

# LIGURIA ACTIVITIES

sport & nature, enogastronomy, watercolor & picture session,  
italian language at cinque terre



### KAYAK MARINE TREKKING & SNORKELING - PORTOFINO

**Tour** private, any day of the week

**Language** Italian, English

**Departure** from Paraggi beach at 10.00am

Lunch is not included in the price. Focaccia, fruit and cake 10,00/person

**Included** kayak, paddle, life jacket and all snorkeling equipment (mask, fins and wetsuit), naturalistic and canoe guide

**Program** The full-day kayaking & snorkeling allows you to spend an entire day at sea in the most beautiful places to snorkel.

Meeting on the beach with Luke, the guide and marine environmental scientist.

He will explain the excursion describing the wide variety of fish that you can see while snorkeling. In the vicinity of Punta del Faro you can admire the Church of St. George and the famous Lighthouse overlooking the bay of Portofino.

we reach Cala Vitrale precious secret area of the Cape, reached only by sea and not accessible to motor vehicles. It's time to leave the kayak and dive into the waters of the Marine Protected Area. You can see grouper, shi drum, gilthead sea bream, sarago and barracuda, anemones, starfish, octopus and much more.

Lunch at Cala degli Inglesi with the typical focaccia genovese comfortably seated on the rocks! in the late afternoon we go back to Paraggi beach after a superb day spent in nature, totally eco-friendly and, perhaps, having spotted some dolphins!

PLS NOTE TO BRING WITH YOU costume, beach shoes and beach towel.



### LEUDO DAY BOAT TOUR- CINQUE TERRE

A typical Ligurian lunch can be served on board, beverages and wine included, at the price of 35,00 / person

**Tour** private, any day of the week

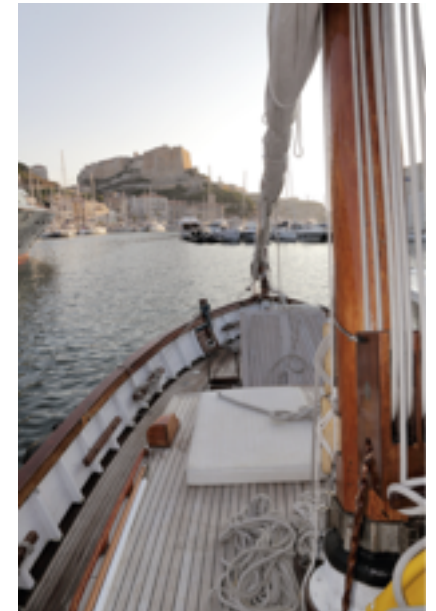
**Language** Italian, English

**Departure** from Cinque Terre

Optional: typical Ligurian lunch served on board, beverages and wine included– on request overnight stay

**Included** boat rental, skipper, gasoline

**Program** We propose a morning-long excursion of 4,5 hours along the Cinque Terre and the Italian riviera to local islands and stop over in Portovenere for a visit. Typical Ligurian lunch can be served on board, beverages and wine included. The Leudo was featured in Yacht Digest! 13,50 mt. and 21 G.Tons, fully certified, motor-sail propelled "Leudo," ideal for a private excursion along the Italian Riviera. Capacity for 12 persons (inclusive of skipper and sailor). The boat is provided with eight couchettes, kitchen corner, bath and landing tender.



### FISHING TOURISM, A RECREATIONAL AND EDUCATIONAL ACTIVITY

CONSISTING OF WELCOMING TOURISTS ABOARD AUTHENTIC VESSELS, ALLOWING THEM TO LIVE THE EXPERIENCE OF A DAY AT SEA WITH PROFESSIONAL FISHERMEN. Do you want to taste the genuineness of freshly-caught fish?

Do you want to swim in corners inaccessible from land, discovering the natural jewels of the Protected Marina Area of Portofino?

