

LUXURY TRAVEL BCN

The Heart of Italian Culture and Food: Parma, Bologna, Modena & Mantova



We offer a 5-day tour, available year-round, of four culinary capitals of Northern Italy. Taste and learn about the food of Parma, Bologna, Modena and Mantova – cities rich in history, art and culinary tradition.

From **Mortadella** to **Balsamic Vinegar**, and **Parmigiano-Reggiano** to **Prosciutto di Parma**, Academia Barilla chefs will teach you to prepare regional recipes using the local, traditional products.

Day 1

Benvenuti a Parma

Arrive in Parma and check into your luxury hotel room.

A guided tour of Parma's historic city center, with visits to the Duomo, or Cathedral, and the Baptistery of Antelami; the Royal Theater, or Teatro Reggio, and Piazza Garibaldi; Palazzo della Pilotta and the birthplace of Arturo Toscanini.

Lunch and dinner in the city's best restaurants.

Day 2

Bologna's Mortadella and Modena's Vinegar Balsamico

A guided tour of downtown Bologna, including visits to the city's romantic porticos, historic University, and picturesque Piazza Maggiore.

Sample the local tortellini, **Mortadella** and tagliatelle.

Drive to Modena for a spin around the center and a traditional balsamic vinegar tasting.

Lunch and dinner in renowned restaurants.

LUXURY TRAVEL BCN

Day 3

Parmigiano and Prosciutto di Parma: the Kings of the Food Valley

Guided tours with the producers of Parmigiano-Reggiano and Prosciutto di Parma, and product tastings.

A walk around the Castello di Torrechiara, a 15th-century castle located in Langhirano, just south of Parma.

Hands-on cooking lessons with Academia Barilla chefs. Learn the recipes for the wonderful, regional dishes.

Day 4

Mantova: the Rice Capital

Leave for Mantua, the city of rice and the Gongaza family.

Visit Sabbioneta, a beautifully-preserved Renaissance city.

Practical cooking classes with Academia chefs. Learn many fun and flavorful ways to use rice.

And taste the end result!

Day 5

Arrivederci

Say goodbye to Academia and Parma, taking with you the unforgettable flavors and recipes of the region. Be sure to share what you learned with your friends and family when you get home.