



# FOOD & TASTING EXPERIENCES

# LEARNING ACTIVITIES

# MEDITERRANEAN DELIGHTS

## VISIT MEDITERRANEO

Promotes the Mediterranean and connects people from all over the world, giving them a unique opportunity to share their different cultures and points of view. We aim to engage and empower local communities and create positive social impacts and benefits.

We support and preserve the Mediterranean lifestyle as a healthy, sustainable, and responsible way to live. We are a human-centered business that helps to develop a circular economy



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# OUR VISION & VALUES

**Engaging the Senses:** Every journey with us involves your TASTE, SMELL, SIGHT, TOUCH, and HEAR, ensuring that you are not just a spectator, but an active participant in the local life.

**Mediterranean Diet & Lifestyle:** Food is an essential component of daily life in the Mediterranean. We experience the endless health benefits and properties of local products, embracing the diet's core of fresh, homegrown ingredients.

**Authenticity & Conviviality:** Our experiences are hands-on, convivial, and centered on learning genuine traditions and techniques from local experts. We create Slow Social Experiences, prioritizing relaxation, knowledge, human interactions, digital detox, and discovery lived in peace.



# MEDITERRANEAN

FOOD EXPERIENCES



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# *Cooking Class in the Countryside*

A hands-on experience held in the hills of Tropea.

An informal culinary journey designed to be fun for all.

A unique momentum to connect people. Learning, eating, drinking, and socializing.

The rural chef will teach you genuine, delicious, and to-be-repeated-at-home traditional dishes. The experience aims to let people connect and socialize, getting a relaxing momentum: learning, eating, drinking, and unplugging.

It is not just about food and wine. It is sharing conviviality and light-heartedness

**On Tuesdays from 5:30 PM**

**Duration: 4.5 hours - Price: € 95 per guest**



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# *Farm-to-table Food Experience*

Experience the region's traditional rural culture and cuisine first-hand with this experience in the hills above Tropea.

Discover Calabrian's' traditional ways of producing and preparing food, and embrace the benefits of the Mediterranean lifestyle

Visit a local farm, and learn how to make fresh pasta during a cooking class and ricotta cannoli. Create your own healthy meals with home-grown products.

Step into the stunning countryside of Monte Poro, through an authentic gastronomic and cultural experience.