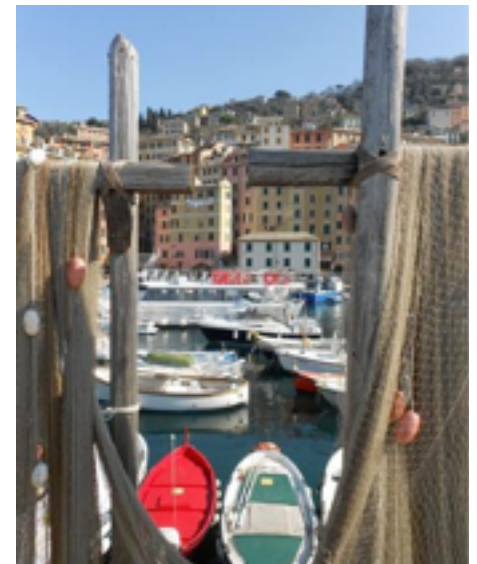
Located in the heart of the Golfo Paradiso, Camogli is one of the most popular seaside villages of the "Riviera di Levante". The village is tucked away between the sea and the Portofino mount and its history it is rich of culture and prosperity. From the sixteenth century BC people of Camogli became ship owners, able to build larger and larger sailing ships which were able to sail through the oceans to trade anywhere in the world. At that time the reputation of the city grew beyond measure enough to be nicknamed "The City of the Thousand White Sailing Ships". Elements now remain of the glorious past in the delightful marina full of wooden fishing boats, pleasure boats, and in the "carrugi", cobbled narrow streets which climb up the houses clinging to the hillside. Arriving by sea, then, Camogli is beautiful with its pastel colours imprinted on the façades of houses reflecting in elegant shades of sea views.

THE BOAT: recently built and it is 14.38 metres long and 3.87 metres wide. It can carry up to 14 people, including crew. It is equipped with kitchen, dining table, fridge, toilet, shower, sundeck, little ladder and fishing spaces with sunshade. The fishing tackles are composed by fish nets, lobster pots, fishing lines and fishing-rods.

PULLING IN THE NETS: Breakfast will be served on board. A member of the crew will demonstrate the main fishing techniques practiced in the area. The first stop will take place on the western shore of the regional natural park of Mount Portofino. The first stop will take place on the western shore of the regional natural park of Mount Portofino, where fishermen will be pulling in the nets cast in the water the night before. Once the fishing operations are over, it will be possible to dive into the crystalline waters of the famous "Blue Mile" of the Protected Marine Area of Portofino.

ASTRONOMICAL OBSERVATORY: There are no words to describe the sensation one feels upon gazing at the starry sky at night, far away from any kind of light or sound pollution. Onboard you will be able to enjoy this unique experience. This itinerary focuses on fishing by night, particularly for squid and "gronchi." Moreover, it will be possible to observe the star-lit sky with specific equipment. It will be possible to dive at dusk into the waters facing the Portofino Mount, and then enjoy dinner on board right afterwards.

TAILORED TOURS ON REQUEST





### FISHING OFF THE COAST OF CINQUE TERRE

**Tour** daily from April 1st to October 31<sup>st</sup> - Departure from Monterosso, Duration about 3H

**Language** Italian, English

**Included** Boat tour with skipper and fishing program, drinks on board

**Program** very special experience: a tour with a local fisherman of Monterosso, with his traditional fishing boat. The tour starts at the time fixed with you in advance, we suggest the early morning or the afternoon and takes you offshore the Cinque Terre. Enjoy the marvellous views over the coastline with the picturesque villages and the Punta Mesco promontory in the golden afternoon sun. Help the fisherman to haul the fishing net that he had set out in the sea before. He uses traditional fishing techniques and will explain you his idea of sustainable fishing. With a little luck you will catch red breams and red mullets, hake, rays and small tuna fishes. Thereafter just lean back and relax with a drink and enjoy the sunset over the sea!

### SAILING ALONG THE CINQUE TERRE WITH MINI-COURSE

**Tour** every Monday and Thursday from March 15th to October 31st  
Meeting at the harbour of La Spezia at 10.00 am, duration about 7 hours

**Language** Italian, English

**Included** tour with a modern sailing boat with English speaking skipper, light lunch on board, drinks (water and wine) on board, insurance, mini sailing course

to bring with you: sunglasses, hat, sun protection, camera, swimming costume, bath towel, depending on weather conditions rain protection and/or an extra jacket

**Program** A great experience to explore the coast of the Cinque Terre and the Gulf of the poets from another perspective! In La Spezia harbour you will go on board and cross first the Gulf of Poets seeing the beautiful villages of Portovenere and Lerici and the islands Palmaria and Tino. Later you will sail along the Cinque Terre coast enjoying great views of the villages. At a nice place, maybe in front of Vernazza you will stop and have a light lunch with local specialities like focaccia and salted anchovies. A stop for swimming and snorkelling in the wonderful marine protection area is planned too. Who does not only like to relax will have the possibility to learn from our experienced English speaking skipper the basics how to sail.





