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Food & Wine: Campania, Puglia & the Amalfi Coast

12 days | 14 days with Amalfi Coast extension

Similar to the boot it's shaped like, Italy keeps its "soul" on the bottom. Just think of the corner cafes, where you only hear conversations in Italian. When you feast on sfogliatella pastries with a side Primitivo wine, you'll get a taste for recipes that have been passed down from one generation to the next. Everywhere you look on this small group Food & Wine Tour, you'll find that even though times change, some things stay the same.



Dates: April 2-13, w/ext -17, 2024

Book at: <https://forms.gle/Tq1rGp88Mv18GY8E7>

Contact **Marah Walsh** for more details
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Your tour package includes

- 10 nights in handpicked hotels
- 10 breakfasts
- 4 lunches with wine
- 3 dinners with beer or wine
- 3 wine tasting
- 5 tastings
- 1 cooking class
- 8 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights

- Food of Naples walking tour
- Basilica of Santa Chiara
- Benevento's Roman Theatre
- Castel del Monte wine tasting
- Salice Salentino wine tasting
- Ostuni olive oil tasting
- Agriturismo cooking class
- Food of Bari walking tour
- Sassi di Matera cave dwellings

Tour pace

On this guided tour, you'll walk for at least 3 hours daily across moderately uneven terrain, including cobblestone streets and paved roads, with some hills and stairs.

Group size

14-26

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Overnight Flight → 1 night

Day 1: Travel day

Board your overnight flight to Naples today.

Naples → 2 nights

Day 2: Arrival in Naples

Included meals: welcome dinner

Welcome to Italy! Meet your Tour Director and fellow travelers during a welcome dinner at a local restaurant.

Day 3: Food of Naples walking tour

Included meals: breakfast, tasting

This morning's food-themed guided tour introduces you to the flavors of Naples, home to some famous Italian cuisine.

- Walk through Piazza del Gesù to view the Church of Gesù Nuovo
- Stop at a local cafe to try Espresso Napoletano
- Enter the Basilica of Santa Chiara to see the unique and ornate cloister
- Step inside a shop to taste the famous Vesuvius chocolate
- Walk along Via dei Tribunali and enjoy a cuoppo, or cone, filled with fried street foods such as arancini, polenta, croquettes, and vegetables
- Head to a famous pastry shop near the Church of San Domenico Maggiore to sample sfogliatella, a flaky, ricotta-stuffed pastry that puffs up while it bakes

Enjoy a free afternoon in Naples or add an excursion.

+ A Naples Tradition: Neapolitan Pizza

Gargano Region → 2 nights

Day 4: Gargano via Benevento & Ceppaloni

Included meals: breakfast, lunch, wine tasting

The Gargano region is home to quaint coastal town's and secluded forests. Travel to this area today, making stops in Benevento and Ceppaloni en route.

- Join a local guide for a short walk through Benevento

- Enter the city's 2nd-century Roman Theatre, which was built by emperor Hadrian
- Visit an agriturismo in Ceppaloni and enjoy sweeping views of the countryside
- Sit down for a lunch of fresh, seasonal Campanian cuisine
- Sample white Falanghina wines from Sannio and red Taurasi wines from Irpinia, as an agriturismo family member leads you through a tasting

Day 5: Free day in Gargano Region

Included meals: breakfast

Enjoy a free day in the Gargano region or add an excursion.

+ Iconic Sites & Towns of the Gargano Peninsula

Lecce → 2 nights

Day 6: Lecce via Castel del Monte

Included meals: breakfast, lunch, wine tasting, tasting

Head south to Lecce, stopping along the way for a guided tour of the UNESCO-protected Castel del Monte.

- Step inside the 13th-century structure, known as a masterpiece of medieval military architecture
- Tour a local vineyard and production area with one of the winemakers
- Learn how they craft DOCG wine, the highest quality level in Italy
- Sit down for an included lunch and sip three types of wine during a tasting

This afternoon, get to know Lecce, nicknamed the Florence of the South.

- Wind through Old Town Lecce and view the Baroque facade of the Basilica of Santa Croce
- Make your way to the Piazza del Duomo to enter the once-buried ancient Roman amphitheater and Lecce Cathedral
- End the day by enjoying an aperitivo at sunset

Day 7: Free day in Lecce

Included meals: breakfast

Enjoy a free day in Lecce or add an excursion.