**On Saturdays, from 5:30 PM**

**Duration: 5 hours - Price: € 80 per guest**



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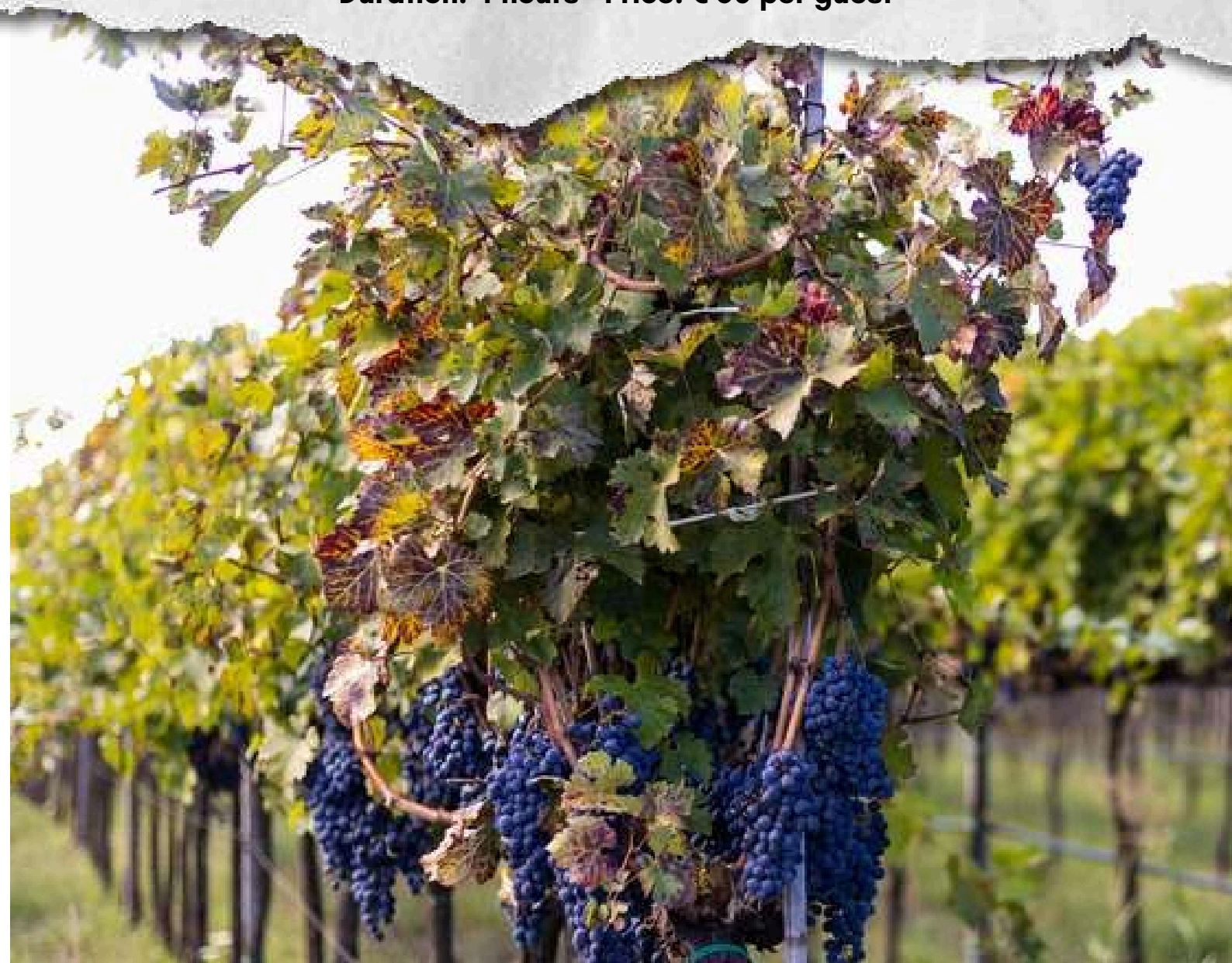
# *Slow Wine and Tartufo Gelato Tasting Experience*

Visit a small local winery focused on Slow Wine, a movement based on environmental sustainability, defense of the landscape, and sociocultural growth. Enjoy the countryside atmosphere by visiting the wine estate focused on the principles of the Slow Wine movement. Taste a selection of Organic Calabrian wines, find out the history of the wine in that area, and learn its wisdom. Not just a simple tasting of wine, but a basic workshop of enology. Indulge in a delicious local aperitif homemade.

Delight yourself in an artisanal tartufo gelato, served in a local gelateria

**On Thursdays, from 5:00 PM**

**Duration: 4 hours - Price: € 80 per guest**



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# Tropea Cooking Experience

Immerse yourself in Tropea's culinary traditions and experience our warm hospitality. Blending flavors and traditions in a friendly atmosphere, learning, eating, and staying with locals. This a fun and interactive cooking class, where you will learn how to prepare delicious recipes typical of Tropea cuisine with Mimma, a local cook, and a full-time mamma and nonna.

A unique opportunity to participate in an authentic local hands-on experience Discovering and tasting together, around a convivial table, traditional and seasonal dishes.

