

THE STORY OF CIT

A long time ago in a boot-shaped country far away in Europe, CIT stood for ‘Compagnia Italiana Turismo’ – or the ‘Italian travel company’.

*Today in Australia, CIT are the original **Italy Travel Specialists**, now with the best of Europe too. Still family owned and operated, still known for quality and a passion for Italy.*

And so the story continues...



Peter Newsom, Managing Director & Kate Newsom, General Manager | Rome



Dream, discover...experience Italy

The CIT Travel Experience

ITALIAN DESTINATION SPECIALISTS

CIT know **Italy** because we go... again and again. We draw on our personal **Italy travel experiences**, our travel teams' Italian (and European) heritage and ongoing destination training. We share our love of Italy with you and recommend the best way to discover and experience the *Bel Paese* (beautiful country)... plus the **best of Europe**.

FAMILY OWNED AND OPERATED BUSINESS FOR 45 YEARS IN AUSTRALIA

That's good for you because **CIT understand** the value of people and long term relationships. We have stood the test of time by giving personal service, building trust and strong supplier and client partnerships. You can rest easy knowing that we get what's important when planning **your dream Italian holiday**.

BOOK BEFORE YOU GO

Plan and secure your **Italian travel experience** before you leave home. With easy CIT online quotes and bookings with guaranteed hotels and tour departures across Italy, even in high season. That means **no waiting** in queues for rail tickets or must-see sights, day tours and taxis. Now, all you need to do is sit back and **enjoy the journey**.

ONE STOP SHOP FOR ITALY

Of course, being **Italian experts**, CIT has the **best available air, hotel, tour, car and Europe rail rates** and the **most extensive product range on Italy**. Feel like cycling or walking... or even cooking in Italy? We can do all that... and more. And that's good news because you don't need to go anywhere else when planning and booking your next **Italian travel experience**.

ITALY
SPECIALISTS







Castel Sant'Angelo, Rome

CIT'S ITALY

Introducing our new style 'Italy' brochure, designed to help you plan your dream Italian holiday experience. Here's a few tips on how it works.

Choose Your Own Adventure

Mix and match your accommodation style with your preferred mode of transport, then add extras like transfers, day trips and tours. There's a **travel experience for everyone** - from independent travellers to groups and families.

CIT Recommends

We can tailor the perfect holiday just for you - from budget to luxury to family-friendly, from activity-packed adventure to 'stay a while' relaxation.

If you need a recommendation, talk to one of our Italy specialists today.

CIT Experiences

Italy has so much to offer whether it is art, history and culture, a walking adventure, a foodie encounter or a combination. Our travel experts are committed to **tailoring your perfect holiday**. Use the helpful icons to work out what style of travel suits you.



Tours Italian Style

Discover Italy on an escorted tour with frequent departures from Rome and Milan, showcasing the highlights of the Italian islands (Capri and Ischia), Tuscany, Amalfi Coast, north and south Italy, Italian Lakes, Dolomites, Liguria and Sicily.

If you seek more authentic local experiences, culinary treats and characteristic accommodation, **boutique regional Italian tours** might be for you. Check out our range of smaller, more intimate and personalised tours of Umbria, Tuscany, Abruzzo and Puglia with **food, wine, walking and cooking** options included.

And if do-it-yourself is more your travel style, look no further than our range of **self drive and walking tours** that take you to the heart of Sicily, Tuscany, Umbria, Lazio, Emilia Romagna, Cinque Terre and the Italian Riviera.

Remember, if you have a small amount of time (or a lot) there are plenty of exciting and **affordable city and day tours** to add to your travel itinerary. These include: food, cooking, history, walking, shopping and key highlights of major Italian cities and their surrounds.

Getting There

OUR AIRLINE PARTNERS

Fly to Italy (and Europe) with our preferred premium airline partners including: Emirates, Qantas, Singapore Airlines, Etihad and Cathay Pacific. Ask for our best available air and land deals and save.

