



ITALY'S ICONIC BITES

MILAN - LA SPEZIA - CINQUE TERRE - VERNAZZA - ROME - COLOSSEUM - FLORENCE - SIENA - SAN GIMIGNANO - CHIANTI COUNTRYSIDE -
NAPLES

Trip duration: 11 days | Travelers: 1 Adult

ITINERARY

Across Italy's most iconic cities, discover the country's essence through its signature dishes: from **Milan's golden risotto** to the fragrant **basil pesto** of the Cinque Terre, **Tuscany's wines**, **Rome's beloved carbonara**, and **Naples' world-famous pizza**. Each experience reveals a new layer of Italy's culinary soul, blending tradition, storytelling, and taste. Guided by local chefs and food experts, you'll explore authentic neighborhoods, learn centuries-old recipes, and toast with the perfect **regional wine**.

An exclusive journey where every bite tells the story of Italy.

Day 1



MILAN: FASHION, FLAVOR & THE ICONIC "RISOTTO"



Dynamic, elegant, and effortlessly chic, Milan is where innovation meets timeless beauty. From **Leonardo's Last Supper** and the majestic **Duomo** to the modern **skyline of Porta Nuova**, every corner tells a story of creativity and style. Beyond the catwalks and boutiques, discover **Milan's flavors**, as refined as its fashion. Indulge in tastings of Milanese classics like **risotto alla Milanese**, the **ossobuco** or the sparkling **"aperitivo"**, embracing the city's signature elegance.



Check-in 14:00

YOUR HOTEL IN MILAN

📍 Milan Lombardy, Milan, Italy -



🕒 2 nights 🧑 1 Adult

You can choose from a carefully selected range of accommodation, available in 3- or 4-star options depending on your preference.

Each property is chosen for its comfort, reliability, and excellent location — perfect for exploring the city easily on foot or by public transport. Expect **modern amenities, warm hospitality, and consistent quality standards** in every destination, ensuring outstanding guest experiences.



A DAY TO YOURSELF IN MILAN



Enjoy the freedom to shape your own **Milanese** day! Feel free to choose how to spend it: whether it's shopping along the elegant streets of the Quadrilatero della Moda, visiting world-class museums, or simply relaxing with an aperitivo in a lively piazza. Discover Milan at your own rhythm, following your curiosity and your taste.

Day 2



Start at 11:15

MILAN GOURMET FOOD TOUR

📍 Milan Lombardy, Milan, Italy -



🕒 3 hours 30 minutes 🧑 1 Adult

Discover Milan through its most iconic flavors on a guided gourmet journey blending culture and cuisine. Stroll through the elegant **Brera district** and savor the city's signature **Risotto alla Milanese**, a golden saffron masterpiece that perfectly captures Milan's culinary soul. Enjoy a curated tasting of **local delicacies**: from artisanal **cheeses** and **cured meats** paired with fine **wines** to the beloved **Pizza Margherita**, freshly baked **pastries** like **cannoncini and mignons** and rich **espresso**. Each stop reveals a new layer of Milan's taste and tradition, making this experience a must for true food lovers.



MILANESE AFTERNOON YOUR WAY



Enjoy a relaxed afternoon discovering Milan exactly as you wish. Take time to explore stylish boutiques, visit an art gallery, or simply relax with an aperitivo along the picturesque canals of the Navigli district. Whether you're drawn to fashion, art, or the city's vibrant café culture, this is your time to enjoy Milan exactly as you like it.

Day 3



Depart 08:05

TRAIN FROM MILANO CENTRALE TO LA SPEZIA CENTRALE

📍 1 Piazza Duca d'Aosta, Milano, Lombardia 20124, Milano, Italy -



👤 1 Adult

Proceed to Milano Centrale train Station to take your train to La Spezia Central Railway Station.



