



The Living Flavors

AN EDUCATIONAL JOURNEY THROUGH ANCIENT
TRADITIONAL FLAVORS

May 27th-June 3rd, 2023



DAY 1

The experience begins! Castellina in Chianti, Chianti winery & Bread Making Culinary workshop



Benvenuti in Chianti!

We will pick you up in Florence in the morning and head to the Chianti region of Tuscany, visiting the beautiful hilltop village of Castellina in Chianti. We'll enjoy a guided tour through the farm and the wine cellar of a family-owned winery followed by a delicious homemade Tuscan lunch sampling the real "cucina Chiantigiana".

After lunch we'll check in at the agriturismo (farmhouse) — your home away from home for the week — where you'll meet your hosts and get familiar with the farmhouse and property. There will be time for relaxation and to enjoy the magical beauty of our Tuscan countryside.

In the afternoon, we will enjoy a fun and delicious bread making workshop with our trusted baker Beppe at the farmhouse, learning the culinary art of making delicious bread, focaccia, and pizza. Beppe "Il Panaio" is a bread-making expert. Together with him, you will first learn about the unique varieties of flours used throughout Tuscany and the characteristics of our ancient grains. You'll enjoy a bread making demonstration to see how Tuscan bread, pizza, and focaccia are made, and the best part of all — we'll sample the creations.

Tonight, we'll enjoy an amazing welcome feast served at the farmhouse. Benvenuti!





DAY 2

Olive Oil Experience with Olive Oil themed lunch + Discover Chianti + Sunset apericena in Badia a Passignano



Our day begins with a visit to a family owned producer of EVOO, Extra Virgin Olive Oil, in Chianti, enjoying a guided tour of the mill and learning everything you've always wondered about high quality extra virgin olive oil.

The guided tour will be followed by a traditional Tuscan-style lunch experience sampling delicious specialties all paired with olive oil, and enjoying time with our lovely host family.

After lunch, we will enjoy a walk in the beautiful village of Greve in Chianti with time to browse the lovely local shops.

We will also enjoy a walk in the charming hamlet of Montefioralle which has been awarded as one of the most beautiful villages in Italy.

We will end our day with a sunset Apericena with the stunning scenic view at our favorite wine bar in Chianti nestled in a compound next to the beautiful Badia a Passignano Abbey and Medieval Monastery.





DAY 3

The Val D'Orcia experience: Pecorino cheese and Brunello wine



We'll begin our day with a relaxing walk in the beautiful village of Pienza, a village so extraordinary it is designated and protected by UNESCO as a World Heritage Site.

We will visit an organic pecorino cheese maker near Pienza and enjoy a guided tour of their fascinating farm. We'll learn all about the 100% Tuscan and famous Pecorino Toscano. Truly a day for foodies!

The experience is topped off with a cheese-themed lunch taking in one of the most stunning views in all of Italy over the famous Val D'Orcia Valley.

After lunch, we will enjoy a visit to a family-owned producer of Brunello di Montalcino wine, the most prestigious and well-known wine of Tuscany.

First, there will be a guided tour of the ancient cellar, hearing stories and insights into its making then finally a tasting of the elegant Brunello wines.

Back at the farmhouse, we'll enjoy a relaxing late afternoon and a sumptuous dinner together.





DAY 4

Hands on cooking class + Visit to Monteriggioni

We will begin our day experiencing a hands-on cooking class with chef Camilla, a talented Tuscan chef based in the Chianti Classico area.

Camilla's cooking lessons are fun and educational, and her joy and passion for cooking will get us all into the spirit.

Italian cuisine is all about seasonality and Chef Camilla uses only the freshest and best ingredients.

Her hands-on culinary expertise will guide us through the preparation of an entire meal from antipasto to dolce (the sweet ending).

Finally, the decorated table will be set with the fruits of our labor on the terrace with a panoramic view where we'll savor the lovely meal we've all just created.

After lunch we'll stop by and visit the beautiful Medieval castle of Monteriggioni learning the fascinating stories connected to this small Tuscan town and still have time to explore the local shops and piazza.

