



## Abruzzo Cookery Holiday

“Raffaello”

Starts every Monday  
(4 days / 3 nights)  
www.Abruzzo1.com

Itinerary  
4 days / 3 nights





**ABRUZZO1.COM**  
AUTHENTIC ITALY

*Please visit & contact us at*  
[www.Abruzzo1.com](http://www.Abruzzo1.com)  
[Hello@Abruzzo1.com](mailto:Hello@Abruzzo1.com)

TANTALIZING COOKERY HOLIDAYS



TAILORED TOURS



ABRUZZO BY 500 & CLASSIC CAR TOURS



**Abruzzo1.com**  
AUTHENTIC ITALY AT ITS FINEST!

*Abruzzo1.com* IS THE ESSENCE OF THE ABRUZZO REGION!

TWO HOURS AWAY FROM ROME AND NESTLED BETWEEN THE MAJESTIC *Gran Sasso d'Italia* AND *Maiella National Parks* AND THE SPARKLING *Adriatic Sea*, ABRUZZO IS QUITE SIMPLY AMONG THE MOST AUTHENTIC DESTINATIONS IN ITALY.

OUR *creative, fulfilling and inspiring proposals* AT OUR WARM AND WELCOMING VENUES OFFER UNIQUE EXPERIENCES WITH HIGHLY PERSONALISED ATTENTION IN THE HEART OF ITALY!

*Vi aspettiamo!!*



WINE SAFARIS - OLIVE OIL TASTINGS - VEGETARIAN&SAFFRON MASTERCLASSES - TRUFFLE HUNTING

[www.vistaprint.it](http://www.vistaprint.it)

# Abruzzo Cookery Holiday

## Abruzzo to Discover

2019

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(4 days / 3 nights)

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### DAY ONE - Monday

#### *Rome Airport – Agriturismo “La Rustica” - Pasta & Sauces Cookery lesson*

- **10:00am:** Meet in Rome, either at Rome FCO Airport with Host or Rome centre in front of the *Atlantico Hotel* on Via Cavour (near Termini Station)
- Our journey of discovery starts with a very scenic drive along the *Autostrada dei Parchi* as we head into the **Abruzzo** region along the most beautiful *Autostrada* in Italy through the *Gran Sasso* mountain Range
- Our first stop will be in the fascinating medieval town of **Celano**, dominated by its dramatically impressive *Castello Piccolomini*, a former *Fortress* the foundations of which date back to the XII century
- Typical lunch in the shade of the *Castello* at *Madonne delle Vigne* hosted by *Mamma Luisa and Chef Sandro*, as we talk about the intriguing history of this town that spans centuries and includes *Roman Emperors* and *Popes* enjoying glasses of *Prosecco, Montepulciano* and *Trebbiano*
- **10am:** Transfer from Rome Airport / Rome to our lovely *Agriturismo La Rustica* in the peaceful surroundings and sweeping hills of the *Pescara* countryside
- Welcome drink aperitif and lunch
- After lunch...*sleeves up* for an afternoon cooking class with *Mamma* to disclose the secrets of *fresh pasta, gnocchi, lasagna, tomato sauces* and the very best of fine *Abruzzese* and Italian cuisine.
- Dinner to sample the fruits of our labour

### DAY TWO – Tuesday

#### *Majestic Gran Sasso d'Italia – Saffron Fields & Masterclass - Medieval Santo Stefano di Sessanio - Cheese Tasting - Fortress Rocca Calascio at Sunset*

- After breakfast, we will embark on an authentic journey of discovery as we head towards the high peaks of the majestic *Gran Sasso d'Italia*
- Our drive will take us through the precious *Saffron Fields of the Navelli plateau* in Abruzzo's "*Saffron Valley*", where our host *Francesco* in the XII century village of *Prata D'Ansidonia* will guide us through the fields and the secrets of mastering this very precious spice as its delicate blossom should be in full bloom!
- **Saffron Masterclass** and lunch with *Chef Nello* at his restaurant nearby to learn all about *Risotto* and more sipping glasses of *Cerasuolo* wine
- After lunch, we head to the fascinating medieval hamlet of *Santo Stefano di Sessanio*, on the majestic *Gran Sasso d'Italia*
- Upon arrival we will enjoy an *Espresso* together as we discover the village's picturesque corners
- A drive through the breathtaking plain of Campo Imperatore will take us *Castel Del Monte* to see what the local cheese makers *Rosetta & Donatella* are up to for a *cheese tasting* of their authentic variety of *Pecorino d'Abruzzo, “Il Canestrato di Castel Del Monte”*
- We will then carry on towards the impressive medieval *Fortress of Rocca Calascio* to enjoy some stunning views as the sun is setting
- **Dinner will either be** in a local restaurant or back in Pescara
- Return to *Agriturismo La Rustica* for a good night's rest