LA SPEZIA & CINQUE TERRE: THE HOME OF "PESTO" & COASTAL FLAVORS



Nestled between the sea and the hills, La Spezia is your home base for exploring the breathtaking **Cinque Terre: Monterosso, Vernazza, Corniglia, Manarola, and Riomaggiore**. Each village enchants with its colorful houses, dramatic cliffs, and sea views that define the Italian Riviera. Wander through cobble streets lined with fishing boats, taste freshly baked **focaccia** and the region's famous **pesto**, and breathe in the scent of the sea and basil.

From sunlit harbors to hilltop terraces, this stretch of Liguria invites you to slow down and savor life — one flavor, one view, one moment at a time.



Check-in 14:00

YOUR HOTEL IN LA SPEZIA

📍 La Spezia Liguria, La Spezia, Italy -



🕒 2 nights 👤 1 Adult

You can choose from a carefully selected range of accommodation, available in 3- or 4-star options depending on your preference.

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 Start at 18:30

LA SPEZIA FOOD TOUR: A TASTE OF LIGURIAN TRADITIONS

 La Spezia Liguria, La Spezia, Italy -



 3 hours 30 minutes  1 Adult

Embark on a food tour through La Spezia, discovering the authentic tastes of Liguria guided by a **local food expert**. From golden **sgabei** and warm **farinata** to hand-crafted **testaroli al pesto**, every bite reflects the region's rustic charm and coastal heritage. Enjoy freshly caught **seafood**, traditional **mesciua** soup, and the unmistakable aroma of local **olive oil** and herbs. Between tastings, stroll through lively streets and hidden corners, immersing yourself in the relaxed rhythm of Ligurian life.

Day 4

 Start at 00:00

CINQUE TERRE TRAIN MS CARD 24H

 La Spezia, La Spezia, Italy -



 23 hours  1 Adult

The Cinque Terre Train MS Card 24h gives you **unlimited train travel for 24 hours** along the scenic route connecting **La Spezia, Riomaggiore, Manarola, Corniglia, Vernazza, Monterosso, and Levanto**.

This convenient pass allows you to **hop on and off regional trains** as you explore the **five colorful seaside villages** at your own pace. It also includes access to the hiking trails within the Cinque Terre National Park and use of the **local eco-bus services** that connect the villages. The ideal way to experience the beauty and freedom of Italy's famous Ligurian coastline.

 **Start at 15:00**

A TASTE OF LIGURIA: PESTO COOKING CLASS & WINE TASTING IN VERNAZZA

 71 Via Roma, Vernazza, Liguria 19018, Vernazza, Italy -



 1 hour 30 minutes  1 Adult

Immerse yourself in the authentic flavors of Liguria with a **hands-on pesto cooking class** in the charming village of Vernazza. Learn **the art of traditional pesto making** using a marble mortar and pestle, just as locals have done for generations. As the fresh aroma of basil fills the air, enjoy a guided tasting of **three local wines** paired with three varieties of Ligurian **extra virgin olive oils** and regional **cheeses**. Complete the experience with delicious **focaccia**, the savory bread that perfectly captures the essence of this coastal cuisine.

Day 5

 **Depart 08:16**

HIGH-SPEED TRAIN FROM LA SPEZIA CENTRALE TO ROMA TERMINI

 Piazzale Medaglie d'Oro, La Spezia, Italy -



 1 Adult

Proceed to La Spezia Central Railway Station to take your high-speed train to Rome Termini Railway Station.



ROME: THE ETERNAL CITY OF "CARBONARA"



Step into Rome, where history, culture, and gastronomy intertwine at every corner. Wander through ancient streets and piazzas, marvel at the **Colosseum**, **Pantheon**, and **Vatican** treasures, while savoring the scents of the city's culinary icons: creamy **cacio e pepe**, rich **carbonara**, crispy **suppli**, and freshly baked **pizza bianca**. Explore hidden **trattorias** and lively **markets** where local specialties — from aged **pecorino** and cured meats to seasonal produce — invite you to taste the city like a true Roman. Sip a glass of **Frascati wine** or a classic **aperitivo** as the sun sets over cobblestone streets, letting Rome reveal its vibrant energy through flavors and unforgettable moments.