### DIVING IN THE PROTECTED MARINE AREA OF THE CINQUE TERRE – “SEA BAPTISM” A TASTER COURSE

**Tour** available every day from 15th March – 31st October (sea conditions permitting)

**Language** Italian, English

**Departure** meeting in Levanto - duration about 2 hours

**Included** tour with instructor starting with a theoretical lesson, a boat drive to the dive spot, complete diving equipment, a dive up to 12 m with diving instructor, the certification “Padi discover scuba diving experience” (allowing a discount when booked a diving course within a year in one of the PADI diving centres worldwide) to bring with you: sunglasses, hat, sun protection, swimming costume, bath towel, good health conditions

**Program** With this "Baptism" you will wear all the diving equipment and, hand in hand with an instructor, you will experience the unforgettable sensation of breathing under water, exceeding the "limits" of human respiration. You will also experience the extraordinary sensation of floating "weightlessly" just like astronauts among the incredibly colorful fish and corals! This is an experience (lasting 20 minutes).

### GUIDED DIVES FOR DIVER CERTIFICATION HOLDERS

**Tour** Available every day from 15th March – 31st October (sea conditions permitting)

**Language** Italian, English

**Departure** meeting in Levanto - about 2 hours per dive, min 2 participants

**Included** diving tour with PADI instructor and boat, complete diving equipment, oxygen bottle, weight, t-shirt for souvenir  
to bring with you: sunglasses, hat, sun protection, swimming costume, bath towel, diver certification, good health conditions

**Program** Starting from Levanto you will be brought with our boat to one of our spectacular diving spots either in the protected marine area of the Cinque Terre or to the wrecks in the surroundings of the Gulf of Levanto. Our underwater world is exciting – steep rocks with an incredibly rich abundance of species – octopuses, fish shoals, corals (like the red gorgonia), posidonia sea weed fields, barracudas, crayfish, morays and much more. Further our area is very interesting for wreck divers. There are 4 different wrecks in our area, now home to an interesting flora and fauna.



### SUNSET FLIGHT OVER THE LIGURIAN COUNTRYSIDE

**Tour** Every Saturday and Sunday (weather permitting)

**Language** Italian, English

**Departure** Meeting point at the heliport in Borghetto Vara at 5pm or 9pm. Duration flight: approx. 15 minutes

**Included** Gyroplane flight with expert pilot, insurance. To bring with you: sunglasses, comfortable clothes, sneakers, wind jacket. Requirements: available only for legal age (18+) and body weight between 40 and 90 kg

**Program** You cannot skip our unique flight experience! With experienced pilots who will take you in an incredible Gyroplane flight over the Ligurian countryside. Start from the Borghetto Vara's heliport, fly for 15 minutes.



### PARAGLIDING OVER THE CINQUE TERRE

**Tour** Everyday on request at 2 pm from October 1st to April 30th in Monterosso, from May 1st to September 30th in La Spezia's countryside

Total Duration about 1,5 hrs

**Language** Italian, English

**Included** transfer from Monterosso or La Spezia railway station to the start point of the flight. Tandem flight with English speaking expert pilot, insurance. To bring with you: water, sunglasses, sun protection, comfortable cloths, sneakers. Requirements: body weight between 40 and 100 kg

**Program** An unique experience is our tandem paragliding flight over the Cinque Terre with wonderful view. Start on a hill above Monterosso, fly for 15/20 minutes, land on the beach of Monterosso. You will fly with a professional flight instructor. The flight in Monterosso is available only from October through April. During the summer months the activity will take place at the hills of La Spezia's countryside.





## MOUNTAIN BIKE IN CINQUE TERRE AND THE GULF OF LA SPEZIA

**Tour** available everyday from March 15th to October 31st

Meeting at La Spezia train station at 10.00 am. Duration about 6 hours

**Language** English, Italian

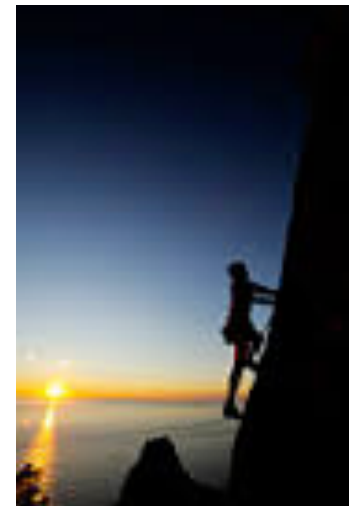
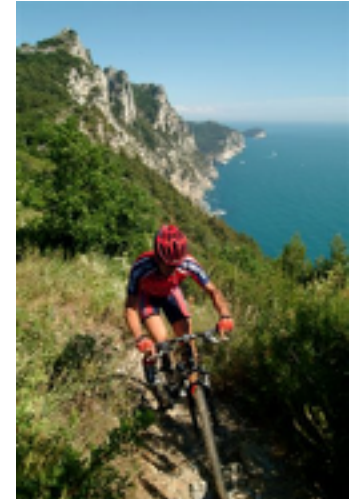
**Included** expert mountain bike guide, rental of the mountain bike including repair kit, helmet, light lunch.

