



# AMORE IN ITALY

A Culinary Adventure in Puglia  
May 14—21, 2019

Hosted by Amore Trattoria Italiana + Onward Travel

ONWARD TRAVEL   
EST 2014





THE PORT OF TRANI IS SEEN FROM THE SEA

Chef Jenna is excited to head to off-the-beaten-path Italy... a place with a fascinating history, deep soul, and what many say is the best food in the country. We're off to Puglia, the heel of Italy's boot, and you're invited!

Puglia is home to burrata, most of Italy's olive trees, beautiful Adriatic seascapes, and ancient towns that will take your breath away. This adventure is a special opportunity to visit a lesser-known corner of Italy, and we'll have local guides interpreting the area and enriching our experience throughout the tour.

While discovering Southern Italy, our small group will stay in three interesting and different locales: urban Baroque beauty Lecce; ancient Matera; and seaside Trani. The region's cuisine has peasant roots, meaning it always was and still is inspired by what's local and seasonal with an emphasis on vegetables, legumes, olive oil, fresh pasta, and locally made cheeses.



Puglia will ignite your senses from the rich purple Primitivo wine to the bright blue expansive sky. Puglia has always been a top summertime destination for Italians and now it's your turn to discover this enchanting place.



Imagine yourself...

Cooking (and eating!)  
Puglian specialties

Exploring one of the  
oldest continuously  
inhabited towns in the  
world

Savoring a meal with  
new friends overlooking  
the Adriatic sea

## Welcome to Italy!

DAY 1: TUESDAY MAY 14

- Dine in a cave overlooking the sea
- Stay in Lecce... "Florence of the south"

Our tour begins at Bari International Airport, where we'll hop in our luxury minibus and head along the glimmering Adriatic to our first destination: resort town Polignano a Mare. A very special lunch is planned today at Grotta Palazzese, a famous restaurant in a natural cave 72 meters above the sea. Yes, you've probably seen photos of this destination restaurant which has hosted elegant dinners for Italian nobility since the 18th century. We'll enjoy lunch with a view and then head further south to Lecce, our home for the next few days. Lecce is a beautiful Baroque city with *piazze* and *palazzi* and heaps of character. It is the capital of the dreamy Salento region that we'll enjoy exploring over the next few days. Check in and get settled at Risorgimento Resort, a luxurious and historic hotel.

Tonight we'll dine at a local restaurant and learn about Puglian cuisine from an expert. Each bite is an opportunity to discover the history and stories of the region.

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Meals Lunch, Dinner

## Culture, Craft & Cooking

DAY 2: WEDNESDAY MAY 15

- Visit Lecce with an expert guide
- Roll up your sleeves and prepare Puglian cuisine

Today we'll immerse ourselves in lovely Lecce! After a delicious breakfast spread at the hotel, an engaging local guide will lead us on a walking tour. Our expert guide will highlight the many baroque treasures of this opulent city and also demonstrate the ancient tradition of *papier-mâché*, with a visit to a gifted local artisan.

Late morning we will meet Gianna, a passionate and talented local chef. The experience today will include a visit to a small covered market to source seasonal ingredients for our cooking class. From here it's a short walk to Gianna's beautiful cooking school, located alongside a noble palace in the heart of the old city. Learn to make Pugliese pasta and discover the delicious dishes typical to the Salento province. After the hands-on course, we will feast together on the traditional dishes we prepared. *Buon appetito!* The rest of the afternoon and evening are yours to enjoy as you please.

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Meals Breakfast, Lunch

OnwardTravel.co Based in Philadelphia, Pennsylvania and the Hudson Valley, New York

## Exploring Salento

DAY 3: THURSDAY MAY 16

- Ogle at mosaics in a gorgeous cathedral
- Lunch on local products at a rural farmhouse

Salento is the Southernmost part of Italy, the tip of the heel. It's a region with close ties to Greece including a local dialect, 'Grika'. The region produces enormous quantities of excellent olive oil and full-bodied, robust wines, such as *Primitivo di Manduria* and *Salice Salentino*. Let's spend the morning in Otranto, a seaside town famous for its 15th-century Aragonese Castle and 11th-century Otranto Cathedral, with breathtaking mosaic flooring. This picturesque place is Italy's easternmost town!

Then we're off to a special lunch at a working farm. We'll learn about the operation and enjoy a tasty lunch that showcases the local products: olive oil, legumes, bread, cheese, jam, sun-dried tomatoes... This *Masseria* provides insight into the important agricultural traditions of Salento. We'll return to Lecce late afternoon and you may enjoy a free evening or join the group for *aperitivo* (a spread of snacks served with drinks) and the ritual of *passeggiata*, an evening stroll.