Check-in 14:00

YOUR HOTEL IN ROME

📍 Rome Lazio, Rome, Italy -



🕒 2 nights 🧑 1 Adult

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Start at 17:00

TASTE ROMAN AUTHENTIC FOOD AND STROLL THROUGH TRASTEVERE

📍 Piazza Trilussa, Roma, Lazio 00153, Roma, Italy -



🕒 3 hours 30 minutes 🧑 1 Adult

Enjoy a **food tour** through the charming, narrow streets of Rome's most vibrant and picturesque district, **Trastevere**! As you explore this lively neighborhood, savor the flavors of authentic Roman cuisine, **guided by a local expert** who will share fascinating historical insights and their passion for food.

Around Trastevere you will admire the highlights of this district such as the fascinating **Jewish Ghetto**, while trying some **authentic Roman delicacies**. Some of the tastings that you will be served during the walking tour include **Suppli** (a fried rice ball filled with cheese), a **slice of Roman Pizza**, hand-made cookies and the Italian famous **pasta alla Carbonara**. To end the tour on a sweet note, you will have a deliciously refreshing **artisanal ice cream**.

Day 6



Start at 09:00

GLADIATORS' PATH: SEMI-PRIVATE COLOSSEUM & ANCIENT ROME TOUR

📍 1 Piazza del Colosseo, Roma, Lazio 00184, Roma, Italy -



🕒 3 hours 🧑 1 Adult

Step back in time and experience Rome like a true gladiator on this **semi-private tour**. **Skip the long lines** and explore the iconic **Colosseum**, the **Arch of Constantine**, and the **Roman Forums** with **expert guidance**.

Begin atop the Oppian Hill, enjoying breathtaking views of Rome's most famous monuments. Once you enter the Colosseum, your guide will bring the stories of ancient battles and triumphs to life, immersing you in the drama of the arena. Wander through the heart of the **Imperial Forum**, discovering hidden secrets and legendary tales of emperors and citizens alike. With priority access to all sites, enjoy an intimate, unrushed journey through the grandeur of ancient Rome.



ROMAN AFTERNOON YOUR WAY



Spend the afternoon embracing Rome at your own rhythm. Choose to wander through cobbled alleys, linger over an espresso in a sunlit piazza, or join an optional experience that catches your eye. This is your moment to live the Eternal City exactly as you wish.

Day 7

 Depart 09:00

HIGH-SPEED TRAIN FROM ROMA TERMINI STATION TO FLORENCE SANTA MARIA NOVELLA TRAIN STATION

 1 Piazza dei Cinquecento, Roma, Lazio 00185, Roma, Italy -



 1 Adult

A high-speed train will take you to the city of Florence in just an hour and a half.



FLORENCE: THE RENAISSANCE OF FLAVOR & CHIANTI WINE



Step into Florence, a city where centuries of art and culinary tradition meet in perfect harmony. Wander through streets lined with Renaissance masterpieces, from **Brunelleschi's Dome** to **Michelangelo's David**, and marvel at the treasures of the **Uffizi**. Beyond the galleries, Florence invites you to taste its soul: sample freshly baked focaccia and pastries at bustling markets, savor rich **Tuscan wines** in intimate **enotecas**, or enjoy a perfectly grilled **bistecca alla fiorentina** at a local **trattoria**. Let the aroma of fresh pasta and the golden light of the Arno at sunset guide your exploration. Here, every corner tells a story, every flavor celebrates tradition, and every moment invites you to experience the city not just as a sight to see, but a feast to savor.

 Check-in 14:00

YOUR HOTEL IN FLORENCE

 Florence Tuscany, Florence, Italy -



 2 nights  1 Adult

You can choose from a carefully selected range of accommodation, available in 3- or 4-star options depending on your preference.

