

# THE HEARTH OF ITALIAN CULTURE AND FOOD: PARMA, BOLOGNA, MODENA & MANTOVA

Sample real mortadella from Bologna and balsamic vinegar from Modena. Learn new uses for Parmigiano-Reggiano, Prosciutto from Parma and risotto from Mantua. Academia Barilla chefs will guide you through the culinary highlights of these four cities and teach you how to make traditional, regional Italian recipes using such stellar ingredients.



## PROGRAM:

### Day 1 • Benvenuti: Welcome to Parma

Arrive in Parma and check into your luxury hotel room. A guided tour of Parma's historic city center, with visits to the Duomo and the Baptistery of Antelami; Teatro Regio and Piazza Garibaldi; Palazzo della Pilotta and the birthplace of Arturo Toscanini. Lunch and dinner in the city's best restaurants.

### Day 2 • Bologna's Mortadella and Modena's Vinegar Balsamico

A guided tour of downtown Bologna, including visits to the city's romantic porticos, historic University, and picturesque Piazza Maggiore. Sample the local tortellini, Mortadella and tagliatelle. Drive to Modena for a spin around the center and a traditional balsamic vinegar tasting. Lunch and dinner in renowned restaurants.

### Day 3 • Parmigiano and Prosciutto di Parma: the Kings of the Food Valley

Guided tours with the producers of Parmigiano-Reggiano and Prosciutto di Parma, and product tastings. A walk around the Castello di Torrechiara, a 15th-century castle located in Langhirano, just south of Parma. Hands-on cooking lessons with Academia Barilla chefs. Learn the recipes for the wonderful, regional dishes.

### Day 4 • Mantova: the Rice Capital

Leave for Mantua, the city of rice and the Gonzaga family. Visit Sabbioneta, a beautifully-preserved Renaissance city. Practical cooking classes with Academia Barilla chefs. Learn many fun and flavorful ways to use rice. And taste the end result!

### Day 5 • Arrivederci

Say goodbye to Academia Barilla and Parma, taking with you the unforgettable flavors and recipes of the region. Be sure to share what you learned with your friends and family when you get home.

**THE ULTIMATE  
 ITALIAN  
 TRAVEL EXPERIENCE**

**FULL PACKAGE (5 DAYS/4 NIGHTS)  
 AVAILABLE ALL YEAR**

**Price per person for individuals: ..... € 3.590**  
 (based on double occupancy)

**Price per person in group: ..... € 1.650**  
 (based on min. of 12 people)

The price includes: 4 nights at a minimum 4-star hotel with b&b treatment in double room, 2 cooking experiences at Academia Barilla with lunch and dinner, expert guides, visits, restaurants with drinks and transportation as per program.

The price does not include: all that is not indicated in "the price includes". Note the program might be subject to modifications.

"Tourist package organised by Food Valley Travel by Terre Emiliane srl. Operations Office located in Viale Fratti 38/D - 43100 - Parma, VAT Registration Number 02250720345; with Authorisation from the Province of Parma no. 4488/2003 e 1415/2005 issued on 6th April 2005. Food Valley Travel by Terre Emiliane S.r.l. is covered by civil and professional liability insurance policy no. 34877252 taken out with the insurance company Unipol Assicurazioni S.p.a. according to the Law art. 14 L.R. 7/2003. Compulsory communication according to the law 269/98 item 16. Italian law punishes crimes of prostitution and pornography of minors by prison sentence, even if such crimes are committed abroad."

**For booking and information: Tel: (+39) 0521-264060 - E-mail: [info@academiabarilla.com](mailto:info@academiabarilla.com)**