

Taste of Calabria

Calabria is known for its stunning coastline (Calabrese beaches are where northern Italians flock to!), rugged mountains, rich history and culture, warm, friendly people, and the Mediterranean diet. Truly a hidden gem in unchartered Southern Italy!

Calabrian cuisine is characterized by its intense flavours paired with bold and robust wines. Famous for products such as 'nduja (a spicy, spreadable pork sausage), cipolla rossa di Tropea (red Tropea onions), and a wide array of delicious seafood and pasta dishes.

This itinerary combines the seaside, countryside, and bustling, vibrant cities!

***Sample itinerary**

(B) Breakfast (L) Lunch (D) Dinner (A) Aperitivo

Day 1 ARRIVAL/OPTIONAL BEACH TIME (D)

Arrive at Lamezia Airport and be transferred via Group Transfer to our first hotel in the beautiful seaside town of Tropea. Gather for a group welcome dinner at a nearby restaurant. If you will be arriving earlier than the group due to some pre-travel, we can arrange accommodation at the same hotel for you if you wish, and Natalina can provide suggestions on great nearby sites to visit.

Tropis Hotel, 2 nights (pool and shuttle to the beach)

www.tropis.it

Day 2 TROPEA EXPLORATION/FREE TIME/ OPTIONAL BEACH (B)

Meet our guide and Natalina in the lobby for a walking tour of our historical host town of Tropea. Guests will explore the old town's narrow cobblestone streets, ancient buildings, and centuries-old churches. The town's historical center exudes an enchanting atmosphere, offering a glimpse into its rich cultural heritage and stunning views of the seaside with Tropea perched on a rocky promontory overlooking the azure waters of the Tyrrhenian Sea.

With the rest of the day to enjoy on your own, you can shop, relax at the nearby beach, the hotel pool, or a recommended boat excursion up the coast! (reserved in advance, at guests' expense, Natalina can help)

Day 3 SAN GIORGIO MORGETO, EVOO, NDUJA (B) (L) (D)

A full day awaits after we check out of the hotel early.

First a particularly important stop in the small village of San Gorgio Morgeto, Natalina's ancestral home. It is known for its high-quality extra virgin olive oil and an award-winning, family run macelleria (butcher shop). Our guide will lead us through the medieval village and then to the Norman Castle ruins high above the town with stunning views. Next, we meet the loppolo family at their local butcher shop, owned by two brothers, who married two sisters. A short tour and discussion on their award winning salumi and Nduja followed by the best home style lunch you will ever have! Everything, including the wine, is produced on site or just steps away.

Now in need of some exercise and fresh air, what better place to roam than a centuries old olive grove? We will tour the olive oil facility, learn about the multi-generational, award-winning extra virgin olive oil producer and sample their products. We now drive to Reggio Calabria, the largest city in Calabria and check into the next hotel. There is time to explore or rest up before our group dinner this evening in a special place. We will enjoy a family run restaurant guaranteed to be void of tourists with an interesting story. We eat like a Calabrese family tonight!

Grand Hotel Excelsior, Reggio, 4 nights (town centre)

www.grandhotelexcelsior.it

Day 4 REGGIO CALABRIA WALKING TOUR, MUSEUM, FREE TIME/LUNCH (B) (D)

We wake up in Reggio and start the day with a walking tour of this lovely seaside city. Reggio sits on the toe of the Italian boot, facing the beautiful Strait of Messina, which separates Italy from the island of Sicily. With a history dating back to ancient times, Reggio Calabria is one of the oldest and most historically significant cities in Italy.

One of the most famous attractions in Reggio Calabria is the Riace Bronzes, two ancient Greek bronze statues that were discovered in the waters off the coast in 1972. These impressive artworks date back to the 5th century BC and are now housed in the National Archaeological Museum of Reggio Calabria. Dinner with Natalina's cousins tonight in an award-winning restaurant in nearby Gallico. This is always a treat!

