



Flavors of Southern Italy!

Rome * Amalfi Coast * Sicily
Join Neapolitan Master Chef Iole Agüero

September 7-17, 2022

“You may have the universe if I may have Italy”

~ Giuseppe Verdi



Join Master Chef, Iole Agüero, as she hosts her 19th annual gourmet tour to her native Italy. On this one-of-a-kind culinary journey you'll sample some of Italy's most celebrated dishes. Savor spaghetti alle vongole in a beachfront bistro, sample fresh buffalo mozzarella, mouth-watering wines and Sicily's delectable olive oils. Delve deep into the historic richness of Southern Italy and Sicily; visit Greek temples, elaborate Roman villas, Medieval Norman castles and colorful village markets.

Don't miss out on what promises to be another delicious journey through Southern Italy with Chef Iole Agüero!

Earthbound Expeditions

P.O. Box 11305, Bainbridge Island, WA. USA

T. 800.723.8454 / T. 206.842.9775 / F. 206.238 .8480

www.EarthboundExpeditions.com



YOUR JOURNEY

- 1 Night Historic Rome
- 3 Nights Amalfi Coast / Sorrento
- 3 Nights Maratea, Basilicata seaside village
- 3 Nights Taormina, the Jewel of the Mediterranean

INCLUDED IN YOUR JOURNEY

- **Three** entertaining and informative **cooking classes**
- All breakfasts, **five traditional lunches** and **four additional multi-course dinners**
- Time to explore colorful outdoor markets
- Transportation on an air-conditioned private mini bus
- Guided by an expert Earthbound Expeditions program director
- Four and superior 3-star hotels
- Special wine, olive oil, balsamic vinegar and cheese tastings while visiting the producers
- Guided excursion to Pompeii and a tour of the ancient Greek Theatre of Taormina

TRIP FACTS

11 Days/10 Nights
\$4,495 pp Double Occupancy
\$995 Single Supplement
Trip begins in Rome on Sept. 7, 2022
Trip ends in Taormina, on Sept. 17th

**New Deposits are fully refundable until April 1, 2022!*

Save \$200! **Travel alumni save \$100 * Pay by check and save \$100*



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"Everything you see I owe to spaghetti." - Sophia Loren

Here's how your journey will unfold...

Day 0: Tuesday, September 6th - Depart North America for historic Rome

Day 1: Wednesday, September 7th - Arrive in Rome

All roads lead to Rome, which happens to be perfectly located to begin our drive into Southern Italy. Please meet in the lobby of the hotel at 7:00pm this evening for a brief wine and cheese orientation hosted by your guide. We'll save our welcome to Italy feast for tomorrow night. Your journey truly begins tomorrow morning at 9:00am after you have enjoyed a traditional Roman breakfast. *Sleep in Rome*

Day 2: Thursday, September 8th - Rome to the Amalfi Coast via Naples

Meet your host, Iole Agüero, and tour guide in the hotel lobby at 9:00am. Climb aboard your private coach and be whisked away, south to Naples where you have the chance to savor one of Southern Italy's great masterpieces and inventions...pizza! After lunch relive the splendors of a lost civilization with a private visit of ancient Pompeii. In the late afternoon, we'll make our way to stunning Sorrento, our home on the glistening Amalfi coast for the next three nights. *Sleep in Sorrento (B, L, D)*

Day 3: Friday, September 9th - Relax in Positano & Afternoon Cooking Class

Relax and sleep in this morning or enjoy the sunrise from one of the many beautiful vantage points. Take your camera, do some shopping or just sit in a café and enjoy the view. This afternoon we'll meet for a hands-on cooking class and sample the delicious results. Buon appetito! *Sleep in Sorrento (B)*

Day 4: Saturday, September 10th – The Island of Capri

Oh.... decisions, decisions. Shall you play the part of Emperor Tiberius and stroll through the island of Capri, or meander down the coast. Or, do as the locals do and take part in **dolce far niente** (uncountable sheer indulgent relaxation and blissful laziness).

Or, join your guide and host for a full day excursion as we hop a ferry and head to the island of Capri. There is no place like Capri to see stunning panoramic views of the sea and gorgeous blooming landscapes. Lined with villas, the paths also meander through terraced gardens, sweet with the scent of lemon trees and include spectacular views from well-placed terraces. We'll enjoy lunch and plenty of time to wander before we return to the mainland. *Sleep in Sorrento (B, L)*

Day 5: Sunday, September 11th - Amalfi Coast Drive, Mozzarella Tasting & Greek

Temples of Pasteum: From the coast, we make our way south to the province of Basilicata, where we'll take a scenic drive through the coastal mountains and enjoy a buffalo mozzarella tasting and lunch with a local producer.

Upon arrival in Pasteum, we'll have the opportunity to stroll the impressive ancient Greek settlement and learn about its fascinating history. We then make our way along the dramatic cliffs and beaches along the sparkling Gulf of Policastro, studded with charming towns and elegant hotels. We'll settle into our own elegant hotel in Maratea and enjoy a regional feast. *Sleep in Maratea (B, L, D)*

Day 8: Monday, September 12th - Maratea Morning & Mediterranean Day Cruise

Maratea is an impressively situated village, high above the sea on the southern Tyrrhenian coast. It's the perfect place for Italy aficionados, where life slows down and much lingering is done over meals. Photographers beware: here you'll find more than enough models for your lens—crumbling grand archways, the quintessential elderly locals exchanging gossip in the piazza and lazy cats dozing in alleyways. While here, you'll have some free time, so peek into one of more than forty picturesque churches, walk the scenic beaches or ascend the hill crowned by the “Rendentore,” a giant statue of Christ for a lovely view. (Clever guests taxi up and enjoy the walk back down!) This afternoon, join your host and guide for an afternoon cruise and “sundowner drinks” on the blue waters of the Mediterranean. Don't forget your swimsuit!