Tonight, you're in for a treat – dinner will be enjoyed at a beautiful estate.





DAY 5

*Basket Weaving Demonstration and Under the Tuscan Sun lunch +
Foodie hike in the vineyards*

Tuscany is known for producing some of Italy's most beautiful and rustic handicrafts.

Today, we'll start our day by visiting a fabulous basket weaver at her beautiful iris farm in Chianti.

We'll learn about irises and their amazing aroma. Residents here are committed to continuing the traditional cultivation of the iris. These beautiful flowers gave the name to the Renaissance city of Florence, and have long been used in preparing perfumes and cosmetics.

Malò will share with us her talent in weaving her marvelous wooden baskets, something that in Tuscany is becoming a lost art. She'll demonstrate her incredible weaving skills and share with us an extraordinary experience of Tuscan handicraft.

Afterward, we'll enjoy a delicious homemade lunch under her beautiful panoramic pergola — a perfect Tuscan dream!

After lunch, we will experience a gentle and picturesque hike amongst the vineyards and olive groves with our guide (and favorite baker) Beppe.

Along the way, we'll enjoy a refreshing picnic in the vineyard, savoring local snacks (Beppe's famous *Schiacciata con l'uva* focaccia with local grapes) and glasses of wine in the fields as we toast the beautiful vista.

The hike is a great way to discover our Tuscan land from a unique — and slow travel — perspective, hearing interesting stories, and experiencing the beautiful Tuscan countryside firsthand. Dinner tonight is at the farmhouse, with lots of delicious local specialties!





DAY 6

Authentic Truffle Experience, Certaldo with Pottery + Discover San Gimignano



Our journey begins today with one of Tuscany's most famous experiences – a unique truffle hunt in the forest with trained truffle dogs. Their experienced trainer, a local truffle hunter, will share some interesting legends and curiosities about this precious gift of nature.

Our truffle experience will start in the fields and end up in the kitchen to understand all the subtleties and secrets of the truffle, one of the world's most exquisite foods. We'll also learn some simple and delicious culinary recipes using fresh truffles that we can make at home.



After lunch we'll enjoy a relaxing walk through the medieval castle of Certaldo, and stop at a beautiful pottery workshop along the way where we can shop for one-of-a-kind gifts for family and friends.

From Certaldo it's on to the medieval village of San Gimignano. This magical location is famously known for its array of medieval towers that can be seen from miles away. We'll enjoy a stroll through the traditional shops and streets, and have the opportunity to taste some of the best gelato in the world!



By late afternoon, it's time to relax at the farmhouse with a glass of wine. Dinner tonight is out at our favorite trattoria. We'll enjoy the BEST homemade pasta you've ever had!



DAY 7

Cashmere Farm and Lunch Under the Tuscan Sun + A Visit to Siena

Our last day in Tuscany will be one you'll remember for a lifetime. The day will begin with a visit to a unique Cashmere goat farm in Chianti where we will learn about the adorable cashmere goats, how they are raised, and how their exquisite fibers are harvested and processed into beautifully finished garments and other items. We'll even learn their names and have the chance to hold and feed one or two of them.



If you love animals and incredibly soft and pure cashmere this will be an amazing experience. We will take a guided tour of the farm followed by a perfect lunch at the farm under the Tuscan Sun. After lunch we will head to the famous town of Siena where we'll enjoy an espresso in the stunning Piazza del Campo and taste some "Senesi", the delicious traditional sweets of this town,



We'll take some time to admire the majestic beauty of the Duomo, and learn the unique and interesting stories about the Palio, the famous equine tradition from Siena that dates back to the Middle Ages.

Dinner tonight will be a memorable one at the farmhouse, as we reminisce about the incredible week we've just shared in Tuscany.





DAY 8

Time to say good bye!

We will transfer you back to Florence with cheers to our wonderful time spent together, and a heartfelt Arrivederci!

Depart for home or extend your holiday by exploring the Renaissance City for a few days on your own.



See you in Toscana soon to celebrate a
wonderful time together.

Salute!



Please, contact us for any information at:
arianna@kmzerotours.com - Phone +39.349.35.29.601
www.kmzerotours.com