

Southern Italy - From Sea to Sea

An ICAEF culinary & cultural experience

MONDAY, AUGUST 28 – TUESDAY, SEPTEMBER 5, 2023
(8 NIGHTS/9 DAYS)

OPTIONAL:
3 ADDITIONAL NIGHTS IN AMALFI
TUESDAY, SEPTEMBER 5 - FRIDAY, SEPTEMBER 8, 2023



ica educational foundation
building better caterers...one scholarship at a time

TRAVEL ITINERARY

This trip may be the most exciting Italy CLJ the ICAEF has ever produced!

We're visiting a region we haven't yet been to, the "deep south"... from the heel of the boot through the instep to the shin, traveling from Puglia through Basilicata to Campagna.

Fresh and bright, Southern Italian cuisine is a direct offshoot of the region's pleasant weather, Mediterranean influences, and laid-back lifestyle. This path through Southern Italy will allow us to live culinary experiences, experience the natural beauty, and see the local artistic traditions as we make our way through territories that have kept their authenticity intact.

DAY 1 – MONDAY, AUGUST 28, 2023 - BARI & OSTUNI, “THE WHITE CITY”

Our journey officially begins with lunch on Monday, August 28th. We know our travelers well and expect you to come from many different ports of call, but **please try to be in Bari, Italy, by noon on the 28th**. Many flights are arriving at this destination, but we will meet at a central hotel** and enjoy our first lunch together. If you arrive after 1pm, please try to arrive by 3pm, when we board the bus to travel to Ostuni.

Does this sound too close for comfort for you? Never fear! We will arrange room nights at this hotel on the 27th for an additional charge if you arrive a day earlier. For those that do, we will have a casual walking tour of Bari's food stalls before lunch.

Check-in at Ostuni Palace 4* in Ostuni.

Ostuni is about an hour's ride from Bari, so we will allow a bit of time to freshen up upon arrival before our welcome dinner. Our welcome dinner is in a local restaurant centrally located in Ostuni and the perfect setting for our first meal together.

ABOUT:

You will notice Ostuni long before you arrive, the vast 'White City' rising above the ocean of olive trees that sweep through this verdant area of Puglia. The most distinguishing characteristic of Ostuni is its uniformly white buildings. Originally the practice of lime-washing the town's served as a means of lightening up the dark, labyrinthine medieval streets but in the 17th century it became a matter of life and death and was used to limit the depredations of the plague.



DAY 2 – TUESDAY, AUGUST 29, 2023

OSTUNI MAGIC, OLIVE OIL & WINE TASTING, AND ALBEROBELLO

Buffet Breakfast in the hotel.

In the morning, we will have a walking tour of **Ostuni**. The imposing citadel known as **La Città Bianca ("The White Town")**, with its tiny winding streets of the oldest quarter, is known by the Arabic term the "Casbah." The city was built atop a hill to protect itself from invaders. Ostuni is a certifiable labyrinth, a **maze of alleyways, staircases, and arches, of houses built upon houses, of hundreds of years of history laid out before you** in a way no map can genuinely explain or capture. Dead ends, little gardens, glimpses of the Adriatic Sea, green doors, and bright blue skies; anything may lie around the next corner you take!



We will visit a local Masseria for lunch. A Masseria is a fortified farmhouse found on estates in the Puglia and typically built in the 16th century. It is a complex of buildings running along two sides of a central high-walled courtyard. These buildings include the landowner's dwelling house (generally located on the first floor), the farmers' houses (on the ground floor), the stables, the barns, and the tool barns.

These estates are found throughout Puglia, and we will be visiting several of them. Once here, you can't miss the extra virgin olive oil and wine tasting! For those who grew up in Puglia or knew the region exceptionally well, it's hard to picture the Apulian landscape without olive trees. And in turn, **it's challenging to imagine Apulian cuisine without the precious olive oil, here called "the green gold."**

A highlight of today is a visit to **Alberobello** in the afternoon; here, you can find Puglia's famous Trulli houses! These cone-shaped dwellings are unique to the region, and in the **UNESCO World Heritage Site of Alberobello**, you will see a concentration of **over 1,000 Trulli houses**.

Puglia is also the home of **burrata**, a succulent cheese of contrasting textures, including a mozzarella-like shell and a creamy center. We'll be making and tasting it while very fresh – and at room temperature.