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 Start at 18:00

HIDDEN FLORENCE WALK: DISCOVER WINE WINDOWS AND OTHER SECRETS

 Florence Tuscany, Florence, Italy -



 1 hour 30 minutes  1 Adult

Discover a **hidden side of Florence** with this evening walking tour. Uncover fascinating legends, lesser-known stories, and **unique spots away from the usual tourist crowds**. Perfect for Instagram photo spot seekers!

You'll stroll through the heart of Florence, stopping at iconic yet secretive spots. At the **Loggia del Porcellino**, rub the nose of the famous bronze boar for good luck before uncovering the curious legend behind it. Continue through Via delle Terme and Piazza del Limbo, one of Florence's oldest squares, where you'll enjoy a **surprise tasting**, an authentic Tuscan delicacy. As you follow the path of the Vasari Corridor from the outside, your guide will reveal stories of Medici power and mystery. Cross **Ponte Vecchio** and discover **historic wine windows**, many of which have been recently restored. These small openings in noble palaces were used in the past to sell wine directly to Florentine citizens: today, they make for a perfect photo spot and an unforgettable experience.

Your journey continues past **Palazzo Pitti and Piazza Santo Spirito** and near **Palazzo Strozzi** you'll enjoy a **glass of Tuscan wine** served from an original wine window, just as locals did centuries ago. A tour filled with history, legends, and hidden gems—perfect for those seeking an **alternative and authentic experience**.

Day 8



FLORENTINE MORNING YOUR WAY



Savor a morning entirely your own in the heart of Florence: with no set plans, you're free to choose any activity you'd like to explore the city. Stroll through lively markets and taste freshly baked pastries, or sip a cappuccino while watching the city awaken. Perhaps you'll visit a local enoteca for a morning wine tasting, explore artisan workshops, or admire iconic landmarks like Brunelleschi's Dome at your own pace.



Start at 14:00

TUSCAN HILLS & MEDIEVAL GEMS: SIENA AND SAN GIMIGNANO WITH WINERY DINNER

📍 Via dei Vagellai, Firenze, Toscana 50122, Firenze, Italy -



🕒 8 hours 30 minutes 🧑 1 Adult

Depart from Florence and journey through the scenic **Chianti countryside** to discover the timeless beauty of Siena and San Gimignano.

Enjoy a **guided walking tour** through **Siena's** historic center and its stunning **Piazza del Campo**, home to the famous Palio horse race. Continue to the medieval hilltop town of **San Gimignano**, renowned for its skyline of ancient towers and charming streets.

As the sun begins to set, head toward a prestigious **boutique winery** surrounded by rolling hills and cypress trees. Savor a **traditional Tuscan dinner** paired with fine **local wines** selected by an expert sommelier: the perfect ending to a day immersed in the magic of Tuscany.

Day 9

 Depart 09:14

HIGH-SPEED TRAIN FROM FLORENCE SANTA MARIA NOVELLA STATION TO NAPLES STATION

 Piazza di Santa Maria Novella, Firenze, Toscana 50123, Firenze, Italy -



 1 Adult

Board your high-speed train to Naples.



NAPLES: THE ART OF PIZZA & SOUTHERN PASSION



Welcome to **Naples**, the birthplace of Italy's most beloved dish: **pizza**. Dive into the city's vibrant energy, where centuries of history meet bold flavors and heartfelt hospitality. Wander through lively streets scented with freshly baked dough, tomatoes, and basil, and discover local gems where traditional recipes are still crafted by hand. From classic **Margherita** to **sfogliatella** and **espresso**, every bite tells a story of Neapolitan pride. In Naples, food isn't just a meal, it's pure emotion.