## **DAY THREE - Wednesday**

### *Costa dei Trabocchi – Fish Class – Bucchianico-Olive Oil & Wine tasting Gala Dinner*

- After breakfast, a lovely drive along the beautiful *Costa dei Trabocchi* will take us to the beautiful town of **Fossacesia** and its XII century *Abbey of S. Giovanni in Venere* overlooking the stunning *Golfo di Venere* and the oldest olive tree in Abruzzo
- Today's cooking class will be unique: our hosts will guide us through the preparation of fine, yet simple, **fish dishes**...a tantalizing gastronomic experience!!
- Back to *Agriturismo La Rustica* to enjoy a bit of relax and the pool
- In the late afternoon we will head towards the town of *Bucchianico* for an *olive oil tasting* experience at lovely Francesca's passionately restored 17<sup>th</sup> century olive mill
- A short stroll down *Bucchianico's* narrow alleyways and we are all in for yet another treat as dinner nearby will also be an incredible *wine-tasting* experience!
- Our sommelier *Claudio* will open his exclusive cantina for a wine-tasting aperitif and *gala dinner* with a delicious selection of local savouries!
- Return to *Agriturismo La Rustica*

## **DAY FOUR - Thursday**

### *Agriturismo La Rustica – Airport*

- After breakfast, we say goodbye to our hosts at *Agriturismo La Rustica* transfer to Rome Airport....*arrivederci Abruzzo!!* \*

\*Extensions in Abruzzo and in Italy and Europe.  
Tailored programs available.

## **Raffaello**

**4 days / 3 nights**

Group size: min 4 - max 14

Active all-year-round

**Starts every Monday\***

**€1150,00 Euros**

All – Inclusive

*LDF*

## Add-on Experiences for *Raffaello*:

### Abruzzo by Supercar & Classics



#### *Ferrari 612 Scaglietti F1*

This afternoon can feature a **Ferrari Experience** behind the wheel of our **Ferrari 612 Scaglietti F1**. You will have the chance to drive along winding panoramic roads and reach nearby villages to explore. Fully escorted. Duration: half-day. Minimum: 3 guests.  
**+€300 per person**



#### *Vintage Fiat 500*

This afternoon can feature a **vintage car experience** behind the wheel of one of our **classic Fiat 500s!** You will have the chance to drive along relaxing panoramic roads and reach nearby villages to explore. Fully escorted. Duration: half-day. Minimum: 2 guests.  
**+€150 per person**



#### *Italian Practice Lessons*

Practise your Italian on all our experience journeys in Abruzzo! Our Italian Hosts, Chefs, Tutors and Team Partners will give you the chance to speak Italian and learn even more of the language while enjoying all our unique proposals.

Minimum: 4 guests (small group).  
**+€110 per person for the entire length of the proposal.**



#### *Authentic Truffle Hunting +1 night*

By all means one of the most unique Italian experiences in Abruzzo!  
An authentic **truffle hunt in the Abruzzo woods** with our local truffle hunter **Primiano along with his precious truffle gold diggers "Ruby" and "Miss"**.

Experience requires +1 night at the lovely 4-Star **Villa Danilo**  
Minimum: 4 guests

*VENUE*

*Agriturismo La Rustica & Costa dei Trabocchi*



*Cruising along La Costa dei Trabocchi*



# The Nitty Gritty

## Breakdown & Payment

**Proposal Cost:** from €1150 pp Eur

### **Payment breakdown:**

- €500 Eur non-refundable deposit due upon booking
- Balance due either before or upon meeting

### **Payment method:**

#### **Deposit:**

- Cash Payment: *please see below*
- Bank Transfer + bank charges
- Credit Card: +3.5%
- Credit Card via Paypal: +4.5%

#### **Balance\*:**

- Cash payment in FULL: €100 eur DISCOUNT
- Bank Transfer + bank charges
- Credit Card: 3.5%
- Credit Card via Paypal: +4.5%

**\* CASH AMOUNT REQUIRED UPON MEETING: €500 pp**

*Thank you,  
Leonardo*

#### **BUSINESS ADDRESS**

**GlobalMente.biz SRLS**  
Via Gran Sasso, 25  
65010 Spoltore (PE)  
Italy  
T: +39 328 4838954  
E: info@GlobalMente.biz

#### **BANK DETAILS for Bank Transfers**

**Name:** GlobalMente.biz SRLS  
**Bank name:** UniCredit (00789)  
**Address:** Viale Abruzzo -66010 Chieti (Ch)  
**IBAN:** IT20H0200815502000103708183  
**BIC/SWIFT:** UNCRITM1789

#### **BANK - FULL ADDRESS**

**UniCredit S.p.A.**  
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