STOPOVERS

With our best available airfares to Europe, we can also book your stopover holiday along the way. Hotels, transfers, tours and packages in all major European stopover cities including: Dubai, Abu Dhabi, Singapore, Hong Kong and Bangkok. Ask for details.

TRANSFERS

In all major Italian cities we can arrange transfers from the airport or main train station to your hotel and vice versa. Booking your transfers before you travel not only saves time and effort when you arrive after a long international flight, it also gets you straight to your hotel door, with all your luggage in one piece. So you can begin your holiday straight away - without navigating public transport with

heavy luggage, negotiating taxi fares in a foreign language or getting lost before your adventure even begins!

Beyond Italy

We understand that you may be combining your Italy experience with other European destinations. Whether you want to explore Paris, London, Switzerland or more we can assist with all your arrangements.



Cinque Terre, Liguria



Venice

Accommodation

CIT hotels, apartments and villas across Italy are small to medium sized, sometimes family-run, often centrally located and in historic buildings. They are chosen for their charm and style, Italian hospitality and the relationship built with them over time.

This means we can personally recommend the accommodation that best suits you. Fear not. You won't find yourself in a large, impersonal, modern hotel that caters for large coach groups and conferences.

As a rough guide, the following hotel star ratings are a good indication to the facilities and standard you can expect.

All CIT hotel rates include breakfast.

- ★★ A moderate property with private facilities, centrally located or close to public transport.
- ★★★ A standard property offering clean and comfortable rooms. Affordable and suitable for a family.
- ★★★★ A superior hotel offering above average to very good facilities.
- ★★★★★ A luxury hotel offering a full range of facilities and exceptional service.

NOTE: an Italy City Tax applies on hotels depending on star ratings and is payable direct per person per night.

APARTMENTS AND VILLAS

Apartments and villas usually have self-contained cooking and laundry facilities and are ideal for families and groups. Live like a local in a city apartment. Stay one night or base yourself in a villa in the Tuscan countryside for a week. And for freedom to explore the local area we recommend renting a car. Look for our villa deals inclusive of car hire or ask for our best available car rates.

CHILDREN

We understand that travelling with children can be difficult and often means "hidden" costs. To assist, we have negotiated special family discounts in various hotels throughout Italy; children stay free or at 50% of adult rates. Ask us for details.



Fiat fun

Italy is a dream destination that travellers return to again and again.

People travel to this beautifully diverse country to:

- **discover the Italian way** of living
- **explore its rich cultural treasures** and ancient civilisations
- gaze upon **timeless picture-perfect landscapes** and
- **savour world-loved Italian food** and wine.

Italy is... the past and present juxtaposed in one incredibly diverse 'boot shaped' country with its timeless beauty, remains of ancient civilisations and wonderful art and architecture around every corner.

Discover Italy from north to south... region by amazing region (there are 20!). Immerse yourself in the **local traditions**, converse with the **Italian people** and learn the **Italian way** - with a touch of *la lingua Italiana* (Italian language) and a whole lot of *cucina Italiana* (Italian cuisine)!

There are so many things to love about Italy... and your Italian journey starts here.

WHEN IN ITALY

Have you ever pictured yourself in Italy? Pizza, pasta and piazze... Aperitivo, cheese and vino... Narrow winding alleyways, rolling green hills with olive groves and vineyards, ancient ruins and cultural masterpieces... and the sparkling waters of the sun-kissed Mediterranean.

Do:

