



## **CAMPANIA, ART, HISTORY, PIZZA, PASTA, MOZZARELLA & LEMON GROVES!**

### **DAY 1 – NAPLES**

This day will be spent in *Naples*.

Naples is a lively and vibrant city, full of wonderful historical and artistic treasures and narrow, winding streets with small shops. Visit the historical city center, Piazza del Plebiscito, see the **Cristo Velato** in the Chapel of San Severo, and then go down in the heart of the city.

Forty meters below your feet, beneath the streets of Naples, there is a whole other city, the **underground Naples**! This evening we'll taste one of Italy's most famous food, originated in Naples: **Pizza**!



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### **DAY 2 – CHEESE FACTORY, LIMONCELLO TASTING & TARANTELLA SHOW!**

Lemons are one of the iconic symbols of Sorrento and the Amalfi Coast. Walk through a lemon grove and taste the famous **Limoncello** liqueur of Sorrento.

In the afternoon you will be able to visit the oldest **cheese factory** in the Sorrentine Peninsula, get a demonstration of how they produce mozzarella and taste their delicious cheeses!

After having done an evening walk in the beautiful streets of Sorrento enjoy the **Tarantella Show**, a wonderful trip through stories, legends, and traditions since 1500,00 till today.



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### DAY 3 – THE FLAVOURS OF AMALFI COAST, AND THE TEMPLE OF PAESTUM

The **Amalfi coast** is a mixture of history and nature, with a lot to discover.

Towns and villages cling to the cliffs which rise straight from the iridescent blue sea, creating a truly unique atmosphere.

**Paestum:** A once flourishing town in Magna Grecia disappeared for centuries, like an Italian Angkor-Wat, before it was rediscovered. To this very day, Paestum continues to amaze visitors with its perfectly conserved temples, the massive Doric columns of which stand out against the deep blue sky.



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### DAY 4 – MOUNT VESUVIUS, WINE TASTING, AND POMPEII ESCAVATIONS

**Mt. Vesuvius:** it is the volcano responsible for covering the city of Pompeii with a blanket of ash in 79 A.D., preserving it until its re-discovery in the 1700s. After having climbed the Volcano and enjoyed the stunning views on the mountains and the bay of Naples, have a rest with a glass of wine and taste some local products through the clusters of grapes of the **Cantina del Vesuvio winery**.

**Pompeii:** This excursion will take us to discover the archaeological excavations of Pompeii, by those who were the ancient splendor of the Roman Empire. In the year 79 A.D., Mount Vesuvius erupted so suddenly that most residents didn't have time to escape. The fiery mountain buried all living beings under huge amounts of mud and ash and covered Pompeii with a one-meter-high ash layer. The excavations of Pompeii show a completely preserved wealthy city, which impresses by its size, numerous wonderful houses, temples, public buildings, wall paintings, and thermal springs.



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## DAY 5 – TASTE THE BEST ITALIAN PASTA IN GRAGNANO, and departure

If you are asked what is Italian food, you will probably think about *Pasta*. You cannot go back home without having tasted one of the best Italian Pastas, the one coming from Gragnano. It is produced on the hills near Sorrento, using the same process that was used over 200 years ago.

Today you will visit an ancient producer of pasta, where you will learn all the secrets of this art, and have a delicious pasta meal!



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