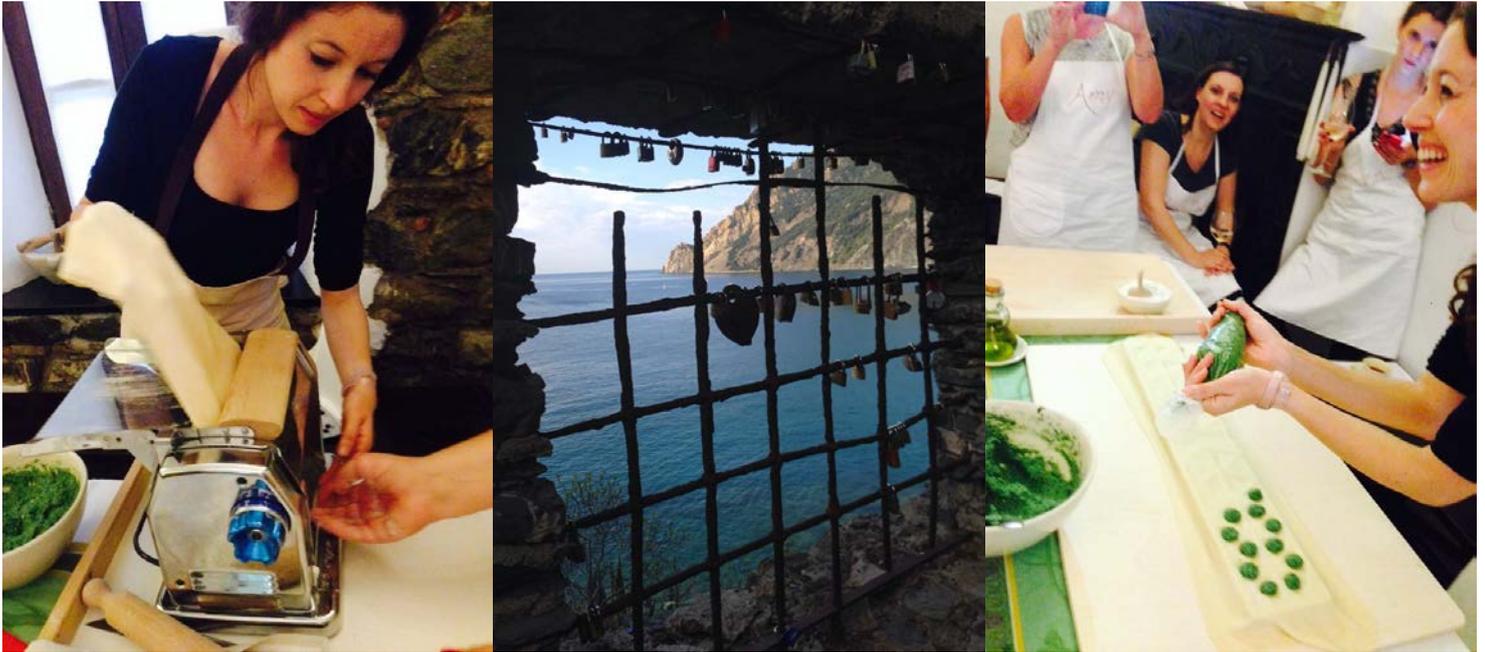


Travel to Liguria with Nellie Kerrison (7 days)
Ligurian Riviera 2nd – 8th October 2015



Preparing Pansoti pasta with preboggion filling at the Abbey

Moneglia is one of Italy's prettiest villages (Borghi piu belli d'Italia) where we stay in guesthouse accommodation winner of Condé Nast Johansens Readers' Award 2011 and Most Excellent Luxury guesthouse 2009.

Highlights:

- Luxury award winning guesthouse in former 15th Abbadia San Giorgio for the exclusive use of Relish Mama party
- Three private cookery classes in Ligurian recipes held at the Abbadia San Giorgio and local restaurant [La Ruota](#) (click for review)
- Select producer visits to discover Sciacchetta wine, organic cheeses, Ligurian olive oil, farinata and torrone
- Visits to Portofino, Cinque Terre, Chiavari, Sestri Levante and the beautiful Val di Vara
 - Dining at carefully selected restaurants

Relish Mama Trip to Liguria

This culinary tour to Liguria, Italy is perfect for discovering the romance of Italy's food and wine culture, accompanied by Nellie Kerrison, food writer and founder of Relish Mama cookery school in Melbourne. Engage with wine and food producers directly in some of the most beautiful spots on the Riviera, together with Nellie and the Abbey's owners.