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Meals Breakfast, Lunch, Cocktails with snacks



RISTORANTE GROTTA PALLAZESE



## Discover the Valle d'Itria

DAY 4: FRIDAY MAY 17

- Feast your eyes on the famous and curious trulli
- Savor the afternoon in hilltop Martina Franca

This morning we say farewell to Lecce and head to Alberobello, home to a large concentration of Puglia's particular *trullo*, iconic dry stone huts with conical roofs made from limestone. Alberobello is capital of the trulli and we'll enjoy a guided visit of this UNESCO World Heritage Site. The first trulli settlements date as far back as the Bronze Age! After a dose of curious (and Instagrammable) history we'll visit Martina Franca. Our guide will introduce us to the very pretty old town and you'll have time to shop, sightsee & have lunch.

A ninety minute drive takes us just barely out of Puglia to neighboring region Basilicata, where we'll spend the next two nights in Matera, a town famous for its cave dwellings called *Sassi*. Matera is a worthwhile diversion because the town is fascinating and it is currently have a moment - it is the 2019 European Capital of Culture. Matera is a UNESCO world heritage site and is one of the oldest continually inhabited towns in the world. The residents historically lived in cave dwellings and the town is a network of carved spaces, alleys, courtyards, and stone dwellings. We'll stay at atmospheric Corte San Pietro, a small, modern, earthy hotel with rooms located around a candle-lit courtyard in the ancient Sassi area. This evening we'll head out for a special dinner at one of Matera's fine restaurants.

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Meals Breakfast, Dinner

## Ancient Wonder

DAY 5: SATURDAY MAY 18

- Wake up in your beautifully restored cave room and feel a special sense of place!
- Embark on an in-depth walking tour of Matera

Today we will experience the magic of Matera. Matera has a long and fascinating history and is one of the few cities in the world that has been continuously settled since prehistoric times. Our guided visit will include stunning vistas of the caves on the opposite side of the dramatic ravine and an insiders look at the way of life of the local population of the Sassi which remained extremely primitive right up until the 1950s. The Sassi were then abandoned and remained empty for decades until recently, when a stunning restoration began, the results of which you can enjoy in full today.

Lunch is - you guessed it - in a cave. We will enjoy a gorgeous spread of *panini* and *crostini*. After lunch the afternoon and evening are yours to enjoy! Those who'd like may opt to join your Onward guide on a visit to MUSMA, Matera's Museum of Contemporary Sculpture. Have a wonderful time in this amazing city!

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Meals Breakfast, Lunch



THE CURIOUS & FAMOUS TRULLI HOMES ARE AN ICON OF PUGLIA

## Bread, Burrata & Castles

DAY 6: SUNDAY MAY 19

- Taste DOC bread made with an ancient recipe
- Be awed by the impressive Castel del Monte

We have a full day planned as we travel from Matera to Trani on the Adriatic Coast. Our first stop is the town of Altamura where their semolina flour bread has a *Denominazione d'Origine Protetta* designation and harkens back to days BC. We'll visit a bakery and taste this unique bread made from an ancient recipe. Next stop - burrata fantasy land! *Burrata* is an indulgent mozzarella with cream in the center that originated in Puglia and we'll travel to the source for a cheese making demo and - yay! - a tasting. Our final special stop is Castel del Monte, a citadel and castle that was built in the 1240s (another UNESCO site!) and is featured on the back of the Italian version of the one-cent euro coin.

This afternoon we'll arrive at our final homebase, the fishing town of Trani that has had a bustling port for more than 1,000 years. We'll settle in at a comfortable B&B and convene on the rooftop for aperitivo before heading out to a sparkling dinner overlooking the picturesque harbor.

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Meals Breakfast, Lunch, Dinner



FRESH BURRATA CHEESE

## A Slow Day in Trani

DAY 7: MONDAY MAY 20

- Enjoy the port atmosphere in Trani
- Experience an unforgettable farm to table meal

Trani is home to one of the most picturesque cathedrals in the world, right alongside the clear blue waters of the Adriatic sea. This was one of the most important departure points for the Crusades and it's easy to imagine the hundreds of knights and soldiers anxiously praying at the cathedral before commencing their voyage into the unknown. From here it's a short walk to the wide and gracious harbour, filled with ships of all sizes and lined with charming shops and cafes. One of the oldest synagogues in the world is also to be found in Trani, nestled in the old Jewish quarter. Our local guide will spend the morning showing us this beautiful city.

This afternoon is yours to lunch on fresh seafood and wander the beguiling Jewish quarter. Meet at the B&B for a cocktail before heading to the countryside for a special dinner at one of Puglia's best restaurants - Antichi Sapori Trattoria. The chef Pietro Zito cooks beautiful, seasonal cuisine, with many of the ingredients procured in the on-site garden. This will be an unforgettable evening as we enjoy a tasting menu and local wines.

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Meals Breakfast, Dinner

## Arrivederci!

DAY 8: TUESDAY MAY 21

Onward Travel will arrange airport transfers this morning to Bari or Brindisi Airport. Depart at your leisure and return home with new recipes and travel buddies and lots of wonderful memories!

