



Campania

... Typical products and recipes ...

CAMPANIA 7 NIGHT GOURMET TOUR

ITINERARY:

Sorrento - Pompei - Mount Vesuvio -
Capri Island - Positano - Amalfi



CAMPANIA is a triumph of taste and colours, archaeological sites and breathtaking views, blue waters and colourful islands. This incredible region has always inspired writers, poets, directors and travellers who decide to explore and enjoy this land.



PIZZA



LIMONCELLO



RICOTTA & MOZZARELLA
DI BUFALA



BABÀ



SCIALATIELLI
ALLE VONGOLE



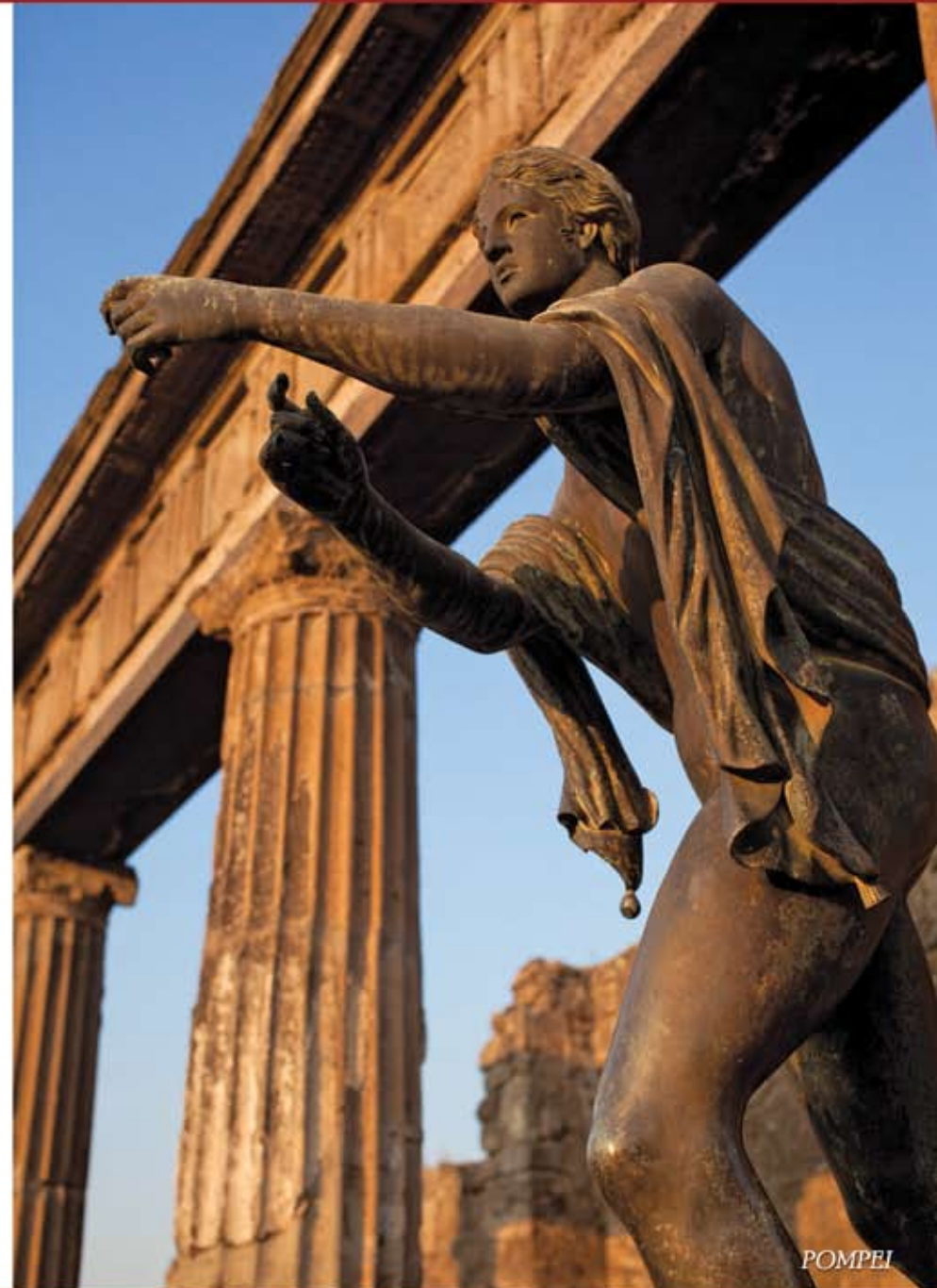
CAPRESE SALAD



SFOGLIATELLA



AGLIANICO WINE





Campania

*** Itinerary ***



POMPEI



MOUNT VESUVIO



WINE TASTING &
TYPICAL PRODUCTS TASTING



CAPRI



SORRENTO



LIMONCELLO FACTORY

CAMPANIA 7 NIGHT GOURMET TOUR

7 nights/8 days

Overnights in:
SORRENTO COAST

& explore:

Pompei – Mount Vesuvio – Capri – Sorrento – Amalfi Coast

SERVICES INCLUDED & HIGHLIGHTS:

7 nights accommodation in charming 3 star hotel with breakfasts – 4 dinners – 1 pizza cookery class with dinner – 1 farewell dinner in Michelin star restaurant – 5 lunches – wine tasting – limoncello tasting – typical produce tasting. Guided tours of Pompeii, Mount Vesuvio, Sorrento countryside, Capri, Gagnano, Amalfi Coast – Musical at Sorrento Theatre.

DAY 1: NAPOLI TO SORRENTO COAST 40KM

Arrival in Napoli, meet and greet and transfer to the hotel on the Sorrento coast. Dinner in hotel.

DAY 2: EXCURSION TO POMPEI & MOUNT VESUVIO 80KM

Breakfast in hotel. Full-day excursion to Pompeii and Vesuvio. Guided tour of the amazing archaeological site of

Pompeii. Lunch in restaurant.