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Gastronomy

Liguria's elegant cuisine celebrates conservation and freshness in equal measure. Ever mindful of the vicarious bounty provided by Nature's larder and the sea, Ligurian cuisine developed to celebrate the feast when produce was plentiful and keep famine at bay, when it was not.



Ligurian cooking is healthy and innovative, using local produce such as basil, walnuts, beets, chickpeas, chestnuts, and the delicate local olive oil and plenty of fresh vegetables. As much of the farm land is owned by small holdings, the region pioneers organic farming.

Celebrate the freshness of ingredients, learning to prepare wonderful home-made basil *pesto* and *preboggion*, a filling of locally collected herbs.

A beautiful destination



The *Abbadia San Giorgio* is special. The moment you step foot through its gates into the frescoed 15th century cloister, the stillness of the air and protective embrace of the wide portico on the ground floor welcome you to the former Franciscan friary, now a luxury guesthouse.

Moneglia village is situated in Southern Liguria at the top of the beautiful run of coastal cliffs that leads into the Cinque Terre. The picturesque village is surrounded by green hills and faces a wide sandy beach. The centre is restricted to traffic, which arrives just a few times each hour through an old railway tunnel.

October is a lovely time to visit Italy and appreciate the unspoiled Riviera lifestyle, sandy beaches and pristine walking trails.

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Day 1 2 OCTOBER 2015 WELCOME DINNER
Arrive at Genoa airport and transfer to Abbazia San Giorgio for welcome drinks and a demonstration of how to make Ligurian pesto, surely among the best you will ever taste followed by dinner in the Abbey.



Day 2 3 OCTOBER 2015 CINQUE TERRE
Visit the Cinqueterre by train. Composed of five coastal villages the Riviera was once linked only by walking trails and the sea. The region has been a UNESCO World Heritage site since 1997. During the visit a wine tasting is included. On return enjoy dinner with a focus on historic recipes by restaurateur Luca Ciceri.



Day 3 4 OCTOBER 2015 VARESE LIGURE
See the Vara river valley and the hamlet of Varese Ligure in the Ligurian hills. The valley is notable for its many organic farms. We visit an organic cheese producer for a tasting and visit a local artisan who crafts the traditional wooden stamps for making *corzetti* pasta discs before a farm lunch. The evening is free in Moneglia.



Day 4 5 OCTOBER 2015 SESTRI LEVANTE
Join our cooking lesson to prepare lunch guided by leading local restaurateur Edoardo Compiano at La Ruota. This afternoon in Sestri Levante visit an olive oil producer and historic candy producer Rossignotti. The evening there will be a wine dinner in the hills with Ligurian wines presented by restaurateur Sergio Circella.



Day 5 6 OCTOBER 2015 CHIAVARI
Catch the train to the markets of Chiavari. See the preparation of traditional Ligurian *farinata*; a moreish chickpea pizza and light lunch in an historic *osteria* before returning for a cooking lesson at the Abbey with dinner afterwards.



Day 6 7 OCTOBER 2015 MONEGLIA
The morning is free. This afternoon there will be a final cooking lesson in the Abbey followed by dinner in the Abbey.

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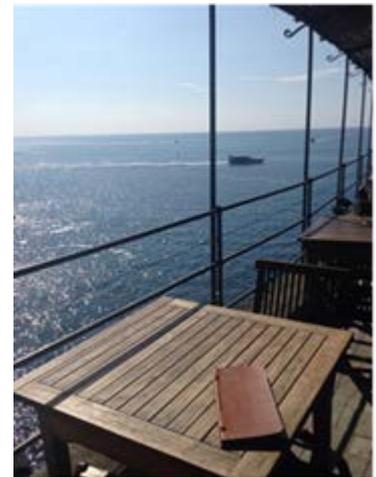
Day 7 8 OCTOBER 2015 DEPART

This morning after breakfast we depart for Genoa, where the tour ends.