**On Mondays and Fridays, from 6:00 PM**

**Duration: 4 hours - Price: € 90 per guest**



# *Tropea Walking Food & Drinks Tour*

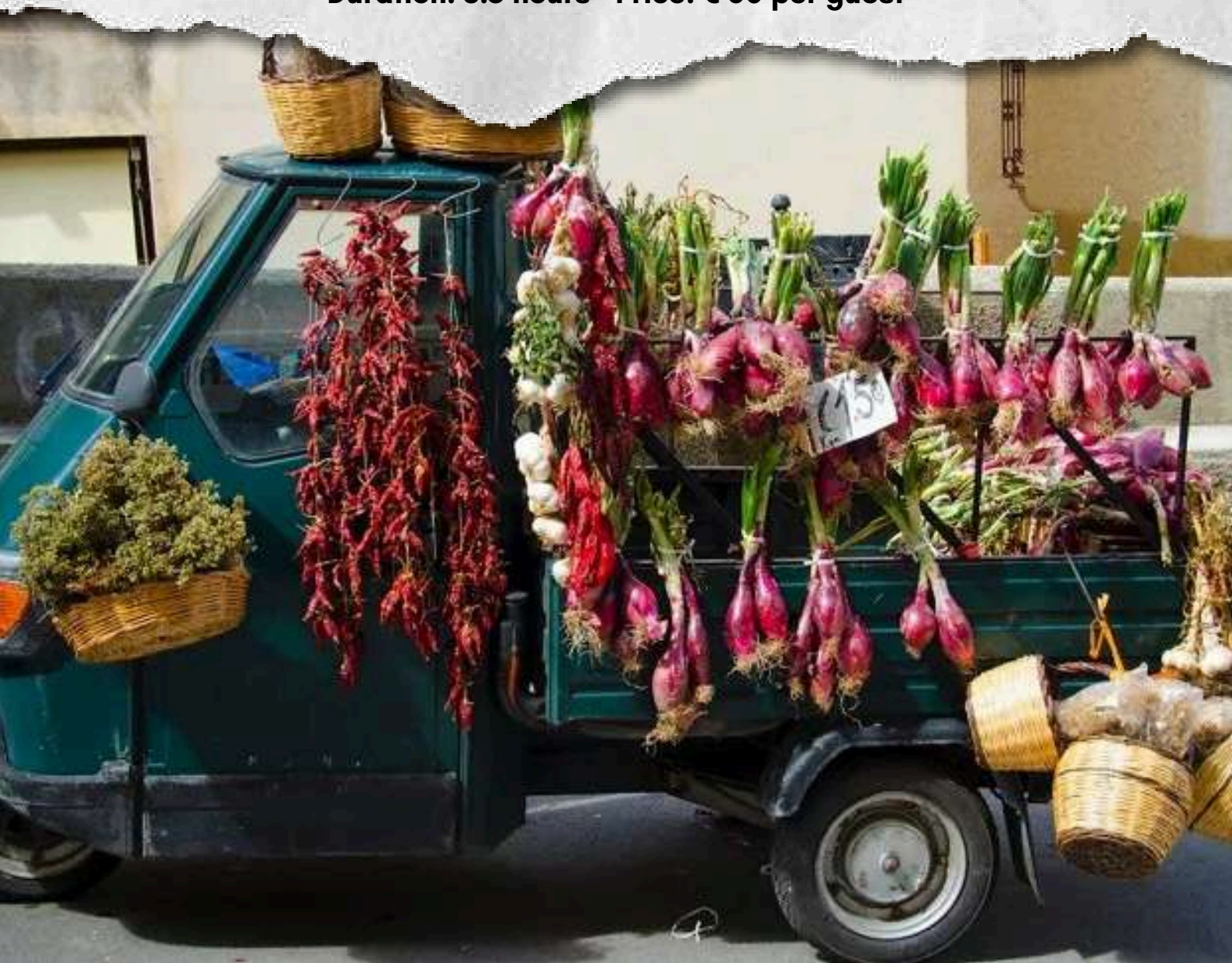
Discover the inner secrets of the Pearl of Calabria on a guided food & drinks walk.