The tour takes place in English or Italian.

**Program** The mountain bike guide will welcome you at La Spezia train station. You will be given the mountain bikes and during a short briefing some instructions about the tour. After about 30 min cycling on the car road leading to Portovenere which offers you great views of the gulf you will start a climb on an abandoned military road that takes you to the little village of Campiglia from where you can enjoy breathtaking views over the Gulf of Poets on one side and the sea of the Cinque Terre on the other side. In a little cute bar you'll enjoy a tasty light lunch made of typical Ligurian snacks: focaccia, vegetable cakes, cheese... After this break the tour continues still for about one hour and then you reach Volastra in the middle of the Cinque Terre. You can rest a while, take pictures of the wonderful vineyards and the great views before you will drive on the car road down to Manarola where the tour ends and you can catch the train in all directions.

Total height difference: about 800 m. Length of the tour: about 35 km.

The itinerary has no technical difficulties, but a good physical fitness is required.



## ROCK CLIMBING WITH STUNNING VIEWS

**Tour** Tour available everyday

Meeting at Portovenere at 8 am for the morning tour and 1 pm for the afternoon tour. Duration about 4-5H

**Language** English, Italian

**Included** expert alpine guide, rental of the mountain climbing equipment: climbing harness, shoes, helmet.

**Program** a unique and thrilling way to get close to our spectacular coastal landscape! This tour is suggested for people with rock climbing experience as well as for those who want to try this amazing sport for their first time. It is wholly accompanied by a professional, authorized, English speaking alpine guide to ensure the safety. You will explore one of the several itineraries of this incredible climbing spot: vertical rocks high above the Ligurian sea between Portovenere and the Cinque Terre. Meet the mountain guide in Portovenere and hike up on the scenic mountain path to reach the climbing spot (about 45 min. hike, about 300 m above sea level). After a short briefing enjoy the rock climbing at one of the most scenic spots in the Mediterranean area. At the end of the tour return to Portovenere. The climbing equipment is included. This is a private tour. Guests of the party who do not like to climb themselves but would like to join the hike and take pictures of the others climbing are welcome.

A good physical fitness is required. Equipment: wear comfortable clothing for hiking, bring one extra t-shirt, drinking water (1 l per person at least, depending on the season). Do not forget your camera!

### LA LAMPARA - NIGHT FISHING OFFSHORE THE CINQUE TERRE

**Tour** daily from June 15th to September 15th

Departure from Monterosso, Duration about 4h starting after sunset, exact time to be agreed.

Tour only available with very good weather and sea conditions.

**Included** boat tour with skipper and Lampara fishing activity, drinks on board.

To bring with you: sweatshirt and/or wind jacket.

**Program** This will be probably the most amazing experience of your Cinque Terre holiday. Together with the local fishermen of Monterosso you will do a tour by night with the suggestive "Lampara" fishing method. This particular way of fishing has a long tradition in Monterosso. Nowadays it is practised only by very few remaining fishermen in the area.

In the evening, after sunset around 9 pm, you meet with two fishermen in Monterosso. There will be two boats – the large traditional fishing boat and another little boat with a special strong light. Once you have reached the right spot offshore the Cinque Terre the sea will be illuminated from the little boat, creating a spectacular scenery by night. Sardines and other fishes are attracted by the pool of light and later you will help to catch those fishes with a particular big net. Turn back to Monterosso harbour after midnight with unforgettable impressions of this authentic experience. On request it's possible to end the tour in Vernazza, Manarola or Riomaggiore.



