At the Italian Table

with Ruth Reichl, Nancy Silverton and Laurie Ochoa
Enough prosciutto, parmesan, and gelato can make any trip to Italy a culinary delight, but on this journey, the Italian table takes on new life with artisan foods that sing and wines that join in perfect harmony. Ruth Reichl and Nancy Silverton, experts and lovers of Italian food, lead you on an exclusive tour from Bologna through the stunning Tuscan hills to beautiful Florence, sharing with you the region’s most remarkable restaurants, many of them with Michelin-starred chefs, wineries, and markets along the way. Through exclusive tastings of delectable hand-crafted foods, private wine tours, hands-on cooking classes, and convivial meals with world-renowned chefs at some of Italy’s finest restaurants, you’ll become an expert in the art of eating well in Italy. Buon appetito!
DAY 1  Buon appetito!

Arrive in Bologna. Transfer to the hotel and check in. This evening, gather for a welcome drink with your hosts. Over a glass of prosecco, Ruth, Nancy, and Laurie will share the food highlights that await you this week. You’ll dine this evening in the woodlands outside Bologna at Trattoria Da Amerigo, a one-star Michelin restaurant with a retro feel. You’ll meet with chef Alberto Bettini, tasting regional classics such as lasagne and tortellini all while Chef Bettini shares recipes passed down from him from the original restaurant owners, his grandparents. (R, D)

DAY 2  Parmigiano e balsamico

Head north to Modena, a city in the heart of the Emilia-Romagna region. Learn about the aging process of Parmigiano-Reggiano cheese at an organic farm, and sample different varieties of the King of Cheese. Visit the Osteria di Rubbiara, a family-run tavern that is surrounded by Lambrusco vineyards and has earned its spot as one of the finest producers of balsamic vinegar in the area. Learn about the production and aging process of the vinegar before enjoying a lunch that includes the family’s spectacular tortellini, cooked to perfection in a broth, as well as several dishes featuring balsamic vinegar. After lunch, return to Bologna for some free time. Enjoy an evening at your leisure, or perhaps join locals in a passeggiastra, a stroll through town for an aperitivo. We are hoping to arrange an optional dinner at the spectacular Michelin-starred Osteria Francescana, at which Chef Massimo Bottura will prepare a special menu featuring his signature dishes, The Five Ages of Parmesan and Oops! I Dropped the Lemon Tart. The full details of the meal as well as information about the additional charge will be provided later in the year. (B, L)

DAY 3  Salame, prosciutto and culatello

Travel to the region around Zibello, near Parma, and discover the exquisite culatello produced at the beautifully restored castle of Antica Corte Pallavicina. Tour the castle and cellars where this prized pork meat is cured and aged along with other meats and cheeses. Enjoy an aperitivo of local cured meats followed by lunch, where chef Massimo Spigaroli will talk about the delicate flavor of culatello thanks to the particular climate in this part of the Po River valley. Return to Bologna in the late afternoon. There will be the option to visit FICO Eataly World, the world’s largest agri-food park inspired by the ingredients and dishes at the heart of Italian cuisine. Or remain in the center of Bologna and choose from the many dining options; your hosts will be happy to offer advice. (B, L)

EXPEDITION EXPERTS

Ruth Reichl
Ruth Reichl is the author of “My Kitchen Year: 136 Recipes That Saved My Life,” a cookbook published in 2015. She was editor in chief of Gourmet magazine from 1999 to 2009. Before that she was the restaurant critic of both The New York Times and the LA Times, where she was also food editor. She is the recipient of numerous James Beard Awards.

Nancy Silverton
Nancy Silverton is a James Beard Award-winning chef and the co-owner of Osteria Mozza and Pizzeria Mozza in Los Angeles, Newport Beach and Singapore, as well as Mozza2Go and Chi Spacca in Los Angeles. She also founded the world-renowned La Brea Bakery and Campanile restaurant and is the author of eight cookbooks.

Laurie Ochoa
Laurie Ochoa is arts and entertainment editor for the Los Angeles Times. Previously, she served as executive editor of Gourmet magazine, editor in chief of LA Weekly and food editor of the Los Angeles Times. She is a multiple-time winner of the James Beard Foundation Journalism Award.
DAY 4  Pasta & Gelato

Discover the art of Italian pasta-making. Each region of Italy is renowned for its different pasta shapes and sauces, but it is the Emilia-Romagna region that reigns supreme with fresh egg-based pasta, either long, short, or stuffed. Learn about the different ravioli and tortellini that are so prized in the region, how to cook the perfect “al dente” pasta, and how to pair shape and sauce. Roll up your sleeves and try your hand at creating the perfect fettucine or ravioli. Lunch will be served on the terrace (weather permitting) overlooking the local vineyards. After lunch, the day continues with a journey over the Apennines mountains, through the picturesque rolling hills of the Mugello wine region, landing in Florence. Visit a local gelateria laboratory, and learn about the process of making gelato as well as the lab’s adherence to the 0 Km philosophy. Sample the nocciola or limone before enjoying an evening at leisure in Florence. (B,L,T)