This is not a generic sightseeing trip, but an educational journey where history meets gastronomy. An exclusive insider experience focused on the authentic flavours and the clean, fresh, simple ingredients that define the true Mediterranean diet. Unlock hidden culinary gems and authentic, high-quality local tastings. A small-group experience where a local expert reveals Tropea's best-kept secrets—both cultural and culinary.

Whether you prefer the freshness of the morning or the magic of sunset, we have curated two distinct experiences, each designed to connect you with the best artisan producers and hidden gems of the town.

**On Fridays from 9:00 AM (sunset experience upon request)**

**Duration: 3.5 hours - Price: € 60 per guest**



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# *Gelato Making Experience*

A hands-on experience designed for gelato lovers who want to discover the art of gelato making; understanding how a high-quality artisan gelato is made. Use organic, fresh, and natural ingredients to make a creamy, velvety, rich, great dessert that melts in your mouth. Each participant will create a creamy and fruity gelato, an artisanal dessert named Tartufo Gelato, and their brioche bun. You'll get knowledge, basic principles, and skills in a basic gelato-making class with a professional gelato maker. Learning tips and secrets of the main ingredients and production cycle. Tasting your own sweet and delicious creations.

**On Wednesdays, from 10:30 AM**  
**Duration: 3.5 hours - Price: € 70 per guest**



# *Tropea Lemon Experience*

The Tropea Lemon experience is a sensory and making experience that will allow you to unwind in the Calabria countryside.

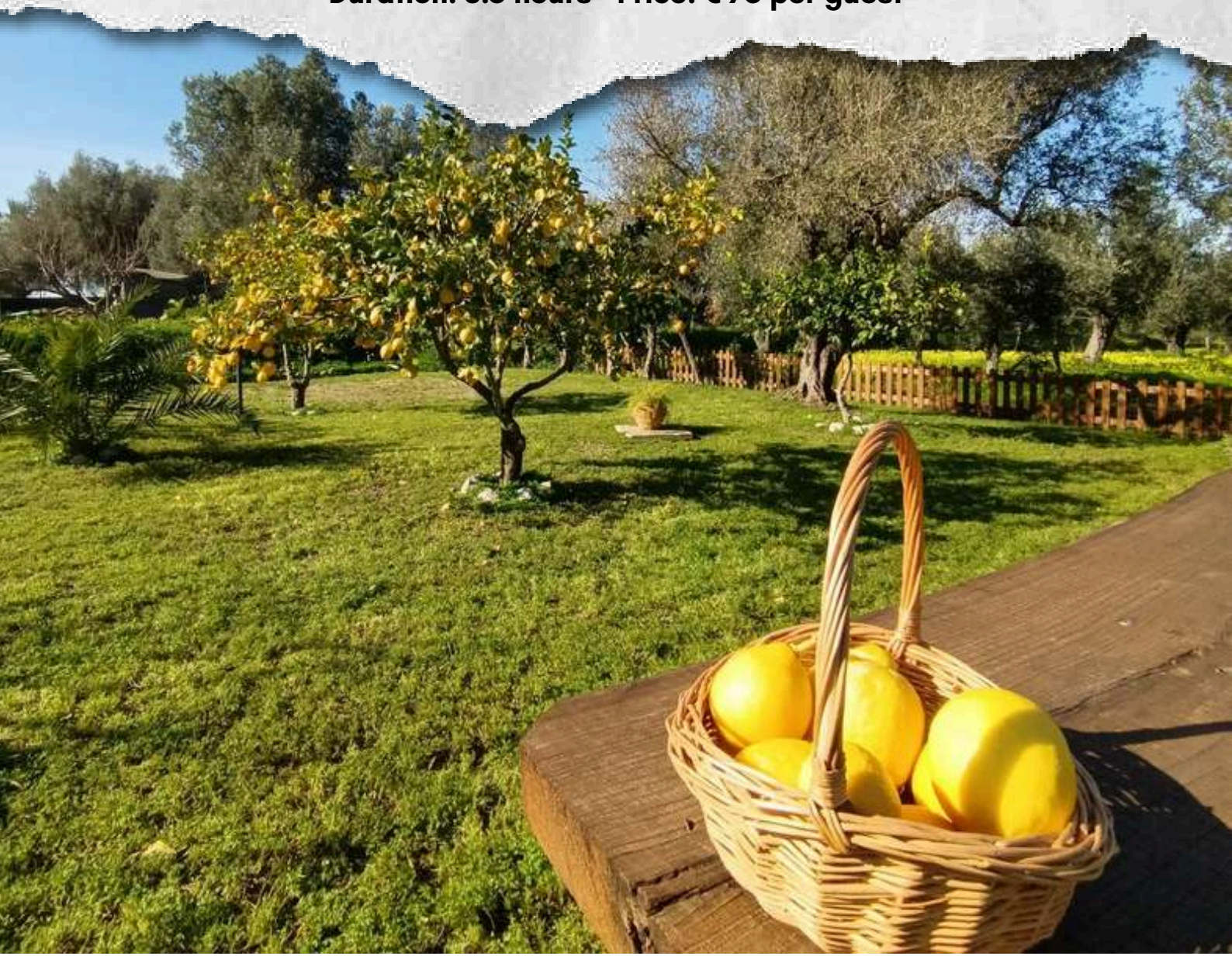
Walking through the estate's lemon gardens, you will discover one of the last historic mansions of Tropea. Picking your lemons from the trees, to make lemon-based pastries, and learning the secret of one of the Italian icons: the limoncello.