### GENOVA TREKKING IN WALL'S PARK: FROM FORTE SPERONE TO FORTE DIAMANTE

**Tour** private, any day of the week

**Language** Italian, English

**Departure** from Genoa city center - from Forte Sperone to Diamante walking 3-4 hours, Level of difficulty : easy - Period : all year

**Included** private guide full day 7h – ticket lift Zecca/Righi RT

**Program** An easy Track that gives a panoramic view of Parco delle Mura, "to discover the charm of Genoa superb for its men and its walls" (Petrarch). The park of Genoa's walls, located in the hills behind the city of Genoa, is a long chain of 17th century walls, enclosing a large part of the city. This defensive structure was fortified in the 18th and 19th centuries by powerful fortresses, one of the vastest systems of fortifications in Europe. Some of the fortifications are well-preserved and open to visitors, allowing gorgeous panoramas of the city. The park provides the possibility of excursions great historic and wildlife interest. The track allows the direct visit of 4 of the 12 fortress: Sperone, Puin, Fratello Minore e Diamante. You'll have a panoramic view of Quezzi, Ratti, Richelieu e Santa Tecla fortress. Time at leisure to have picnic lunch





## HIKING FROM THE OLD TOWN CENTER OF SESTRI LEVANTE TO PUNTA MANARA (ROUND TRIP)

**Tour** private, any day of the week

**Language** Italian, English

**Departure** from Sestri Levante

**Included** private guide half day 4h

**Program** Nice walk along the coastal path that leads to Punta Manara, a veritable terrace overlooking the Ligurian Sea. From the historical centre of Sestri Levante, we will walk up a typical Ligurian crêza, crossing the characteristic landscape of the olive tree terraces. Upon arriving in locality Mandrella, the path overlooks the sea and offers amazing views of the suggestive Baia del Silenzio (Bay of Silence) of Sestri Levante.

After a short climb through a Mediterranean pine wood, we will walk on plain amongst the lush Mediterranean vegetation and thus come to the panoramic terrace of Punta Manara.



## PORTOVENERE AND PALMARIA ISLAND - HIKING

**Tour** private, any day of the week

**Language** Italian, English

**Departure** from Portovenere

**Included** private guide full day 7h, boat ticket RT Portovenere / Palmaria

**Program** the Palmaria Island is the largest of the three islands of the "Gulf of Poets" and it is separated from the village of Portovenere by a narrow strait called "Le Bocche".

The slopes facing the Gulf shelf gently towards the sea, covered with Mediterranean vegetation interspersed with small olive tree groves, while the side that faces the open sea consists of high cliffs overlooking the water.

The island, almost deserted, constitutes of limestone rocks and in its underground there are 28 carsic cavities whose most famous example is Grotta dei Colombi in which the remains of a prehistoric man were found.

□ **morning:** we will cross by boat the small strait that separates Portovenere and island Palmaria. The always well-marked path circumnavigates the island, nestled deep in the maquis. Then, we will go through high cliffs interspersed with tiny coves, meeting also fortifications and old marble quarries.

□ **Time at leisure to have picnic lunch** on the way

□ **afternoon:** in the early afternoon, we return to Portovenere by boat, in time for a visit to the medieval village





### **PARK OF PORTOFINO, EASTERN SIDE ( TIGULLIO GULF )**

**Tour** private, any day of the week

**Language** Italian, English

**Departure** from Santa Margherita

**Included** private guide full day 7h, boat ticket Portofino/Santa Margherita

**Program :** Santa Margherita - Nozarego - Molini - Portofino mare: easy path that combines the crossing of the fine olive tree terraces between Santa Margherita and Molini with the most beautiful views of the Tigullio Gulf and finally the visit to Portofino.

□ **morning:** From the little harbor of Santa Margherita, we will follow a lane, taking its path through detached houses up to a small chapel devoted to the Madonna della Neve (Lady of Snows). Just a little further, the route heads along a relaxing mule track which offers beautiful views of the Cervara

Abbey below and of the Tigullio Gulf. Then it passes through a wonderful area of olive groves and farm houses in the typical ligurian countryside and reaches, at the end, the locality Molini with its old olive press mill

□ **time at leisure to have lunch** (in Molini there is a small refurbished mill, now opened as information point and restaurant, where guests can taste local fresh products – not included)

□ **afternoon:** From here, passing the picturesque church of San Sebastiano, the mule track leads down to Portofino, the famous seafaring village dominated by the stately Castle Brown. Visit to the village and time at leisure. Return to Santa Margherita by boat

### **PARK OF PORTOFINO, THE TREKKING OF THE PARADISO ( PARADISO GULF )**

**Tour** private, any day of the week

**Language** Italian, English

**Departure** from Camogli (end in Santa Margherita Ligure)

**Included** private guide full day 7h, boat ticket San Fruttoso/Portofino/Santa Margherita

**Program** hiking Camogli - San Rocco - Mortola - Toca - Pietre strette - San Fruttuoso - boat from San Fruttuoso to Portofino and Santa Margherita.

