



Tuscany & Umbria Tour

DAILY SCHEDULE

DAILY ROUTINE FOR THE SCHOOL AND MERCATO PLUS CULTURAL AND RESTAURANT VISITS

9 am Theory: Instructor discusses the subject of the day.

9:30 am Practice: Follow the instructor's directions to prep the recipes of the day.

12 noon - 3 pm Walk to visit the Mercato specialty food stores and lunch at the Mercato.

The visits to the Mercato are selected according to the day's subject and visits to the producers. The students have a chance to see, touch, smell and taste the products. This exercise is important to help the students recognize authentic Italian products.

5 pm - 10 pm Evening activities include cultural visits to Florence's extraordinary museums, galleries & churches with an English speaking guide.

7 pm Dinner at a local restaurant

See detailed daily schedule at right.

Saturday Depart USA

We strongly suggest to book the late flights from JFK to Rome Fiumicino with Delta Airlines or Alitalia Airlines.

DAY 1 Sunday

- Arrive at Rome Fiumicino Airport mid- morning / early afternoon. Transfer from Rome Fiumicino Airport to the hotel in Florence via luxury bus. Check into **Hotel Corona D'Italia** in Florence, settle down and relax.
- Visit the **Lorenzo de Medici** School, meet your instructor and visit the Mercato.
- Enjoy your first welcome dinner in Florence, then return to hotel for a good night rest.

DAY 2 Monday

- Theory & Practice in the classroom; subject of the day is LA CUCINA ITALIANA. The instructor will introduce and talk about flavors, taste, spices, and herbs, and then discusses the recipes of the day, mostly in the Antipasti (starters) category.
- Visit the Mercato & lunch.
- Take your first tour of Florence.
- Dinner at a very special local Gourmet restaurant; return to hotel.

DAY 3 Tuesday

- Cooking class; subject of the day is PASTA AND RICE. Learn how to make homemade pasta with and without eggs, regular and stuffed varieties. Learn rice varieties, and prepare risotto recipes, Milanese, all'onda and more.
- Visit the Mercato & lunch.
- Cultural visit.
- Dinner at a local restaurant; return to hotel.

DAY 4 Wednesday

- Cooking class; subject of the day is FISH COOKERY. How to recognize and handle fish, shellfish, crustacean varieties and il crudo.
- Lunch at the Mercato with a visit to the fish market.
- Visit Michelangelo's David at the Galleria Degli Uffizi.
- Visit the BIO (organic) supermarket owned by celebrity Florentine Chef Fabio Picchi.
- Dinner at Teatro del Sale, a famous Florentine/club restaurant owned by Chef Fabio Picchi; return to hotel.

ITALY LIKE NEVER BEFORE

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DAY 5 Thursday

- Cooking class starts one hour earlier at 8 am; subject of the day is MEATS and more ... roast, baked, braised.
- Return to the hotel, pick up your packed overnight bag and depart for Umbria.
- Depart for Umbria. Visit the Arnaldo Caprai winery, meet Marco Caprai the winemaker, visit the cellars, taste the wines and enjoy a lunch buffet!
- Depart for Torgiano (Umbria), a village dominated by the Lungarotti family. Check in at the **Hotel Tre Vaselle**.
- Meet Ms. Chiara Lungarotti, the head of the family who runs the hotel, produces the wines, olive oil and balsamic vinegar. The Lungarotti family also runs the Museum of Wine and Olive Oil. Dinner with Chiara Lungarotti.



DAY 6 Friday

- No class today. You will learn about Italy and the aristocratic Italian families that practically own the best Italian wine production in Italy.
- The tour included a visit to Lungarotti Winery with tastings plus the Wine & Olive Oil Museum.
- Travel from Torgiano to Norcia, to the Urbani Truffle production area to learn about white and black truffles from Italy.
- Lunch at Urbani Tartufi, then back to the hotel in Florence.
- Free time in the evening to enjoy Florence on your own. Or just rest.



DAY 7 Saturday

- Travel to Chianti to visit the Cantina Antinori Winery (designed by architect star Renzo Piano). Tour the cellars, have a wine tasting, meet some Antinori family members and have lunch in their cellars.
- Return to Florence to rest and get ready for our closing dinner.



Sunday

Have your luggage in the lobby and check out before breakfast, if possible.

- Breakfast at 7:30 am
- Bus transfer at 8:30 am from the hotel in Florence to the Rome Fiumicino Airport to catch your flight to NYC / USA. We will arrive at the Rome Fiumicino Airport at around 12 noon. Make sure your flights back to the NYC / USA from Rome Fiumicino Airport depart after 2 pm in the afternoon.

NOTE Itinerary, schedule, daily routine & locations may be subject to change.