

**VITORITALY®**  
Italy with Italians

## ITALIAN EXCELLENCES 2-WEEK GRAND TOUR

Verona, Parma, Tuscany, Umbria,  
the Amalfi Coast, Matera & Puglia

### DAY-BY-DAY ITINERARY



The ultimate tour at the discovery of the Excellences of the Country. From the wines of Veneto and Tuscany to the prosciutto of Emilia and olive oil of Umbria, from the cheese of Val d'Orcia to the buffalo mozzarella of Paestum and the bread of Matera, from alabaster in Volterra to Ceramics in Deruta. A once-in-a-lifetime experience which you'll never forget!



## TOUR HIGHLIGHTS

- Verona, the city of lovers
- Parma, the art of food
- Volterra, masters of the "smooth" stones
- Chianti, winemakers for 1,000 years
- Val d'Orcia, where Man and Nature blend in harmony
- Assisi, the extraordinary land of Francis
- Umbria, the green heart of Italy
- The Amalfi Coast, where divas are at home
- Matera, the city of stone
- Martina Franca and Locorotondo, the White Cities
- Bari, a meeting point between East and West

## ITINERARY SUMMARY

DAY	ACTIVITIES INCLUDED IN THE PROGRAM
Day 1 <b>Verona</b>	<ul style="list-style-type: none"> <li>- Pick-up and transfer to your accommodation in Verona – Stopover at a winery in Valpolicella area</li> <li>- Visit to a Valpolicella wine cellar with tastings</li> <li>- Free time - <b>Optional 2-hour private walking tour of Verona city centre with an Authorised Tourist Guide</b></li> </ul> <p><i>Overnight in Verona city centre</i></p>
Day 2 <b>Modena &amp; Maranello</b>	<ul style="list-style-type: none"> <li>- Transfer to your accommodation in Parma area – Stopovers in Modena and Maranello</li> <li>- Visit of a Balsamic Vinegar of Modena Producer with tasting – Admission to Museo Ferrari in Maranello</li> </ul> <p><i>Overnight in Parma area</i></p>
Day 3 <b>Parma</b>	<ul style="list-style-type: none"> <li>- Full-day excursion of Parma area with an <u>Authorised Tourist Guide</u> - Visits to a Parmesan Cheese factory, a Parma Ham factory and a Lambrusco wine cellar with tastings</li> </ul> <p><i>Overnight in Parma area</i></p>
Day 4 <b>Volterra</b>	<ul style="list-style-type: none"> <li>- Transfer to your accommodation in Chianti area – Stopover in Volterra</li> <li>- Visit of an alabaster laboratory in Volterra</li> </ul> <p><i>Overnight in Chianti area</i></p>
Day 5 <b>Chianti area</b>	<ul style="list-style-type: none"> <li>- Full-day private E-bike excursion of Chianti area</li> <li>- Visit of a Chianti wine cellar with tasting</li> </ul> <p><i>Overnight in Chianti area</i></p>
Day 6 <b>Monteriggioni &amp; Val d'Orcia</b>	<ul style="list-style-type: none"> <li>- Transfer to your accommodation in Val d'Orcia area – Stopovers in Monteriggioni and Montalcino area</li> <li>- Visit of a Brunello di Montalcino Wine Cellar with tastings</li> </ul> <p><i>Overnight in Val d'Orcia area</i></p>
Day 7 <b>Val d'Orcia</b>	<ul style="list-style-type: none"> <li>- Full-day excursion to Val d'Orcia area: Bagno Vignoni and Montepulciano</li> <li>- 3-hour private gourmet walking tour of Montepulciano city centre with an <u>Authorised Tourist Guide</u>, with tastings of Vino Nobile, Pecorino cheese and truffle</li> </ul> <p><i>Overnight in Val d'Orcia area</i></p>
Day 8 <b>Assisi</b>	<ul style="list-style-type: none"> <li>- Transfer to your accommodation in Assisi - Stopover at a winery in Montefalco area</li> <li>- Visit of a Sagrantino di Montefalco Wine Cellar with tasting</li> <li>- Umbrian Cooking Class with dinner</li> </ul> <p><i>Overnight in Assisi area</i></p>
Day 9 <b>Assisi</b>	<ul style="list-style-type: none"> <li>- Full-day excursion in Assisi area</li> <li>- Truffle Hunt Experience with lunch in Assisi area</li> </ul> <p><i>Overnight in Assisi area</i></p>
Day 10 <b>Spoletto</b>	<ul style="list-style-type: none"> <li>- Visit to Olive Oil Mill with tastings in Spoleto area</li> <li>- Transfer to your accommodation on the Amalfi Coast</li> </ul> <p><i>Overnight on the Amalfi Coast</i></p>
Day 11 <b>Amalfi Coast</b>	<ul style="list-style-type: none"> <li>- Visit to a Lemon Orchard and lemon-based lunch in Amalfi</li> </ul> <p><i>Overnight on the Amalfi Coast</i></p>
Day 12 <b>Matera</b>	<ul style="list-style-type: none"> <li>- Transfer to your accommodation in Matera</li> <li>- Free time - <b>Optional 2-hour private walking tour of Matera city centre with an Authorised Tourist Guide</b></li> </ul> <p><i>Overnight in Matera city centre</i></p>
Day 13 <b>Martina Franca</b>	<ul style="list-style-type: none"> <li>- Full day excursion in Martina Franca area</li> <li>- Mozzarella and Burrata making class in Martina Franca area</li> </ul> <p><i>Overnight in Martina Franca area</i></p>
Day 14 <b>Grottaglie</b>	<ul style="list-style-type: none"> <li>- Full day excursion to Grottaglie and Locorotondo – Free time in Locorotondo</li> <li>- Ceramics-making workshop in Grottaglie</li> </ul> <p><i>Overnight in Martina Franca area</i></p>
Day 15 <b>Bari</b>	<ul style="list-style-type: none"> <li>- Transfer to your accommodation in Bari</li> <li>- 3-hour Cooking Class in Bari city centre</li> </ul> <p><i>Overnight in Bari city centre</i></p>