- **BE YOURSELF AND BE AWARE** There are pickpockets targeting tourists everywhere across Italy and particularly around tourist hot spots. So, it's a good idea to blend in.
- **TRY OUT A FEW ITALIAN WORDS** Buongiorno, per favore, grazie, buonasera and arrivederci are all helpful greetings. 'ciao' is used willy-nilly in Italy especially by younger folk but, it is a casual greeting, so only use it when it has been used by a local first.
- **STAY COOL IN SUMMER** Book a hotel with A/C (or a fan) or even a villa with pool and plan to visit outdoor tourist attractions in the cooler parts of the day. Rest indoors or in a gallery, church, museum or shady park during the heat of the day.
- **EAT GELATO** every day, especially in summer.
- **LEAVE A TIP WITH YOUR MEAL OR APERITIF** Being a waiter is a respected career choice in Italy and not a casual job. 15% is usually added to your bill in restaurants, cafes and hotels to cover service charges.
- **RESPECT A DIFFERENT CULTURE** Wear comfortable and appropriate clothes. Italy is a Roman Catholic country and, despite what you believe, it is respectful to cover your shoulders and knees when in a church or sacred place.
- **KEEP AN OPEN MIND** There are lots of Italians living in a very old country with lots of visitors, every day, in their backyards so to speak. There are often crowds - people trying to enjoy their holidays and locals going about their daily lives. It's good to stay calm and be flexible. And respectful. After all, you are on holiday.
- **LIVE LA DOLCE VITA** Ah the sweet life. Relax and savour your Italian experience. As they say, when in Rome...

Don't:

- **LOOK LIKE A TOURIST** No visible bum-bags, passport neck wallets or a camera slung over your shoulder. There are far better and more stylish options available these days.
- **BUY WATER BOTTLES IN ROME** Buy one then use the many natural spring water fountains around the city, and other Italian cities too. You won't get sick and you will help the environment.
- **DRIVE LIKE A TOURIST** Italians drive assertively and don't follow the same road rules as in Australia. Be confident, stay on the right (overtake on the left) and keep calm. If there are no signs, go straight ahead until otherwise indicated. And don't forget to take out insurance on your rental car!
- **EXPECT THE SAME AS HOME**
Pasta is an entrée not a main meal. It's not drowned in sauce or liberally seasoned. Pizzas (thin crust) are often eaten whole. That's one per person not a share experience for the whole family.
Café the Italian way. Milky lattes and cappuccinos are enjoyed before 11am. Espressos are taken after meals and throughout the day, usually standing at the bar (it's cheaper too!). There is no skinny, soy, flat white, so save your special order for home.
Wine (vino) is generally enjoyed with food, not on its own.
Aperitivo is a pre-dinner drink, from 5pm and usually a *biere* or spirit mix enjoyed seated with a little (complimentary salty) snack. A liqueur like *grappa* or *limoncello* (or sambucca or Frangelico!) is taken after the meal as a digestive.
Italians observe lunch as their main daily meal, take a siesta (nap) in summer during the heat of the day and eat dinner late... often walking, chatting and eating gelato in the cool of the evening. What a great idea!
- **TRAVEL WITH TOO MUCH LUGGAGE** There are many old cobbled streets, lots of stairs to climb and small lifts. Car boots are small, train compartments are crowded so if you want to save your back and energy, pack smart and light.



AN ITALIAN ROAD TRIP EXPLORE BY CAR

Staying in a villa in the Italian countryside? Looking for authentic local food and long lunches as you go? Want to linger longer in a beautiful village or hill town? No problem. Self drive holidays give you the freedom to explore your own way in your own time. No early starts, no crowds or being herded around. And many roads to discover off the beaten tourist track with only you in charge of your dream Italy travel experience.

The Best Car For You

Remember to consider your travel needs before choosing the best car for you. How much luggage will you have? Are you more comfortable driving manual or automatic? If you are driving for more than 21 days, car leasing a brand new vehicle might be a better, more affordable option. The choice is yours.

ITALIAN EXPERIENCES

- The best way to discover Tuscany, Umbria and other, less-travelled regions is by car. The good news is many CIT villa stays include car rental in the price. Ask for details.
- Our Slow Food self drive itineraries include Italian regional highlights, seasonal food and wine and charming pre-booked hotels. All you need to do is drive and follow the map!
- CIT can tailor a self drive itinerary to suit your needs and book your accommodation in various locations along the way.

NOTE: driving in Italy and Europe is on the right hand side, overtaking on the left. Carrying an international driving licence is recommended.