DAY 5  Wine, Olive Oil, Meat, and Bread

This morning, visit the Fontodi winery in the heart of the Chianti classico wine-producing region. Discover some of the key factors that help produce the prized wine—altitude, clay soil, and micro-climate—and conclude the visit with a tasting of wine and delicate bio olive oil. Afterwards, visit Dario Cecchini, an award-winning butcher who seeks to source the best meat and offer his customers the best cuts. Sit down for a convivial meal and savor the succulent bistecca alla fiorentina. This afternoon, visit a local bread-maker and discover the different flours used in various breads as you try your hand at kneading bread, focaccia, and pizza. Return to Florence late this evening. (B, L, D)
**Day 6: Ribollita and Truffles**

This morning discuss seasonal foods and produce with your hosts, drive out into the Tuscan countryside south of Prato to Da Delfina. The menu at this family-run restaurant is a celebration of Tuscan food with an emphasis on fresh, local ingredients. Meet with the original owner’s son and current chef, and tour the garden before joining chef Carlo in the kitchen to create his hearty ribollita soup. Later in the afternoon, take a stroll to hunt for truffles before returning to Florence for dinner. (B, L)

**Day 7: Fresh Ingredients**

Join a member of Cibreo’s family to learn history of the family and business including the restaurant for this evening’s dinner. Then wander through the neighborhood with the family member, visiting the different restaurants and cafes owned by the Cibreo family and see the food store with their abundant organic produce and rooftop herb garden. Lunch and the afternoon are at leisure to explore this beautiful city. You might like to pay a visit to the Mercato Centrale to view the seasonal produce on sale at this lively market; there are small vendors upstairs where you can enjoy a light lunch. Tonight, raise your glass for a festive farewell dinner at Cibreo. Learn how childhood food memories remain important to head chef Fabio Picchi and how this family-run restaurant follows the rhythms of the seasons in its menu design. (B, L, D)

**Day 8: Arrivederci, Italia**

Depart Florence on individual flights home. (B)

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**Accommodations**

**3 Nights** Hotel Corona d'Oro

Four-star superior hotel located in the center of Bologna.

**4 Nights** Grand Hotel Minerva

This is an historic, boutique property situated in the heart of Renaissance Florence, overlooking the recently renovated pedestrian square of Santa Maria Novella. Guest rooms are warm and welcoming, as they blend contemporary touches with historic elements. The hotel offers a restaurant, rooftop terrace along with modern comforts and amenities.
## DATES & PRICING

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**Meal Key:** B=Breakfast, L=Lunch, D=Dinner, T=Tasting, R=Reception

## LAND COST

Prices are listed in U.S. dollars and are based on a person sharing a room with another. Although we do our best to maintain the listed price, because our prices are set over a year in advance, we reserve the right to increase costs due to circumstances beyond our control, tariffs, taxes and VAT received after prices are published and to reflect fluctuations in foreign exchange markets. The land cost is based on a minimum number of guests as described on the trip page.

## WHAT IS INCLUDED

- Comprehensive educational program by content experts and professional on-site guides
- All accommodations and meals as outlined in the itinerary
- All ground transportation within the itinerary unless otherwise indicated
- All sightseeing as specified in the itinerary
- Entrance fees
- Gratuities to porters, drivers and guides for all included arrangements
- The assistance of an ATA expedition manager for comprehensive logistical and customer service management on the expedition
- Wireless listening devices
- The assistance of an ATA professional travel team to assist with pre-trip questions, travel arrangements, including flights, extra hotel nights or other services
- Comprehensive pre-departure information about the destination and what to expect on the expedition, including a suggested reading list
- Transfers to and from airports for those arriving or departing according to the designated itinerary (exceptions may apply)

## WHAT IS NOT INCLUDED

- U.S. domestic or international airfare or other transportation from your home to the departure point of the trip and from the end point of the trip to your home
- Travel and trip cancellation insurance
- Passport, visa, airport departure and baggage fees
- Meals not specified in the itinerary, and food and beverages not part of the included meals
- Personal items such as telephone, fax and internet charges, laundry, room service and alcoholic or other beverages not specified as included
- Gratuities for non-group services
- Expenses you may incur resulting from delays due to bad weather, road conditions, sickness, government action and flight delays
- Expenses incurred in making individual travel arrangements in conjunction with the trip, and sightseeing not included in the itinerary

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