



THE ART OF ITALIAN GASTRONOMY

SAVOR PARMA: THE CAPITAL OF ITALIAN GASTRONOMY

Witness, firsthand, the passion that goes into each wheel of Parmigiano-Reggiano cheese! Taste the unmistakable sweetness of Prosciutto di Parma, which comes from waiting patiently for it to age to perfection! Learn the secrets of regional Italian cuisine from Academia Barilla's expert chefs!



PROGRAM:

Day 1 • Benvenuti: Welcome to Parma

Arrive in Parma and check into your luxury hotel. 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 • The Cuisine and the City

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



Day 3 • The Gourmet Experience

Visit local Parmigiano-Reggiano and Prosciutto di Parma producers. Taste the region's top products. Take a walk around the Castello di Torrechiara, a 15th-century castle located in Langhirano, just south of Parma. Take a trip to Modena to visit the historic center and taste real Balsamic Vinegar, Aceto Balsamico DOP, and locally produced Lambrusco wine. Lunch and dinner in the city's top restaurants.



Day 4 • Discovering Parma

Take a relaxing walk around the quiet streets of Parma, or bike around the city center, visiting museums, markets, and specialty food stores. Hands-on cooking class with Academia Barilla chef. Learn how to use local products like Prosciutto di Parma, Parmigiano-Reggiano and Aceto Balsamico di Modena. Taste the food you prepared with your own hands!



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: € 2.890
(based on double occupancy)

Price per person in group: € 1.460
(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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