

Cinque Terre - Food and Wine Tours 2020



The Sunset Wine Tour: Riomaggiore **Meeting the winegrower, hiking through the vineyards, enjoy the wine tasting!**

Andrea, a young winemaker from Riomaggiore, follows the wine-growing traditions handed down over generations. He takes you on a unique and interesting wine tour.

The tasting consists of **two different wines** offering you a complete new gustatory experience - very natural wines, produced respecting the vineyard and the earth, without the use of chemical products, sulfites and yeasts. The results are intense wines which, through their scents and flavors, will transmit you the special characteristics of the place where they have grown - rocks, sea, herbs... These are authentic wines that symbolize both **past and future** – because this is the way the ancestors produced the wine in the past, but wines rich in history and character will impress the future too. In the afternoon you take a bus from Riomaggiore and reach Andrea at the starting point, together you will walk on a little trail into his vineyard. This is a **unique panoramic place** with a magnificent view over the steep Cinque Terre coast, made even more special by the **sunset light**. Andrea will explain you his wine growing methods - respecting the vineyard and the earth, without the use of chemical products. Skillful and with sensitivity he combines modern methods with ancient equipment as the **terra-cotta amphorae**. During the explanation of his wine making methods you will taste his natural and intense wines which, through their scents and flavors, will transmit you the special characteristics of the place where they have grown - rocks, sea, herbs...

The wine tasting is accompanied by typical Ligurian focaccia bread.

Tour available:	Every Monday, Wednesday and Friday, from March 15 to October 31
Meeting point:	bus stop of Santuario di Montenero (GPS coordinates 44.094478 9.750266)
Time:	6.15pm (if you arrive by train you must get off at Riomaggiore, reach the bus stop in the center of the village in Via Colombo and take the <u>6pm bus</u> , asking the driver to let you off at the Santuario di Montenero stop). At the end of the tour you have a bus at 8.20pm to come back to Riomaggiore.
Duration:	about 2 hours
Price:	A\$100 per person
Participants:	Min 4 / Max 20
Price includes:	Visit of the vineyard, little hiking, wine tasting of 2 local wines
Language:	The tour takes place in English, Italian or French depending on the participants
To bring with you:	Hiking shoes, drinking water
Important:	Sure-footedness and physical fitness are necessary

The Wine Tour: Manarola **Walking through the vineyards, wine tasting in the cellar!**

Discover the viticulture traditions of Manarola with Alessandro, a **young winemaker** native of this beautiful village of Cinque Terre. You will leave from the center of Manarola and walking through the main road leading to the small harbor you will have the opportunity to admire the **typical colorful houses** and the fishing boats parked along the street. Then you will go up to the cemetery which is located in a **fantastic panoramic position** from which you can appreciate Manarola and even a partial view of **Corniglia**. Through an ancient path in the midst of gardens you will reach the vineyards of Alessandro where he will teach you to **distinguish the grape varieties** and the different methods of **pruning and grape growing**. The path leads you in front of the Church of San Lorenzo and with an extra effort you will be in Alessandro's wine cellar where you will taste his white wine **Cinque Terre DOC** accompanied by the typical Ligurian focaccia.

Alessandro is also a member of the **Foundation Manarola Cinque Terre**, created in 2014 to protect the cultural heritage of the village. With your participation to the tour you will support the project of the Foundation with a little charity.

Tour available:	Every day, from March 15 to July 31
Meeting point:	Manarola
Time:	11am (starting time can change according to the seasons)
Duration:	about 2 hours
Price:	A\$100 per person
Participants:	Min 2 / Max 6
Price includes:	Visit of the vineyard and the wine cellar, wine tasting of a Cinque Terre DOC white wine, focaccia, donation to the Foundation Manarola Cinque Terre
Language:	The tour takes place in English or Italian depending on the group composition

The Wine Tour: Bonassola **Visit an organic vineyard and taste its wines!**

The tour will start from the winery in San Giorgio, a hamlet 400 mt high above Bonassola. The visit to the **organic vineyards**, goes up through a narrow road between ancient houses and gardens and offers you a **lovely view of the sea**: an extraordinary walk in which the wine maker will explain the various type of cultivation, culture and local history. Among the vineyards you will also discover the cultivation of **blackberries** and **organic raspberries** and a wonderful **apiary** with over 300 thousand bees. You will learn about the recovery projects in this land of **ancient historical vines**. The visit will end with a visit of the winery and with the tasting of the farm wines in the garden, accompanied by seasonal products.