ABOUT:

In the 1500s, the Acquaviva family wanted to avoid paying property taxes to the King. They ordered local peasants to build their homes and dwellings without mortar so that, in the event of a royal inspection, they could quickly and efficiently take down the structures, and the tax bill would remain low.

Using local limestone and ingenious building techniques, the local population created the Trulli, many of which remain standing today (a double achievement given their purpose was to be easy to dismantle!).

DAY 3 – WEDNESDAY, AUGUST 30, 2023

HOMEMADE “ORECCHIETTE” & BOAT TRIP IN POLIGNANO A MARE

Buffet Breakfast in the morning.

This morning we will learn the ancient art of **homemade orecchiette** from the wise hands of a local "nonna" ("grandma") following the **traditional recipe** with simple tools. This ear-shaped pasta is often served with fennel sausage and broccoli di rabe. Then, move to the kitchen to begin your cooking class in a warm and relaxed atmosphere, and then have lunch enjoying the fruits of your labor.

In the late afternoon, board your **private boats** for a ride along the **Apulian Coast**: jagged **cliffs** overlooking the sea, caves, creeks, **and sandy coves** surrounded by **Mediterranean vegetation** in complete harmony with the **turquoise blue sea** make this strip of Coast one of the most beautiful in the Mediterranean. Puglia is a vast and stunning land where aquamarine waters are the norm, limestone cliffs trace the border between land and sea, and white-washed houses proliferate. Yet, the view of Polignano a Mare is undoubtedly the most iconic!

After the boat trip, we will visit the village of Polignano a Mare before heading on to cocktails and dinner there. Overnight in Ostuni.



ABOUT:

The origins of Polignano a Mare date back to the 4th century BC when Greek settlers founded the city of Neapolis. It flourished under the Romans.

Perched atop a 20-metre-high limestone cliff above the crystal-clear waters of the Adriatic, Polignano a Mare lives up to its name and literally could not be any more 'at sea'

DAY 4 – THURSDAY, AUGUST 31, 2023

OTRANTO, "THE PEARL OF SALENTO," AND STUNNING GALATINA

Buffet Breakfast in the morning and check out.

Reach Otranto, also known as "The Pearl of Salento," and enter the famous **Aragonese Castle**: the Castle, which gave its name to the first Gothic novel in history, is closely related to the city walls with which it forms a single defensive apparatus. Afterward, visit the **Cathedral**: skulls, bones, and relics of the Martyrs of Otranto, who perished in the 15th-century siege, surround the high altar of this church. Consecrated in 1088, this Cathedral hosts an astonishing mosaic floor known as the "**Tree of Life**," depicting images from worldwide religions!

After the tour, lunch in Otranto.

The food is so different from that of the north of Italy. There are no long-simmered ragus. Remember, we will be near or on the water almost full time, so fish and shellfish are abundant (Don't worry...non-fish options will be available for those that need them!)

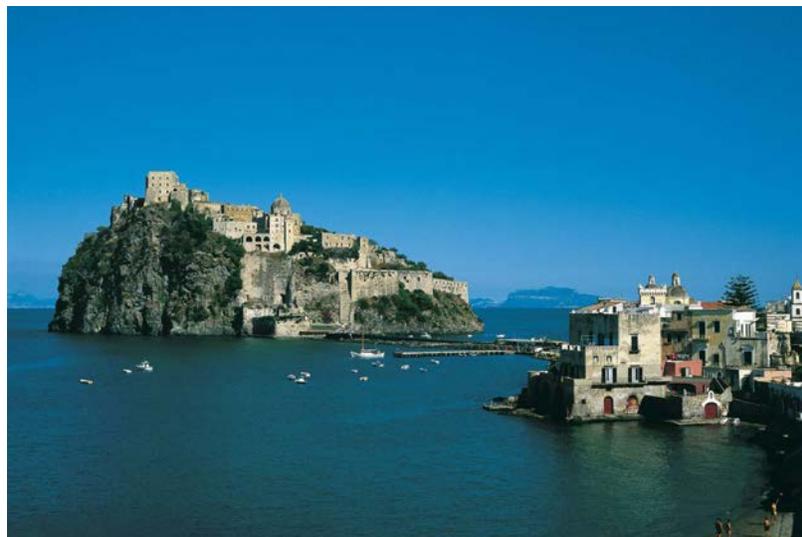
In the afternoon, before heading to Lecce, we'll enjoy a quick stop in Galatina, a stunning small town famous for the legend of the **tarantella dance**, renowned throughout the Salento region.

