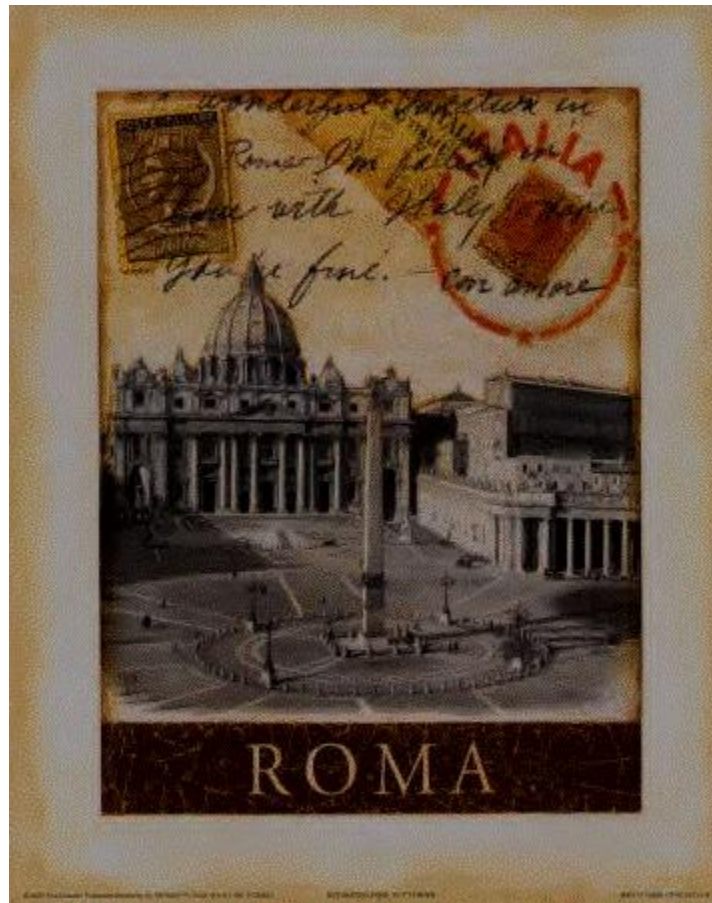


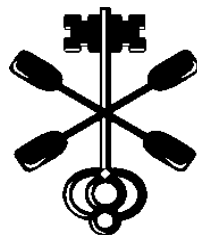
Pizza Margherita

~ The Culinary Adventure with Chef Samantha Buyskes ~

VENICE, TUSCANY, FLORENCE,
SAN GIMIGNANO, ASSISI, ROME, AND
VATICAN CITY



A TWELVE DAY CULINARY ADVENTURE



KEYROW TOURS

P.O. Box 418 Interlaken, New York 14847 315.491.3711 www.keyrowtours.com

Hungry For Travel?

Imagine yourself in Italy with an intimate sized group of just twelve travelers. As a culinary tour, this trip is designed for the food-centric traveler who is equally interested in Italian history, art and culture. Whether you are a professional chef, an amateur cook, or just someone who appreciates good food...this trip is for you! We have lovingly combined Italy's historic sites with exceptional restaurants and unique culinary experiences in a recipe for a very unique culinary encounter.

Here is a taste of what is included...

- **Opening banquet at Bistrot de Venise**

The Bistrot de Venise, located in the heart of the City of Venice, is an elegant restaurant that is famous for using local ingredients and recipes dating back to the 16th century.

- **Private Dinner in Tuscan Villa with Gelato Making Demonstration**

While in Florence we will dine in a private family's Tuscan Villa. Your chef is a 70 year old Florentine grandmother, who only uses local and fresh ingredients. From her homemade pastas to local farm-raised meats, this multicourse meal will culminate with her son Roberto's famous gelato... made before our very eyes.

- **The Tenuta Torciano Wine Tasting School**

Tenuta Torciano is located in San Gimignano, and has been producing wine, balsamic vinegar and olive oil since 1720. Featuring panoramic views with hillsides, vineyards, and olive groves, owner Pierluigi Giachi will offer us an in depth explanation of his wines, how they are made, and the science of wine tasting and wine pairing. His mother will also prepare an incredible luncheon for us using only local organic foods that will make our palate cry out saying, "*Mama mia!*"

- **Tuscan Cooking School**

In the heart of Florence, we will participate in an experiential cooking class that features authentic Tuscan cuisine using fresh local ingredients with wine tasting. We will hit the local market, collect our produce and ingredients, then back to the cooking school for some serious cooking lessons! When class is done, we will certainly *mangia bene*. (eat very well!)