A delightful hands-on experience with a local expert and producer.

Tasting a local aperitif at sunset with wine, and limoncello spritz.

**On Wednesdays, from 5:00 PM**

**Duration: 3.5 hours - Price: € 75 per guest**



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# *Rural Bread Making Experience*

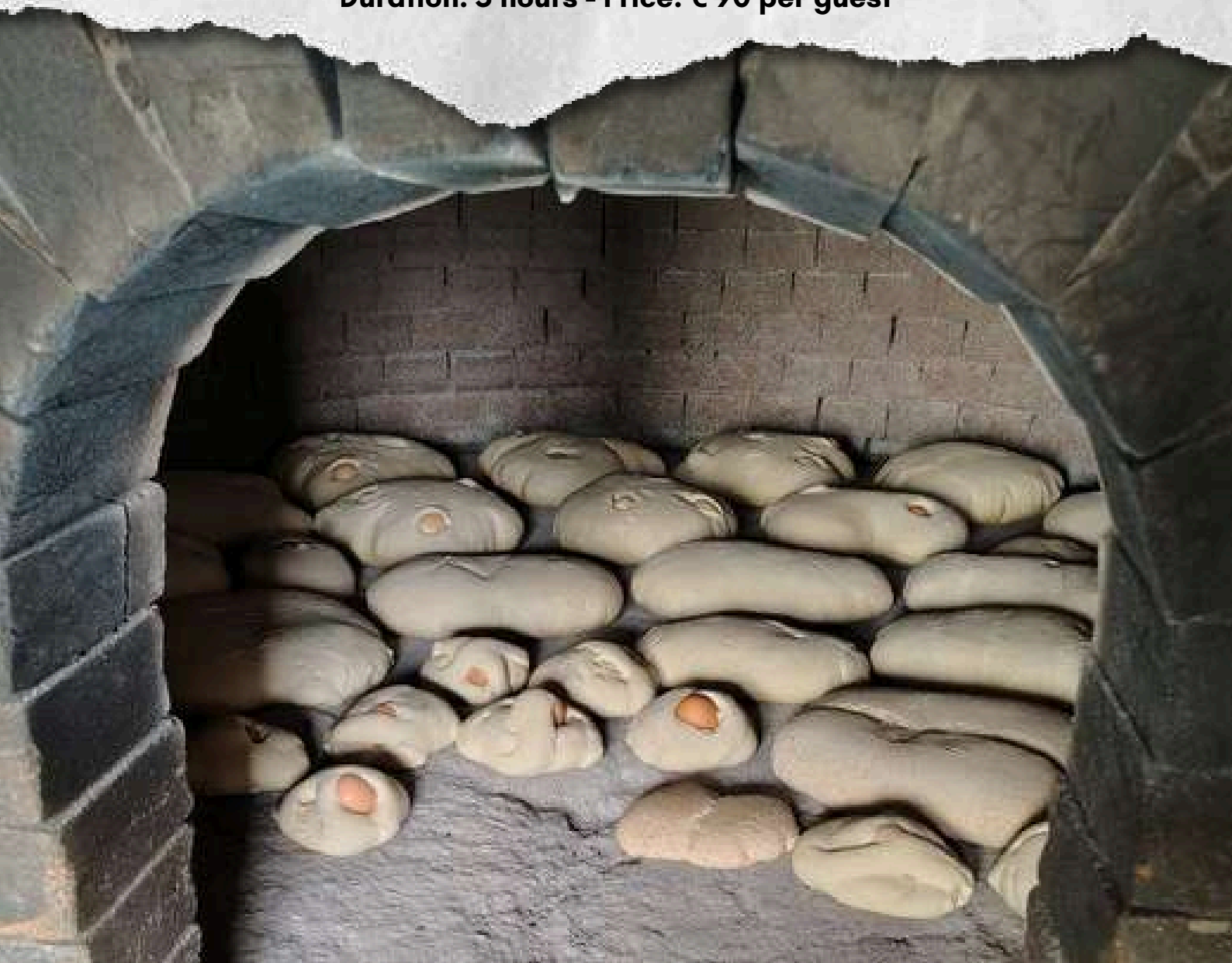
The Timeless Ritual of Bread Making: Fire, Flour, and Family Roots