Check-in at Hotel Risorgimento Resort 5* in Lecce.

Dinner and overnight in Lecce

ABOUT:

Tarantella is a group of various southern Italian folk dances originating in the regions of Calabria, Campania and Puglia. It has an upbeat tempo accompanied by tambourines.



DAY 5 – FRIDAY, SEPTEMBER 1, 2023

ART & FOOD IN LECCE: “THE FLORENCE OF THE SOUTH”

Buffet Breakfast in the morning.

We'll meet our private guide in the hotel lobby to start our half-day tour of Lecce: the flavors, from savory to sweet, the smells, and the intense and widespread aromas. We'll experience the city in all its liveliness among the alleys of the historic center, making our visit to Lecce an unforgettable experience.

Culture, traditions, and cuisine are the undisputed protagonists of the tour, during a gastronomic itinerary in the places the locals usually frequent, focusing on the excellences that will satisfy both our eyes and our palate.

As you head down the coast, Linguine Alle Vongole made with the tiny clams from the Bay of Taranto is a staple - especially in Lecce.

For its artistic and cultural heritage, Lecce is considered by many as the Florence of southern Italy, a natural wonder in the open air a few steps from the crystal-clear sea. This city is called the “**Lady of the Baroque**” because of the massive presence of Baroque art spread in this area during the Spanish domination around the 17th century.

In the afternoon, you will have free time at leisure to rest and enjoy the exploration on your own of the city.

Dinner and overnight in Lecce.



DAY 6 – SATURDAY, SEPTEMBER 2, 2023

BREATH-TAKING MATERA ON THE WAY TO SORRENTO

Buffet Breakfast in the hotel and check out.

Today is a bit of a travel day, as we'll be making our way by coach across the ankle of Italy to the other coast of the Tyrrhenian Sea. We'll break the trip up with sightseeing stops along the way.

We'll depart from our hotel in Lecce after breakfast and reach Matera to have lunch in a local restaurant on the way to Sorrento. Matera is famous for its **houses**, carved **out of rock**, with streets running along the top of homes below.

There is evidence of civilization in Matera from 7000 BC, one of Italy's first settlements! So, we'll have a bit of time to explore this caved city after lunch before completing our journey in Sorrento.

When we head west, the lemon reigns supreme, so expect every dish to have some "sweet" lemon taste. It is nothing like an American lemon.

Check-in at Hotel Mediterraneo 5* in Sorrento.

After some time to freshen up at our lovely hotel, we'll enjoy a special dinner and overnight in Sorrento.



DAY 7 - SUNDAY, SEPTEMBER 03, 2023

THE WORLD OF EGGPLANTS & MOZZARELLA

Buffet Breakfast in the hotel.

A **pasticcio** is a pastry filled with custard and baked into individual tarts and you will enjoy them in Sorrento and Amalfi - even for breakfast.

Reach a local farm in the Sorrento countryside to jump into the local culture! Start with a guided visit to the gardens, hearing about seasonal vegetable planting and local, sustainable farming.

Afterward, discover how the Mozzarella cheese is produced with a Mozzarella-making demonstration! Now it's time to wear your hat and apron and enjoy the cooking class focusing on local recipes and delicacies, followed by a delicious lunch.

Free time at leisure in the afternoon to rest and enjoy the exploration on your own or shopping in Sorrento.

Dinner and overnight in Sorrento

DAY 8 - MONDAY, SEPTEMBER 04, 2023

THE CHARMING ISLE OF CAPRI

Buffet Breakfast in the hotel.

Today will be a special day of Italian sun and sea! We'll arrive at the Sorrento pier and board a local ferry for a speedy trip to the magical Isle of Capri.

We will pass the Faraglioni and enjoy the blue waters of the Mediterranean Sea. We'll dock in Capri and take a funicular up to the town of Capri, where we will see the famous "Piazzetta" (glamorous square) and enjoy lunch in a local restaurant. Finally, we board the ferry boats again and head back to Sorrento pier for your transfer to your hotel.