Sleep in Maratea (B, L)

Day 9: Tuesday, September 13th - Lunchtime Cooking Class & Free Afternoon in

Maratea: Today we'll have a mid-morning cooking class and light lunch. Then you have a free afternoon to soak up the ambiance while sipping a crisp white wine in an outdoor café or practice the art of “dolce far niente”. Tonight, let's get together for a cheese and olive oil tasting and then move the festivities over to a cozy restaurant.

Sleep in Maratea (B, L, D)

Day 10: Wednesday, September 14th - South to Sicily via Straits of Messina

We'll drive to the tip of the toe this morning to marvel at the Riace Warriors, discovered off the Calabrian coastline in 1972 by an unsuspecting scuba diver. Dating back to the 5th century BC, these two bronze statues are exceptionally well preserved. We then board a ferry for a sail through the Straits of Messina to Sicily. We'll arrive in the stunning Greek city of Taormina this evening just in time for multi-course dinner.

Sleep in Taormina (B, D)

Day 11: Thursday, September 15th - Taormina

Situated below Mount Etna, overlooking the sea, is an antique Mediterranean jewel. Taormina was founded by the Greeks in the eighth century BC, and later, in the 19th century, became a popular haunt for the English aristocracy. Men like Oscar Wilde and D.H. Lawrence, who was inspired to write *Lady Chatterly's Lover* from his experiences here, flocked to Taormina in order to escape the doldrums of conservative London.

After an introductory guided tour through the Greek theatre and town center enjoy a free afternoon to lose yourself in streets lined with flower-filled balconies and surprisingly tranquil piazzas. Catch a glimpse of the ocean through palms and bougainvillea. *Sleep in Taormina (B)*

Day 12: Friday, September 16th - Wine Tasting on Mount Etna & Cooking Class

Belching hot lava and smoke, Mount Etna towers over Sicily. Standing at nearly 11,000 feet her flames and frequent eruptions were famous even in Antiquity. Virgil, in 570 BC wrote about her power and the Greeks believed that Vulcan, God of Fire, lived within her crater. According to a local legend, the soul of Elizabeth I of England now resides in Etna- a deal she made with the devil in exchange for his help during her reign. This morning, we'll set off to explore Mt. Etna and then enjoy a farewell lunch and a tasting at a local winery before driving west into central Sicily. *Sleep in Taormina (B, L)*

Day 13: Saturday, September 17th - Tour over after breakfast

Arrivederci tutti! Whether you stay on to see more of Sicily, or return today to the mainland for your flight home, we wish you a very safe and pleasant journey. Note: unless travelling elsewhere, return flights should be booked leaving from Catania-Fontanarossa airport, located 27 miles from Taormina. *(B) Buon Viaggio!*

QUESTIONS AND RESERVATIONS

800-723-8454

Guest@earthboundexpeditions.com

-ITINERARY DETAILS SUBJECT TO CHANGE-

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Know Before You Go!

Reservations and Deposits: Early reservations are essential to guarantee space on the date you wish to travel. A \$500 per person deposit is needed to confirm your space on this journey. You can make your secure credit card deposit online, by phone or by mail. Once the deposit is processed, a deposit packet is sent with pertinent journey details.

Health Matters: It is the responsibility of each guest to be aware of their physical abilities or limitations, and to be in sufficient good health to undertake the trip. To make the most of your journey and participate in the various planned group activities, you should be able to be on your feet and walk unassisted for two to three hours (often over uneven cobblestones or pathways) with frequent standing. If you have questions about the physical requirements for your journey, please email or call our travel office.

Concerts, Gardens, Festivals and Events: If, for any reason, the organizers of a scheduled concert, garden, festival or event cancel or postpone a planned activity with little or no notice, Earthbound Expeditions will do its utmost to secure a similar event or secure another concert(s). Strikes, unscheduled delays, lack of funds and acts of God are beyond the control of Earthbound Expeditions. Cancellation of an activity or garden visit is not cause for refund.

Hosted Journeys: If a host or special guest is unable to attend as planned, Earthbound Expeditions will do its utmost to find another host who has similar interests, talents expertise. The inability of a host to participate in a tour is not grounds for a full or partial refund.

Terms & Conditions: All guests must read the fine print. Read the full terms and conditions [here](#).



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Environmental Commitment

Through Earthbound's proud partnership with the Carbonfund.org, Earthbound Expeditions makes annual donations so as to help offset a guest's carbon footprint associated with international flights for Earthbound Expeditions tours.

These funds will be used to purchase and retire third-party validated and verified carbon offsets in voluntary carbon offset projects around the world, but these offsets only will neutralize some of our travelers' commercial flight emissions. Earthbound Expeditions makes a donation to the Carbonfund for every sign up.

Click [here](#) to learn more!

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