We offer competitive car hire rates and can let you know about the latest early bird deals or special offers. Contact us for more information.

Car Rental

For total freedom and independent travel, why not hire a car and experience the picture postcard countryside first hand, and at your leisure. In some Italian (and European) cities, vehicular access is limited. We can advise the best hotel choice and car parking options available across Italy. We offer the best Avis and Maggiore Italy (and Europe) car rental prices available.



Car Leasing

If you are travelling to Europe for over 3 weeks, car leasing is an affordable (tax free) transport option, allowing you the freedom to travel all over Europe, hassle free from 21 to 170 days. The longer you lease, the lower the daily rate. We have great car leasing deals/rates with Renault Eurodrive.

RENAULT EURODRIVE
Established since 1955
TAX FREE EUROPEAN CAR LEASING





EXPLORE EUROPE BY RAIL

Book all your Italy and Europe travel in the one place with CIT. Combine your rail travel with hotels and city tours, day trips and something uniquely Italian. From Rome to Venice to Sorrento... and everything in between, rail travel in Italy (and across Europe) really is the easiest way to travel.

Rail Passes & Tickets Across Europe

- Point to point rail tickets
- Italian train travel - Trenitalia and Italo NTV
- High speed European trains - Eurostar, TGV, Thalys
- European passes - Eurail, BritRail, German Rail, France Rail
- Multi country passes and Open tickets
- Swiss Travel System
- Venice Simplon-Orient-Express

Don't forget, some of the world's great rail journeys are in Italy and Europe.

CIT Recommends

- **France and Italy** - Paris to Rome via the Swiss Alps
- **Two Rivas** - Nice (France) to Liguria (Italy) via Cinque Terre
- **Italian Art Cities** - Milan/Rome - Florence - Venice (via Italian Lakes and Alps)
- **South of Rome** - to Naples - to Amalfi Coast - to Sicily
- **Scenic Rail Journeys** of Switzerland

Highlights of Italy by Rail

9 days / 8 nights

FROM \$799*

INCLUDES

- 8 nights 3-star accommodation
- Breakfast daily
- Standard class rail tickets Rome/Florence/Venice
- Ancient Rome walking tour
- Welcome to Florence tour
- Gondola tour



Explore the magnificent art cities of Italy - Rome, Florence and Venice, staying in centrally located 3-star hotels and travelling between cities by rail.

Discover ancient Rome on foot and enjoy priority entrance to the archeological area. Immerse yourself in the Renaissance architecture and impressive artwork in Florence and soak up the romantic atmosphere of Venice on board a gondola.

NOTE: upgrades to 4-star and 5-star hotels and 1st class rail travel are available at a supplement.

For more information and prices on these products, and other rail packages please refer to our Europe Rail brochure and/or www.cit.com.au or contact us for details.



*All from prices shown are per person based on twin/double share occupancy in lead-in rooms. Seasonal surcharges, event supplements and minimum stays may apply. A city tax is payable direct to all properties at time of check out.



5 reasons to travel by train

- 1 The most affordable, efficient (and green!) way to travel. Rome to Milan in only 2 hours 55 minutes.**
- 2 Arrive in city centres ready to explore. No waiting at airports or in taxi queues.**
- 3 Flexible and stress free - all you have to worry about is making your next train connection!**
- 4 Rail networks link Italy with neighbouring European countries - Switzerland, France and Spain are just across the border (and mountains). Why drive when you can go by rail and enjoy the view?**
- 5 Quick and easy to plan ahead. Book online at cit.com.au**

Welcome aboard the Venice Simplon-Orient-Express, undeniably the world's most famous train. Journey to and from Italy in classic style on board this magnificent train. Travel through the changing landscapes of Europe, surrounded by the lavish décor of each vintage carriage and your cabin accommodation. Sample stunning cuisine and experience the romance and glamour of the Golden Age of Travel on board the Venice Simplon-Orient-Express.

RETURN TRIPS

Return/multi-sector combinations with any other overnight sectors: 15% saving.