In this hands-on experience, we invite you to a traditional rural farm where time slows down, and the scent of wood smoke fills the air. You won't just learn how to bake; you will be initiated into a ritual that has sustained our community for generations. The journey begins with the Mother Dough (Lievito Madre)— a living ingredient passed down through our family. You will learn the rhythmic art of kneading and the sacred and primal ritual of the wood fire oven.

This bread-making experience culminates in a convivial meal where we "break bread" together, drizzled with extra virgin olive oil, homemade honey, and paired with local seasonal delicacies.

**On Saturdays, from 10:00 AM**

**Duration: 5 hours - Price: € 90 per guest**



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# *Sweet & Spicy Experience*

A tour into the world of the two most famous food products in Calabria:

The red lady, Tropea's red onion, and the Queen of Calabria, the Nduja from Spilinga.

Two real stars in the kitchen, loved by the greatest national and international chefs.

During the sweet and spicy experiences, guests will visit an Onion farm and a Nduja factory, discovering all the farming steps, the production inputs, and the life cycle of plants and animals.

Learning how to pair and how to use them in the kitchen.

Tasting a top selection of both products directly on the farms.

**On Thursdays, from 9:30 AM**

**Duration: 4 hours - Price: € 65 per guest**



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# *Tropea Craft Beer Experience*

A guided tasting tour of the organic local beers.

A tasting experience immersed in the incredible world of the organic agriculture of Calabria. Meet the craft beer producers, who passionately share their sustainable and responsible vision of farming—a certified organic brewery, environmentally conscious and sustainably-minded.

Taste three organic beers of various brewing styles, with genuine bites from the local farms.

Learn the craft brewing process, discovering new aromas and tastes of Mediterranean beer.

Take the opportunity to step into one of the noble palace of Tropea, uncovering historical and cultural aspects of the family.