+ Salento Peninsula Towns: Wine Tasting & Lunch

Itria Valley Countryside → 3 nights

Day 8: Itria Valley Countryside via Ostuni

Included meals: breakfast, lunch, wine tasting, tasting

Head back north and stop in the small town of Salice Salentino.

- Visit the Castello Monaci winery and take a short tour of the gardens
- Sit down for an included lunch and try Negroamaro, Primitivo, and Salice Salentino wines, while a winery expert guides your tasting

Then, continue on to Ostuni, also known as The White City. Whitewashed buildings line the streets in an impressive array of architectural styles.

- Walk through the winding, narrow streets in the Old Town to view the picturesque cathedral and historic homes
- Stop at a viewpoint that overlooks the Itria Valley and Adriatic Sea
- Visit a local shop and learn about the production of olive oil before tasting a few high-quality olive oils

Settle in to your agriturismo hotel in the Itria Valley countryside this evening.

Day 9: Sightseeing tour of Alberobello & cooking class

Included meals: breakfast, tasting, dinner

A local guide leads a tour of Alberobello. This town is famous for its UNESCO-recognized trulli, the iconic homes with symbols painted onto the roof to bring luck.

- Enter a trulli to learn about the history and heritage of the region
- Stop at a local shop to taste a puccia sandwich, a specialty you can only find in Alberobello

Enjoy free time to explore the town

Return to your agriturismo for a Pugliese cooking class this evening.

- Learn how to make fresh pasta and focaccia bread, which you'll taste alongside local olive oil and wine
- Sit down for a farm-to-table dinner featuring specialties from the region

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Day 10: Food of Bari walking tour

Included meals: breakfast, tasting, dinner

Dive into the history and culinary delights of Bari on a walking tour with a local guide.

- Enter Bari Cathedral, built atop the ruins of an Imperial Byzantine church destroyed in 1156 by William the Wicked
- Step inside the Basilica of St. Nicholas, which contains the remains of the bishop whose penchant for anonymous gift-giving inspired the legend of Santa Claus
- See the Old Town, castle, medieval court, and Piazza Ferrarese
- Enter three shops in Piazza Mercantile to sample focaccia, panzerotti, burrata, and capocollo di Martina Franca

This evening, sit down for an included dinner at your agriturismo.

Amalfi Coast → 1 night

Day 11: Amalfi Coast via Matera

Included meals: breakfast, farewell lunch

En route to the Amalfi Coast, stop to take a guided tour of the subterranean city of Matera.

- Visit Sassi di Matera, the two districts that make up Matera, which are known for their 9,000-year-old cave dwellings
- Stroll through the Old Town, passing Matera Cathedral and the ruins of Castello Tramontano
- Admire the architecture in Palazzo del Sedile
- Step inside the Casa Grotta di Vico Solitario and the chiese rupestri, or rock churches
- Sip Basilicata wine as you celebrate your trip during a light farewell lunch at a local restaurant

Continue on to the Amalfi Coast and enjoy a farewell drink with your group this evening.

Flight Home

Day 12: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the Naples airport for your flight home or continue exploring the Amalfi Coast.

+ Amalfi Coast extension

From the mountain-ringed setting to the picture-perfect labyrinthine streets and world famous

limoncello, the Amalfi Coast will leave you mesmerized. Discover all the flavors and views this world-famous destination has to offer as you explore wineries and gardens with local guides and your expert Tour Director.

Amalfi Coast → 2 nights

Day 12: Amalfi Coast wine tasting & Ravello

Included meals: breakfast, lunch, wine tasting

Travel to the town of Furore to visit the Marisa Cuomo Winery.

- Tour the estate's cellars and vineyards with a local guide
- Learn about how the grapes grow in extreme conditions along the Amalfi Coast's famous towering cliffs
- Sit down for an included four-course lunch at the winery and enjoy a tasting of three of their most unique wines

This afternoon, head to the hilltop town of Ravello. You'll walk through the stunning Villa Rufolo, famous for its beautiful gardens, and admire sweeping views of the Amalfi Coast.

Day 13: Free day on the Amalfi Coast

Included meals: breakfast

Enjoy a free day on the Amalfi Coast or add an excursion.

Then, gather with your group for a farewell drink this evening.

+ Amalfi Coast Boat Ride: Amalfi, Positano & Minori

Flight Home

Day 14: Departure

Included meals: breakfast (excluding early morning departures)

Transfer to the Naples airport for your flight home.

