

BREATHTAKING

# PUGLIA

E P I C U R E A N T R A V E L

DISCOVER  
THE REAL  
ITALY

BOUTIQUE  
HOTELS

INCREDIBLE  
FOOD AND  
WINE

**MANUELINA**  
— *culinary* —





*Escape to the whitewashed buildings, secret castles  
and crystalline Mediterranean sea of the Puglia  
region. Here we will visit the Artisan producers of  
Burrata cheese, pasta and the grandesque estates of  
the Antinori Tormaresca vineyards. Hidden amongst  
the expansive Olives groves, cobbled side streets and  
multicoloured seas, lies the magic that is Italy...  
Beautiful Puglia.*



"What an amazing adventure you provided. The tour was so much more than we expected. Everything was thoroughly planned and highly organised but at no time did you feel you were on a tour, it was more like travelling with a group of friends. We saw so much more than we thought we would and got a real sense of the authentic Italian way of life. Melina's passion and enthusiasm set the tone from the moment we began our journey and remained throughout the entire adventure. This trip was excellent value for money, however the sense of belonging created amongst the group was something no amount of money could buy."

-Vicki & Anthony



# DAY 1

## *Trani*

We begin in the city known as "The Pearl of Puglia", where the contrast of the deep blue sea fights the starkness of the limestone glossy streets in the city beyond

After your transfer from Bari airport or Trani station, we make our way to our luxurious hotel overlooking the spectacular views of the seaside port of Trani.

Meet Melina at the terrace bar at 6pm for a welcome drink. Your culinary journey of Puglia now begins in our beautiful restaurant, who's chef has created a cuisine that is simple yet refined.

Tonight's menu plays with tradition, and will perplex your senses and draw you into the magic that is Puglia.

# DAY 2

## *Andria, Burrata, Antinori Wine Estate*

This morning we swap sundrenched coastline and immerse ourselves in cheese and wine as we head towards Andria. First stop is the hustle and bustle of the busy market and where the miracle of 'cucina povera' – peasant cooking begins. The star in Andria is the delicious burrata, a typical cheese of the area and only produced in Puglia. As the artisans make this soft and creamy cheese, we lunch antipasto style before heading off to visit the Museum of Confetto. The Museum of Confetti, (traditional Puglian sweets), is the result of patient and passionate research, which not only tells the history of confetto, chocolate and sweet making, but also recounts the age old enterprise of the Mucci Family.

The magnificent wine estate owned by the Antinori's family is next. Crossing the 130 hectares of vine we approach the farm that reminds us of the typical "masserie" of the Murgia with its structure and brilliant white tuffaceous walls. An exclusive experience, we enjoy a private cellar tour and dine on the palatial balcony as we watch the sun set over the vines as they seemingly roll into the Adriatic Sea





# DAY 3

## *Olive oil, Polignano a Mare, Grotto Palazzese*

On a drive through the old roman roads, past ancient masserie we head into the heart of Puglia's ancient olive trees. We arrive onsite at an authentic underground oil mill, and head out for a walk through ancient olive groves, before sampling all things olive and lunching on site. In the afternoon we check into our luxury resort then head for the picturesque town of Polignano a Mare, a shining gem on the coast of the Valle d'Itria, perched atop a 20 metre-high limestone cliff above the crystal clear waters of the Adriatic. The breathtaking Grotta Palazzese, a marine cave carved out of magnificent limestone rocks, with an unparalleled view over the blue-green Adriatic is our location for dinner tonight. Here we will dine on the local seafood whilst listening to the sounds of the waves and sea breeze toying with all our senses



# DAY 4

## *Boat tour on the Adriatic, Bari Street food*

This morning we will experience Polignano from the water as we tour around the shore line and its caves. After a dip in the ocean and a light lunch on board you will have time to explore this magical haven. Why not stroll through the town and have a coffee or Gelato in Piazza Vittorio Emanuele II, then head down to the Blue Flag beach, just a few minutes' walk from the old centre. This afternoon we head out for Bari. Hidden away in the warren of narrow alleys and secret passages is some of the best food you will find in Italy... tonight we celebrate the revival of 'Street Food' In Bari, families often sit with windows and doors open, filling the air with the fragrance of 'home food', an open invitation for the curious passer-by to share in a 'bite'. This charming old town with tangled streets and elegant medieval piazzas is the proud home of Saint Nicolas also known as Santa Claus and of course orecchiette!