INFORMATION

With a Bellini in hand, depart London Victoria aboard the cream and umber carriages of Belmond British Pullman. Enjoy a delicious brunch as the train wends its way to Folkstone. Join your fellow passengers on the luxury coach transfer to take you across the Channel on the Eurotunnel. Arrive in Calais to relish your first glimpse of the Venice Simplon-Orient-Express. Once settled in to your plush cabin, toast your arrival in the Bar Car before your first magnificent dinner.

WHAT TO WEAR

In keeping with the spirit of the occasion, you can never be overdressed on board. Many gentlemen choose to wear black tie for dinner, with ladies opting for stylish cocktail or evening dresses, which enhances the atmosphere for all passengers. At the very least, we ask gentlemen to wear a jacket and tie for dinner. During the day, smart casual clothing is the norm, excluding jeans and trainers.

ADJOINING SECOND CABIN

For additional comfort, you may choose to book an adjoining cabin. The supplement shown is for two people sharing. Waiting list for an adjoining cabin is available within 7 weeks of departure date only. Please ask to be added to the waiting list at the time of booking. Special booking conditions and cancellation fees apply as per the Venice Simplon-Orient-Express policy.

LONDON/PARIS TO VENICE (OR V.V.) 2 days / 1 night

Departing London or Paris on Thursday or Sunday.

Departing Venice on Wednesday or Saturday.

A journey through southern England to France, Switzerland, Austria and Italy.

Price per person one-way

Departing London
From **\$3440***

Departing Paris
From **\$2880***

OTHER JOURNEYS AVAILABLE

Budapest - London
2 days / 1 night

Budapest - Paris
2 days / 1 night

Istanbul - Bucharest - Budapest - Venice
6 days / 5 nights

Paris - Budapest - Bucharest - Istanbul
6 days / 5 nights

Venice - Budapest - London
5 days / 4 nights

*All from prices shown are per person based on twin/double share occupancy in lead-in rooms. Seasonal surcharges, event supplements and minimum stays may apply. A city tax is payable direct to all properties at time of check out.



Colosseum, Rome



ITALY'S TREASURES ART, HISTORY & CULTURE

Age old traditions, awe-inspiring art and architectural masterpieces that have influenced western civilisation and the greatest number of UNESCO World Heritage sites in the world. Italy is full of cultural riches, ancient ruins and the famous names of Michelangelo, da Vinci and the Renaissance.

From pre-Roman times to the present, Italy holds the key to ancient times and civilisations, its history preserved in town centres (*centro storico*) and unique landscapes across the country. From Greek temples and Roman cities, Etruscan walls and Norman cathedrals, Italy is full to the brim of world famous art, architectural and historic masterpieces.

The major art cities of **Rome**, **Venice** and **Florence**, and many smaller towns, are open air museums full of cultural treasures and recognised heritage sites themselves.



Fresco in Abruzzo

Italian Treasures Not To Miss

- **When in Rome** Visit the ancient Roman Colosseum, Forum and the Pantheon, Bernini's magnificent fountains in Piazza Navona, artist Rachael's paintings and sculptures in Borghese Gallery and of course, the iconic baroque-style Trevi Fountain and Spanish Steps. And don't miss the Capitoline Wolf, a world famous bronze sculpture inspired by the founding of Rome legend and located at the Musei Capitolini.
- **Vatican City** Take in the smallest city state in the world, surrounded by Rome. See St. Peter's Basilica and Square, the Vatican Museums full of ancient archives, Roman sculptures and Renaissance frescos, baroque gardens and of course, the Sistine Chapel, famous for Michelangelo's ceiling paintings including *The Creation of Adam*.
- **Renaissance Florence** is set alongside the River Arno spanned by picturesque Ponte Vecchio. It is home to Michelangelo's much loved sculpture of *David* at Galleria dell'Accademia, Botticelli's Renaissance masterpiece *Birth of Venus* and other masterpieces in the Uffizi Gallery. Visit Brunelleschi's iconic Santa Maria del Fiore Cathedral with its magnificent green and red marble façade and the largest brick dome in the world. Don't miss the fascinating Vasari Corridor, Giotto's Florentine-Gothic style Campanile Tower and St. John's octagonal Baptistry, with its *Gates of Paradise* by Michelangelo, an example of Florentine Romanesque architecture and one of the oldest buildings in the city.



