



Sample Itinerary Winter & Springtime **Mediterranean Tour (4 Days)** **Salerno – Paestum – Amalfi – Ogliastro Cilento**

First Day - Arrival and Welcome Reception in Salerno

- Welcome, Hotel lobby, with Adele
- Walk along the “Lungomare” (waterfront) to the old town of Salerno.
- Guided Tour to San Pietro in Corte and St. Matthew’s Cathedral, Old Town
- Back to the hotel
- Welcome reception with Adele and Adele’s Good Company Staff
- The Italian Family Table. Dining with Adele’s Family and Friends

Second Day - Paestum

- Coach to Paestum
- Visit to a famous Mozzarella production farm
- Lunch break in Paestum
- Visit to the Greek temples with or without guided tour – Shopping break -
- Evening Pizza – Dinner in Salerno , Chill out with lounge music or just walk back to your hotel

Third Day The Amalfi Coast (Winter and Springtime program)

- Visit to the Cathedral in Amalfi with guided tour or by yourself
- Coffee-break at the most famous Patisserie in town
- Visit of one lemon garden overlooking the coast. Culinary demonstration: how to make a lemon salad and your own Limoncello
- Visit Ravello and the gardens of Villa Rufolo (in case of bad weather)

Fourth Day - Cilento and the Mediterranean Diet where Dr. Ancel Keys lived

- Ogliastro Cilento, Cooking demonstration with Donatella. We will learn how to make fresh pasta, cook different vegetables dishes and Donatella’s fruits jams
- Lunch together with Donatella and her family
- Evening – Back to Salerno and free time. Shopping in the old town stores

This is only a sample itinerary: you can choose your own sightseeing program and culinary demonstrations! Ask Adele for more details: info@adeles-goodcompany.de

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