□ **morning:** from Camogli, we will climb a long stairway to reach the village of San Rocco (where we can purchase and taste the "focaccia ligure") from which a paved path leads to the complex of houses of Mortola. Going up into the Mediterranean pinewood, we will reach Toca and Semaforo Nuovo, this latter a great panoramic viewpoint on the underlying Cala dell'Oro. The panoramic flat track crosses from on high the mediterranean cliffs up to Pietre Strette, from which we will follow an old downhill path to the bay of San Fruttuoso, where there is the millenary abbey built close to the rocks.

□ **Time at leisure to have picnic lunch on the way**

□ **afternoon:** from San Fruttuoso, we will take the boat that rounds the point of Portofino and leads to the very famous town of Portofino. Stopover for a tour and free time in the seaside village. Return by boat from Portofino to Santa Margherita Ligure.





## HIDDEN CINQUE TERRE : THE VINEYARDS OF VOLASTRA

**Tour** private, any day of the week

**Language** Italian, English

**Departure** from Manarola

**Included** private guide full day 7h, "5 Terre Card train" (access pedestrian paths and park facilities; use sustainable transportation in the Park; access nature observation centres and the several "local museums"; access La Spezia city museums at reduced rates; use the lifts in Manarola, Riomaggiore and Vernazza for people with reduced mobility; unlimited train rides, in second class, on regional, direct and interregional trains between Levanto/La Spezia Centrale and vice versa)

☐ **morning:** crossing of the hillside between Corniglia and Volastra among farmhouses and vineyards to discover the hidden world of agriculture of the 5 Terre. Besides the classic blue path overlooking the sea, the sea slope of 5 Terre is full of tracks passing through the fascinating and secret rural world made by farmhouses, strips of vineyards and shrines. The route from Manarola goes exploring this landscape climbing to the village of Volastra with its sanctuary of our Lady of Health from which you reach the tiny settlement of Porciano (the most dramatic stretch, where the vineyards seem to "jump into the sea"). The descent to Corniglia will reserve to us beautiful views over the village.

☐ **Time at leisure to have picnic lunch along the way** – (on request lunch at a typical restaurant, extra)

☐ **afternoon:** we will continue the visit of 5 Terre, reaching Vernazza or Riomaggiore by train and back to Manarola





## **“HIDDEN” CINQUE TERRE : THE SANCTUARIES WAY**

**Tour** private, any day of the week

**Language** Italian, English

**Departure** from Vernazza

**Included** private guide full day 7h, “5 Terre Card train” (access pedestrian paths and park facilities; use sustainable transportation in the Park; access nature observation centres and the several “local museums”; access La Spezia city museums at reduced rates; use the lifts in Manarola, Riomaggiore and Vernazza for people with reduced mobility; unlimited train rides, in second class, on regional, direct and interregional trains between Levanto/La Spezia Centrale and vice versa) wine tasting

**Program** A one-day-trip where history meets nature: trekking along one of the most spectacular paths of the park and visit to the famous seaside villages: ring of Vernazza – Reggio Sanctuary – Soviore Sanctuary- Monterosso.

The Cinque Terre are known throughout the world for their five suggestive fishing villages; but not everyone knows that the origins of this territory are on high, on those hills overlooking the sea, where, during the Middle Ages, the population lived on agriculture.

Many legends arose around these places, telling us about miraculous marian apparitions or about the burial of treasures, hidden from the invasions of the Saracens pirates in the places where, in the late Middle Ages, many shrines dedicated to the worship of the Virgin Mary were raised, A trip to discover our roots, while enjoying breathtaking views!

□ **morning:** ring of the Sanctuaries of Reggio and Soviore. Besides the classic Sentiero Azzurro (“the Blue Trail”) overlooking the blue water, the sea slope of Cinque Terre is rich in paths that cross the fascinating and secret rural world made by farmhouses, strips of vineyards and shrines. From the hamlet of Vernazza, the old mule track leads to the Reggio Sanctuary from whose churchyard, in the shade of ancient holm oaks, you can enjoy one of the most lovely views of the Cinque Terre. The trail passes through a panoramic slope to reach Soviore, the most ancient shrine dedicated to the worship of the Virgin. The descent towards Monterosso offers suggestive views of the valley where below the typical plantations of lemon trees dominate the area. Visit to the historical village of Monterosso and time at leisure.

□ **On the way tasting in a winery**

□ **afternoon:** visit to another village of Cinque Terre



## ENOGASTRONOMIC TOURS

Combining breath-taking panoramas with delicious wine & food, generally with cooking school.

