshops on line at www.salonedelgusto.com.

Dinner at dai Saletta where the Saletta family will introduce you to the genuine Piemontese cuisine of past times.

Friday 24 October

Free day at Slow Food Salone del Gusto. Book your own Taste Workshops and dinner on line at www.salonedelgusto.com.

Saturday 25 October

Private tour of Turin's baroque architecture which sets it apart from the majority of Italian Renaissance cities. Our guide Susan Orlando, a specialist of baroque music, shares her passion and knowledge of the elegant baroque buildings of her city.

Depart by private luxury mini-bus for Villa Buonvisi, Lucca.

Sunday 26 October

Pick olives on organic olive estate *Azienda 'Alle Camelie'* in Pieve di Compito.

Lunch at the Azienda in collaboration with Slow Food Compitese convivium.

In the afternoon enjoy a scented olive oil massage (not included in fee) or explore the village, followed by a tea tasting at the experimental tea plantation.

Dinner cooked by Ann Meyer at Villa Buonvisi.



Monday 27 October

Take your olives to the *frantoio* (olive press), watch them being pressed and take away a bottle of your very own olive oil.

Next a wine tasting and tour of the cellars at Fattoria Colleverde, producers of some of the best wines of the Colline Lucchesi.

A short walk to lunch at Il Vecchio Pazzo, an old *frantoio* that has been converted into a rustic family restaurant.

Free afternoon to enjoy the tranquillity of Villa Buonvisi and dinner cooked by Ann.

Tuesday 28 October

Off to the Garfagnana and a small mediaeval hilltop village where we follow a woodland trail to Beppe's *metato* (chestnut drying hut) and a herd of Cinta Senese belted pigs.

Lunch at Il Vecchio Mulino in Castelnuovo, where the tasting menu allows you to feast on an extraordinary array of the best produce the Garfagnana has to offer.



Il Vecchio Mulino

After lunch we visit a handloom cashmere scarf factory that weaves scarves for the top fashion houses of Europe. Opportunity to buy at well below retail prices.

We then wend our way to the picturesque mediaeval town of Barga via the 'mechanical cow' and back to Villa Buonvisi for supper.

Wednesday 29 October

A free day to explore the exquisite walled town of Lucca. Among its treasures are its landscaped Renaissance walls, the amphitheatre still bearing traces of its Roman and mediaeval origins, many churches, paintings and sculptures. Find your own lunch and dinner at one of the many cafés or restaurants.

Thursday 30 October

Private tour of the gardens at Villa Reale: a tapestry of baroque fantasies woven into an English landscape park by Elisa Bonaparte, sister of Napoleon and ruler of Lucca from 1805-1815.

In the afternoon use your own olive oil in a hands-on cooking lesson with Gianluca Pardini, who teaches in America and Japan as well as running his own school in his native

town of Lucca. His deep knowledge of the local cuisine combined with his lively sense of humour make his lessons both fun and informative. Then relax with a glass of wine and enjoy the delicious meal you cooked.

Friday 31 October

The morning is devoted to chocolate and cigars. We watch the meticulous craftsmanship of an artisan *cioccolataio* and then visit Lucca's tobacco factory, where we witness the considerable skill and knowledge required for fermenting the tobacco, rolling a cigar by hand and aging it to perfection.

Our farewell dinner will be at the Michelin-starred restaurant La Mora. After dinner we check out the wood-fired bread bakery over the road.

Saturday 1 November

Depart Lucca after breakfast. Transport will be provided to Pisa airport to meet the earliest plane necessary.



San Michele in Foro, Lucca

PRICE PER PERSON: EU 2,295

(MINIMUM 8 PEOPLE)

SINGLE SUPPLEMENT : EU 290

The Itinerary is subject to change if necessary due to weather or agricultural conditions or other events outside our control.

INCLUDES

- Luxury accommodation for 9 nights
- Local ground transportation for 9 days
- Daily breakfast, 5 lunches, 7 dinners
- Entrance to Salone del Gusto, olive picking and olive oil souvenir, wine tasting, Villa Reale tour, cooking lesson, guided visits with producers

DOES NOT INCLUDE

- Airfares
- Travel and cancellation insurance (compulsory)
- Entrance to Taste Workshops at Salone del Gusto
- Wines and beverages, other than those served with meals, additional meals
- Personal expenses such as telephone, mini-bar, etc.

ACCOMMODATION

Hotel Victoria, Turin

4-star boutique hotel located in historic centre of Turin, with health centre and swimming pool available free to residents

Villa Buonvisi, Fattoria Mansi Bernadini

(Lucca) We have this whole traditional Tuscan villa to ourselves. All bedrooms have en suite bathrooms. Private swimming pool and tennis courts.

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