Visit to Mount Vesuvio, one of the most spectacular volcanoes in the world. We will walk up the 500m steep hill, before seeing the crater and its rising vapours. An alpine guide will provide information about Vesuvio.

We will then take a walk in a vineyard to discover some local wines: Lacryma Christi, Aglianico and Falanghina. Wine tasting, together with bruschetta, cheese and typical produce. Back to the hotel for dinner.

DAY 3: SORRENTO COUNTRYSIDE & SORRENTO CITY CENTRE

Breakfast in hotel. Trip to the Sorrento countryside, visiting typical villages and enjoying panoramic views of the peninsula.

We will visit a limoncello factory and a treccia cheese factory. Buffet lunch in hotel. Return to Sorrento.

Free time for a walk in the colourful city centre and shopping.

Entrance to the main theatre for an unforgettable show.

On stage the Neapolitan tradition of dance, 19th Century costumes and songs are magically presented in a musical.

DAY 4: EXCURSION TO CAPRI

Breakfast in hotel.
Full-day guided excursion to Capri.
Typical boats will await us at the beach a few minutes from the hotel.
We will tour the island and enjoy the beautiful views from the sea.
On arrival, walk in Capri and 3-course lunch.
Return to the hotel and dinner.

DAY 5: EXCURSION TO GRAGNANO & PIZZA COOKERY CLASS 12KM

Breakfast in hotel.
Trip to Gragnano, famous for its superior quality pasta production.
Visit to a pasta factory.
Buffet lunch in hotel.
Meeting in hotel with the chef who will reveal the secrets of preparing real pizza.
We will cook our pizzas in the stone oven on the panoramic terrace and serve them for dinner.

DAY 6: EXCURSION TO THE AMALFI COAST 85KM

Breakfast in hotel.
Full-day guided excursion to the Amalfi Coast. Stop in Positano to take photos of the breathtaking views.