## WHAT'S INCLUDED

- **Accommodations at 3\* to 5\* Hotels, Country Houses and Historical Palaces (when available), City Apartments:**
  - Day 1 in Verona city centre
  - Days 2 & 3 in Parma area
  - Days 4 & 5 in Chianti area
  - Days 6 & 7 in Val d'Orcia area
  - Days 8 & 9 in Assisi area
  - Days 10 & 11 on the Amalfi Coast
  - Day 12 in Matera city centre
  - Days 13 & 14 in Martina Franca area
  - Day 15 in Bari city centre
- **Transfers (\*):**
  - Day 1: Pick-up at your accommodation in Milan and transfer to your accommodation in Verona
  - Day 2: Transfer to your accommodation in Parma area – Stopovers in Modena and Maranello
  - Day 4: Transfer to your accommodation in Chianti area – Stopover in Volterra
  - Day 6: Transfer to your accommodation in Val d'Orcia area – Stopovers in Monteriggioni and Montalcino area
  - Day 8: Transfer to your accommodation in Assisi - Stopover in Montefalco area
  - Day 10: Transfer to your accommodation on the Amalfi Coast – Stopover along the way
  - Day 12: Transfer to your accommodation in Matera
  - Day 15: Transfer to your accommodation in Bari

(\*)All transfers by private car/minivan/minibus

- **Guided Visits / Tours (\*\*)/ Activities:**
  - Day 1: Visit of a Valpolicella wine cellar with tastings
  - Day 2: Visit of a Balsamic Vinegar of Modena Producer with tasting
  - Day 3: Full-day excursion of Parma area with an Authorised Tourist Guide - Visits to a Parmesan Cheese factory, a Parma Ham factory and A Lambrusco wine cellar with tastings
  - Day 4: Visit of an Alabaster Laboratory in Volterra
  - Day 5: Full-day private E-bike excursion of Chianti area - Visit of a Chianti wine cellar with tasting
  - Day 6: Visit of a Brunello di Montalcino wine cellar with tastings
  - Day 7: Full-day excursion to Val d'Orcia area: Bagno Vignoni and Montepulciano - 3-hour private gourmet walking tour of Montepulciano city centre with an Authorised Tourist Guide, with tastings of Vino Nobile, Pecorino cheese and truffle
  - Day 8: Visit of a Sagrantino di Montefalco wine cellar with tasting – Umbrian Cooking Class with dinner
  - Day 9: Full-day excursion to Assisi area - Truffle hunt experience with lunch in Assisi area
  - Day 10: Visit of Olive Oil Mill with tastings in Spoleto area
  - Day 12: Visit to a Lemon Orchard and lemon-based lunch in Amalfi
  - Day 13: Full day excursion in Martina Franca area - Mozzarella and Burrata making class in Martina Franca area
  - Day 14: Full day excursion to Grottaglie and Locorotondo – Ceramics-making workshop in Grottaglie
  - Day 15: Food tour in Naples with an Authorised Tourist Guide3-hour Cooking Class in Bari city centre

