

PARMA AND CINQUE TERRE, THE PERFECT BLEND OF CULTURE, FOOD, NATURE AND THE SEA

Discover the artistic and gastronomic wonders of Parma. Then, experience the beauty of the Ligurian Coast on a tour of the Cinque Terre, the five enchanting seaside villages of Monterosso al Mare, Vernazza, Corniglia, Manarola, and Riomaggiore.



PROGRAM:

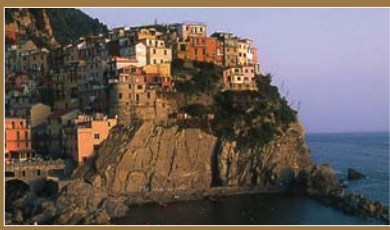
Day 1 • Benvenuti a Parma

Arrive in Parma and check into your luxury hotel room. Visit the city. Head into the center for a traditional Italian aperitivo, or pre-dinner drink. Then, dine in one of the city's many charming restaurants.



Day 2 • Flavors of the Land

Visit local Parmigiano-Reggiano, Prosciutto di Parma and Lambrusco wine producers. Taste the region's most renowned products, made on the spot. Walk around the Castello di Torrechiara, a 15th-century castle located in Langhirano, just south of Parma. Hands-on cooking class with Academia Barilla chefs who will teach you the secrets of the region's greatest recipes.



Day 3 • Flavors of the Sea

Leave for the Cinque Terre in Liguria, with stops in Manarola and Volastra. Taste the local seafood and fresh pesto. Visit local olive oil and anchovy producers. See what goes into a bottle of Olio Extravergine di Oliva DOP and what an anchovy from Monterosso really looks like. Return to Parma for an elegant dinner downtown.



Day 4 • Kitchen and the City

Hands-on cooking class with Academia Barilla Chefs. Learn the secrets of regional Italian cuisine, then go on a guided tour of Parma's historic city center, with visits to the Duomo and the Baptistery of Antelami; the Teatro Regio and Piazza Garibaldi; Palazzo della Pilotta and the birthplace of Arturo Toscanini. Lunch and dinner in the city's finest restaurants.



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: € 2.850
 (based on double occupancy)

Price per person in group: € 1.560
 (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."

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