For those that didn't sign up for the extension to Amalfi, tonight we will say farewell with a delicious and memorable dinner. But those of you who are not tired of the sea, the sky, and the pasta, will join us for three additional exciting days in Amalfi.

Overnight in Sorrento



DAY 9 - TUESDAY, SEPTEMBER 05, 2023

THE AMALFI DRIVE

Buffet Breakfast in the hotel and check out. There will be transfers to the Naples airport for those departing this morning.

THE FOLLOWING ITINERARY IS FOR THE THREE-DAY EXTENSION.

For those that couldn't resist the optional three-day extension to Amalfi, get ready for a spectacular drive along one of the most scenic roads in the world, the Amalfi Drive!

Lunch today is at La Torre Normana, located between the sea and the sky; this Norman Watchtower was built between 1250 and 1300. This luncheon will give you your first taste of the famous Amalfi lemons. Delightful.

At the end of a delicious lunch, we will transfer to our hotel in Maiori. After checking in, we will have time to refresh ourselves before taking a walking tour of Amalfi and having cocktails in the Piazzetta of Amalfi.

Dinner tonight is at a local trattoria-style restaurant in Minori.



ABOUT:

Amalfi lemons are one of the most impressive lemon varieties from Italy and among the most highly prized lemons in the world. This is not your common garden variety; Amalfi lemons are a unique breed native to this spectacular corner of the world.

Long hot summers and mild winters mean that the Amalfi lemon has ample opportunity to be sweetened by the Italian sun. It also grows in the same volcanic-enriched soil as the tomatoes of this region which are also famed for their special sweetness.

DAY 10 – WEDNESDAY, SEPTEMBER 06, 2023

YACHTING, ITALIAN STYLE

After breakfast at the hotel, we'll walk over to the dock to board our yacht. Yes, our yacht.

Bring your swimsuits today because today you get to taste the saltiness of the Mediterranean. We'll be jumping right off our yacht into the clear, blue waters of the Amalfi Coast, but not before we tour the beautiful Amalfi coastline – heading over to Nerano, where we will lunch on the famous Pasta Alla Nerano with zucchini and provola cheese.

This will be one of the most relaxing days of the entire trip. After sailing, swimming, and of course, eating, it is time to do some walking, so the yacht will stop in Positano, where we will wander through this jet-set vacation town.

When we return to shore, we will have cocktails at our hotel before heading out to dinner high above Positano at a crazy family-style restaurant, where the food never ends.



DAY 11 – THURSDAY, SEPTEMBER 07, 2023 LEMONS AND LIMONCELLO

We've talked about Amalfi's famous lemons, and I am sure you have all tasted limoncello. Today, we see how those lemons are grown on terraced hillsides... and taste more limoncello.

After a tour of the lemon groves, we will walk through the town of Amalfi and head over to one of our favorite spots in Amalfi, Donna Stella, for the best Amalfi pizza ever.... PLUS, a whole lot more. In Amalfi, pizza is preceded by several appetizer courses. Donna Stella is unique in many ways. First, it is not located in a brick-and-mortar building but a pizzeria in a lemon grove. We'll be dining under the amazing Amalfi lemon trees.

This afternoon, after lunch, we will ride up to Ravello since this is your last opportunity to purchase souvenirs.

Our final night on the Coast will be spent at an exceptional surprise dinner up in Ravello at a venue that provides one more learning experience before we say goodbye to our Italy CLJ, where we know you will have had a wonderful trip, formed new friendships, and experienced Italy like no other"



DAY 12 – FRIDAY, SEPTEMBER 08, 2023 FINAL FAREWELLS

After breakfast at the hotel, we have arranged a TRANSFER TO NAPLES FOR YOUR FLIGHT HOME or to destinations beyond. We hope you leave feeling refreshed, full, and happy from the sights you have seen and friendships you have made.

PRODUCERS' NOTE: At the time of printing, January 2023, the trip dates are confirmed, and the hotels are confirmed, but we are still working on some of the activities and restaurant confirmations. Please note that the producers may be changing the schedule of activities and restaurants and towns slightly to create a better flow of events and accommodate travel times between meals, events, and activities.