





**Location:** Praia a Mare, Calabria, Italy

**Description:** Enjoy today a leisurely breakfast after a long journey to arrive here you will need it!

At 11:00 AM we begin the day's cooking instruction with chef Michelangelo born and raised in this area, his family has been producing many of the local ingredients served up in today's course yet found in all the local markets all over the world.

We will cook together from 11 until 1 PM... those who wish to participate can and those who do not want to join, simply enjoy a totally sublime experience pool-side, second to none in Italy.

Lunch in hotel.

Relax time.

Dinner at leisure in town or in hotel at desire.



**Location:** Tortora, Calabria, Italy

**Location 2:** Aieta, Calabria, Italy

**Description:** This morning after a buffet breakfast we will venture into the mountains to experience Tortora's historical centre and the delightful town of Aieta. We will enjoy the museum of Greater Greece and meet some of the local artisans in these areas. Overnight in Tortora.



**Location:** Maratea, Basilicata, Italy

**Description:** This morning we will depart for the incredible coastal region of Maratea, which offers spectacular views over the Mediterranean sea. We will visit one of Italy's most picturesque coastal areas.

**Day 5** **Diamante and Scalea** **Meals: B D**



**Location:** Calabria, Italy

**Description:** Diamante and Scalea are two towns along the Cedri Riviera which are absolutely beautiful. Diamante is known as the city of murals and is a colourful testament to creativity in Calabria and well worth a visit. It is also home to the ruins at Cirella which were a part of the Magna Grecia legacy i.e. the expansion of Greater Greece.

Scalea has a beautiful historic town and offers great beaches, wonderful cafe's and great shopping.

Tonight we will dine in Scalea and then return to Tortora for overnight at [Italy Education & Retreat Center](#)

**Day 6** **Altamonte and the Calabrian Hill Towns** **Meals: B D**



**Location:** Altomonte, Calabria, Italy

**Description:** This morning we will depart through the Lago Negro valley for the beautiful town of [Altomonte](#) which offers spectacular views over the Calabrian countryside.

[Altomonte](#) is home to a beautiful castle and a fantastic museum as well as the Hotel Barbieri which is known throughout Calabria for its culinary delights. Here, we will have lunch and enjoy a tour of [Altomonte](#) and experience the local traditions of the town.

**Day 7** **Cooking Class at Hotel La Loggia and Time for Shopping in Praia a Mare** **Meals: B L D**



**Location:** Tortora, Calabria, Italy

**Location 2:** Praia a Mare, Calabria, Italy

**Description:** This morning will be a leisurely time to enjoy the pool at the hotel and take a walk through the organic farm land which surrounds hotel La Loggia.

At noon we will begin to prepare a typical Calabrese style lunch with an expert English-speaking chef who knows the local cooking traditions.

After a delicious lunch there will be an opportunity for those interested to return to Praia a Mare to enjoy the beaches, shopping and/or a nice walk along the Lungo Mare (Sea-Wall).

Dinner at Leisure either in Praia a Mare or at the hotel.

Return to Tortora in the late evening.

Overnight at [Italy Education & Retreat Center](#)

**Day 8** **Time to Say Arrivaderci Calabria!** **Meals: B**



**Location:**

Praia a Mare, Calabria, Italy

**Description:**

This morning our services will conclude in Praia a Mare where we will transfer you back to the train station. We will help you to organize your train travel today to either Lamezia, Naples, Rome and so forth. The trains in Italy are easy to use and we will be happy to help you in any way that we can with this portion of your journey when you register for this tour. We can also assist you and your traveling companions with any other portion of your journey in Italy.