Tour available:	Every Tuesday and Saturday, other days on request. From March 15 to October 31
Meeting point:	Bonassola
Time:	11am
Duration:	about 2 hours
Price:	A\$90 per person
Participants:	Min 2 / Max 4 for the transfer – max 30 without transfer
Price includes:	Visit of the vineyard and the wine cellar, wine tasting of 2 white wines, some snacks, transfer from/to Bonassola railway station.
Language:	The tour takes place in English or Italian depending on the group composition

Wine Tasting: **An ancient wine cellar in Manarola**

One of the best places to taste our local wines is an ancient wine cellar. The one where we would like to welcome you is in the **centre of Manarola**, near to the little harbour. It has been completely renovated and is now a Bar-Enoteca, a wonderful place where people meet, drink wine, **enjoy good music** (sometimes great handmade Jazz-Music) and some little food. You will have a tasting of the **Cinque Terre white wine DOC**, a tasting of a **red wine ITG** produced in the Cinque Terre and a tasting of the **famous Sciacchetra**, our sweet wine. With the tastings come some little local snacks.

Tour available:	Every day except on Thursday, from March 15 to October 31
Meeting Point:	Manarola
Time:	5 pm
Duration:	about 1 hour
Price:	A\$36 per person
Participants:	Min 2 / Max 16



Price includes: Wine tasting with 3 different wines (0,1 l per wine), some local snacks like crostini with pesto and with salted anchovies, cheese etc.
Language: The tour takes place in English or Italian depending on the group composition

Wine Tasting: **An unconventional enoteca in Monterosso**

In Monterosso we would like to offer you a winetasting of **wines from winemakers only from Monterosso**. You will taste a conventionally made Cinque Terre DOC white wine, a naturally and traditionally made local white wine and a Sciacchetrà. Through this tasting we want to show you how in a limited area like the Cinque Terre completely different wines and philosophies of winemaking can develop. You will learn more about the new generation of Cinque Terre wine makers and the renaissance of traditional wine making. The tasting will be accompanied by some **crostini** and **cantucci** with the **Sciacchetrà**.

Tour available: Every day, from March 15 to October 31
Meeting point: Monterosso
Time: between 11 am and 7 pm
Duration: about 1 hour
Price: **A\$36 per person**
Participants: Min 2 / Max 50
Price includes: Wine tasting with 3 different wines (0,1 l per wine), some snacks
Language: The tour takes place in English or Italian depending on the group composition

Wine tasting: **Sensory tasting guided by an AIS professional sommelier**

Enjoy three half glasses of Cinque Terre white wine from different cellars, using the **sense of sight**, the **sense of smell** and the **sense of taste**. **Darkness and music** will touch your emotional strings, providing an indispensable contribution to a **complete sensory experience**. Ligurian focaccia and taggiasche olives will accompany those three wines. The tasting will be forerun by a cultural visit to a traditional and **historic wine cellar**. The tour will be guided by an English or Italian speaking **AIS professional sommelier**.

Tour available: Every Tuesday, Thursday, Friday and Saturday from March 15 to October 31
Meeting point: Manarola
Time: at 4 pm
Duration: about 1,5 hours
Price: **A\$120 per person**
Participants: Min 2 / Max 25
Price includes: Wine tasting with 3 different wines, some snacks, visit to the wine cellar
Language: The tour takes place in English or Italian depending on the group composition

Culinary experience in Manarola: fresh pasta making class, tasting of food and wines of the Ligurian tradition

In this workshop you will prepare some of the most **traditional** and **characteristic forms of fresh pasta** of Ligurian gastronomy, starting from the preparation of the dough, to rolling out and shaping it. With the help of a **professional chef** you will prepare two types of simple condiments, such as the famous Pesto sauce, typical of our peasants cuisine. At the end of the course you will **have lunch** with the fruits of your work! All this will be accompanied by a glass of a local wine, that will be introduced by an **AIS professional** sommelier together with the history of Ligurian food & wine culture.