Day 5 AGRITOURISMO EXPERIENCE AND FARM LUNCH/ FREE TIME OR OPTIONAL APERATIVO (B) (L)

Today we travel a short distance to a beautiful family farm where sustainability is practiced, and everything is produced on site. We spend the day with this family exploring, learning, and tasting. After a big meal today, you may choose to join Natalina for an optional "Aperi-Cena" (an aperitivo with light food at a local Reggio establishment) at your own expense.

Day 6 PENTEDATTILO/ BERGAMOT/SCILLA/ FREE EVENING (B) (L)

Pentidattilo is a historic ghost town located on the slopes of Mount Calvario, overlooking the coastline of the Ionian Sea. Pentidattilo is known for its unique and intriguing architecture, as well as its fascinating history. The town's name, Pentidattilo, is derived from the Greek words "penta" (meaning five) and "daktylos" (meaning finger). The name refers to the unique rock formation surrounding the village, which resembles a hand with five fingers. The five rocky pinnacles create an impressive and striking backdrop for this fascinating town. While in Pentidattilo we will do a Bergamot learning and tasting experience.

Scilla is a charming coastal town located on the Tyrrhenian Sea coast. Scilla's old town, known as "Chianalea," is a quaint fishing village characterized by narrow alleys, colorful houses, and a lively waterfront. It is a delight to explore on foot, offering a glimpse into traditional Italian coastal life. Perched on a rocky outcrop overlooking the sea, the Castello Ruffo is an ancient fortress dating back to the fifth century. It offers panoramic views of the coast and the Strait of Messina.

Evening on your own back in Reggio.

Day 7 MUSABA, MAMMOLA, LE CASTELLA/ ARRIVE CROTONE /OPTIONAL BEACH TIME (B) (L) (Evening on own, the hotel although remote, has 2 restaurants.)

As we travel to our next hotel in Crotone, we will stop along the way at the Musaba Museum, an outdoor mosaic museum founded by the late artist Nik Spatari and his partner. We lunch in Mammola where the stock fish is famous all over Calabria (there will be land options as well). We now visit Le Castella, the floating castle! We arrive at our next hotel which is both a seaside resort and art gallery.

Hotel Ristorante Lido degli Scogli, 3 nights, seaside with pool

www.lidodegliscogli.com

Day 8 STRONGOLI/CIRO WINE COUNTRY/SPECIAL DINNER AT HOTEL (B) (L) (D)

The first part of the day is all about wine and cheese! The famous cortonese cheese hails from this area and we visit one of the finest producers of the area for a tasting. Of course, we need wine, so off to a beautiful winery and lunch with multiple tastings. Back at the hotel we have a special cooking demonstration on the beach planned (weather permitting).

Day 9 CAMIGLIATELLO SILANO /KITCHEN PARTY/ FREE TIME OR OPTIONAL BEACH TIME/DINNER ON OWN IN CROTONE (B) (L)

Today is the day we celebrate the Calabrese kitchen in style with both a hands-on cooking class and entertainment! The setting is a countryside property where everything is made from scratch. The ladies in the kitchen will share all their cooking secrets and together we will enjoy the fruits of our labour. While we are waiting for our lunch to cook, we will get a lesson in traditional Italian folk dance with a local band. Food, wine, new friends, music, and dance, it doesn't get any better than this! After this huge feast, you are free to roam Crotone for shopping and a light bite later in the evening.

Day 10 Departure Day TOUR COSENZA/FAREWELL LUNCH/FREE EVENING (B) (L)

We check out of the hotel and drive to Cosenza for our final day. We arrive in Cosenza and enjoy a walking tour of the town and then a final farewell lunch! Our last hotel here is only 45 minutes to the airport and remarkably close to a pedestrian shopping area for last minute gifts. You can have a relaxing evening and rest up if you have an early departure or enjoy all the nearby restaurants and bars for your last taste of Calabria!

Royal Hotel, Cosenza, 1 night (town centre), close to airport
www.hotelroyalcosenza.it

Day 11, **DEPARTURE DAY (B)**

Guests will be transferred to Lamezia airport via a group transfer.

Please note

All items on the itinerary and hotels are subject to availability from one departure to the next. When you request to register for a departure your exact itinerary, including hotels will be confirmed.