The activities take place in kitchens, on boats and in cantinas. Classes can be given in English, Italian, in one of the cinque terre villages

## FD WINE, OLIVE OIL AND VINEGAR IN THE LIGURIAN COOKING

Evening (18:00 pm to 19:00 pm): Visit to private wine cantinas and/or local olive presses including a tasting of their production.

Tasting (19:30 pm to 21:00 pm)

Local product tasting includes a selection of three local DOC\* Wines, selected from: Cinque Terre and Vermentino.

-Meditation Wine: Sciacchetrà Cinque Terre DOC

-DOC Olive Oil: Riviera di Ponente, Riviera di Levante

The wine, olive oil and vinegar tasting will be paired with a variety of local products and traditional sweets. Tasting will include Sciacchetrà wine.

Food and DOC wine pairing

Walk through vineyard, visit to local wine cellar, food, wine pairing and tasting

## BREAD AND FOCACCIA

Morning: Workshop (10:00 to 12:00)

The workshop will introduce various types of flour, slow-rising techniques and preparation of basic dough for focaccia genovese, pizza, focaccia al formaggio, farinata, "music paper," grissini and biscotti.

Lunch (12 to 13:00)

The tasting of products prepared will be accompanied by crudités, local wine or beer.

Workshop and tasting

## FD HERBS IN THE LIGURIAN COOKING

Morning: Guided visit to the open-air central market in La Spezia. Introduction to herbs in the regional cuisine

Afternoon (17:00 pm to 19:30 pm): Cooking workshop topics covered include:

Wild herbs in the kitchen

Vegetables stuffed with herbs

Herb fillings for pasta, meat and fish

Not only pesto: garlic sauce, green sauce, arugola (aka rocket) sauce and nut sauce herb liqueurs

Evening (19:30 to 21:00): Four course dinner based on a market menu prepared with the help of the participants. DOC Wine and beverages included.

Morning visit to market, cooking workshop, and dinner



## PASTA TIME

Afternoon: Workshop (16:30 pm to 19:30 pm)

The workshop will introduce:

- Techniques, instruments and recipes for pasta varieties including maccheroni alla genovese, fidelini, gnocchi, trofie, corzetti, testaroli, pansotti

- Preparation of two types of pasta al dente and accompanying sauces

- Pasta al dente and sauté technique

Evening: Dinner (19:30 pm to 21:00 pm)

The four course dinner will include vegetable crudités, the pastas and sauces prepared with the collaboration of the participants, dessert and tasting of local DOC wines.

Workshop and dinner

## BISCUITS & COFFEE

Morning: from 09:00 am to 13:00 pm (or afternoon: from 14:00 am to 18:00 pm)

This stage for groups of four to six persons will be held in a historical landmark pastry shop and café where you will be introduced to the local biscotti specialties such as lagaccio, amaretti and almond based pastries such as anicini and baci di dama. You will also learn about traditional sweets reserved for holiday festivities such as spungata and panettone genovese.

The stage will include a visit to the pastry laboratory to observe the daily biscotti production and to gain knowledge about the instruments, techniques and recipes in daily use.

Finally, a tasting of traditional fresh biscotti accompanied by caffè, espresso, cappuccino, tea or, when in season, hot chocolate, will be served in a charming ambiance.

Program Schedule

Self-guided round trip from/to Cinque Terre: 8:30 am to 14:00 pm

Visit, stage and tasting: 9:30 am to 12:30 pm

Stage, visit and tasting.

## FRESH FISH TYPICAL LIGURIAN COOKING

Morning: Visit to the local open-air fresh food market of La Spezia

Afternoon: Workshop (16:30 pm to 19:30 pm)

- Introduction to the tradition of seafood in Riviera cuisine

- Raw and marinated seafood

- Fish broth

- Sauces and creams

- Herbs and seaweed of the sea

- Cooking techniques and instruments

- Assisted preparation of regional specialty Cappun Magro

Evening: Dinner (19:30 pm to 21:00 pm)

"Cioppino" (Ligurian seafood chowder)

"Cappun Magro", Regional seafood specialty

Dessert, DOC Wine included

Includes the visit to the market, a workshop with the chef and full four-course dinner. Morning fishing excursion: optional additional price





### THE WINE TOUR: MEET A WINEGROWER IN THE VINEYARD AND THE CELLAR

**Tour** everyday from March 15th to October 31st

Meeting in Riomaggiore at 9.15 am, Duration about 3 hours

**Language** Italian, English

**Included** public bus fare, vineyard and wine cellar visit, wine tasting with a local white wine and a traditional, local sweet wine.

**Program** a winemaker from Riomaggiore, following the wine-growing traditions handed down over generations, will take you on a unique and interesting half day wine tour.

