ITALIAN FOOD + WINE + SUN + SEA

Southern ITALY:
A Food and Wine Adventure in Campania and Puglia
May 10th - 17th, 2023

Join us to visit artisan food and wine producers, explore bustling cities, fishing villages and tucked-away towns throughout Southern Italy.

- Small Group Travel with a Chef, Author, Culinarian and Wine Educator
- Wonderful Food and Wine for 8 days and 7 nights
- Handpicked Hotels with a balance of comfort, location and local charm
- Private Deluxe Motor Coach
- 8 Delicious Breakfasts, 7 Appetizing Lunches, 6 Amazing Dinners with Local Wines

All for $3900 per person, $500 single supplement, Airfare not included

To SIGN UP: nwaldeck@tasteandsavor.com

You'll explore bustling cities and tucked-away towns throughout Southern Italy. Fresh and bright, the region's cuisine reflects the area's pleasant weather, coastal influences, and laid-back lifestyle. Long summers bring bountiful tomato harvests and the red sauces, pizzas, and salads that most diners associate with Italian cooking. On this tour, you'll head off the beaten path to the farms and vineyards where staples like olive oil and wine are lovingly produced. You'll quickly discover that a glass of Primitivo is the perfect match to your Southern Italian meal.

Taste Focaccia in an Ancient Bakery in Altamura
Stroll among the Trulli (Apulian dry stone huts) in Alberobello
Taste Wine with Amazing Local Winemakers
Visit Burrata Cheesemakers in Andria
Taste Olive Oil from Ancient Olive Trees in Ostuni
Watch Ladies Making Orecchiette Pasta in Bari
Shop in tiny towns for unique finds from artisan makers
Learn the Cuisine in a Hands-on Cooking Class
Enjoy a Walking tour of Naples
and Much Much MORE!

Don't Miss Your Chance to Experience the best of Southern Italy: SIGN UP at nwaldeck@tasteandsavor.com

YOUR HOSTS

Healthy Chef Partyologist Nancy Waldeck presents over 100 wine and food events every year, having fun translating the craft of pairing to eager audiences. A holder of the WSET 3 certificate from the Wine and Spirits Education Trust, since 2015 she has shared her enthusiasm for travel, food and wine by leading small groups to interesting destinations. **Demet Guzey Ph.D writes** about food history and culinary travel, lectures at *Le Cordon Bleu* in Paris, and teaches *Food and Culture* at USAC Verona. She has a Ph.D. from University of Massachusetts, a Diploma in Gastronomy from University of Reims, and a Level 3 certificate from the WSET. Demet lives in Verona with her husband and son and hosts frequent culinary courses in the area.

"You just couldn't put a trip together like this on your own."