

Factbox	
Prices start from :	£ 2,149
Travel between :	01 Sep 24 and 01 Sep 24
Board Basis :	As per Itinerary
Duration :	6 nights
Book by :	30 Jun 24
Includes :	Direct Flights with 23kgs Baggage Included 6 nights 3-star hotel accommodation in a twin/double room with ensuite bathroom Various hands-on cooking lessons, tastings and cultural excursions every day with an English speaking tour guide for the duration of the holiday 2 guided walks through stunning countryside in Abruzzo 8 meals (food, water, house wine) in selected restaurants, farmhouses, private homes, wineries based on traditional regional dishes Breakfast daily and lunches with occasional dinners (some evenings are free for you to explore the town yourself) Personalized cooking booklet and apron All cooking classes and ingredients Transfers to and from Rome Fiumicino airport



Detailed Itinerary

Please Note: No Single Supplements for Solo Travellers!

Itinerary:

Sun 01 Sep 24: Abruzzo tour

Arrive in Rome, where you will be collected at the airport and taken to Vasto (transfers depart at 2:30pm) Check in, relax, meet your guide and fellow guests, and enjoy a welcome dinner and discuss the plans for the week

Mon 02 Sep 24 - Market visit, cook pasta with Mamma & explore Vasto

Start the day with a trip to the colorful Vasto market. Enjoy your morning in a local kitchen and learn some regional dishes, followed by the beautiful lunch you have just prepared. After lunch, you'll head out to explore a medieval coastal town, complete with a castle and cathedral, then meet some local artisans. In the evening you are free to try one of the many local restaurants of Vasto

Tue 03 Sep 24 - Walk in the amazing Abruzzo mountains & ancient hermitages

Following breakfast, you'll head up to the mountains and through the National parks for a beautiful, easy-paced walk with amazing views, breaks, and a picnic lunch (5.1 km, 3.2 miles walking time 3-4 hours, including breaks and picnic). The evening is yours to sample a new restaurant in Vasto

Wed 04 Sep 24 - Walk along the Abruzzo coastline, visit trabocchi fishing houses & a free afternoon

Today you will take a gorgeous drive along the Abruzzo coastline and enjoy a walk in the Punta Aderci Nature Reserve, home to one of the most beautiful beaches in the area (6 km, 4.1 miles walking time 3-3.5 hours including a short break to swim in the Adriatic). You'll then discover the trabocchi (wooden fishing platforms native to Abruzzo), where Rinaldo, your local fisherman and the days host, will teach you the fishing secrets of the region and treat you to a fresh seafood and fish inspired lunch. The afternoon is free for you to revisit your favourite area, or explore somewhere new, and a leisurely dinner of your choice

Thu 05 Sep 24 - Visit a local farm to learn to make cheese & Roccascalegna Castle

You'll be heading off to a local farm this morning, learning all about sheep and cows (try your hand at milking them!). After a cheese tasting, you'll learn the secrets of making Ricotta in the creamery, followed by making a traditional bread (known as pizza scema, or, stupid pizza a pizza without yeast). Enjoy a traditional lunch with fresh, warm ricotta. In the evening you will explore a castle in Abruzzo, then enjoy dinner out on the town

Fri 06 Sep 24 - Olive oil & wine tasting, learn to make pizza and tiramisu

After breakfast you'll head out to an olive farm and learn all about the production, followed by an olive oil tasting. Next you'll be whisked off to an award winning winery where you'll enjoy wine tastings paired with local salamis and cheeses. The afternoon will be filled making Italian classics such as pizza, bruschetta and tiramisu, followed by a fantastic meal

Sat 07 Sep 24 - Goodbye

After breakfast, you will set off for the airport (around 9:30 am) complete with new skills, recipes, and hopefully some local delicacies

Inclusions on Sun 01 Sep 24

Roll up your sleeves as you learn to cook recipes passed through generations before walking it off through Abruzzo's stunning natural scenery on this 6 night cooking and walking holiday; experience the region of Abruzzo, Italy's best kept secret, in the company of cooks, farmers & local producers. This fantastic 6-night / 7 day cooking and walking holiday has been thoughtfully put together by local guide Fabrizio, together with his family & friends, to ensure you get the perfect Italian experience that combines passion, land and locals to bring you the best of Abruzzo. Fabrizio, your host and guide for the week, uses his hometown, the history packed, medieval town of Vasto, as your base for the week. Each day will bring a new adventure as you head out to farmhouses, seaside traboccos (exclusive to the region), markets, and wineries, and with each day comes another taste of the region and a new meal to master.

The cooks, farmers and producers you will meet are all native to the region of Abruzzo and part of Fabrizio's family, there is simply no better way to get an insider's view of Abruzzo daily life. They can't wait to share their family secrets and tricks of the trade with you. The hands-on cooking is simple, rustic and true to its roots, taught by people who have been living off the land, mastering family recipes passed down through generations, and using the best seasonal produce. If there is a dish you are missing during your stay, it simply isn't the right season - there are perfect dishes that reflect different times of year. Trust us - no one knows better than the producers.

As well as meeting the locals and hands-on cooking lessons, you'll be taking in some of the finest scenery Abruzzo has to offer at a slow easy pace during two guided walks. The walks are well off the beaten track, and you are escorted by your local guide so you can learn about what you are seeing and take in some culture and history while you walk. You'll discover mountains, the coastline, old, remote hermitages as well as the chance to take a

dip in the Adriatic Sea.

You'll stay in a family-run 3-star hotel is fitted with every modern convenience right in the heart of the city. It is known its caring staff who is always on hand to help and offer some advice on what to see.

Exclusions:

Personal Expenses

Insurance

Gratuities

Prices & Departures:

Deposit £500pp

Y09417 Heathrow from £2149pp

Y16276 Southampton from £2465pp

How To Book?

CALL 0208 585 4020

Email holidays@travelpack.com

Terms & Conditions:

Based on 2 Adults Sharing, Subject To Availability