- **Umbrian Cooking School**

While we are in the medieval city of Assisi, we will experience the cooking school at Malvarina, an organic solar-powered farm. Our Umbrian chef will demonstrate how to prepare local dishes including various appetizers, homemade pastas, organic grilled Italian meats and desserts. Brace yourself for an incredible meal!

- **"The Last Supper"**

Brace yourselves for a truly magnificent multi-coursed Roman feast that will be the culmination of many happy memories!!!! The *Cucina Antica Romana* prepares everything from the owner's local farm: fresh vegetable antipasto and cheeses, homemade pasta, local organic meats, dessert and of course, vino. Buonapetito!!!

Day#1: Hungry for Travel

In conjunction with Jetaway Travel, Keyrow Tours is pleased to make all flight arrangements, including primary flights originating from anywhere in the United States.. Transportation to and from your airport of departure is each person's responsibility.

Typically the international flight is eight hours and a half hours long. Please plan on sleeping on the plane as much as possible. This will help avoid jet lag, and enable us to "hit Rome running" on our first day in Italy...



"It's important to begin a search on a full stomach." ~ Henry Bromel

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Day #2: Venice is "Delicious By Design"

Morning Arrival at Marco Polo Airport, Venice Italy

After collecting our luggage and going through customs, we will wind our way through the majestic water canals of Venice by private boat. The trip to our hotel is a scenic orientation to this magical city built upon water.

Time to Shower and Unpack

Pranzo! (Light Lunch)

A.) Departure for St. Mark's Square

St. Mark's Square is the center-stage of Venetian life, and is crowned by St. Mark's Basilica. While it is large in size and grandeur, the Piazza San Marco maintains a feeling of coziness with its cafes, dueling musicians, and children of all ages chasing pigeons. While we are in Piazza San Marco we will see...

B.) St. Mark's Basilica – Exterior

This is a real blend of world culture: Byzantine mosaics, Romanesque archways, French Gothic pinnacles, Muslim-shaped onion domes, columns from Alexandria, capitals from Sicily, and carvings from Constantinople.

C.) The Clock Tower (Torre dell' Orologio)

Two bronze African Muslims stand high above the tower, with their mechanical mallets that swing every hour. The clock dial shows 24 hours, and above the dial is the world's first digital clock that changes every 5 minutes.

D.) The Campanile

Originally dating back to the 10th century, this is Venice's original lighthouse and bell tower. In 1902 it toppled to the center of the square but was rebuilt 10 years later.

E.) The Bridge of Sighs

The Venetian government meted out its justice from the Doge's Palace. Prisoners that were sentenced crossed this covered bridge to the prison: A final view of sunny, glorious Venice! Tradition says that you could hear the prisoners sighing along the way...

F.) St. Mark's Basilica: A Church, a Cathedral, and a Basilica in One!

One of Europe's most celebrated churches and the final resting place of St. Mark the Evangelist. Its riot of domes, columns, statues, gold mosaics, colored marbles and oriental treasures will bedazzle our eyes.

G.) The Doge's Palace – Exterior

Originally built in the 9th century, today the palace is a fusion of Italian Gothic with an Islamic flair. Each Doge (or duke) left his mark on history by supplying new decorations for this awe-inspiring work of architecture.

6:00 PM.... Back to Hotel

6:30 PM.... Day's Recap

7:00 PM.... Cena! (DINNER) Our opening banquet will be an elegant dinner at the famous *Bistrot de Venise*. This historical restaurant features local ingredients while using original recipes dating back to the 16th century.

"It is the city of mirrors, the city of mirages, at once solid and liquid, at once air and stone."
~ Erica Jong

Day #3 "On the Front Burner: Adriatic Islands"

Continental Breakfast

A.) Morning Stroll to the Jewish Ghetto

The history of Jews in Venice goes back to 1385. By 1516, anti-Semitic sentiments restricted them to a special (and undesirable) neighborhood near the former foundry or "geto" in Italian. This coined the word "Ghetto" for any segregated neighborhood. As late as the 1930s, 12,000 Jews lived in Venice, but today there are only about 500. We will visit two memorials to the Holocaust in Venice's Jewish ghetto. During World War II, 200 Venetian Jews were rounded up by the Nazis and deported to concentration camps. After the war, only eight returned.