Florence



Statue of David, Florence



Italian art



Greek ruins, Sicily

- **Cultural wonders of Milan** See Leonardo da Vinci's world famous mural, *The Last Supper* in the refectory of the Convent of Santa Maria della Grazie and marvel at the Duomo Cathedral, one of Italy's only examples of late Gothic architecture. And the world famous Teatro alla Scala, Milan's must visit opera house.
- **Ancient Greek temples and theatres** scattered across Sicily, Puglia and Calabria regions in the south.
- **Norman cathedrals** in Monreale, Cefalu and Palermo in Sicily.
- **Etruscan architecture** Walls, city gates and arches - some of the best remaining examples of this pre-Roman civilisation found in Volterra and the Maremma in Tuscany and Perugia in Umbria.
- **Mosaic and fresco masterpieces** found in churches, caves and ancient Roman ruins and cities across Italy, from Pompeii in Campania to the early Christian mosaics in Rome's catacombs.
- **Baroque city of Lecce in Puglia** in Italy's south, largely influenced by ancient Greek, Arab and Norman civilisations and a UNESCO World Heritage site.
- **Venice and its Carnevale** Art city extraordinaire with its Byzantine inspired St. Mark's Basilica, Doges Palace and ornately decorated buildings and bridges. Visit the Peggy Guggenheim Collection, Venice Biennale and the famous La Fenice Theatre - an entire city full of art masterpieces including the stunning 16 foot high Renaissance painting *Madonna di Ca' Pesaro* by Titian.

And much, much more...

Language Classes

To really embrace the culture and customs of Italy, why not learn a little *lingua Italiana*? We can arrange your study and stay at various language courses across Italy - choose from **Florence, Rome, Siena, Milan** and **Verona**.

Painting Holidays

What could be more idyllic than sitting in front of an easel, paintbrush in hand, as you attempt to capture the landscape before you? The classic cityscapes, and natural beauty of Italy's diverse landscapes, with the almost translucent light of **Tuscany, Venice** and **Sicily**, provide inspiration for budding and accomplished artists alike. Add a variety of sightseeing excursions into the mix and some delicious Italian food and wine, and you've got the recipe for a relaxing and enriching holiday.

Guided Tours with Art, Culture & History

Experience iconic Italian landmarks and hidden gems on **escorted or boutique regional tours** through the diverse regions of Italy. Or do-it-yourself, walking or self drive, following a travel plan designed just for you.

Ask for details.



Sicilian cannelloni



BUON APPETITO TASTES OF ITALY

Eat and drink your way around Italy - savour Italian flavours and experience some of the world's best food and wine.

Italian food is made and eaten with love. Traditional recipes are passed on from generation to generation, eaten and enjoyed *al fresco* with family and friends. A celebration of seasonal produce, which pays homage to the traditional ways of eating and drinking - simple and authentic flavours, a feast for the five senses!

From north to south, the flavours of Italy are as diverse as they are famous. In **Northern Italy** rice, polenta, butter and game feature heavily due to availability of local produce and proximity to neighbouring countries with their rich mountain-inspired cuisines.

The popular digestive *grappa* is from the northern Alps and has traditionally been used for all types of ailments... and perhaps also for warmth!

Turin and the **Piedmont** region is known for chocolate, including much loved Nutella, truffles and *agnoletti* pasta and home of the famous aperitifs, *Campari* and *Martini* and *Rossi* vermouth. It's also the birthplace of the now worldwide Slow Food movement.

From **Veneto** comes the magnificent Italian sparkling wine, *prosecco*, enjoyed on its own or in popular cocktail, the *Bellini*. A classic Venetian dish is *risi e bisi* (rice and peas) and arguably the world's favourite Italian dessert, *tiramisu*, is also Venetian.

