

**Immerse yourself in the true
Mediterranean way of life**



*Cultural discovery,
conviviality, and well-being*

**Experiencing the
cuisine, culture, and
tradition of the
Mediterranean region**

How often have you said it out loud, “I would love to travel to Italy and learn first-hand about the Mediterranean cuisine and lifestyle?” Now you can stop dreaming about it and do it! You can see the places that inspired Shakespeare’s Romeo and Juliet, learn about foods and wine of the Veronese region, attend cooking classes with local chefs, “maestri di cucina”, and nutrition experts in ancient villas, and marvel at the majestic Roman Arena. We make it easy for you to enjoy your tour with expert planning!



Arizona Alumni travel hosts will be Drs. Donato Romagnolo and Ornella Selmin, co-founders of MediterraneaUSA and Professors in the Department of Nutritional Sciences and researchers at The University of Arizona Cancer Center. Native of Italy, they have been part of the UoA family since 1996. In collaboration with the University of Arizona Global Studies, they have developed undergraduate programs that focus on the health benefits of the Mediterranean diet and lifestyle.

CULINARY TOUR of VERONA- Italy



HISTORY OF VERONA

The origins of the city of Verona date back as far as 550 B.C., prior to the arrival of the Romans. The symbols of the city are the house of Shakespeare's Juliet and Romeo and the "Arena", a Colosseum-like amphitheater built by the Romans in the center of Piazza Bra. The Arena is very much in use today for theater and opera events that attract music and lyric lovers from around the world.

Verona is located in Northern Italy between Venice (~70 miles East) and Milan (~100 miles West). It is easily accessible by train and airplane (Verona Villafranca Airport, also known as Valerio Catullo Airport is located ~3 miles Southwest of Verona).





TOUR ITINERARY

SATURDAY June 16, 2018 – Arriving to the city of Shakespeare's Romeo and Juliet
Checking into a **four-star hotel** in downtown Verona. Welcome buffet dinner in hotel ^(Footnote 1).

SUNDAY June 17, 2018 - Experiencing the Mediterranean lifestyle: when in Verona do what the Romans do!

A walking tour of downtown Verona will take you through some of the most fascinating **Roman sites of Verona**. Stop for **lunch in historic restaurant** and tasting of local wines.

After lunch, short walk back to hotel. Free afternoon. Evening: the tour will continue with a short walk to a **Veronese palace**, where you will enjoy an **opening reception with a chef presentation of local foods and recipes, and tasting of award-winning Veronese wines**.

MONDAY June 18, 2018 - Why olive oil is good in the kitchen and for your health

Shuttle transfer ^(Footnote 2) and **visit to an olive oil plantation**. Guided tour with illustration of the steps to produce extra virgin olive oil and assess its qualities. **Lunch with tasting of Veronese wines**. Evening: short walk to former residence of **Dante Alighieri** in downtown Verona for **cooking with maestre di cucina and nutrition experts** Dinner with tasting of local wines.

TUESDAY June 19, 2018 - Eating pasta every day to balance your diet?

Shuttle transfer and tour of pasta shop. Guests will observe the steps that transform eggs and flour into many varieties of **hand-made tortellini and pasta**. Lunch in historic grotto will include tasting of local wines followed by walk through historic village for an espresso by the river mill. Evening: short walk from hotel to former residence of Dante Alighieri in the heart of downtown Verona for a **cooking session with Italian 'maestre di cucina'** and dinner including tasting of local wines.

WEDNESDAY June 20, 2018 - Keeping wine (polyphenols) close to your heart

Shuttle transfer to beautiful 17th century historic neoclassic villa, on the hills of Verona. **Tour of winery** producer of award-winning wines in the **Veronese hills**

followed by lunch and wine tasting. Free evening and dinner on your own.

THURSDAY June 21, 2018 - Fish by the lake!

Walking tour to historic museum in downtown Verona. Presentation of the history and artistic significance of this unique site in Verona. Walk to nearby restaurant and lunch with wine tasting. Shuttle transfer and boat ride on the Garda Lake followed by guided tour of historic site. Dinner at traditional fish house with tasting of Garda wines.

FRIDAY June 22, 2018 – Parmigiano and Grana Padano cheese: the Italian protein bars

Shuttle transfer to an artisan cheese shop, including tour of the facility and illustration of the Grana Padano **cheese production and aging processes**. **Lunch with cheese and wine tasting**. Opera buffet dinner at the hotel. Optional: walk to nearby Arena and attendance to Opera (Carmen by composer Georges Bizet)³.

SATURDAY June 23, 2018 – Practicing the Mediterranean pyramid

Free morning and lunch on your own. In the evening, short walk to **cooking session with Italian 'maestre di cucina and nutrition experts in downtown Verona**. Closing dinner with wine tasting.

SUNDAY June 24, 2018 - Departure

Morning: enjoy breakfast in hotel and farewell.

- (1) Included in the cost of the tour are breakfasts at the hotel and tasting of two wines for lunch and three wines for dinner. The Mediterranean diet and lifestyle include moderate consumption of wine with meals and we advocate responsible drinking.
- (2) Costs for tour shuttle transfers are included.
- (3) Let us know when you book this tour if you wish to attend the Opera.
- (4) Approximate cost per person: \$4,500-5000 (excludes air travel which is arranged on your own). Cost confirmed upon number of guests booked prior to 12/31/17.



Mediterranea USA

.....culinary inspired travels

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