PRICE:

The price is \$3695 (AUD) per person based on shared accommodation of a classic double room, including:

- 6 nights bed and breakfast at Abbadia San Giorgio, Moneglia
- 4 cooking lessons
 - 1 cooking demonstration, Moneglia
 - 3 cooking lessons, Moneglia
- 3 lunches with wine and mineral water
- 5 dinners with wine and mineral water
- Food visits as listed:
 - Winery visit Cinqueterre
 - Organic cheese visit Varese Ligure
 - Market visit Chiavari
 - Olive oil producer Sestri Levante
- Excursions as listed:
 - Cinqueterre with guide and tour host
 - Varese Ligure with guide and tour host
 - Sestri Levante with guide and tour host
 - Chiavari with guide and tour host
- Rail excursions on 2 days
- Group transfer by coach as described on other days
- Relish Mama tour host, Nellie Kerrison

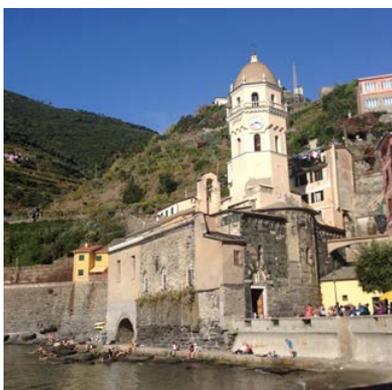


Supplements and upgrades (*please see overleaf for guidance on rooms*):

Upgrade to large double	(Custos or Bibliothecarius)	\$215.00
Upgrade to romantic room	(Librarius or Mulier Benefica)	\$385.00
Sole occupancy:		\$795.00

NOTE: Please **do not book** your flights until the tour has been confirmed to operate. This tour will operate subject to a minimum number of participants.

Not included: Flights, Insurance, Meals not listed, Extras and personal spending such as optional excursions and gratuities.



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How to book:

We ask you to call **Relish Mama** on 0418 592 607. Following your reservation by phone we can hold it for you for 7 days. You must within this period complete and return the booking form to Relish Mama, Warehouse 1, 347 Bay Rd, Cheltenham, 3192 Victoria, Australia together with your payment of \$1000 per person for the deposit. Please note that telephone reservations can only be held for 7 days.

Accommodation Selection:

All rooms enjoy private en suite bathroom with shower, telephone, satellite TV, room safe, hair dryer, mini bar and air-conditioning.

Singles— single travelers are invited to share rooms with friends, if possible, or to pair up with like-minded same gender travelers. If availability permits on arrival we will upgrade sharers to a room for single occupancy, giving preference by booking date.

Classic double rooms are furnished with a double bed (54in. x 75in.). The room size is approximately 150 sq. ft.

Double rooms are furnished with double beds (69in. x 77in.) and are suitable for couples or sharers as the beds are divisible. Rooms are larger than standard at approx. 215 sq. ft.

Large Doubles are furnished with larger doubles (70in. x 78in.) and are suitable for couples or sharers as the beds are divisible. Rooms are larger than Junior Suites at approx. 300 sq. ft.

Romantic rooms are furnished with double beds (69 in. x 77 in.) and have canopy beds. The rooms are the largest in the property at approx. 355 sq. ft.

BEFORE YOU GO....

What will the weather be like?

The weather is likely to be warm to cool with the chances of showers – the average maximum temperature for Liguria in October is 71°F / 22°C and the average minimum 61°F / 16°C.

What should I pack?

Sunglasses and sun cream – hats for those thinning on top – casual smart for dinner- warm clothes – waterproof and stout shoes for walking – dressing gown if you wish – slippers. Electricity supply is 220V. Remember a standard European adaptor if you are bringing electrical items, such as a mobile phone recharger.

What travel documents do I need?

Your **flight tickets, passport**, a copy of your **travel insurance** policy making a note of the number for medical emergency overseas.

What about the accommodations?

