



## COOKING VACATIONS FOR FOOD LOVERS AND GOURMETS



The Holiday Village La Francesca - situated in a protected area (15 hectares rich in trees and flowers typical of the mediterranean regions) close to the National Park of the Cinque Terre - offers a solicitous and discreet hospitality in unspoilt surroundings.

The microclimatic features are due to its favourable position facing South and protected from the Northwinds. Medium temperatures, in fact, during the coldest months seldom fall below 10°.

Weather is dry and sunny for most of the year. Rains, sometimes violent, sharpen underwood's perfumes, while in Winter citrus fruits grow ripe and various sorts of flowers come out with no risk of frosts.

Tourists, who nowadays are more and more desirous to find unspoilt places, find in La Francesca the ideal place for a stay in all seasons.

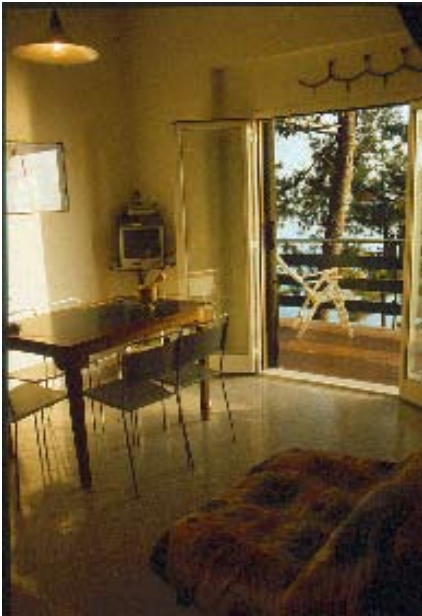
From May through October you will spend a different sea holiday in a bay with clear crystal water, swim offshore or sunbathe beside the swimming-pool among the pine-trees and the oleanders of the park. September is vintage-time in the villages of the Cinque Terre

In Autumn in the woods of the hinterland an attentive tourist will find a lot of chestnuts. The most expert can also gather mushrooms in large quantities, while the other will taste them at the restaurant.

In Winter fog and smog are faraway and a landscape of untouched beauty is simply waiting to be visited. One can also taste the new oil directly from the oil-mill.

You can make trekking all the year through, but especially in Spring.





The 55 houses and apartments are completely equipped with kitchenette, bathroom with shower, hair-dryer, central heating, telephone, safe, TV/SAT connection and a private terrace overlooking the sea.

The private beach, located in a small bay among rocks, can be reached on foot in a few minutes. On the belvedere: shower, seawater children's pool, solarium with sun-beds.

For sports and relaxing there is a rich choice: indoor gym, 2 tennis courts, football and volley-ball fields, bowling, minigolf, table tennis, training. All these activities can be performed all year round. The swimming-pool (25x10metres), situated among pine-trees and oleanders, is open from June to September.

La Francesca is a paradise of beauty, colours and surroundings that sweep you along into the magical world of Liguria.

### THE SURROUNDINGS: CINQUE TERRE and RIVIERA

Between Portovenere and Levanto, along a 15 kms area, lies the beautiful scenery of the Cinque Terre. The sound of the sea waves dashing against the rocks and the intense perfumes of myrtle, oleanders, lemons, pines and mediterranean maquis make this area one of the most suggestive of Italy.

The 5 villages hold art treasures and offer a natural and tasty cuisine and famous wines. In 1999 this 4,200 hectares territory, inhabited by five thousand people, has been transformed into the Parco Nazionale delle Cinque Terre (National Park of the Cinque Terre).



Come here by train and walk up and down the footpaths along the dry walls, and enjoy the breathtaking panoramas over the blue sea. The paths of the Cinque Terre and of Liguria's Eastern Riviera - about twenty - represent for nature lovers an interesting way to know and appreciate our land.

### ITALIAN COOKING CLASSES (FOR GROUPS OF 2 TO 8)



The cooking program includes a combination of hands-on cooking lessons and relaxing excursions to points of interest. Our program acquaints you with the treasures of Cinque Terre's food, wine, scenery and charm. It includes five lessons with executive Chef Valerio Ellero. He is a native of Venice and his cooking lessons teach the typical recipes of mediterranean and regional Italian cooking.

The good quality of products (such as olive oil, fresh fish and vegetables, home-made pasta) and their combination must get easy for everyone to understand what ingredients have been employed in the dish preparation. Simplicity and short cooking are also essential to obtain a light and digestible dish.

In our cooking classes the Italian traditional recipes take the lion's share, and particular attention is given to fish, pasta and sweets and tarts.

Fresh vegetables, fruits, and spices, such as tomatoes, peppers, olives, basil, parsley and rosemary are picked daily from our own gardens and are used in the cooking classes. Every dinner includes wine from the local areas and convivial company.

Passion, care for details, experience and know-out: this is what our Chef has learnt from his teachers, and this is what he would like to share with his pupils.