(\*\*)All tours by private car/minivan/minibus

- **Admission tickets:**
  - Museo Ferrari in Maranello
- **Full emergency assistance 24 hours/day by our Back Office**
- **Extensive list of recommended restaurants, deli and craft shops along the itinerary** (for more information, pls see <https://vitoritalytours.com/our-hallmarks/recommended-by-vitor.html>)
- **All taxes**

## NOT INCLUDED IN THE PRICE

- All transfers and other services not specifically mentioned in the above program
- Meals, wine and beverages
- Porterage fees at every accommodation
- Camera or Video fees
- Tipping for local guides and drivers
- Laundry, telephone calls and other expenditures of personal nature
- Travel / Vacation insurance

## CUSTOMIZATIONS & OPTIONS

- Pick up at Milan Airport / Railway Station at the start of the tour
- Accommodation in Milan the night before the start of the tour
- 2-hour private walking tour of Verona city centre with an Authorised Tourist Guide
- 3-hour private walking tour of Matera city centre with an Authorised Tourist Guide
- Drop off at Naples Airport / Railway Station at the end of the tour
- Other options upon request

## TOUR MAIN FEATURES

### VERONA

Benvenuti in Italia, welcome to Verona!

In a stretch of land designed in accord with the bends and twists of the River Adige, we find Verona, a visually stunning city of excellence. It is a city of many faces whose history can also summarize Italy's history – think of the works left by the Romans, the Medieval streets and the “palazzi” of the Renaissance.

The city's commercial hub is **Piazza delle Erbe**, where the original Roman Forum was. This piazza represents the synthesis of several different historical moments: the 13<sup>th</sup>-century buildings – among which Casa dei Mercanti (House of Merchants) stands out - the painted facades of the Mazzanti Houses and the Madonna Verona Fountain, with its central statue from the Roman Epoch. Also, dating back to Roman times, the most symbolic monument of Verona is the **Arena** (1<sup>st</sup> century B.C.). Originally constructed to host gladiator combats, it saw a long period of abandonment before it returned to the limelight with a new form of entertainment in 1913: after having hosted the premiere of Aida in that year, it has been known around the world for the sounds of opera that emanate from its stage.

Then, Romanesque Verona lies in its imposing Duomo, as well as in the **Cathedral of St. Zeno**, and in **Castelvecchio**, which looks out from the banks of the Adige; it symbolizes the Medieval power of the Scaliger family, to whom the realization of the crenellated Scaliger Bridge is attributed.

Verona's palazzi narrates its long history of wealth and power. In **Piazza dei Signori** - which sits under the dominating Lamberti Towers - the portico of the Loggia del Consiglio catches the eye; in the 16<sup>th</sup> century, political life took place here, while the **Palazzo di Cansignorio** and **Palazzo del Comune** (or “della Ragione”) were the seats of military, judicial and administrative power. Nearby lie the **Scaliger Arches**, in the same-named piazza, and some of the most suggestive views of the city, including glimpses of the monumental tombs of the Lords of Verona.



Finally, the Verona of **Shakespeare** and the “star-crossed lovers” is a worldwide legend and lives indefinitely through the places made famous in Romeo and Juliet. Yet the original literary work was created by Luigi da Porto, a writer from Vicenza, in the 1500s; it eventually circulated in Europe, reaching England. It was the Bard who rendered it the immortal story it is today, allowing Verona to rest as one of the most admired and visited places in the world.

And remember: Verona is a very elegant city, famous for its classy shops!