**On Saturdays, from 10 AM**

**Duration: 3 hours - Price: € 60 per guest**



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# *Olive Oil Tasting Experience*

Discover the world of olive oil, wandering through olive groves and relaxing among the unspoiled and fertile countryside of Tropea. Together with the friendly, enthusiastic, and dedicated owners of the oil mill, you will find out why olive oil has been the most important culinary ingredient in the Mediterranean Diet since ancient times. Transforming yourself into a real olive grower, and exploring all stages of the production, from the harvesting to the storage of the liquid gold. Learning about the tradition, the art, the techniques, the sustainability, and how to taste local EVOO

Experiencing the endless health benefits and properties of Calabrian olive oil.

**On Fridays, from 5:00 PM**

**Duration: 4 hours - Price: € 70 per guest**



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# *Pizza and Bread Making Class*

Learn the secret of the Mother Dough to make pizza, focaccia, and pane with a professional pizza maker.

Held by a professional pizzaiolo, the class allows guests to understand the world of the "Biga" and the various methods in the preparation of this precious dough.

A carbo-lovers must-do experience.

**Experience Upon Request, from 5:00 PM**

**Duration: 3.5 hours - Price: € 95 per guest**



# *Calabria Organic Wine Experience*

An immersive journey where organic viticulture meets ancient family history.

This is not just a wine tour; it's a slow-travel immersion into the ancestral traditions, pristine landscapes, and deeply rooted family histories of the Tropea rural area in Calabria. Join us to explore the stunning world of organic and natural Calabrian wines. Meet the producers who allow the unique character of the region's indigenous grapes to shine. Savor clean, wild, and intensely authentic flavors that tell the story of the earth and the passionate hands that tend it. Learn about sustainable viticulture directly from the families who are preserving these ancient traditions.

Traverse rolling hills and fertile valleys dotted with ancient olive groves and vibrant vineyards. This journey is an invitation to disconnect from the fast pace of modern life and truly feel the rhythm of the Mediterranean.

Experience the unfiltered authenticity of Calabria. From the glass to the ground.

