

A scenic view of a beach with a sailboat on the water under a clear blue sky. The foreground shows a sandy beach, the middle ground features a calm blue sea with a single white sailboat in the distance, and the background is a clear, bright blue sky. The bottom of the image is partially obscured by an orange graphic element.

# FOOD & RELAX TOURS

*Incoming Italy 2022*



## *Our suggestions*

<b>Tours</b>	<b>Duration</b>	<b>Base</b>	<b>Pag.</b>
<b>Travel &amp; Taste</b> (excursions and tastings of typical products)	8 days / 7 nights	Grottammare	03
<b>Wine &amp; Taste</b> (visits & tasting in the local cellar)	8 days / 7 nights	Grottammare	04
<b>Holiday Flavors</b> (with cooking show & tasting)	8 days / 7 nights	Grottammare	05
<b>Umbria &amp; Marche</b> (excursion, tastings, meditation & relax)	8 days / 7 nights	Gubbio/Grottammare	06
<b>Flavors of the Sea</b> (bike tours, beach picnic and guided tours)	4 days / 3 nights	San B. del Tronto	07
<b>Olive Oil Tasting</b> (bike tours, olive oil tasting and visit to the oil mill)	4 days / 3 nights	Grottammare	08
<b>Discover Piceno Land</b> (trekking, relax in the sulfur waters and tastings)	4 days / 3 nights	prov. Ascoli Piceno	09
<b>Live Ragusa</b> (excursion, relax and tastings)	8 days / 7 nights	Ragusa - Sicily	10
<b>Dream Sardinia</b> (relax, sea, spa, excursions and tastings)	8 days / 7 nights	Olbia/Alghero/Cagliari	11
<b>Love Puglia</b> (excursion, relax and tastings)	8 days / 7 nights	Salento	12



## TAVEL & TASTE

Journey into the local gastronomy for 8 days and 7 nights with tasting of typical local products to discover or rediscover ancient and genuine flavors. From the San Benedetto fish soup to the famous stuffed Ascolana olive you will have the opportunity to feel the difference between an industrial product and a homemade one!

In Italy, each region has its own cooking habits and in the same region, each province is different from the other when it comes to cooking. A lifetime would not be enough to discover all the true flavors, but we decided to create this proposal based on the province of Ascoli Piceno that will make you taste the best traditional dishes and the secrets of their ingredients.

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**From € 519.00** min. 2 pax

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Transfer to/from airport - **on specific request!**

This tour can be **tailored for you**. You can change the level of service, the length of the trip and the experiences to be made.





## WINE & TASTE

Journey into the culture of local wine between old and new vineyards, walking in the midst of nature, breathing in the scents of fresh grapes and wildflowers and listening to stories of life and wine. Walk through the vineyards listening to the story of the master winemaker who with passion, love and a lot of care makes the grapes grow and then transform them into wine. At the end of the walk, a wine tasting combined with local products will make you relax and savor every drop with more interest.

8 days and 7 nights with HB service and accommodation in standard double/twin rooms. You can choose the type of structure you like best from: 3 or 4 star hotel, farmhouse, residence or country house hotel.

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**From € 549.00** min. 4 pax

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Transfer to/from airport - **on specific request!**

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## HOLIDAY FLAVORS

Journey into the local gastronomic culture for 8 days and 7 nights with tastings and a cooking class where you can learn how to cook a typical local recipe under the close supervision of the chef, followed by the final tasting of what has been prepared. All accompanied by a good wine, strictly local, which we offer!

The basic tour includes a cooking-show together with our trusted Chef where you learn how to prepare a typical local recipe, or another recipe of your liking and at the end you can taste what is cooked together. You will take home valuable advice on the cuisine that characterizes our territory and our culinary tradition.

As a gift "Certificate of participation" and 1 bottle of wine.

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**From € 589.00** min. 6 pax

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Transfer to/from airport - **on specific request!**

This tour can be **tailored for you**. You can change the level of service, the length of the trip and the experiences to be made.





## UMBRIA & MARCHE

An 8 day trip, including 4 days in the places of the spirit among the beauties of Umbria and 4 days in the Marche.

In Umbria you will visit one of the most picturesque cities such as Assisi, the symbol of San Francesco which has a beautiful medieval village, full of unique monuments and places of interest.

After Umbria we move towards the Marche passing through the famous Frasassi Caves, for a dip among the stalagmites and stalactites of the cave, and then continue until we reach the Marche coast, making a stop in the panoramic Conero Park to then arrive in the beautiful village of Grottammare on the Adriatic Sea.

Accommodation: in a double room with HB treatment or BB in a 3 or 4 star hotel and farmhouse.

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**From € 649.00** min. 6 pax

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Transfer to/from airport - **on specific request!**

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## FLAVORS OF THE SEA

“Flavors of the Sea” travel with tasting and immersion in the culture and history of a seaside town. Visiting and traveling in an eco-sustainable way is possible, using shared means of transport to get to the structure and then continue, for the duration of the holiday with combined movements by bike and / or on foot.

This travel will be entirely dedicated to discovering the city of San Benedetto del Tronto and the sustainability of the local economy, especially in the off-season periods. You will discover that sometimes a seaside city can be even more beautiful and intriguing if not crowded with tourists!

Accommodation: n. 3 nights in 3 or 4 stars hotel, farmhouse, villas or country house hotel with HB treatment (breakfast and dinner).

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**From € 299.00** min. 2 pax

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Transfer to/from airport - **on specific request!**

This tour can be **tailored for you**. You can change the level of service, the length of the trip and the experiences to be made.