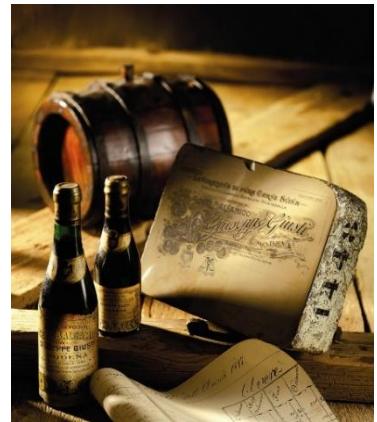


A few kilometres west of Verona, in a landscape of valleys and hills descending from the mountains to the plains around the Adige, **Valpolicella** hosts the vineyards supplying the grapes for two of the most excellent Italian red wines: Recioto and Amarone. The starting point for both wines is the same: ripe and high-quality grapes, harvested and stored in the “fruttai”, well-ventilated and dry places, where they are left to dry for 100 - 120 days. Grapes with their thick skin lose water and sugar concentrate. After crushing, fermentation takes place, which is shorter for the Recioto to leave a high percentage of sugars and longer for the Amarone. Two wines for connoisseurs, which you can enjoy at one of the most beautiful wineries in the area.

## MODENA

Modena is renowned worldwide for the famous people - Enzo Ferrari and Luciano Pavarotti above all - who were born and lived here, and for some of its gastronomical products. The city is the capital of the so-called "Motor Valley": actually, the factories of the famous Italian sports car makers Ferrari, De Tomaso, Lamborghini and Maserati are located here.

The city of Modena hosts little jewels of art, such as the Romanesque Cathedral, which was built with white marble and is located in the heart of Modena, in **Piazza Grande**. The Piazza with the Cathedral and the Ghirlandina Tower is one of the 48 Italian sites on the UNESCO World Heritage List. The **Ghirlandina**, the bell tower rising majestically over the rooftops, derives from its marble balustrades around the steeple, suggesting the lightness of garlands.



Afterwards, you will move to the estate of a **Balsamic Vinegar of Modena** Producer to delight in the unique, enticing taste of traditional balsamic vinegar. Balsamic Vinegar of Modena is obtained from partially fermented, cooked and concentrated grape must. The grapes come exclusively from the area's vines, and the most critical processing phase is refinement inside containers of fine wood, such as oak, chestnut, oak, mulberry and juniper. Want to know more about this unique delicacy? Read the [article](#) in our **BLOG**.

In Maranello, you will visit **Museo Ferrari**, not just a collection of the past but an extraordinary experience of the world of Ferrari and sports car racing! How exciting to see the most beautiful cars in the world, exceptional artworks made by modern mechanic artisan masters.

## PARMA

Your next destination is called "The Capital of Food", and this is a well-deserved denomination, as Parma is known worldwide for its delicious food products.



Parma is known for its delicious food products. First, you will visit a **Parmigiano Reggiano factory**, where you will see cheese masters at work: an extraordinary way to get into the area's production culture and discover how a true gastronomic gem is made (more about Parmesan cheese in our [BLOG](#)).

Later on, visit a **Parma ham factory**, where you will learn the secrets of the most delicious ham, Prosciutto di Parma (to know more about raw ham in Italy, read the [article](#) in our **BLOG**).

## CHIANTI

Only a few regions can offer such a beautiful and rich panorama as Chianti: green hills sketched by miles and miles of vineyards and olive groves, ancient walled villages, and panoramic curvy roads. Chianti Classico spreads from Florence to Siena and includes the municipalities of Greve, Panzano, Radda, Gaiole and Castellina. Most of the route consists of roads connecting larger towns to villages and castles, like the one leading to **Radda**, the former headquarters of the Chianti Military League, and then to **Castello di Brolio**, where Bettino Ricasoli devised the “recipe” for Chianti wine.



## VOLTERRA

Not far from San Gimignano is Volterra, Tuscany's oldest continuously inhabited town, with settlements documented since 1,500 B.C. It's, therefore, an excellent way to know not only about Volterra's history but also about Tuscany as a whole.