B.) Morning Departure for Island-hopping, Venetian style

Enjoy a trip to the island of Murano. A private chartered boat will take us from our hotel to a Venetian glass factory for a tour and glass blowing demonstration. Afterward, Paolo will lead an excursion to the Island of Burano on public boat transportation. Burano is a colorful Adriatic gem that features panoramic views of the Venetian seacoast. Visit the shops or sit at a café, and watch the world go by...

PRANZO (Light lunch on your own)

FREE AFTERNOON

C.) Return by Public Water Transport to Venice for Free Time

Venice is beauty itself...the kind of place to enjoy by just walking around, visiting shops and soaking in the atmosphere. Take a tour of the Doge's Palace. Enjoy a gondola ride. Explore hidden corners in this water city that the locals call *La Serenissima* ("The Most Serene Place").

6:30 PM.....Day's Recap

7:00 PM.....CENA! (Dinner)

Our restaurant tonight is the *Osteria al Vecio Pozzo* featuring over two hundred types of pizza. Imagine that...Mama mia, now that is Italian!!!



"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."

~ J.R.R. Tolkien

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Day#4: "Stepping up to the Plate" in Florence

Welcome to Tuscany and the heart of the Italian Renaissance...

Continental Breakfast

Morning Train Departure for Florence

Pranzo! (Lunch)

Can you smell the garlic yet? An optional light lunch will be arranged at the *Mangiafoco Caffè* which features local tapas. But save room for dinner!

A.) The Ponte Vecchio

Ponte Vecchio literally means, "The Old Bridge." This historic bridge that crosses the Arno River is laden with gold and diamond shops. Conveniently located just around the corner from our hotel, ladies...this one's for you!

B.) Piazza Signoria

This is Florence's central square. See the Palazzo Signoria (Florence's City Hall since the reign of the Medici's), the outdoor Loggia which contains ancient Roman and Greek statuary, as well as Celini's famous bronze of Persius holding Medussa's severed head.

C.) The Mercato Nuovo

Florence has two excellent outdoor markets, and the Mercato Nuovo is extremely close to our hotel. Beautiful leather goods: jackets, wallets, purses, gloves, and so much more. It's fun to wander through, even if you're not interested in buying things.

D.) Santa Croce Church

This wonderful medieval church is the final resting-place of Michelangelo, Leonardo DaVinci, Machiavelli, Galileo, Rossini, and many others.

Back to hotel for rest

Day's Recap

Dinner in Tuscan Villa and Gelato Making Demonstration

Tonight we dine outside the city of Florence in a private Tuscan Villa. Paolo has been friends with Roberto's family for many years, and they are pleased to host our party. Brace yourself for a multi-coursed Italian feast that features homemade pasta, local meats, potatoes roasted in an outdoor oven, and Roberto's famous gelato which he will make before our eyes.

"Tomatoes and oregano make it Italian; wine and tarragon make it French. Sour cream makes it Russian; lemon and cinnamon make it Greek. Soy sauce makes it Chinese; garlic makes it good."

~ Alice May Brock

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Day #5: A Di-Vine Day in Tuscany

Continental Breakfast

Morning at Florence's Academia Museum

Enjoy incredible Renaissance artwork including Michelangelo's monolithic statue of David and his famous series of "Prisoners" designed for Pope Julius II's tomb in Rome.

The Duomo Cathedral

Built in the Middle Ages, the original architects left it uncompleted in a sheer act of faith: A huge hole in its roof awaited a dome long before the technology existed to span such a distance. *No Problema!* Brunelleschi's dome eventually completed the structure, and became Michelangelo's model for St. Peter's Basilica in the Vatican and the model for the future U.S. Capitol as well.

Tuscan Cooking Class

We are in the very heart of Tuscany, so let's start cookin! This experience aims to spread knowledge of Italian food and its wine-rich culinary traditions with an incredible variety of Tuscan dishes and recipes. Together we will venture to the San Lorenzo Market to gather fresh local ingredients and produce. Then we are off to the cooking class, where we will learn how to prepare classical Florentine dishes, culminating in an incredible meal.

6:30 PM.... Day's Recap

7:00 PM.... Cena (Dinner on your own)

*"For us to go to Italy
and to penetrate into Italy
is like a most fascinating act of self-discovery—
back, back down the old ways of time.
Strange and wonderful chords awake in us,
and vibrate again after many hundreds of years
of complete forgetfulness."*

~ D.H. Lawrence

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Day #6: "Beef Lexible in Tuscany"

Enjoy wonderful Tuscan towns that stand frozen in time. Wind your way through medieval streets. Sit at a café and soak in the atmosphere...

