



DO YOU LIVE TO EAT;
OR DO YOU EAT TO LIVE ?



Pomodoro Food Tours will take you to the Southern Lazio region of Italy, my ancestral home, to explore this unspoilt, naturally beautiful landscape, dotted with old medieval towns perched atop of mesmerising mountains.

This seven day tour of sensational travel and gastronomic experiences set amid breathtaking hidden locations in the villages, countryside and foothills of the region will introduce you to the history, traditions, attractions and most importantly the cuisine of the area.

A food and wine tour where you will want for nothing; just sit back, relax and enjoy all that the region has to offer with this all inclusive, fully guided tour with departures in May and June, 2019.

Enjoy superb accommodation at SarAnd Relais, in a villa room, each with private patio and lounge chairs. This extensive property is equipped with large pool and spa and set amid quiet tranquil gardens with outdoor lounges and eating areas.

A truly unique and memorable journey awaits you.

www.pomodorofoodtours.com



THE TOUR

A Food and Travel tour where you will enjoy seven full days of sensational travel and gastronomic experiences. Set amid breathtaking hidden locations in the villages, countryside and foothills of the Southern Lazio. A truly unique and memorable journey awaits you.



2019 DATES

- Tour 1 27 May to 2 June
- Tour 2 3 June to 9 June
- Tour 3 10 June to 16 June
- Tour 4 17 June to 23 June
- Tour 5 24 June to 30 June

ITINERARY

DAY 1 - CITY TO PROVINCE



Highlights

- Meet and Greet at a central meeting point in Rome
- Casale del Giglio winery tour and tastings
- Lunch hosted by Max Cottilli at Satricvm
- Visit to the Abbey of Fossanova
- Madonna della Rocca panoramic views
- Arrive at your accommodation at SarAnd Relais, your base for the next seven days and enjoy a Welcome Aperitivo
- Pina Trani, your host and chef at SarAnd will delight you with your first local Italian dinner

DAY 2 - LA CIOCIARIA



Highlights

- Visit the cheesemakers at Antica Fattoria Crolla
- Browse the Cassino farmers' market
- Monastery of Monte Cassino and the WWII cemetery
- Agriturismo Bertacco lunch and farm tour to discover 'il grano monococco'.
- Stalactites of the Caves of Pastena
- Dinner at Ai Pozzi di Lenola hosted by Salvatore Zizzo who will share his stories and passion for the local area's fresh produce
- History of La Ciociaria

DAY 3 - SUN AND SEAS



Highlights

- Port city of Gaeta and Via Indipendenza
- Gaeta historic town main attractions
- La Montagna Spaccata and its myths and legends
- Lunch at il Fortino by the seaside
- Relax on a sunbed lounge sipping a drink under a beach umbrella. Enjoy the seaside just like the italians do
- Archeological Museum including Villa and Cave of Tiberius
- Walk the historic hilltop village of Sperlonga
- Dinner at Gli Archi - Michelin star restaurant

DAY 4 - COOKING WITH PINA, WINE AND A DINNER FIT FOR A KING



Highlights

- Tour of SarAnd Relais farm including the horse stables
- Collect farm produce for cooking class with Pina
- Masterclass cooking class with lunch
- Visit to Monte Cecubi with tastings and tour of this historical boutique winery
- Spectacular Sanctuary of the Madonna della Civita
- Degustation dinner at Lo Stuzzichino hosted by Masterchef Francesco Capirchio who will share his culinary journey

DAY 5 - FEAST IN THE FAMILY



Highlights

- Meander around the picturesque village of Lenola and its main attractions
- Lunch at Collecaminno with the traditional local specialties
- Guided excursion of spectacular Aurunci mountains and learn about the 'Cippi'
- Tour and tastings at the award winning olive grove of L'impronta Azienda Agricola
- A local family to entertain you with a family feast to remember