You will visit **Piazza dei Priori**, the main square, the centre of civic power since the 8<sup>th</sup> century, and **Porta all'Arco**, the 4<sup>th</sup> century B.C. Etruscan gate to the city walls, its 12<sup>th</sup>-century **Cathedral** and the ruins of the **Roman Theater** (40 B.C.) and **Roman Baths** (3rd century AD). Volterra is famous for its alabaster; here, you will find beautiful shops selling artefacts and unique handmade pieces carved into this semi-transparent stone.

## VAL D'ORCIA

Val d'Orcia is one of the most fascinating places in Italy, included by UNESCO in the list of World Heritage Sites. Its landscape is a part of the agricultural hinterland of Siena, redrawn and developed when it was integrated into the city-state's territory in the 14th and 15th centuries to reflect an idealized model of good governance and create an aesthetically pleasing picture. The landscape's distinctive aesthetics, flat chalk plains with almost conical hills and fortified settlements on top, inspired many artists. Their images have come to exemplify the beauty of well-managed Renaissance agricultural landscapes.

In **Montepulciano**, our friend Francesca will lead you to discover this beautiful town full of stories, legends and thousand flavours, introducing you to the excellent products of this unique land: *olive oil, pecorino cheese and Vino Nobile di Montepulciano*.



Then, you will stop in **Bagno Vignoni**, a tiny and charming village where the main square is a pool 49 meters long and 29 wide. Several hot springs, whose therapeutic qualities have been renowned since antiquity, bubble up from its bottom! All this creates a pleasant sensation; leaving will be hard!

## ASSISI

Assisi is the birthplace of Francis, the nobleman who renounced all his possessions to devote his life to helping the needy and became the most acclaimed Saint of the Catholic Church.



The splendid **Basilica**, one of the emblems of Christianity, located on Mount Subasio and overlooking the entire valley, is dedicated to him. Apart from being a strong appeal to millions of religious believers, the Basilica is a monument of great artistic value. The construction of the Basilica began two years after his death, in 1228, and between the end of the 13<sup>th</sup> and the beginning of the 14<sup>th</sup> century, the Basilica's walls were frescoed by the best artists of that time: Giotto, Cimabue, Simone Martini and Pietro Lorenzetti. St. Francis' Basilica consists of two churches laid upon each other and a crypt containing the tomb of the Saint.

containing the tomb of the Saint. The Lower Basilica presents a simple facade with a double front portal embellished with a rose window and a mosaic. The interior is decorated with frescoes by some of the most important painters from 1200 to 1300, from Cimabue to Giotto, from the Lorenzettis to Simone Martini.

In the **Upper Basilica**, you will admire the frescoes of the life of St. Francis, painted by Giotto, the Old and New Testament stories covering the entire nave, and other beautiful frescoes by Cimabue and Torriti.

Another figure who profoundly influenced these places is Saint Clare, to whom the homonymous **Basilica** -with a facade made of white and pink stone and divided into three sections by horizontal cornices - is dedicated. The interior frescoes and the remains of the Saint are visible through a window in the crypt.

Try to enjoy the mystical atmosphere of Assisi:

"Be praised, my Lord, through our sister Mother Earth,

Who feeds us and rules us,

And produces various fruits with coloured flowers and herbs."

(St. Francis, Prayer of the Canticle of the Creatures)

## THE AMALFI COAST

Costiera Amalfitana is Italy's most scenic stretch of coastline, a landscape of pastel-coloured villages terraced into hillsides, steep panoramic roads, luxuriant gardens and enchanting vistas over turquoise waters and green mountains. Considered by UNESCO "an outstanding example of a Mediterranean landscape, with exceptional cultural and natural scenic values," the coast has been a World Heritage Site since 1997. You may go from town to town at the discovery of Amalfi, Positano, and Ravello, three of the most beautiful villages in Southern Italy, world-famous for their charm and colourful architecture.