Continental Breakfast

World War II American Cemetery

Just outside of Florence, we will offer our respects to over 4,000 American service men and women who paid the ultimate price during the Second World War. Among the fallen are five brothers.

Departure for San Gimignano

This is called the "Manhattan of Tuscany," because of its many medieval towers that look like skyscrapers from a distance. 15 minutes from Tenuta Torciano, this is a charming little town. Visit its central square, stroll into numerous shops, or dare to walk into the Medieval Torture Museum... We will have an hour or so to enjoy this little gem in the heart of Tuscany. Hey, sample some wild boar meat while you're here!

Depart for the Tenuta Torciano Wine Tasting School

Tenuta Torciano is about 30 minutes away, and has been producing wine and olive oil since 1720. Featuring panoramic views with hillsides, vineyards, and olive groves, sip wine in the heart of Tuscany or simply live in the moment. Pierluigi is the vineyard owner, and he will offer us an in depth explanation of his wines, how they are made, and the science of wine tasting and wine pairing. His mother will prepare an incredible luncheon for us using only local and organic foods. *Bravissima!!!*

One surprise stop along the way in Tuscany....

5:30 PM.....Return to hotel for rest

7:00 PM.....Day's Recap

8:00 PM.... *Cena!* (Dinner is on your own)

*"Food is our common ground, a universal experience."
~ James Beard*

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Day #7: "Pass Me a Peace" in Assisi

Continental Breakfast

Morning Departure for Assisi by Train

The train ride to Assisi is approximately two hours long. Enjoy countryside vistas of the Umbrian Region, famous for its olive orchards and rolling hills.

An optional light lunch will be provided on the train.

Arrival in Assisi

Assisi is a beautiful medieval city, frozen in time, and set high on top of a hill. As the birth place of St. Francis and St. Clare, the Franciscan history and spirituality of this place permeates every narrow cobblestone road and piazza.

While in Assisi, we will briefly touch upon Franciscan history, thought and spirituality

A.) Basilica of St. Clare and the "miraculous" San Damiano Crucifix

Pranzo (Optional light lunch)

Today an optional lunch will be provided at *Trattoria Dei Priori*, famous for its fresh salads and indigenous grains.

B.) Panoramic View

From San Rufino take a pleasant hike outside of Assisi's city walls for an amazing panoramic view of the surrounding Umbrian hillsides. And for those who really want to take a serious hike...

C.) The Rocca Maggiore Castle of Assisi

The Rocca Maggiore Castel stands high above all of Assisi, commanding a superb view of the valleys and hills below. Those who choose not to hike up to Assisi's castle are free to wander medieval streets and hit the shops.

D.) The Basilica of St. Francis

This 13th century basilica is created with one church on top of another. Take in amazing fresco work by Giotto. Breathe in the spirit of this place in its beautiful outdoor cloister. Finally, visit the tomb of St. Francis himself, along with his first followers.

Day's Recap

Cena (Dinner)

Tonight we dine at *Trattoria Pallotta*. Highly recommended is their spinach cannelloni with orange zest and pork chop Milanese. Mama mia!

*"Sharing food with another human being is an intimate act
that should not be indulged in lightly."*

~ Fran Lebowitz

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Day #8: "Say Cheese" in Assisi

Continental Breakfast

A.) Free Morning

Tour the Shops

Assisi (and Umbria in general) is famous for its pottery, linens, and fine olive oil. There are dozens of small shops in Assisi which sell these items, and store owners will happily ship your purchases back to the United States in one piece!

Go Take a Hike!

For those up for a serious 90 minute hike, Paolo recommends trekking to the hermitage. Take a trip up the rugged slopes of nearby Mount Subasio to the *Eremo delle Carcere* (a hermitage with caves) that Francis used as a place of retreat and prayer. Wear sturdy shoes!

Piazza Communale: (and light lunch on your own)

Sit outdoors in old Assisi's main square and sip vino or hot chocolate in Italy! Hot chocolate is a favorite fall time beverage for the citizens of Assisi, and it is nothing like what we enjoy at home. Imagine being served hot chocolate pudding that is still liquefied, and being invited to "drink up." Ahhhh!