**Experience Upon Request, from 4:00 PM**

**Duration: 4.5 hours - Price: € 90 per guest**



# *The Nduja Experience: from farm to fork*

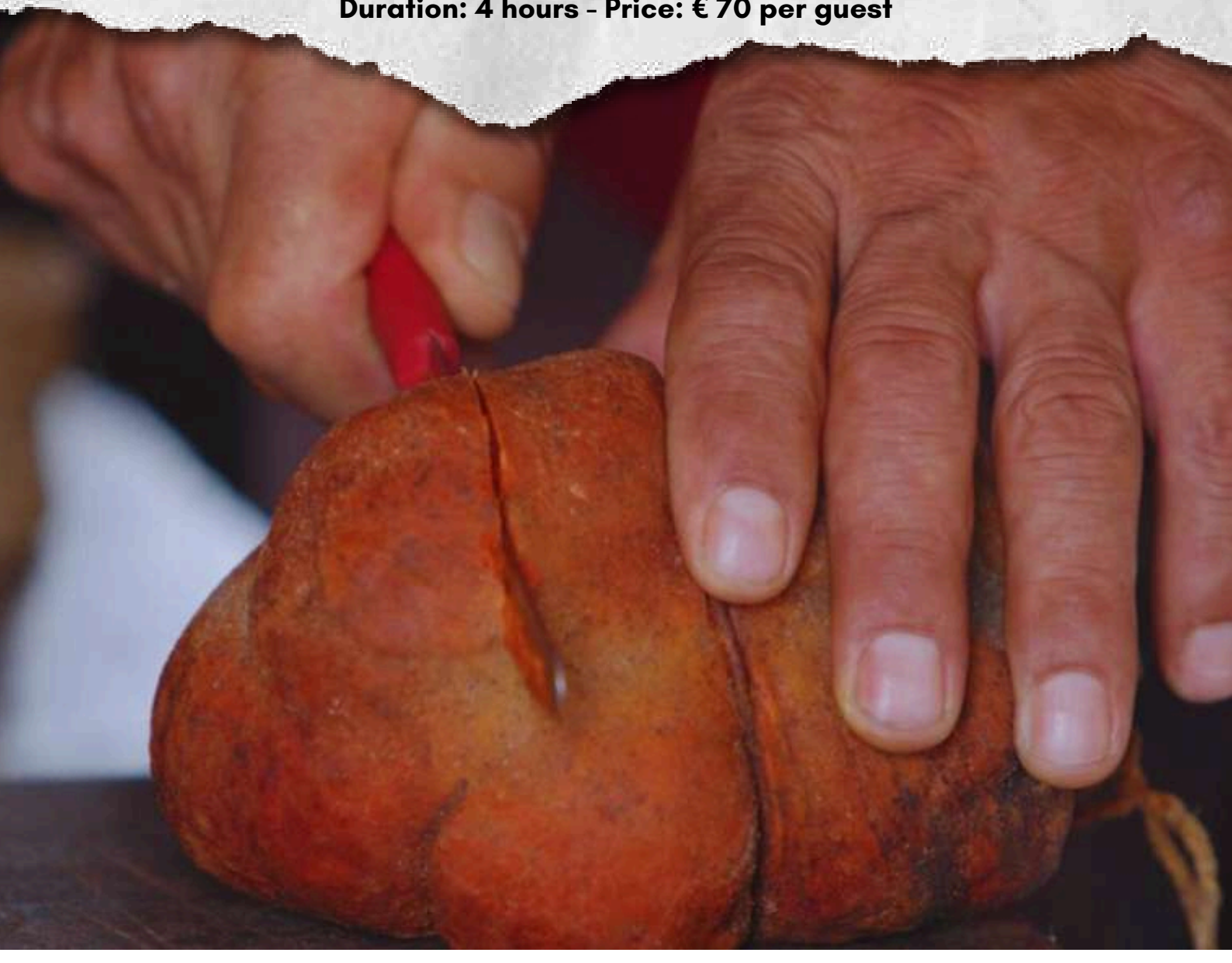
Immerse yourself in the world of Calabria's most famous spicy spreadable salami: the 'nduja.

The nduja experience is a journey to the heart of the production in Spilinga, the world capital of the famous spicy spreadable salami. This tour takes you behind the scenes at a cured meat factory, where you'll discover the traditional methods used to create high-quality 'nduja and other local salamis. Learning about the production process from start to finish. A dedicated tasting session follows, allowing you to sample the authentic flavours of the region. The grand finale is a lunch at a local agriturismo, where you'll savour a traditional meal that celebrates the bold and vibrant flavors of 'nduja in authentic Calabrian recipes.

Trace the incredible journey of this world-renowned spicy delicacy from its origins to your plate in this comprehensive food experience.

**Experience Upon Request, from 10:00 AM**

**Duration: 4 hours - Price: € 70 per guest**



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# *A Day in the Rural Life*

Discovering the soul of Calabria: rural life, ancient villages, and flavors that sing!

Departing from Tropea in the morning, you will escape the tourist trail and experience the real Calabria

You will step back in time through an authentic journey, savoring the true taste of local products.

Wandering through a medieval village, a hidden gem to be discovered where history and timeless beauty intertwine.

Explore sun-drenched olive groves, learning about the "liquid gold" of Calabria: the olive oil

Have a leisurely lunch on the farm, sharing laughter and stories with a beautiful Calabrian farming family

Unplug and reconnect yourself with the dazzling nature of Calabria.

**Experience Upon Request, from 9:00 AM**

**Duration: 6 hours - Price: € 85 per guest**





## **Craft Your Perfect Journey:**

We understand that every traveler is unique.

If our scheduled tours do not perfectly match your desires, please note that you can customize your own bespoke experience!

Contact us to create a combination package of your preferred products, activities, and timings for a truly personalized experience





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## Food Tour & Experiences Tropea - Italy

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