**Amalfi** typically has Mediterranean architecture with lanes and characteristic white houses piled one upon the other. In the Middle Ages, it was one of Italy's four powerful maritime republics (with Venice, Pisa, and Genoa). All sea trade in the Mediterranean was once governed by the 12<sup>th</sup> century "Tavole Amalfitane", one of the world's oldest maritime codes. A must-see in Amalfi is the **Duomo di Sant'Andrea**, fronted by an intricately patterned façade, redone in the 19<sup>th</sup> century. Founded in the 9<sup>th</sup> century, the Cathedral's subsequent alterations have spared its principal glory, the main portal's 11<sup>th</sup>-century Byzantine bronze doors. Next to the church lies the **Chiostro del Paradiso** (1268), or Cloister of Paradise, whose serious Romanesque tone is animated by the Arab elements in its sinuous columns. To escape the bustle of Amalfi, let's take the famous walk along the "**Valle dei Mulini**", a steep-sided valley dotted with ruined watermills - "i mulini" - once used to make paper, an industry for which Amalfi was, and still is, famous. Here, you will visit Salvatore's **lemon orchard**, the biggest farm in Amalfi: Salvatore will introduce you to all the secrets of lemons and limoncello, and at the end of the visit, you'll sit down and enjoy a tasty lemon-based lunch.



**Positano** sits in a splendid panoramic position on one of the most beautiful stretches of coastline. Its enchanting town centre of delightful pastel-coloured houses surrounds the parish **church of Santa Maria Assunta**; its streets are lined with quaint, colourful shops, and its numerous beaches are world-famous.

**Ravello** is more elevated than the other pearls of the Amalfi Coast, boasting exceptional views of the coast and its marvellous villas and gardens. French novelist André Gide said they are "closer to the sky than the sea". Here, you may visit **Villa Rufolo**, built in the 13<sup>th</sup> century, which hosted popes and kings, and Richard Wagner, who composed part of his opera Parsifal here in 1880. Views from its idyllic gardens are magnificent!



A trip to **Cetara** is an absolute must. The village is renowned for a particular gourmet speciality, "colatura di acciughe" (anchovy sauce), produced according to an ancient procedure for generations. Spaghetti with colatura di alici is the area's typical recipe, a dish you will remember forever. Discover the secrets of the liquid gold of the Coast in the [article](#) in our BLOG.

At dinner, don't miss Spaghetti with clams in olive oil and garlic sauce or Seafood Risotto with a glass of excellent Greco di Tufo white wine.

## MATERA

Matera is one of the oldest cities in the world, whose territory holds evidence of human settlements from the Paleolithic and has been without interruption until today. Touring Matera is like experiencing a forgotten past - you feel like setting foot in a nativity scene when you visit this charming city in Lucania. It's no coincidence it's referred to as "the second Bethlehem" and was the setting for Mel Gibson's movie "The Passion" and the last James Bond, "No time to die".

Matera is widely known as the city of the "**Sassi**", the original urban nucleus, developed from the natural caves carved into the rock and subsequently modelled in increasingly complex structures.

In the 1950s, when the inhabitants who lived in the caves dug out of the mountain were forced to abandon those dwellings to settle in modern districts, no one would have ever thought that those grottos - the Sassi - would have become the symbol of a reborn



city. UNESCO added the Sassi of Matera to its list of World Heritage Sites in 1993 as a whole and a millennial way of life to be preserved and handed down to our descendants. In fact, it was recognized as a model for living harmoniously with the environment while integrating with it and taking advantage of resources without disturbing the environment.

Geologists call it calcarenite, and ordinary folk refer to it as "tuff": it's the rock surrounding Matera that this land's master artisans learned to work with in ancient times. This brittle, adaptable material is abundant in the mountain that dominates the city, so it seemed only natural for the people from Matera to go up there and dig out that rock to build a home. The extracted material was processed to make the façade of the dwelling. After the first home, others were constructed until the network of houses, tunnels, and alleyways became that magical place called Sassi - a gigantic sculpture, a miracle of town planning!



In Matera, you'll discover one of the most beloved Italian breads. "*Pane di Matera*" is a bakery product for which only hard wheat semolina and sourdough are used. The characteristics to recognize the bread of Matera are the shapes, croissant or high bread, and a straw-yellow crumb. Bread is the most important food in Italy; learn why in the article "[Why Italians eat so much bread](#)" on our BLOG.

But besides bread, you'll not miss other local specialities such as the *Caciocavallo* cheese or the "*Lucanica*" sausage.

## MARTINA FRANCA

Martina Franca is a charming baroque town in the so-called "heel of Italy" with a glorious past, best discovered on foot.