B.) Afternoon Departure for Umbrian Cooking School

Private vehicles will bring us outside of the medieval walled city of Assisi and into the very heart of the Umbrian countryside for an epicurean treat. The *Agriturismo Malvarina* is a farm that produces 70% of all the products served in their dining room. All of their products are environmentally friendly and produced organically and IMC certified. In addition, the farm is entirely powered by solar panels and breeds chickens, rabbits, lamb, sheep, and turkey. It also produces olive oil, vegetables, honey, jams and truffles. Mastro Giorgio, an expert cheese maker and meat curer, helps the Fabrizi family produce their cold cuts and pecorino cheese in the traditional Umbrian way. Our host, *Nonna Maria*, is ready to uncover her secrets to unforgettable cooking delights. After class, we will share dinner in this Umbrian countryside oasis. Truly off the beaten path, this agriturismo experience will be an unforgettable treasure.

C.) Late Night Return to Old Assisi

Day's Recap During Dinner

"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found."

~ Calvin Trillin

Day #9: "Chow Roma"

Continental Breakfast

Morning Departure for Santa Maria degli Angeli in Assisi:

The church of St. Mary of the Angels: A church inside of a church. Visit the birthplace of the Franciscan movement, and the chapel where St. Francis made his *transitus* from this life into the next.

Morning Departure by Train from Assisi to Rome

Don't forget to purchase "Almond Cookies" too, an important aspect of Franciscan spirituality that will be well explained at the Basilica of St. Francis... Light lunch will be provided on the train.

Arrival in Rome and Transportation to Hotel

The Centro Storico (Historic Center)

A.) **Piazza Navona**

One of Rome's most magnificent piazzas, or squares. See Bernini's famous Fountain of Four Rivers. Once the site of an ancient charioteer stadium, today it is a romantic location filled with artisans, gelato ice cream shops, restaurants, and a variety of performers.

B.) **Church of San Luigi Francese**

See three Caravaggio paintings depicting scenes from the life of St. Matthew.

C.) **The Pantheon**

The best-preserved monument of ancient Rome which outdates Christianity! Once the site where Romans worshiped all the gods, today it is a beautiful basilica.

D.) **Church of Santa Maria Sopra Minerva**

This church is built over a pagan temple to the goddess Minerva. See "The Resurrected Christ," a marble statue by Michelangelo. Visit the tomb of St. Catherine of Siena, as well as that of Fra Angelico...the same monk who made the liquor? Cheers!

E.) **San Ignazio Church**

Witness some of the best Baroque ceilings in Rome...

Back to Hotel

Day's Recap

Cena! (Dinner as a Group)

Taverna De' Marcanti is truly off the beaten path, but oh so worth it! Located in the eclectic-artistic-Bohemian neighborhood of Trastevere, Paolo recommends their *Polenta with Sausage*.

"When we no longer have good cooking in the world, we will have no literature, nor high and sharp intelligence, nor friendly gatherings, no social harmony."

Marie-Antoine Careme

Day#10: "Stirring the Pot in the Eternal City"

Continental Breakfast

A.) **The Basilica of San Giovanni**

Built by the Emperor Constantine the Great in the 4th century, this is the Cathedral For the Diocese of Rome. See Bernini's monolithic statues of the apostles, a beautiful outdoor cloister, the reliquary that contains the heads of Sts. Peter and Paul, and incredible gold mosaics.

B.) **The Sacra Scala or Holy Stairs**

Welcome to Jerusalem! Brought to Rome from the Holy Land in the 4th century, visit the stairs that Jesus ascended when condemned by the Roman procurator Pontius Pilot.

C.) **San Clemente**

Excellent archaeological tour: a 12th century church, on top of a 6th century Church, on top of a 4th century Church, on top of 1st century Roman pagan apartment buildings, including a Mythric Temple. See it all! Including some of the best mosaic artwork in Rome.

PRANZO (Lunch!)

We will dine well at *Hostaira i Clementini*: Local artisanal cheeses, wine, and a highly recommended spinach ricotta ravioli with tomato and carrot cream sauce.

D.) **The Coliseum**

Gladiator fighting, anyone? The greatest monument of Rome and also the bloodiest.

E.) **The Roman Forum**

Visit Rome's ancient ruins, including the Senate building where Julius Caesar was murdered.

Back to Hotel

Day's Recap

Cena! (Dinner)

For those interested in dining together, Paolo will make arrangements in one of the oldest restaurants in Rome: *Ristorante La Fraschetta*. Sample fried zucchini flowers stuffed with anchovies and mozzarella, stuffed olives, and savor an authentic Roman pizza cooked in a wood-fired oven.