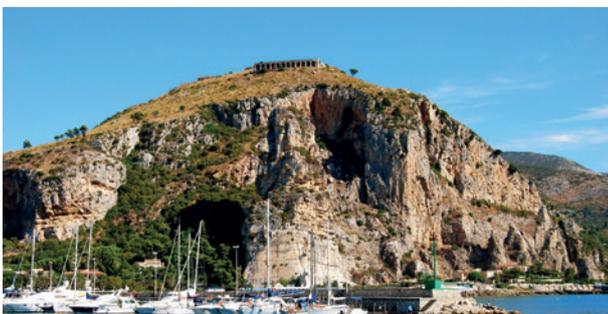
DAY 6 - CASTLES AND BUFFALO MOZZARELLA



Highlights

- Visit Fondi and its Castello Baronale and Palazzo Caetani
- Enjoy la passeggiata along Corso Appio Claudio
- Tour of the town's main attractions
- See how they make the famous Buffalo Mozzarella
- A long lunch in an idyllic location, savouring all the area's fresh produce
- Visit to the town of Itri and its imposing Castle
- Say farewell at SarAnd Relais with Aperitivo and supper

DAY 7 - TEMPLES TO THE SEA



Highlights

- Visit the complex of the Temples of Jupiter Anxur
- Walk the narrow streets of Terracina historic old town
- Enjoy the fresh sea air strolling along the boardwalk
- Lunch at Centosedici
- Visit San Felice Circeo seaside town
- Arrive back in Rome early evening

TOUR INCLUSIONS

- Accommodation 7 days/6 nights
- Buffet Breakfast daily
- All main meals, wine and beverages
- Tastings at local culinary locations
- Cooking class
- Small groups limited to 8 people
- Local Tour Guide and Individual Hosts
- Entry to all attractions on daily tours
- Spacious, air-conditioned mini-coach
- Tour Leader to take care of all your needs

PRICING

AUD \$2670.00

Per Person
All inclusive tour;
7 full days and 6 nights
Single supplement avail



REVIEWS

“A BREATH OF FRESH AIR...”

After the hustle and bustle of Rome, the Lenola area was a breath of fresh air. Pristine coast and hillside views were overshadowed only by the phenomenal level of their cuisine. The local culture is infused with a genuine love for food and hospitality. Everywhere we went seemed to have their own specialty olive oil, house wine or salami, each fantastic. Food was fresh and often home grown. Warm, welcoming and humble, but with an unmistakable glint of pride in their craft, the eateries and restaurants we visited produced a top-notch experience. It's hard not to find everything charming and welcoming when eating food like that.

ANTHONY GRAY, MELBOURNE, AUSTRALIA

“IT WILL BE A VACATION WE WILL NEVER FORGET!”

Our extended family did the tour and we loved the wonderful hilltop towns nestled amongst the hills with a view all the way to the sea. A combination of a “quiet and quaint” towns but with high-end restaurants, ancient olive groves, and close to the ocean. Our accommodations were perfect with such great views and with a delicious breakfast each morning. We saw nearby towns and beaches and everyone was friendly, and our guide was amazing! It will be a vacation we will never forget! Maria was very knowledgeable, organized, and offered choices for all of us, including some downtime. She knows everything about the area and beyond!”

NANCY L WINANS, SANTA CRUZ, CALIFORNIA, USA

“THIS AREA OPENS YOUR EYES, TASTE BUDS AND HEARTS TO A PART OF ITALY...”

This sea and hillside area is truly unique - the little wonders and humble, warm but unmatched local culture boasts a tradition of fresh and quality produce and excellent meals whether at home or fine dining in the area's famous restaurants. The area unveils a side to Italian cuisine you cannot find in the big cities, and an equally special tranquillity. Maria's tour of this area opens your eyes, taste buds and hearts to a part of Italy that will reveal to travellers the whole story behind the rich Italian cuisine and culture.

MATILDA BYRNE, MELBOURNE, AUSTRALIA



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Welcome 'benvenuti' to Pomodoro Food Tours!



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POMODORO
food tours