Further details of the accommodations used can be found at:

Abbadia San Giorgio <http://www.abbadiasangio.org>

What about meals?

Most meals are included from dinner on 2nd October through to breakfast on 8th October, with the exception of one evening meal and two lunches which are independent.

What if I need to change money?

Italian banks open 09.00am-14.00pm Monday to Friday. You also have the opportunity to change money at exchange bureaux in the airport. Alternatively you can use cashpoints in Italy, using bank cards with a valid PIN.

How much walking?

If you suffer limited mobility, please contact us for advice before booking. A coach or train is used for most excursions but on disembarking visits to markets, food and wine producers and historic sites will be on foot, averaging approximately 2 hours.

What if there is an emergency?

In the event of an emergency (medical or otherwise) in Italy in the first instance inform your tour director. You should also call Tastes of Italy on (+44) 20 8874 3490. Out of hours (17:30 – 09:30) please try the mobile (+44) (0)7867 797890 and leave a message for William Goodacre, stating the nature of the emergency and your contact details for us to return your call.

How do I stay in touch when I am away?

To call Italy from Australia dial country code 0011 39

To call Australia from Italy dial 0061 and omit the '0' of the area code.

If you bring your mobile please note call charges for 'roaming' can be excessive.

Who are Tastes of Italy?

Since 2000 Tastes of Italy has been creating bespoke trips in Italy, France and Spain for private parties, wine clubs and individuals.

Tastes of Italy specialises in gourmet arrangements. Our aim is to provide excellent service, genuine hospitality and enriching travel through careful selection of the people we work with.

William Goodacre

Director

wg@tastesofitaly.co.uk

Tastes of Italy Ltd

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London SW18 4LT

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Fax: +44 (0)870 169 5324

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IMPORTANT INFORMATION

Protection of Monies In accordance with the United Kingdom's Package Travel, Package Holidays and Package Tours Regulations 1992, Tastes of Italy Ltd. protects all monies in a Trust Account. All monies are held in trust until the completion of your holiday or the end of our services to you, which will be specified on our confirmatory booking invoice.

Minimum numbers This tour will operate subject to a minimum of 8 participants and maximum of 16 persons.

Items not included

- Travel to and from Italy
- Holiday insurance
- Passport expenses
- Optional excursions
- Meals, unless otherwise stated
- Personal expenditure

Passports Holders of an Australian passport should ensure that the passport is valid for at least 3 months beyond your proposed stay for tourist travel. If you should need a new passport please ensure you inquire in sufficient time before your departure. For further information on Australian passport applications, visit:

<https://www.passports.gov.au/Web/index.aspx>

Visa Holders of an Australian adult passport do not require visas for travel to Italy as a tourist for up to ninety days. If you are combining your trip with business please note that you may be required to arrange a business visa. For further information, visit:

http://www.ambcanberra.esteri.it/Ambasciata_Canberra

Other passport holders should check with their local Italian Embassy or Consulate for further information.

Health At the time of writing no vaccinations are compulsory for travel to Italy. In Italy the telephone number for medical emergencies is 113. To register your travel overseas with the Department of Trade and Foreign Affairs, visit:

<http://www.smartraveller.gov.au/>

Dietary Requirements Please speak to us as soon as possible if you have any particular dietary requirements.

Special Requests We are happy to comply with your special requests whenever possible. When it is possible for us to guarantee a special request, we will be happy to do so but ONLY IN WRITTEN CONFIRMATION TO YOU.

Travellers with Disabilities If you have a disability please let us know details so that we can ensure suitable arrangements are in place for you. Please note that the suitability of this tour may vary dependent on the nature of the disability and whether you are accompanied by an able-bodied companion. We regret that sometimes we are unable to provide the itinerary of your choice due to the lack of facilities at the accommodation featured or due to the travel arrangements.

Travel Insurance It is a condition of booking with us that you have suitable travel insurance in place which covers both your financial investment in your trip, such as the cost of lost luggage or cancelled flights and medical emergencies, including repatriation. For further information and a list of travel insurance companies who are members of the Insurance Council of Australia please visit the website:

<http://www.insurancecouncil.com.au/for-consumers/finding-an-insurer>