In **Lombardy**, the specialties are *minestrone risotto alla Milanese* and hearty *Osso Buco*, best enjoyed with an aged local red wine like *Valtellina Superiore*.

The **Ligurian** region's food is all about the sea and quite distinct from the other northern regions. *Pesto di Genovese*, basil pesto sauce, is the region's claim to fame.

The **central and southern regions of Italy** have their own flavours and specialties. The food of **Abruzzo** and **Puglia** is *cucina povera*, peasant food, with simple seasonal ingredients cooked into hearty dishes that embody the produce of the land.

Emilia Romagna is a food lover's paradise with world famous bolognese sauce, aged balsamic vinegar, and *parmigiano reggiano*, real parmesan cheese found throughout the region.

When in **Tuscany**, try a famous *Florentina steak* and go wine tasting in the classic wine regions of *Chianti* and *Montepulciano*. In **Umbria**, try local delicacy, *tartufo nero*, black truffles, with their distinctive earthy flavour used in many dishes.

The food of the south is the soul of Italy with rustic Mediterranean flavours, rich spicy tomato sauces and almost exclusive use of olive oil in cooking. A must try dish from **Campania** is *spaghetti puttanesca*, made from olives, tomatoes, anchovies and capers, and the most loved Italian cheese of all, *mozzarella di bufala*, made from the milk of local water buffaloes. **Sorrento** is home of delicious *limoncello* liqueur made from abundant lemons grown along the **Amalfi Coast**.

Sicilian food has been influenced by diverse cultures over many centuries and is rich in the fruits of the land and sea. Best known dishes are *vitello al Marsala* and *arancini*, deep fried rice balls and sweet fortified **Marsala** wine from the west coast town of the same name. Sicilian sweets based on almonds include sweet pastry *cannoli* and *cassata*. Don't miss Sicilian ice cream, or *granita*, enjoyed at any time of the day.

The **Island of Sardinia** has its own flavours and even a liqueur of its own. *Mirto*, made from local berries is best enjoyed after a full Sardinian feast.



Parmigiano Reggiano from Emilia Romagna



Cafe in Tuscany



Italy Cooking Holidays

The recipe for an Italian cooking holiday is a combination of amazing private villas in Italy's most beautiful regions, learning and perfecting Italian dishes from some of the best local chefs, while having fun and experiencing Italy.

Relaxed and hands-on, the cooking lessons take place in the villa kitchen. Work in small groups with local chefs who are passionate about cooking and sharing their knowledge. Learn new skills and create traditional regional recipes using fresh, seasonal ingredients. Italian food is simple and tasty and you will take home recipes to create and enjoy in your own kitchen.

Join a small group cooking week in **Tuscany, Venice, Puglia** and **Sicily**.

See pages 53 and 127 or ask us for details.

If you prefer a more independent style of travel, consider one of our food and wine self drive tours.

Food & Wine Self Drive Tours

With Slow Food Italy, these carefully crafted self drive itineraries combine charming accommodation with regionally grown ingredients and locally made dishes. Discover ancient traditions together with local hosts to create a unique regional food and wine experience. Choose from **Lazio, Umbria, Tuscany, Emilia Romagna, Puglia** and **Sicily** self drive tours.

See pages 52, 118 and 126 or ask us for details.

Foodie Tours

Want to cook *la cucina Italiana* with locals in a country farmhouse or join a regional cooking school, experiencing the passion and tastes of Italy? For more cooking and tasting experiences, check out these tours scattered throughout the brochure:

Buon Appetito Rome (page 28), **Buon Appetito Florence** (page 41), **Walks and Tastes of Tuscany** (page 50), **Umbrian Appetites** (page 65), **Tastes of Abruzzo** (page 68), **Back Roads of Abruzzo** (page 69) and **Buon Appetito Amalfi Coast** (page 109).

And as they say in Italy, *buon appetito* (good appetite) and *salute* (cheers).