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Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose.

Day 3: A Naples Tradition: Neapolitan Pizza

\$75/\$85* (3 hours, departs in the afternoon)

Visit one of Naples' most famous pizzerias for a demonstration of the local art of pizza making—and a tasting of the final product, of course. Pizza as we know it today was born in Neapolitan peasant towns in the late 18th century, nearly 200 years after explorers brought tomatoes back from the New World. Lucky for pizza lovers, the fruit finally made its way onto rustic, yeast-based flatbreads. The new creation drew tourists in to the poorer areas of the town just for a taste—and this tradition of quality and freshness still reigns supreme in Neapolitan kitchens.

Day 5: Iconic Sites & Towns of the Gargano Peninsula

\$125/\$135* (9 hours, departs in the morning, lunch included)

The spur on Italy's boot heel is home to the Gargano Peninsula, a true hidden gem. Here, you'll find steep, forested hills, charming villages, and a beautiful coastline trailing the turquoise Adriatic Sea. Today, head to picturesque Vieste and set off on a guided walking tour of this seaside town. Stroll along the Adriatic Sea to admire the famous cliffs and the church at Punta San Francesco, where you can view the wooden fishing platforms called trabuccos. Visit a local restaurant in town and eat fresh seafood and other local specialties during an included lunch. After you've had your fill of food and wine, head to the Foresta Umbra nature reserve. Your guided walk through this Forest of Shadows takes you past the last remnants of Puglia's ancient forest. The foliage on display includes pine, oak, and beech trees. End your day with a visit to Monte Sant'Angelo. This is the most picturesque mountain town on the Gargano Peninsula and is home to the UNESCO-recognized Sanctuary of Monte Sant'Angelo.

Day 7: Salento Peninsula Towns: Wine Tasting & Lunch

\$115/\$125* (8 hours, departs in the morning, lunch included)

Transfer from Lecce to the very tip of the Italian heel and spend time in the scenic seaside town of Santa Maria di Leuca. Take a guided walk and enjoy free time to view the Monumental Waterfall. The ancient Romans created this manmade, rocky slope out of stone and it connects the land with the sea. You'll also have time to dip your toes in the water at the beach or visit the iconic Santa Maria lighthouse. Continue on to a local Salento village to visit an osteria for a family-style Pugliese lunch in a wine cellar. Of course, you'll sample some wine, too. Your tasting includes two red wines and one rosé from the region. Then, pass by beaches, coastal cliffs, quaint towns, olive groves, vineyards, and small whitewashed villages as you make your way to the scenic Adriatic port town of Otranto. A local guide will lead a short walking tour of the Old Town, harbor, and Romanesque Cathedral. You'll have time to explore at your leisure before heading back to Lecce.

Extension excursion options

Day 13: Amalfi Coast Boat Ride: Amalfi, Positano & Minori

\$89/\$99* (8 hours, departs in the morning)

Italy is filled with plenty of iconic locales, but the Amalfi Coast holds a special place in many hearts. First, it's incredibly walkable (and beautiful!). But, the terraced cliffs and candy-colored villas clinging to the slopes really seal the deal. The scent of lemons growing in the groves and views of the sparkling sea certainly don't hurt either. See what we mean as you begin the day with a scenic drive along the coast to the town of Amalfi. A local guide will lead you through this historic town, which sits along dramatic, steep cliffsides. You'll also have the option to take a self-guided tour of the Duomo, the centerpiece of the town. Amalfi started making paper in the first half of the 12th century, so be sure to stop by a shop to pick up a paper souvenir. You can walk to the original paper mill that's still standing today! Then, hop aboard a speedboat and cruise in style along the Amalfi Coast to the cliffside village of Positano. This quintessential Italian village is home to many charming restaurants and shops, and you'll have free time to explore the area. Be sure to stop by the beach and snap a photo of the colorful villas overlooking the Tyrrhenian Sea. Hop back aboard the speedboat and continue along the Amalfi Coast to the seaside town of Minori. Stop at a local pastry shop called Pasticceria Sal De Riso to sample delizia al limone, a traditional Amalfi Coast lemon cake. End the day with a bus trip back to your hotel. Please note: The private speedboat transfer is weather-dependent and runs from March–October. When the speedboat ride is not possible, you'll travel back to the hotel by bus.



Girl Travel Tours

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*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.com/terms