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Meals Breakfast

# TRIP INFORMATION

Amore in Italy: Puglia May 14–21, 2019

## TRIP ESSENTIALS

BEGINS	<p>Bari International Airport (BRI), on May 14 <i>The group will depart the airport no later than 12pm; please organize arriving flights that arrive at or before 11:00 am on May 14</i></p>
ENDS	<p>Trani, Italy on May 21 (<i>no activities scheduled 5/21</i>) Transfer provided to Bari Airport or Brindisi Airport</p>
SUITABILITY & MOBILITY	<p>This tour includes walking for 30 minutes at a time, plus stairs and cobblestones. If you have limited mobility, we may be able to accommodate you, but it is essential to let us know at the time of registration. Travelers may always opt out of activities they deem too physically challenging but refunds will not be provided.</p>
TRIP LENGTH	<p>8 days, 7 nights</p>
LODGING	<p>Lodging with a unique sense of place for each destination has been selected for <i>Amore in Italy</i>.</p> <p><b>Risorgimento Resort</b>   3 Nights   Chic hotel in the center of Lecce. Contemporary decor, spa, and rooftop garden.</p> <p><b>Corte San Pietro</b>   2 Nights   Elegant restored cave dwellings around a central courtyard.</p> <p><b>Palazzo Paciotti B&amp;B</b>   2 Nights   A comfortable, well located family-operated inn with a lovely rooftop terrace.</p>
TOUR DATES & PRICE	<p>May 14–21, 2019 Double Occupancy \$3700 per traveler Single Supplement \$575 additional</p> <p>Contact Onward if you are interested in a room upgrade. Please note that air travel is not included and a current passport is required for travel to Italy. <u>Please ensure that your passport is valid 6 months after the date of travel.</u></p> <p><i>You are welcome to pay your trip fee by credit card, please note that a 3% processing fee will be applied.</i></p>

## Trip price includes the following:

- Airport transfers and ground transportation to/from all scheduled activities.
- 7 nights accommodations
- Most meals: daily breakfasts, five lunches, and four dinners. We have fantastic gourmet experiences, wine included, of course!
- Local guide services throughout the tour to truly understand Puglia.
- Activities, tastings, cooking classes, and tours as detailed in the itinerary.
- Pre-trip dinner at Amore Trattoria to get to know fellow travelers and post-trip reunion dinner to relive the memories. Plus an Amore hoodie!

### **Register now!**

Visit [onwardtravel.co](http://onwardtravel.co) to complete the registration form and submit payment. \$1,250 deposit due upon booking, balance due by March 1, 2019.

## AIR TRAVEL:

The tour will start and end with transfers to/from Bari Airport (BRI) or Brindisi Airport (BDS). Please confirm with Onward Travel that the tour is a “go” before booking non-refundable airfare. We’re going off-the-beaten-path and it takes some extra effort to get to Puglia. Lufthansa has flights to Bari from Chicago via Frankfurt or travelers may elect to fly to Rome or Milan and then book a separate flight to Bari (or Brindisi). Onward can assist travelers who would like to extend their stay in Italy and/or arrive early to the tour starting point. Contact Onward Travel for assistance or to coordinate with other *Amore in Italy* travelers.

## TRIP INFORMATION *Amore in Italy: Puglia May 14–21, 2019*

### About Onward Travel

Onward Travel is a group tour operator owned and operated by sisters Molly Crist and Katerina Clauhs Dhand. Onward Travel is focused on unique, thoughtful small group tours with itineraries that are researched and pieced together carefully to ensure authentic, engaging trips that foster genuine connection to places and people. A deep love of hospitality and adventure has been in Molly and Kat's blood for generations as Onward Travel is inspired by their family's cooking school on a farm in Bucks County, PA that offered culinary-focused travel to customers for over two decades.

### Puglia in May

Blue sky and sunshine are pretty dependable in Puglia in May thanks to its southern location. Spring comes early and it will be warm and pleasant in May, with average temperatures in the 70's. May is a great shoulder season and one of the best times to visit. Bring layers and as always, prepare for rain (though May is a relatively dry month). Onward Travel will provide packing notes in advance of the trip.

### Miscellaneous Travel Information

- *Passports are required for American citizens travelling to Italy. Visas are not required. Note your passport should be valid for at least six months beyond the date of travel.*
- *To determine the current exchange rate, Google "USD to EUR."*
- *Travel Protection: Onward Travel recommends that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. Travel protection plans include coverage for Trip Cancellation, Trip Interruption, Emergency Medical and Emergency Evacuation/Repatriation, Trip Delay, Baggage Delay and more. For more information on the recommended plans or to enroll, contact Travelex Insurance Services at 800-228-9792 and reference location number 32-0704.*
- *For a summary of plan details on benefits, coverages, limitations and exclusions, please refer to the applicable Description of Coverage. Travel Insurance is underwritten by Transamerica Casualty Insurance Company, Columbus, Ohio; NAIC #10952. 1308294*

### Get in Touch!

Contact Molly with questions or special requests:

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