

VISITMEDITERRANEO.COM

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 & and Thursdays, from 5:00 PM

Duration: 6 hours - Price: € 95 per guest



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



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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 Wednesdays, from 5:30 PM

Duration: 5 hours - Price: € 80 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.

On Wednesdays, from 5:00 PM

Duration: 3.5 hours - Price: € 95 per guest



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Wine and Gelato Tour

Driving from Tropea, you will visit one of the best wineries in Southern Italy (Lamezia Terme wine area), experiencing the greatest wine varieties made in Calabria.

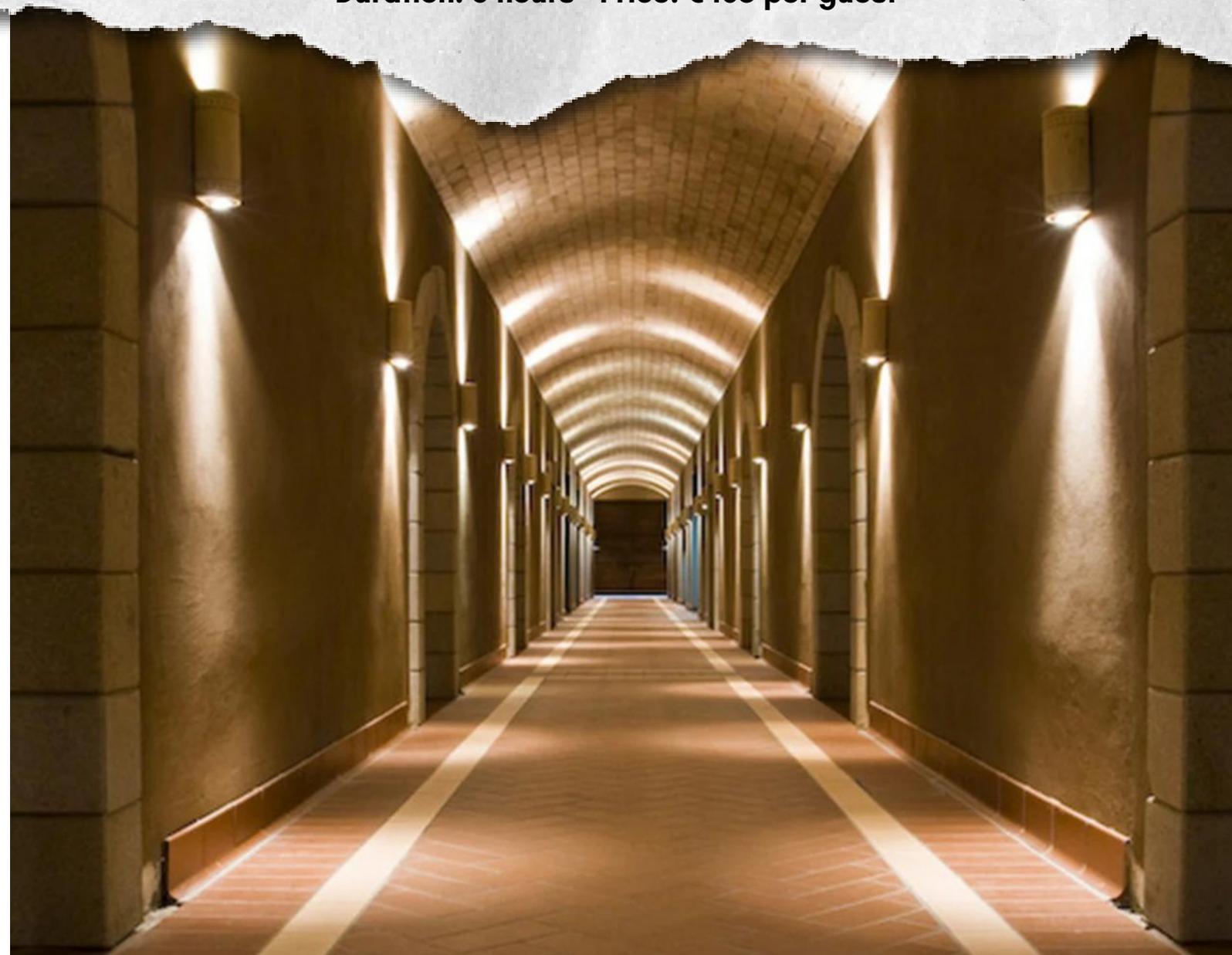
Take a break, enjoy a moment of peace walking in nature among hectares of silent olive groves and leafy vineyards.

Indulge in a tasting of local extra virgin olive oil combined with typical cheeses, cold cuts, jellies, and jams.

Stroll through the old town of Pizzo to taste the artisanal Tartufo Gelato, admiring a stunning panorama

Experience Upon Request, from 9:00 AM

Duration: 6 hours - Price: € 105 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: 4.5 hours - Price: € 85 per guest



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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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 Saturdays, from 5:30 PM

Duration: 4 hours - Price: € 60 per guest



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A Day in the Rural Life

A full-day experience, departing from Tropea, to get close to the rural lifestyle and to the old traditions of the Mediterranean.

Experience the cheese-making process with a shepherd, learning the ancient techniques.

Have a leisurely lunch within a local community, tasting Nonna's recipes.

Walk in the centuries-old olive grove to unplug and reconnect yourself with the dazzling nature of Calabria.

Experience Upon Request, from 8:30 AM

Duration: 9 hours - Price: € 135 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 real basic workshop of enology. Indulge in a delicious local aperitif homemade. Delight yourself in an artisanal tartufo gelato, served in a charming garden.

Experience upon request, from 6:00 PM
Duration: 4 hours - Price: € 80 per guest