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper."
~ Adelle Davis

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Day#11: "Last Order In" Vatican City

Continental Breakfast

A.) **Departure for Vatican Museum and Sistine Chapel**

The entrance line to the Vatican Museum is always daunting, and the wait for the general public frequently exceeds three hours. But not so with Keyrow Tours! With your new friend Paolo, you will have immediate access to the museum and Sistine Chapel, completely bypass the line.

B.) **St. Peter's Basilica**

Paul will give a one hour tour of St. Peter's Basilica, originally built in the 4th century by the Emperor Constantine. See Michelangelo's *Pieta*, a significant number of other masterpieces, the body of Pope John XXIII, and the tombs of many Popes.

PRANZO (Light lunch on your own)

C.) **The Trevi Fountain**

Back to Hotel

Day's Recap

L'ultima Cena or "The Last Supper"

Brace yourselves for a truly magnificent multi-coursed Roman feast that will be the culmination of many happy memories!!!! *The Cucina Antica Romana* prepares everything from the owner's local farm: fresh vegetable antipasto and cheeses, homemade pasta, local organic meats, and of course, vino. Buonapetito!!!



"Never eat more than you can lift."
~ Miss Piggy

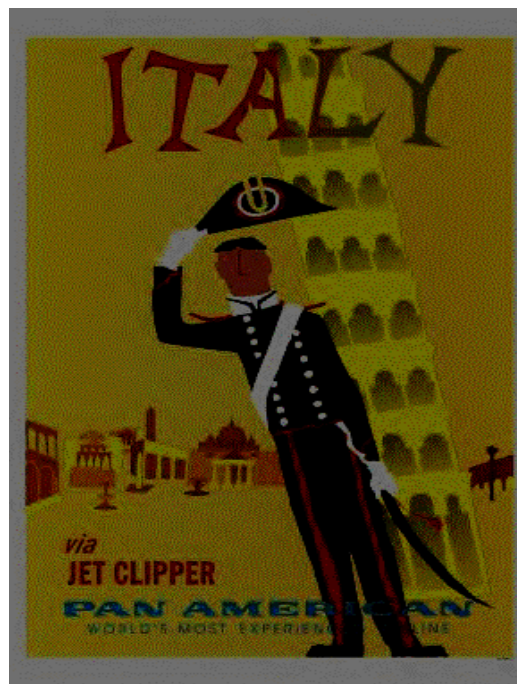
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Day#12: "Arrivederci Roma!"

- A.) TBA Early Morning Departure for Rome's Airport
- B.) TBA Departure for the United States
- C.) TBA Arrival in United States of America and Airport of your choosing...



Open my heart and you will see, graved inside of it, "Italy."
~ Robert Browning



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Italy in 2012

“WHAT IS INCLUDED”

GROUND PRICE \$4099 PER PERSON
(AIRFARE NOT INCLUDED)

Centrally Located Hotels

Double room occupancy in our three-star hotels in Venice, Florence, Assisi, and Rome are quaint, clean and centrally located, with private baths. 2 nights in Venice, 3 nights in Florence (including full day trip to Siena, San Gimignano, the Tenuta Torciano Winery and Tuscan Cooking School), 2 nights in Assisi (including Umbrian Cooking School), and 3 nights in Rome including Vatican City-State

Meals

Daily continental breakfast
Daily exquisite traditional main meal with local wine (lunch or supper)
Two light meals (lunch or supper)
Plus “The Last Supper”...A closing banquet-extravaganza!

All Ground and Sea Transportation

Private chartered boat from the Marco Polo Airport in Venice to our hotel
Private chartered boat to the Island of Murano
24 hour unlimited water bus pass in Venice
All train fares: Venice to Florence, Florence to Assisi, Assisi to Rome
Mini-van service in Tuscany to Siena, San Gimignano, and the Torciano Winery
Mini-van service to Tuscan villa for private dinner with gelato making demonstration
Mini-van service to Umbrian cooking school
Round trip ground transportation from hotels to train stations

All Entrance Tickets

Venice: Glass blowing factory tour and demonstration on the Island of Murano
Florence: Santa Croce Church, the Academia Museum, wine tasting school and Tuscan cooking class
Assisi: Guided Tour of the Basilica of St. Francis and Umbrian cooking school
Rome: The Coliseum, the ruins of the Roman Forum, the Vatican Museum and Sistine Chapel, the Basilica of San Clemente’s archaeological excavation.

Keyrow’s Services

Paolo will serve as your personal full time director and guide, offering daily walking tours and sharing in his knowledge of the places and things we will see.
Please make known any special needs well in advance of the trip.

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