

Culinary, Wine and Cycle Week

with

Executive Chef Fabio Flagiello

Villa Michelangioli

Cortona, Tuscany

September 4th - 11th 2010 - Cycling

September 11th – 18th - Culinary



The week will include daily challenging cycle rides (cycling trip only) around the beautiful countryside of Tuscany, exploring local villages and mountain towns with world class cyclists as our guides. There will also be cooking classes, meals provided and prepared by Executive Chef Fabio Flagiello, visits to local markets and local wineries, dining at local restaurants, beach day and gala dinner at Tuscany beach resort, 7 night stay at Villa Michelangioli and all transportation including to and from airport.

For more information call 415-203-2194 or email flagichef1@gmail.com

www.tuscanyculinaryandcyclingtours.com

For more information about the villa visit the web site at:

<http://www.villademichelangioli.it/presentazione.html>

For more information about beach resort visit the web site at:

<http://www.rivadeglietruschi.it>

Cycling, Culinary and Wine Week
with Fabio Flagiello,
Executive Chef “Bacaro Ristorante”, Boulder
At Villa Michelangioli
Cortona, Tuscany

*Choose from either:
The Culinary and Wine Trip
or
The Cycling, Culinary and Wine Trip*

Cost: \$2,600 per guest (not including airfare)

The week will comprehend:

- Cooking Classes
- Visit to local Markets and Local Winery
- Dining at local Restaurant
- Beach day and Gala dinner at Mariva resort, Riva degli Etruschi
- Lodging at Villa Michelangioli for 7 nights
- Breakfast, lunch and dinner schedule at the villa
- Full use of the Villa
- Pick up and drop off at Florence airport
- All transportation for the week

For more information on Villa Michelangioli please visit the below links:

<http://www.villademichelangioli.it/flash.html>
www.marivacafe.it – www.rivadeglietruschi.it

Trip Itinerary

Day 1

- Arrival at Villa Michelangioli at 3.00pm
- 5.00pm: Welcoming Cocktails, poolside
- 8.00pm: dinner in the Veranda
- 10.00pm Grappa....

Day 2

- 8.00 to 9.00am: Breakfast
- 9.30: Bus pick up for visit to local market and food buying for afternoon cooking class, menu to follow
- 12.30: lunch at local Ristorante
- 2.30: bus pick up, back to the villa
- 4.30 to 7.30 cooking class in preparation for dinner
- 8.30: dinner and dessert pool side

Day 3

- 8.00 to 9.00am: Breakfast
- 10.00 to 1.00am: cooking class and lunch by students (under Fabio supervision..)
- Pool side afternoon
- 6.00pm: bus pick up to Cortona for late afternoon passeggiata, gelato, vino, aperitivo....
- 8.00 dinner at local restaurant

Day 4

- 8.00 to 9.00am: Breakfast
- 10.00am: bus pick up, visit to local winery and wine tasting
- 1.00pm: lunch and food shopping in Arezzo, shoes shopping (Lady only)
- 6.00pm: bus pick up
- 8.30pm: dinner served at the veranda
- 12.00pm: spaghetti aglio e olio optional..

Day 5

- 8.00 to 9.00am: Breakfast
- 10.00am: cooking class, menu to follow
- 1.00pm: buffet, family style lunch
- Relax afternoon at the pool
- 6.00pm: bus pick up, destination Montepulciano
- Couples free evening
- 10.30/11.00pm: bus pick up

Day 6

- 8.00 to 9.00am: Breakfast
- 9.30: Bus pick up for visit to local winery and food buying for afternoon cooking class, menu to follow
- 12.30pm: lunch
- 5.00pm cooking class
- 8.30pm: dinner served at the veranda
- 12.00pm: spaghetti aglio e olio optional..

Day 7

- Day at the Beach and Gala Dinner
- 8.00 to 9.00am: Breakfast
- 9.30am: departure for Mariva, Riva degli Etruschi, beach on the south side of Tuscany
www.marivacafe.it – www.rivadeglietruschi.it
- Picnic and afternoon at the beach, (massage optional)
www.etruschibenessere.it
- 7.00pm aperitif at Mariva café
- 8.00pm gala dinner cater by Mariva staff
- Back to the villa after too much eating and drinking

Day 8

- 9.00am Breakfast
- Last jump in the pool
- 11.00am pick up for Florence airport