 Check-in 14:00

YOUR HOTEL IN NAPLES

📍 Naples Campania, Naples, Italy -



🕒 2 nights 🧑 1 Adult

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Start at 17:30

MASTER THE ART OF PIZZA IN THE HEART OF NAPLES

📍 30 Via delle Zite, Napoli, Campania 80139, Napoli, Italy -



🕒 2 hours 🧑 1 Adult

Learn how to cook the Italian dish per excellence, the icon of Naples, a delicious **pizza**! With the help of a “**pizzaiolo**” you will make the pizza following all steps, from making the dough to baking in a wood oven, while discovering some perfect Pizza secrets: which flour is good to use, which kind of yeast, how long the dough must rest, how it must be spread, which tomato use, when the oil is poured and so forth. This Pizza Cooking class will let you learn how to cook one of the most famous dish in the world and make a try. If the result will be satisfying, you will **taste your product!** Put yourself to the test and find out if you can become an experienced “pizzaiolo”!

Day 10



Start at 08:30

DISCOVER NAPLES & UNDERGROUND RUINS



🕒 3 hours 🧑 1 Adult

Discover Naples' vibrant streets and hidden layers on an unforgettable journey through history. Begin with panoramic views of the **Bay of Naples**, Capri, and **Mount Vesuvius**, then explore the city's historic heart along **Spaccanapoli**, past Baroque palaces, artisan shops, and cozy cafés. Marvel at the artistic treasures of **Gesù Nuovo** and **Santa Chiara** before descending into the **underground Roman ruins of Neapolis Sotterrata**, where ancient markets, bakeries, and workshops reveal life beneath the bustling city. Conclude in the monumental quarter, admiring landmarks like **Castel Nuovo**, the Royal Palace, Teatro di San Carlo, and **Galleria Umberto**, a perfect blend of Naples' grandeur and hidden secrets.



NEAPOLITAN AFTERNOON YOUR WAY



Spend the afternoon embracing Naples at your own rhythm. Stroll through lively streets filled with color and character, savor a true espresso in a local café, or join an optional experience that sparks your curiosity. Whether you're drawn to history, flavor, or seaside views, this is your time to enjoy Naples exactly as you wish.



Your Italian adventure comes to an end, but the memories you've created will stay with you forever.

From iconic sights to authentic experiences and local flavors, every moment has been carefully curated to show you the real Italy.

We can't wait to welcome you and make your travel dreams come true!

WHAT'S INCLUDED

Accommodation

10 nights in centrally located hotels.

Choose between two carefully selected options:

- **Smart Collection**
 - B&B Hotel Milano Aosta 3* or similar
 - The Poet Hotel 4* or similar
 - Hotel Canada 3* or similar
 - Hotel La Fortezza 3* or similar
 - Hotel Cimarosa 3* or similar
- **Signature Collection**
 - UNAHOTELS Galles 4* or similar
 - Hotel Firenze E Continentale 4* or similar
 - Leonardo Boutique Hotel Rome 4* or similar
 - C-Hotels Ambasciatori 4* or similar
 - Palazzo Salgar 4* or similar

The hotels listed are our main partner in each city; they are presented as examples for your reference only. We only select the finest places in the city centers, and in compliance with high international standards. You will receive the list of hotels you will be staying at right upon booking.

Meals

- Daily **Breakfast**
- **Street-food tastings** in Milan, La Spezia and Rome
- **Pesto, focaccia and wine** tastings in Vernazza
- **Dinner** in Chianti winery
- **Pizza** cooking class in Naples

Activities

- **Small-group guided tours** with English-speaking guides:
 - Milan **Gourmet Food Tour**
 - Cinque Terre **Food Tour**
 - Trastevere **Food Tour**
 - **Colosseum and Ancient Rome** guided tour
 - **Wine-windows and hidden Florence** Walking Tour
 - **Siena and San Gimignano Tour** with dinner in a winery
 - **Naples Underground** Tour
- **Pesto Cooking Class** in Vernazza
- **Pizza Cooking Class**
- **5 Terre Card**

Transportation

- **High-speed train** tickets in **Premium Class** (La Spezia → Rome → Florence → Naples)
- Second Class regional train tickets (Milan → La Spezia)

On-site Assistance

- **24/7 Assistance** throughout your trip, offering help and guidance at any time