In the morning you meet him in the centre of Riomaggiore and together you catch the bus that leads you to Montenero, high above the village, from where you walk on a little trail into his vineyard. This is a special panoramic place with a great view over the steep Cinque Terre coast. Andrea will explain you his wine growing methods - respecting the vineyard and the earth, without the use of chemical products. After the visit you will come back to Riomaggiore by foot, which means a nice hike of about 45 minutes on an ancient pilgrimage path, downhill to winemaker little wine cellar. Skilful 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 flavours, 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.

Equipment to bring with you: hiking shoes, drinking water. Sure footedness and physical fitness are necessary!



### WINE TASTING IN ENOTECA IN MONTEROSSO

**Tour** available everyday from March 15th to October 31st

**Language** Italian, English

**Included** wine tasting with 3 different wines (0,1 l per wine), some local snacks like crostini and cantucci etc.

**Program** 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 Sclacchetrà. 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 little crostini and some cantucci with the Sclacchetrà.



### PESTO COURSE: MANAROLA

**Tour** everyday from March 15th to October 31st – except on Tuesday

Meeting at 11 am, Duration about 1 hour

**Included** basil harvest, pesto course with mortar, pesto tasting and a glass of local wine, printed recipe.

**Program** In a strategic and unforgettable location was born this new bar with breathtaking view, run by two young guys. The pesto course will take life here, starting from the basil harvest in their own vegetable garden and by picking the ingredients. Simone will show you how to make the traditional pesto sauce, with the use of the mortar, explaining its ingredients and history.

You will enjoy making pesto surrounded by wonderful places, colours and perfumes.

At the end you will taste your own job on a bruschetta (toasted bread) together with a glass of Cinque Terre wine.



### ITALIAN LANGUAGE SESSION IN MONTEROSSO

Learn and experience the Italian language in Monterosso, Cinque Terre.

Organized by a professional language school, can be arranged on a weekly basis and we assist you to find lodging for the duration of your stay.

Half of the language course takes place outside the classroom environment: in the garden, at the marina, in the openair, at the market, in a bar, at the village train station or with the group in the kitchen preparing pesto. You learn the language – not just the difficulties in learning the language. The aim of the Italian course is to think in Italian while communicating in Italian. Vocabulary and grammar are prepared by native-speaking teachers in the theoretical part of the course followed by an immediate opportunity to put your knowledge to the test outside the classroom.

Some 50% of the course takes place in small groups of no more than five participants or in individual/semi-individual courses outside the classroom. The prepared thematic environments around the town of Monterosso has proven to be an effective and fun didactic method which places students in real-life situations.

#### **RATES Individual courses**

3 hours theory and practice per day (90 minutes theory + 90 minutes practice) with a native-speaking teacher/ 5 days of instruction per week Including course book and course CD with verbal exercises



## WATERCOLOR CLASS

Begin in the Cinque Terre your own travel sketchbook, un carnet de voyage, that will follow you in your travels. With a pencil and paintbrush you will collect images, visual notes, details of rocks, plants, herbs, sea and clouds above the houses, your memories as a collage with variations from blank and white to color.

The class is organized in two (or more) sessions of three hours.

Francesco Martera, a local painter will assist and guide the open-air class.

Class will include: Art instruction and guidance (3 hours), Supplies and tools.



## PHOTOGRAPHIC TOUR IN THE CINQUE TERRE

**Tour** Every day except for public holidays

**Language** Italian, English

**Departure** Meeting in Manarola in the afternoon - Duration approx. 3 hours

**Included** 3 hours photographic tour with professional photographer, one drink at the end of the tour during the analysis of the pictures.

**Program** "Photography" literally means the "science of light" – and this is what a good photographer uses to create stunning pictures, different from the usual "snapshots" many tourists take while travelling the world. Learn how important the light, the right composition, the right moment, sometimes a different point of view and other elements are to make pictures different. The secret how to take not only a picture but to transport a message. The professional photographer Uta Theile will take you around in Manarola, for sure one of the most "picturesque" towns of the Cinque Terre and show you the most beautiful places to take pictures. While you get familiar with the town, its houses, its panoramas, its plants and animals Uta will assist you and unveil some of a photographer's "secrets". It is not important which kind of equipment you bring – from the smartphone, the Ipad, the compact digital camera to the professional DSLR camera – she will help you to get the best out of your pictures and your equipment and you will take home not only breathtaking photos of your stay in the Cinque Terre – this experience makes you see the world with completely new eyes!

