

PUGLIA FOOD IMMERSION
 30TH SEPTEMBER – 4TH OCTOBER 2018



3 days and 4 nights exploring Puglia up and down: we will discover the heart of the region through food and the artisans who produce it, sipping olive oil, feeling the texture of a real mozzarella “fior di latte”, biting a fragrant focaccia, drinking amazing white wine from Locorotondo, tasting local typical rural cuisine, strolling up and down in the white old towns and in the millenary olive trees fields.

A soul-travel in company of Flavia Giordano, 100% pugliese, cookbook author, olive oil and cheese taster, digital nomad between Bari and Lund.

NOTE: Draft plan (subject to variation)

Day 1, Sunday 30th September – Meeting in Bari

Afternoon: arrival at Bari airport in the afternoon, transfer* and check-in at the hotel in Bari.

Dinner and night: welcome dinner at a well-known pizzeria with pizza and local antipasti.

Night in hotel in Bari.

Day 2, Monday 1st October – Altamura and Bari

Morning: after breakfast, we are going to discover Altamura, one of the Apulian towns where to find the best local products.

Altamura food walk:

- visit of a local mill: semolina pasta production;
- visit of an awarded cheese maker. Cheese tasting of mozzarella “fior di latte”, caciocavallo and blue cheese;
- visit of an historical local bakery with wood oven. Focaccia and “Pane di Altamura PDO” (Protected Designation of Origin) tasting;
- coffee and (nut liquor) tasting.

Afternoon: visit of a beautiful XVI century Masseria (Apulian fortified historical farmhouse along the Roman Via Appia).

Dinner and night: extra virgin olive oil tasting at a contemporary oleoteca (olive oil tasting room). We'll learn about local olive oil cultivars and have a food pairing dinner, guided by one of Gambero Rosso olive oil guide food writers.

Night in hotel in Bari.



Day 3, Tuesday 2nd October – Locorotondo, Cisternino and Polignano

Morning: After breakfast, Locorotondo is waiting for us. Visit of a high quality winery producing “Bianco di Locorotondo DOC” (Controlled Designation of Origin): wine tasting.

Lunch at a typical taverna in town, to taste inimitable rural cuisine from Puglia.

Afternoon: destination Cisternino. Visit of a famous charcuterie and “capocollo” cured meat tasting, one of Slow Food presidia from Puglia.

Afternoon and night: arrival, check-in and night in a nice B&B in the old part of Polignano a Mare, a lovely maritime little town well known for its romantic terraces by the sea.

Free dinner in Polignano (we will recommend you a list of nice restaurants and help you with the reservations).

Day 4, Wednesday 3rd October – Ostuni, San Vito dei Normanni and Torre Guaceto

Morning: After breakfast, we will travel to the unique countryside between Ostuni and Fasano, where monumental olive trees grow. Short guided walk on a road where once the historical Via Appia Traiana was. Aperitivo under the trees near a millennial Dolmen.

Lunch at a “social restaurant” in San Vito dei Normanni, that is part of a project about inclusion, gastronomy and design to involve disadvantaged people.

Afternoon: visit of an “agribeach” in the nature reserve area of Torre Guaceto, with a synergistic garden by the sea. Bath in the swimming pool or in the sea if the weather allows it.

Fish dinner at a nice osteria Polignano.

Night in Polignano.

Day 5, Thursday October 4th - Back home

Morning: After breakfast, check-out and transfer to Bari airport by bus. Hugs and kisses!