# DAY 5

## M a t e r a

Matera, rich and vibrant in history and culture, an artist and photographer's paradise

Southern Italy is famous for many things but one of the most important of those is Pasta, so our first destination today is an Artisan pasta maker of the region

From there we head onto Matera, the emerging Italian treasure. This astonishing UNESCO World Heritage Site must be seen to be believed and so we will take a tour of the "Sassi di Matera" (meaning "stones of Matera"). Because of the ancient and primitive scenery in and around the Sassi, it has been used by filmmakers as the setting for ancient Jerusalem. After our walking tour enjoy some free time and lunch at your leisure before being transferred to your luxury

accommodation, set right in the heart of the honeycomb of natural caves and this breathtaking protected settlement.

Take some time before dinner to browse the local artisan shops and pick up that gift that is really something unique or join us for Aperitivo!

Dinner tonight will complete our magnificent day, as we venture out for a real Apulian experience!



*"A great week away, I loved the itinerary, the artisan producer visits, the accommodation, the food and the company!! The atmosphere was perfectly set"*

*-Jan Hamilton*





# DAY 6

## *Alberobello, Folk Dancing and Masseria Cooking lesson*

*A guided walk around the streets of Alberobello, the World Heritage Site of fairy-tale Trulli. Alberobello is also a centre of linen making and its artisans are internationally renowned for this fine and detailed craft. For those interested, we will make our way to an artisan crafter of linen, or for those who prefer, you may stay behind and haggle with the locals in a bar about who makes the best liqueur from the area.*

*Hard work in the afternoon: you'll be involved in a cookery course like no other....you'll learn how to make fresh pasta and focaccia in a charming 1600' masseria (farmhouse). Agriturismo Masseria Salamina is immersed in a wonderful expanse of olive trees and your dinner today will be based on your efforts! Tonight we stay in a beautiful relais in the town of Ostuni.*



# DAY 7

## *Ostuni, Vespa tour and beach picnic lunch*

Home to our stunning relais, Ostuni has long been an awe inspiring gem, rising high above the carpet of olive trees that's stretches across the plains right to the Adriatic, today we experience its beauty in true Italian Style from our Vespa's

For our first stop, we will visit an estate producing an extraordinary quality of typical cold cut called capocollo.

From there we will pick up our Vespa's and set off through the dramatic scenery of the Itria Valley and heading towards the shore line for a relaxing picnic on the beach.

This afternoon spend some time to relax or wander. Regarded as an architectural jewel, Ostuni is commonly referred to as "the White Town" for its white walls and its typically white-painted architecture, at the heart of which sits the magnificent gothic cathedral. Forget Santorini, Ostuni is the new pride of Europe. Our farewell dinner will be in a Michelin Restaurant.

# DAY 8

## *Departure day*

This morning we farewell all those leaving us and hope you enjoy the rest of your trip or a safe flight home.

For anyone joining us on our Calabria tour, we will be transferred by private coach to our new destination.





## TOUR INCLUSIONS

- Seven (7) breakfasts, Four(4) Tastings, Five (5) lunches, seven (7) dinners & one (1) wine tasting
- One (1) Michelin dinner & Two (2) fine dining dinners, 1 x private street food tours, One (1) cooking class
- Excursions - Market tour in Andria, Visit to confetto Museum, Artisan producer Burrata visit, Winery tour, Visit to an oil Mill, Guided walk of Polignano, Boat tour of Polignano, Street Food tour of Bari, Visit to artisan pasta producer, Guided tour of Matera, Visit to Lacemaker and Deli in Alberobello, private cooking lesson in 16th century masseria, traditional folk dancers , Artisan Capocollo production facility with tasting, Vespa Tour.
- Transfers in private coach, boutique accommodation
- Fully escorted by Melina Puntoriero, Manuelina Culinary, 8 days of professional local guides

\*Sailing and Vespa tours will be determined by safe weather conditions. Departure confirmation will be decided at the discretion of the tour leaders. In the event of bad weather, excursions of equal value and quality will be substituted.

**(7 NIGHTS, 8 DAYS)**

**COST PER PERSON 3400 EURO (BASED ON TWIN SHARE ACCOMMODATION)**

**LAND ONLY ARRANGEMENT**

**SINGLE SUPPLEMENT 680 EURO**

To secure your place on this tour, a non-refundable deposit (unless the tour is cancelled) of EURO 1000 per person is required at the time of booking, together with a completed booking form and signed declaration.



*"Wine and dine your way around Italy, on a journey  
into its' heart for an experience of a life time"  
- Julia Fargo*

**B O O K   Y O U R   C U L I N A R Y   A D V E N T U R E   T O D A Y**

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