Tour available:	Every Monday and Friday from March 15 to October 31
Meeting point:	Manarola
Time:	at 12 pm
Duration:	about 2,5 hours
Price:	A\$258 per person
Participants:	Min 1 / Max 8
Price includes:	Cooking course with professional chef, 1 glass of wine, AIS professional sommelier.
Language:	The tour takes place in English or Italian depending on the group composition

The Pesto course: Levanto

In Levanto's historical center, the "laboratory of the pesto" prepares the most ancient and well-known sauce in the world **since 1976**. In this laboratory you will have the chance to learn how to make the pesto sauce with your own hands following the tradition. After tasting a glass of sparkling wine accompanied with a local extra virgin olive oil on a bruschetta, you will taste the pesto sauce made with the modern method while assisting the demonstration and explanation of the **pesto sauce made with the mortar**.

Here comes the moment to make your own pesto sauce with the mortar: wash and dry the **basil leaves**, pounding them together with salt, pine nuts and garlic, add the Parmigiano cheese and the extra virgin olive oil. You will get a **concentrated and perfumed pesto cream**, which can be used on some pasta or on a bruschetta.

At the end you will enjoy your own made pesto sauce together with a glass of white wine and some typical local products such as olives "**taggiasche**" (small and black olives), bruschetta with **anchovies** and a typical pastry with **limoncino**.

Tour available:	Every day – all year long
Meeting point:	Levanto
Time:	11 am or 5 pm (starting time can change according to the seasons)
Duration:	about 1 hour
Price:	A\$58 per person
Participants:	Min 2 / Max 30
Price includes:	Pesto course with mortar, pesto tasting with a glass of wine and local appetizers, olive oil tasting, printed recipe
Language:	The tour takes place in English or Italian depending on the group composition

Food & Wine Evening Tour in La Spezia

Taste and **smell** your way through the city trying the typical kitchen of the eastern part of Liguria. You'll start near the railway station and do a trip around the city center, having 5 shorter or longer breaks on the way, in **historic shops, delis** and **restaurants** trying typical Ligurian fresh dishes like **farinata, stuffed anchovies, mesciua, trofie with pesto, octopus salad, stuffed muscles** etc. The food choice will depend on the season offer. The food will be accompanied by 3 different glasses of **local wine**, you'll learn some curiosity about the wine, the food and the traditions of this city, the second largest city in Liguria that lies in the center of the Gulf of Poets, hosting the navy Arsenal from the 19th century. La Spezia features several interesting sites: the typically Ligurian via Prione, with narrow carruggi to Corso Cavour, which abounds with 19th century Art Deco Palazzi, Piazza Sant'Agostino, along which some of the oldest buildings in La Spezia are located. In piazza Verdi stands the Torre del Palazzo delle Poste, decorated with mosaics by futurist artists Filla and Prampolini. An **original aperitif** on the road with food to eat and **food for thought**.

Tour available:	every Tuesday and Friday, all year long
Meeting point:	La Spezia
Time:	5,30 pm
Duration:	about 3 hours
Price:	A\$156 per person
Participants:	Min 2 / Max 10
Price includes:	English-speaking tour leader, 5 stops with various food tastings, 3 glasses of local wine.
Language:	The tour takes place in English or Italian depending on the group composition

Cooking Lesson:

Visit the market of La Spezia and cook a typical Ligurian fish menu

Your culinary experience starts with a short stroll through La Spezia and a **visit to its beautiful market**: see the fish sellers with the fresh fish and seafood, find the regional vegetables: depending on the season there are juicy tomatoes, green asparagus, aromatic mushrooms or the precious artichokes. With your cook, you buy freshly the things you will need to prepare your lunch. After the market visit in the morning, you reach the nice little restaurant where the cooking lesson takes place. During the **preparation of delicious seafood meal**, the chef gives you an idea of how to create traditional dishes using local ingredients as much as possible and with the lowest environmental impact. That sounds complicated, but the results are incredibly mouth-watering dishes! You will be surprised by the simple finesse of the dishes you are going to prepare - using only few but high-quality ingredients. At the end you will enjoy one of the most delicious lunches of your life - prepared by yourself!

Tour available:	every day, except on Sunday and Monday
Meeting point:	La Spezia central train station
Time:	10 am (for participants staying in La Spezia another meeting point can be fixed)
Duration:	about 3 hours
Price:	A\$258 per person
Participants:	Min 1 / Max 6
Price includes:	visit to the local market, hands-on cooking experience with English-speaking cook, printed recipes, lunch with drinks.
Language:	The tour takes place in English or Italian depending on the group composition



Extra Virgin Olive Oil near La Spezia: a mini course

Nicola is an experienced, professional olive oil sommelier and produces his olive oil on the hills between La Spezia and Cinque Terre. He will guide you through the experience of **smelling, tasting and eating** olive oil on a variety of “bruschetta” to understand which oil goes on which food and with which wine (Nicola is also a wine tester).

You will learn the basic steps to **recognize a “good” olive oil** from a “standard” one and how to buy a good olive oil when you go back to your country. Enjoy some interesting moments, surrounded by a peaceful terraced olive grove, situated in the splendid Poets’ Bay, next to the Cinque Terre.

Tour available:	every day
Meeting point:	La Spezia train station
Time:	4,30 pm
Duration:	3 hours
Price:	A\$90 per person
Participants:	Min 3/ Max 8
Price includes:	shuttle service from/to La Spezia train station, oil tasting, bruschetta, oil mini-course.
Language:	The tour takes place in English, French or Italian depending on the group composition.

Pizza, focaccia, bread & breadsticks: kneading course in La Spezia

As a real pizza chef you will prepare all kinds of delicious bakery products with the help of your instructor Massimo. Your pizza-making cooking class starts with the most important part: making the dough. **After learning the art of dough-making** and kneading, the chef will tell you the difference between different styles of pizza and Ligurian focaccia. Next up is a lesson in **rolling out the dough and creating a variety of pizzas, bread and focaccias** with different delicious toppings, using only the freshest and best ingredients. After about 3 hours course, you can relax and taste your creations with a salad and a drink.

Tour available:	every day except Monday – all year long
Meeting point:	La Spezia, 5 minute-walk from central train station
Time:	10 am
Duration:	about 3 hours
Price:	A\$138 per person
Participants:	Min 1 / Max 4
Language:	The tour takes place in English, Spanish or Italian depending on the group composition
Price includes:	instructor, kneading course with all materials, lunch with drinks.

IMPORTANT NOTES

- All experiences are **regular, sharing tours**, but we can organize them also on a private basis, in this case please ask for a customized quotation.

- Every tour starts in the indicated location. Guests usually get there on their own. The instructions to reach the meeting point will be written in the voucher that you receive once the service is definitely confirmed. If your clients need transfer or pick-up services, please feel free to ask and we will quote the supplement for you.
- All prices include Italian tax
- **Cancellation policy:**
If you cancel at least 14 day(s) in advance of the scheduled departure, there is no cancellation fee.
If you cancel between 13 and 8 day(s) in advance of the scheduled departure, there is a 50 percent cancellation fee.
If you cancel within 7 day(s) of the scheduled departure, there is a 100 percent cancellation fee.
- We also provide **private transfers** by car, minivan or taxi boat. **Guide service** in several languages. **Private Tours and Shore Excursion Programs. Rentals of private motor boats, yachts, sailing boats and rubber dinghies - with and without skipper.** Feel free to ask for more details.