The era of greatest splendour for this city was undoubtedly the 18<sup>th</sup> century, when its most important monuments and churches were built. Baroque is the predominant style; it can be seen in many buildings, and here, it has taken on characteristic connotations that distinguish it from the other variations of this artistic and architectural current; in fact, architects speak of "Martinese" Baroque.



The city centre is characterized by a labyrinth of narrow, cobbled streets, surrounded by houses that develop mainly vertically; in the past, shops were on the ground floor, while the first and second floors were used for family life. **Saint Martin's Basilica** in Piazza del Plebiscito, the city's central square, features a majestic façade featuring the image of St. Martin (the town's Patron Saint) while sharing his cloak with a beggar. The interior boasts paintings of great value by

Domenico Antonio Carella and a high altar in polychrome marble of the 18<sup>th</sup> century. The church also houses the relics of Santa Comasia and Santa Martina.



At a local dairy farm in the area, under the guidance of an expert dairyman, you will enjoy making fresh mozzarella and creamy burrata in a traditional, homemade way. You'll learn about the cheese-making process and try to make this typical Apulian tasty food with your own hands! And at the end of the visit, a delicious tasting awaits you, featuring a rich selection of fresh milk products, local cold cuts and baked goods, and a glass of Apulian wine.

## GROTTAGLIE

Grottaglie is famous for its ceramics, regarded as some of the best in Italy. The historic **Grottaglie's Ceramics District** is located in the southern part of the town, close to the Episcopio castle. Along its narrow streets, you can find many pottery workshops, about fifty, built into the soft karst rock. An old clay working method, dating back to the Middle Ages, is still used and passed down through generations.

Here, you can learn about the workshop's history and watch a master potter work at the wheel. Afterwards, you'll move to the workshop's panoramic terrace, where you'll participate in a class to decorate traditional clay artifacts.



## BARI

Bari, an important religious and commercial centre defined as "[the door to the East](#)", presents a significant ancient town centre in terms of historical and urban heritage. The city's mild climate makes it a top-rated destination, with many tourist and cultural attractions and numerous beaches.



The city has ancient origins and takes its name from the Greek **Barion**; it was a Roman municipality taken over later by the Byzantines and the Swabians, which became the heart of Italian Orthodox Catholicism and a place of pilgrimage for the three monotheistic religions during the Middle Ages. One of its many symbols is, in fact, the [Basilica di San Nicola](#) (St. Nicholas), which was erected in the heart of the old city in Romanesque style towards the end of 1200 to house the relics of St. Nicholas, which according to tradition were stolen by devout sailors from the city of Myra (now Turkey) and brought to Bari in 1087.

Another Romanesque building with a majestic rose window is the [Cathedral of San Sabino](#). In contrast, the

following impressive buildings are characterized by different styles: the Palace of the Apulian aqueduct and Palazzo Mincuzzi, both in an eclectic style; Palazzo Fizzarotti, whose three floors are in Venetian style; and the 19<sup>th</sup>-century neoclassical [Palazzo de Gemmis](#).

The coast around Bari features several medieval towers built for defense against Saracen pirates. However, the most significant defensive structure remains the Norman-Swabian castle and its long wall that encloses the old city, dating back to the twelfth century.

Evenings are given over to strolling along the promenade in the mild climate, followed by a visit to one of the many restaurants in the city centre offering local dishes of raw fish and "poor" cuisine centred on "*orecchiette*" pasta. Alternatively, try one of the many places offering a typical aperitif accompanied by "*tarallucci*" (savoury round pretzels) and "*friselle*" (a ring-shaped hard bread that requires dipping in water).

Making Apulian *orecchiette* is an art you can learn with our immersive cooking class with a local lady. The lady of the house will reveal the techniques and secrets of an ancient culinary tradition handed down for generations and show you how to make *orecchiette* at home. Read more about Apulian cuisine in the article "[In Puglia, eat like a Pugliese](#)" on our BLOG.



The tour is over, but the memories of a fantastic journey will accompany you for a lifetime!

See more about your destinations on our [YouTube channel](#).

Arrivederci for another tour with **VITOR, Visit Italy on the Road**.

You experience every journey three times:  
when you dream it,  
when you live it,  
and when you remember it

*Ciao da Vitor*

