



Food & History Adventures in Puglia & Basilicata with Lyndey Milan 1-7 May 2018

Spend an unforgettable week learning the secrets of a deeply passionate and undiscovered region of Southern Italy. Puglia is the sun-drenched heel of the boot that spans two seas, the Adriatic and the Ionian. Basilicata is its neighbor to the west. Both agricultural regions with abundant healthy soil, over 50 million olive trees and a tradition of wine growing that has seen a fabulous dynamism in the last ten years, this area produces some of the most exciting wines in on the planet.



LYNDEY MILAN OAM

Lyndey Milan, Australian home-cook hero, combines a thirst for life and a sense of fun with a love of good food and sparkling shiraz. A familiar face on television and in print, she has been instrumental in changing the way Australians think and feel about food and wine during thirty years. "Hospitality of the table" is her catchphrase, evidenced in her numerous television appearances, best-selling books and at countless culinary events over the years, as she maintains her position at the forefront of Australian cuisine. She has hosted seven television series, including Lyndey & Blair's Taste of Greece and is a regular guest on morning television. During her years on Fresh on the Nine Network, she hosted visiting chefs such as Jamie Oliver, Rick Stein and Gordon Ramsay. She travels regularly and has an extensive knowledge of Mediterranean food and wine. Lyndey is the host of Fresh with Lyndey Milan on the Lunchtime Lowdown on radio 2UE on Thursdays 2 – 3pm.

Your lodging

Palazzo Viceconte

Palazzo Viceconte provides elegant lodging in the very heart of Matera's *Sassi* district just a stone's throw from the cathedral. The palazzo is privately owned and gives more the feeling of a noble home rather than a hotel. The owner's eclectic art collection is displayed in various rooms throughout the palace. As one of the highest points in the *Sassi* district, the views from the roof terrace are breathtaking! Combining antique furnishings with historic architecture, Palazzo Viceconte makes for a delightful stay in a unique setting.



Masseria Montenapoleone

Masseria Montenapoleone, is a beautifully restored farmhouse in the very heart of Puglia. What makes this place stand out from other lodgings is how the owners have lovingly restored every detail to maintain harmony with the original architecture and above all with nature. The estate produces extra virgin olive oil and boasts many fruit trees and a garden brimming with vegetables. Guests are encouraged to explore the grounds and enjoy the abundance of fruits, flowers and vegetables grown and celebrated at the Masseria. Naturally breakfast each morning is made with produce from the estate and includes such delicious treats as house-made preserves and freshly baked cakes. The rooms are individually decorated and feature wooden beams, original antique floors and country-style furnishings.
www.masseriamontenapoleone.com/





Tuesday May 1:

Welcome to Basilicata

Matera - Arrival and welcome drink session with buffet style lunch served on the terrace overlooking the stunning Sassi. Afternoon walk through the Sassi with our local expert guide and an outstanding aperitivo served in a cave. Don't forget to bring comfortable walking shoes for the walk. Dinner at a local prize-winning Trattoria for first welcome toasts to Basilicata. What a start!

Lodging: Palazzo Viceconte



Wednesday May 2:

The Bread & Sassi Day

We start with a visit to a bakery in Altamura for an in-depth look at the making of this extraordinary DOP bread. Next we will stroll through the northern part of Basilicata to the east around Rionero and up and down the slopes of the sleepy Mt Vulture where the volcanic soil is premise for incredible wine results with this indigenous variety. We will meet a local wine maker who crafts the best Aglianico based wines in the area for the smallest producers for collection wines. We will have a sumptuous lunch in the stunning cellar. Back in Matera tonight we will enjoy an unforgettable meal at a local agriturismo.

Lodging: Palazzo Viceconte



Thursday May 3: Burrata & Trulli

After checking-out of your lodging in Matera, we are off to discover the secrets of cheese-making in the ancient traditions of Puglia. You will meet local cheese artisan Giorgio at his farm, where he will demonstrate the art of making fresh burrata and let you try twisting a knot of mozzarella or two! Next we will go in search of Puglia's famous trulli houses. These cone shaped dwellings are unique to the region and in the UNESCO World Heritage Site of Alberobello you will see a concentration of over 1,000 trulli houses. Our expert guide and local superstar will bring the history of this picturesque town to life. After a delicious lunch in an authentic trulllo, it's time for some serious relaxation at your next hotel, the beautiful country retreat, Masseria Montenapoleone

Lodging: Masseria Montenapoleone



Friday May 4: Olive Oil & Adventures in the Puglia Kitchen

Today experience another of Puglia's most important treasures: olive oil! We will meet Corrado at the renowned Masseria Brancati. The olive mill on this ancient estate has been in use for thousands of years and provides a fascinating insight into olive oil production. We'll walk the beautiful grounds of the estate and of course enjoy some olive oil tasting. Then we visit the stunning White City of Ostuni, a labyrinth of white cobbled stone, more Greek than Italian. Back at the masseria this afternoon we will get busy in the kitchen with Lyndey to learn how to make the best local dishes and then feast on results!

Lodging: Masseria Montenapoleone



>>> Saturday May 5:

Salento Vineyards & Baroque Lecce

We travel to Lecce, the capital of the Salento Province. Known as the 'Florence of the South', the city hosts amazing Baroque masterpieces and treasures of Italy. In Lecce you will embark on a dedicated walking tour where our guide will reveal the secrets of the imposing architecture and millennia of fascinating history revealed before your very eyes. Our guide will take you to visit one of Puglia's most renowned wineries - Li Veli. After a fascinating tour with the vineyard's expert oenologist, you will be treated to a private lunch and wine tasting over-looking the ageing barrels of wine.

Lodging: Masseria Montenapoleone



>>> Sunday May 6:

Fresh Fish & Gala Farewell

Enjoy a morning at leisure at the masseria. For lunch we'll head to the coast where all the locals enjoy a indulgent Sunday Lunch including some of the freshest seafood on the planet. After lunch there is the option to take a stroll through the beautiful seaside towns on Monopoli or Polignano a Mare. The artisan gelato is not to be missed! For our last evening, we'll enjoy a gala celebration with local musicians and outstanding food for an unforgettable night!

Lodging: Masseria Montenapoleone

>>> Monday May 7:

Arrivederci from Puglia

After our final group breakfast, our team will shuttle you to Bari Airport and bid you arrivederci!

What's Included

\$4999 per person
based on double occupancy

- A truly authentic wine and gastronomy experience
- Enthusiastic, full-time tour hosting by Lyndey Milan
- 6 nights lodging at 4 star hotels (standard rooms – upgrades available at a supplement)
- Peace of mind knowing you are with the most professional travel and tour company in Puglia
- Access to the up-and-coming vineyards and small local producers not open to the public
- Walking tours of the region's most characteristic towns with certified local guides
- 6 special breakfasts
- 6 memorable lunches
- 6 extraordinary dinners
- Guest shuttles and transfers
- Accompaniment by Pugliese local & guides as appropriate

DAILY ACTIVITIES INCLUDE:

- An in-depth visit to the UNESCO site of Matera
- Olive grove tour and oil tasting at an ancient olive oil estate
- Visit to the *Trullo Capital*, UNESCO Heritage Site, Alberobello
- Bread-making in Altamura at a DOP bakery
- A hands-on cooking class with Lyndey
- Insider's look at burrata cheese making
- Private lunch at Li Veli winery

Pre & Post Tours

Want to maximise your time in Italy and in Europe? Book this fabulous trip with Lyndey and we would be happy to arrange tailor-made travel experiences in other parts of Italy and Europe for you.