## OLIVE OIL TASTING

Journey into the countryside between olive groves and tradition, with olive oil tasting at a local oil mill. A walk through the beautiful and panoramic hills of the Marche and based on your preferences, a personalized itinerary will be suggested between iconic points of the area and suggestive historic centers.

To all lovers of true cuisine made with typical products at zero km, of wine and culture, we offer a unique and exclusive holiday.

Accommodation: n. 8 days and 7 nights in a double room with HB or BB service, in a 3-star hotel located on the Picena Adriatic coast (San Benedetto del Tronto), for dinner drinks are included.



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**From € 549.00** min. 4 pax

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Transfer to/from airport - **on specific request!**

This tour can be **tailored for you**. You can change the level of service, the length of the trip and the experiences to be made.







## DISCOVER PICENO LAND

Guided tours to discover the area through bike-trekking experiences and excursions with intermediate stops where you can taste wonderful local products.

Bike-trekking excursions on Monte Piselli, a few kilometers from Ascoli Piceno; relaxation in the famous sulphurous waters of Acquasanta, also visited by the Romans for their beneficial properties. On Lake Gerosa you can try canoeing and then discover routes on foot or by bike on Montemonaco. So many wonderful places and so many choices.

Accommodation: n. 7 nights in a double room with HB in a 3-star hotel, farmhouse or country house, located in the Ascoli Piceno region.

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**From € 499.00** min. 6 pax

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Transfer to/from airport - **on specific request!**

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## LIVE RAGUSA

Trip Live Ragusa is a journey through nature, history and culture in the province of Ragusa in Sicily. The city of Ragusa is also called the "city of bridges", due to the presence of three very picturesque structures of great historical value. A holiday of at least 8 days for a minimum of 4 people to be experienced, dedicated to taste, tranquility and harmony between human and nature!



The host estate produces and signs organic extra virgin olive oils, including two DOP and one IGP, which excel in quality and organoleptic characteristics, recognized and awarded even in prestigious international competitions. So they won't spoil the Olive Oil tasting experiences!



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**Price: on request** min. 2 pax

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Transfer to/from airport - **on specific request!**

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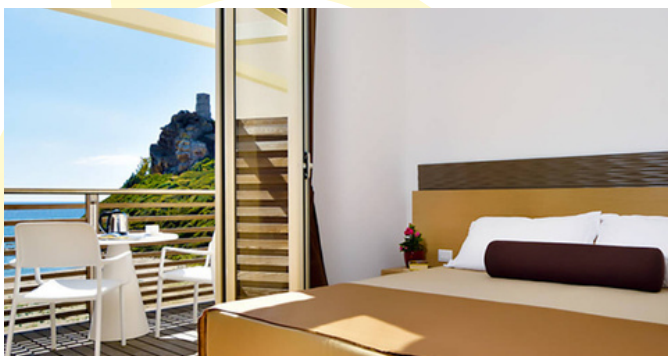


## DREAM SARDINIA

The beautiful Sardinia for a dream vacation with crystal clear sea, enchanting beaches, unspoiled nature and a cuisine that everyone likes. Many moments of tranquility, relaxation and fun of a beautiful holiday, but also protection and serenity for each guest. You can choose where to spend your holiday among many: hotels, resorts or clubs, with beautiful rooms with services of at least 4 stars and all located in a privileged position along the sea.



You can choose your favorite accommodation among 16 hotels, villages, resorts and residences, located between **Olbia**, **Cagliari** and **Alghero**!



For individuals, quote on request!

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**Price: on request** min. 2 pax

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Transfer to/from airport - **on specific request!**

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## LOVE PUGLIA

Quiet and relaxing refuge, the hotel resort in Salento a stone's throw from Otranto and the crystal clear waters of the Porto Badisco bay, in the heart of Salento.

A place to live intensely, letting oneself be captured by its history that began centuries ago.

The story of an underground oil mill, the crucial nucleus of a small rural center from the 1500s, which gave the place its name and surrounded itself with anecdotes and legends. Place of intense production of oil and wheat until 1800, it is today an estate surrounded by olive trees, thanks to the renovation work started from an old stable at the end of 1980.

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**Price: on request** min. 2 pax

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Transfer to/from airport - **on specific request!**

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# EXPERIENCES

**PARAGLIDING**



**HORSE RIDING**



**TRUFFLES**



**PICNIC**



**BIKE TRIP**



**FARM TRIP**



**BOAT TOUR**



**NATURAL SPAS**



**WINE TASTING**



**More experiences on: [www.traveltastingtour.com](http://www.traveltastingtour.com)**

# FOOD & RELAX



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## FOOD & RELAX

*When you travel with us, you experience first-hand our commitment to making travel a force for good in everything we do.*

We are convinced that holidays are a right! Our “work” goes beyond designing and posting simple holiday offers online: choosing an excellent holiday product is a great responsibility. We are convinced that we must act every day according to responsibility, seriousness and transparency. Reputation is our most precious asset.

### Our Strong Points

#### Small groups

Join a small group of like-minded travellers that are eager to safely and confidently experience all the things that make our world worth exploring.

#### Flexibility, freedom, fun

No matter the Travel Style, our tours balance well-planned itineraries with the flexibility to do your own thing and make the experience your own.

#### Locally based guides

We don't have tour guides, we have Chief Experience Officers. And they're all localized, which means they know the area you're exploring like the back of their expert hand.

#### Support local communities

We have always created our tours by building meaningful relationships with local communities, directly benefiting the people and places we visit.

# NOTES

## YOUR NOTES

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