Walk through the narrow streets of Positano to the pier.
A boat will take us to Amalfi, along one of the most beautiful and romantic stretches of coast in the world.
Fish-based lunch in Amalfi.
Free time for a walk in the city centre, visiting the cathedral and shops.
Return to the hotel and dinner.

DAY 7: LEISURE

Breakfast in hotel.
Free day dedicated to relaxing or individual visits.
You can avail of the hotel swimming pool and solarium, overlooking the Bay of Naples.
A shuttle service to the beaches and the train station is available.
Farewell tasting dinner in Michelin star restaurant with spectacular view of the Bay of Napoli.

DAY 8: SORRENTO COAST TO NAPOLI 40KM

Breakfast in hotel and transfer to the airport.



PIZZA COOKERY CLASS



POSITANO



AMALFI CATHEDRAL



FAREWELL TASTING DINNER

*What a wonderful view from here!
I can't wait to see you here and enjoy together all the flavours this land has to offer.*





Campania

... Not to be missed ...

Not to be missed



AMALFI COAST

AMALFI COAST BY BOAT

The Amalfi Coast is one of the most romantic places in the world and the best view of this amazing coastline is from water.



SORRENTO LEMON & ORANGE JUICE

SORRENTO LEMON & ORANGE JUICE

During the warm Italian summer there is nothing as delicious and refreshing as a freshly-squeezed lemon and orange juice made to order with lemons grown in Sorrento. You can find many small stands preparing this drink.



CAFFEE

A TAZZULELLA E' CAFFE'

Enjoy a must-do culinary experience in Campania - order the best Italian espresso and delicious pastries such as baba or sfogliatelle.

Our Friends



FRANCESCA CAMERLENGO
COMMUNICATION AND MARKETING
MANAGER AT FIBI LTD - FEDERATION
OF ITALIAN BUSINESS IN IRELAND

In the last months we organised in Ireland many successful events to present and promote the best Italian food and wine products.

The producers from all around Italy, and in particular from my beautiful region of Campania, received a warm welcome from all of you, Irish friends.

We would love to return your kindness, welcoming you to Campania.

From the blue sea of Capri and Sorrento to the mountains of Irpinia.

From the world-renowned archaeological sites of Ercolano and Pompei to the top of Vesuvio; from the awesome Royal Palace in Caserta to the Arch of Trajan in Benevento.

You can also discover the great wines of Benevento and its province, such as Falanghina and Aglianico and taste its masterpiece, the famous nougat with almonds and honey.

We are looking forward to meeting you in our amazing sunny Campania.

Just
FOR YOU!

Send us a post card from the Amalfi Coast and get 30% OFF A BOTTLE OF AGLIANICO RED WINE.

Pasta cozze e fagioli

Pasta with mussels and beans.



SERVES 4 PEOPLE

INGREDIENTS:

Dried borlotti beans 400 g

Rope Irish mussels 1kg

1 garlic clove

1 shallot

10 cherry tomatoes

Chopped flat parsley 2 tbsp

Black pepper

Salt

Extra virgin olive oil

300 g tubetti or mezze maniche shape dried pasta

METHOD:

Put the beans in a large bowl and cover with cool water. Set aside overnight.

Drain and transfer to a large pot, cover with clean water and cook over a low heat until tender for 1 to 2 hours. Save the liquid.

Brush and clean well the mussels. Cook them in a pan with a drizzle of extra virgin olive oil, the garlic clove and 1 tbsp of chopped parsley. Cover with a lid and cook until they open. Save the filtered liquid and shell the mussels.

In a large pot fry the finely-sliced shallot and garlic with some extra virgin olive oil and add chopped tomatoes.

Add drained borlotti beans and some of their cooking water. When the liquid starts to boil, add the pasta. Cook pasta half its cooking time and add the mussels and their liquid. Stir occasionally until the pasta is al dente. Season with salt if needed.

Season with black pepper, decorate with the rest of the parsley and serve.

