



# PARMESAN TO PASTA: CULINARY TOUR OF ITALY

Sept. 19—29, 2024  
Itinerary Subject to Change

## DAY 1 SEPT. 19

Depart on flight for Milan via JFK.

## DAY 2 SEPT. 20

Arrive Milan and transfer by bus to Reggio Emilia,

Check in to **Hotel Posta**.

Welcome dinner.

## DAY 3 SEPT. 21

Your journey begins at **Piazza Prampolini**, the bustling central square where the majestic **Tricolor Flag Museum** stands proudly, commemorating the birthplace of the Italian flag. Admire the intricate facades of Renaissance palaces and Baroque churches, each bearing witness to Reggio Emilia's rich architectural heritage. No tour of downtown Reggio Emilia would be complete without a visit to its cultural gems, such as the **Teatro Municipale Valli**, an architectural masterpiece that hosts world-class performances .

Next, you'll be formally recognized at **Tricolor Hall** and officially welcomed to Reggio Emilia as a Fort Worth Ambassador.



For lunch, learn how to make **tortelli**, a type of filled pasta (similar to ravioli) typical to the Emilia-Romagna region.

Prepare to be immersed in the centuries-old tradition of **Parmigiano Reggiano** cheese with an exclusive cheese factory tour. Marvel at the rows of aging cheese wheels, nestled in the dimly lit aging rooms where they undergo months of careful maturation, developing their complex nuances of flavor and texture. After your tour, indulge in generous samples of freshly shaved Parmigiano Reggiano.



## DAY 4

### SEPT. 22

Visit **Cavazzone**, a historical farm located in the heart of the hills of Reggio. Enjoy a private tour including the hayloft that is home to 250 barrels of Balsamico del Cavazzone, a family tradition with strong ties to the territory.

Lunch at Cavazzone's restaurant which is housed in the original stables with vaulted ceilings supported by cast iron pillars. While there discover the authentic flavors of Reggio cuisine with dishes that contain typical products of the territory accompanied by the balsamic vinegar produced there.

Enjoy a tasting of exquisite **Lambrusco** wines which hail from the Emilia-Romagna region. Lambrusco is a wonderfully food-friendly wine, with the ability to pair well with rich and light dishes alike



## DAY 5

### SEPT. 23

Travel to the charming city of **Parma** to discover and enjoy the famous Parma ham. Visit a "prosciuttificio" and see what goes in to producing "Prosciutto di Parma."

Indulge in Parma's culinary delights by savoring a traditional lunch at one of the local trattorias.

End your day by strolling through the historic center, where elegant Renaissance buildings like the Palazzo della Pilotta and the Cathedral of Parma greet you with their timeless charm. The Cathedral, home to Correggio's masterpiece, the Assumption of the Virgin, provides a glimpse into the city's rich artistic heritage.

Farewell reception.

## DAY 6

### SEPT. 24

Transfer to Rome by bus.

Check in to the **Guardian Hotel**.

Evening at your leisure.

## DAY 7

### SEPT. 25

Your adventure begins at the Circus Maximus, where you'll delve into the history of chariot racing. We'll see the Arch of Constantine and the **Colosseum** from an exterior viewpoint before heading to another ancient site: the **Roman Forum**!



In the afternoon, you will discover some of the best food in Rome on this culinary walking tour through the areas of **Campo de' Fiori**, **Trastevere**, and the **Jewish Quarter**. Sample traditional Italian favorites like "suppli": tomatoey fried rice balls stuffed with creamy morsels of mozzarella and fried codfish. Through tasting, talking, savoring, and sharing, you'll learn about the culinary history of Italy, fundamental to so much of the culture's richness.



Evening at your leisure.

## DAY 8 **SEPT. 26**

This half day private guided tour of the **Vatican** begins at the Vatican Museums where entry will be quick and easy thanks to the skip the line tickets.

Founded in the early 16th century, the Vatican Museums boast one of the world's greatest art collections. Highlights include the spectacular collection of classical statuary in the Museo Pio Clementino, a suite of rooms frescoed by Raphael. You'll focus on this vast collection of art before reaching the **Sistine Chapel**, frescoed by Michelangelo, Perugino, Ghirlandaio, Botticelli and considered by many the most famous and important masterpiece of Western Art.



Afternoon and evening at your leisure.

## DAY 9 **SEPT. 27**

Set out on a walking tour and explore the Eternal City and its striking landmarks. Piazza Navona, surrounded by beautiful palaces, churches and a collection of three stunning fountains, including **Bernini's Fountain of the Four Rivers**, will be an outstanding place to begin our adventure. Our walk continues by the Church of San Luigi dei Francesi as we make our way to Piazza della Rotonda, known as the **Pantheon Square**. Next, we'll wind through the charming streets as we arrive at the **Trevi Fountain**.



Today you will learn how to cook Italian pizza. Join the award-winning pizza-making cooking class near Piazza Navona, followed by lunch.

On this day we will also visit the The Embassy of the United States of American in Rome which is the diplomatic mission of the USA to the Italian Republic. While there we will discuss current relations with Italy and our role in growing relations.

Evening at your leisure.

## DAY 10 **SEPT. 28**

Full day at your leisure.

Farewell dinner on the rooftop of **Terrazza Cielo**.

## DAY 11 **SEPT. 29**

Depart for DFW.