

# COOKING IN CAMPAGNA.

AUGUST 31-SEPTEMBER 6, 2025



EXPLORE

ITALY

7DAYS/6NIGHTS

\$2698  
P/P

*Are you ready for an authentic Italian cooking program that also provides the opportunity for cultural exploration and enrichment? If yes, than join us for the culinary adventure of a lifetime !*

## Culinary Package includes;

- 7 days / 6 nights on site Villa accomodations
- 5 cooking classes with an English speaking Italian chef
- 3 meals daily, local beverages and wine with meals
- Tours of local towns, vineyards, and culinary related
- Transfers to/from Rome Airport or Train Station
- Accomodation tax
- Complimentary travel consulting with Leslie for your pre/post plans- Flights, trains, hotels, logistics and ideas



## NOT INCLUDED:

- ✓ International Airfare
- ✓ Travel Insurance
- ✓ Tips and items of a personal nature

Call Leslie @707-484-3836 or book online @journeysoftheheartwellness.com

# COOK WITH US IN ITALY!



*Whether you are a seasoned chef or a culinary enthusiast eager to expand your repertoire, our cooking retreat at Casa Gregorio promises an experience that will delight your senses and nourish your soul.*

**Day 1- Welcome to the Roman Countryside!** *The culinary experience begins with a warm welcome at the Rome airport and a transfer to Casa Gregorio in the historical village of Castro del Volsci. After the *Benvenuti* and checkin at the villa we will take a guided walk of the village followed by an early dinner*

**Day 2-Olive Oil Culinary Tour and Meet the Pastry Chef !** *After breakfast we visit the town of Arpino, located in the region considered “Land of the Olives. We visit a traditional olive oil mill where we learn about the process of producing Extra Virgin Olive Oil. Afterwards we will visit the local estate, taste the olive oil, enjoy a light lunch and take a bottle home if you choose. This evening you will meet one of our chefs and start baking ! Dinner will be served after class at the villa.*

**Day 3-Culinary Tour and learn to make Antipasti !** *Today after breakfast we will visit the Farmers market to shop for tonight's cooking lesson and Antipasti extravaganza. We then visit the local cheese Caseificio and sample fresh Ricolta , buffalo, mozzarella and provolone. Then its off to the seaside town of Terracina, lunch at a local Trattoria followed by a stroll thru the town and home in time for a quick rest. Tonight we prepare a variety of Antipasti dishes, grilled vegetables and stuffed zucchini accompanied by a sampling of olives, cheeses and wine with dinner.*

**Day 4-Culinary tour and discover the Primi Piatti** *After another delicious breakfast at the villa we journey to Pastorella and watch the process of making sausage followed by a visit to a “Prosciuttificio” in the town of Guarcino where we will have a picnic lunch of fresh cut Prosciutto and Porchetta. After time for a brief rest we begin our hands on cooking class with our chef Valerio who will explain how to make homemade pasta with a seasonal sauce. Dinner with wine to follow.*

**Day 5-Winery tour and follow with the Secondi Piatti** *After breakfast we head to the Abbey of Montecassino which has a significant local history in Ciociaria. We then visit a winery in Val Comino which is a region famous for their Cabernet. We will hwine cellar and bottling plant followed by a tasting. We continue to the town of Atina and enjoy lunch at the “Old Cantina Visocchi” where the sommelier will treat us to another sampling of wine. This afternoon you will learn to prepare the Secondi Piatti such as Involtini, Scallopini alla Mela, Salsiccia con Patate, and the proper “Contorno” to accompany the main course*

**Day 6-Shopping, Relaxation and Pizza !** *Today enjoy a brunch served at the villa followed by time to walk the cobblestone streets of Castro dei Volsci and a chance to meet the local Artisans in their shops and learn about traditional art passed down thru generations. In the afternoon Chef Valerio will instruct you on making the perfect Pizza dough followed by our Pizza Party to conclude our culinary week. After dinner we will adjoin to the Tavern to enjoy a night of local entertainment.*

**Day 7-Arrivederci !** *You will leave with wonderful memories, newfound friendships, and your newly acquired cooking skills.*



**CALL LESLIE  
707-484-3836**

**TO APPLY YOUR  
\$500 DEPOSIT  
TODAY!**



***Space is limited so call to reserve your spot today !***

**Payment Schedule;**

- \$2690.00 total per person based on double occupancy Queen or twin bedded rooms available
- \$500.00 per person deposit due to confirm
- 50% of balance due on or before November 30, 2024.
- \$700 Single Supplement
- Final payment due February 28, 2025.
- Alternate payment plans are available. Please call Leslie for details.



***Cancellations and Refunds:***

- All payments are non refundable
- Payments may be transferred from one passenger to another up to 2 months prior to arrival in Italy.
- Travel insurance is strongly encouraged.



**This is not a guaranteed departure until the minimum amount of participants is confirmed. In the event the minimum amount of guests is not met Journeys of the Heart reserves the right to cancel the program and will refund all payments.**

**Book online@[Journeysoftheheartwellness.com](http://Journeysoftheheartwellness.com) or call Leslie 707-484-3836**