### ITINERARY (English-speaking guide)



#### Day One

- Pickup and transfer from Levanto station to the Village. You arrive, check in, and have time to relax on your private terrace or explore the area. Visit the park.
- In the evening, enjoy a welcome dinner at the Rosadimare restaurant's dining-room featuring mediterranean cuisine.

#### Day Two

- Morning: a lovely continental breakfast awaits you at the "Baretto"; 10-12 Cooking Class 1, followed by a transfer to Levanto. In town you can stop at a typical canteen and taste

the famous "Farinata ligure" and the cheese or olive focaccia.

Levanto is a very inviting town. Worth visiting are the thirteenth-century Sant'Andrea church, the castle and the charming hillside villages. You will discover that peace and silence are a constant characteristic of these spots on the Riviera.

The excursion includes a visit to the Valley of Levanto Farmers' Cooperative. Market has learned to appreciate Levanto's wines, while the production of quality olive oil has experienced a notable boost. So Levanto has confirmed that fine quality tourism and agriculture can participate - together - in the full valuation of the territory and its resources.

- In the evening: dinner featuring regional Italian cuisine with wine.

#### Day Three

- Morning starts out with breakfast, followed by Cooking Class 2 (10-12). For lunch everyone eats the fruits of his labor, a typical Italian lunch.
- Afternoon: a boat excursion will allow you to see the Cinque Terre from the sea. If weather is bad or sea is rough, the visit will be made by train.
- Dinner accompanied by music.

### The Villages

In medieval times, the name "terra" (land) meant village. From this origin comes the name Cinque Terre (five villages). Having rounded Punta Mesco, coming from Genoa, the first village is Monterosso al Mare, the only one with a large beach and promenade connecting its historical centre to the new Fegina quarter.

Vernazza, located at the mouth of a river, is naturally protected from the threat of the sea by a rocky promontory and it has always been the only safe landing point in the Cinque Terre. Corniglia, the only village not on the sea, but nestling on a hill surrounded by vineyards, has its own sweetly countrified appeal.



Manarola and Riomaggiore, with their houses piled up in a multi-coloured mosaic overlooking the sea, are the most typical and unspoilt villages of the five.

#### Day Four

- Morning: Breakfast starts the day, followed by Cooking Class 3.
- Self-prepared lunch.
- Afternoon: Visit to the area of **Luni**, the amphitheater, the museum and the "House of Frescoes", a roman patrician villa decorated with fine marbles. For gourmets-errant and art history lovers there are several good reasons for stopping. Just a short distance from the ancient Roman ruins and the old Portus Lunae, it is possible to blend food and freshness, gastronomic delights and delightful strolls among aviaries and majestic willow trees. Now



the Enoteca Pubblica della Liguria e della Lunigiana at Castelnuovo Magra has the role of promoting local wines and agricultural products. It is located in the cellars of the town hall, that have been appropriately restored, and the Enoteca's promotional activities will soon be going fullscale. The wine, Vermentino dei Colli di Luni, which recently became DOC (guaranteed quality), is made on the small farms that dot the hillsides overlooking the Magra valley.

- Dinner at Village's restaurant.

#### Day Five

- Enjoy breakfast and get ready for a great visit to glamorous Portofino.
- Transfer to Levanto station and from there to Portofino by train.

**Portofino**, the ancient "Portus Delphini", well deserves its worldwide reputation. The houses on the seafront, whose structure and colours are typical of the region, area the starting-point of a series of narrow streets which wind through the old village and pass by the Churches of Santa Maria Assunta and San Martino. Walking uphill through the pine-wood you arrive at the fortress of San Giorgio where, from the lighthouse of Punta del Capo, you can enjoy the enchanting view of the Gulf of Tigullio.



- Take time to lunch on your own.
- Cooking Class 4 is held in the evening, followed by dinner.

#### Day Six

- Breakfast and free time.
- Final Cooking Class 5, followed by a self-prepared lunch.
- The afternoon has been left open so you can have free time on your own. You can relax or shop. A complimentary shuttle bus can bring you to Levanto station, from where you can reach La Spezia by train.

A relatively modern town and once fortified harbour, La Spezia enjoys enchanting surroundings which extend along both sides of the **Gulf of the Poets**, dear to Byron and Shelley. You can visit an important art museum named after Amedeo Lia, full of precious paintings and works of art. The town streets are full of beautiful shops and stores. In the evening a light dinner is served at 8:00 pm.

#### Day Seven

- Breakfast /Departure from the Village.

#### LODGING

Our accommodations are independent apartments and include one bedroom with 2 beds, a bathroom with shower, living room and kitchen.

Program Prices (6 nights/7 days)

Daily maid service

Daily continental breakfast



6 dinners and 5 lunches  
 Local wine included  
 4 excursions  
 5 cooking lessons  
 Group transfer to and from Levanto train station.

Price Per Person:			
2 people	3-4 people	5 to 8 people	Seasons
Eur 1.200,00	Eur 1.100,00	Eur 1.000,00	January-February-November-December except X'mas time
Eur 1.300,00	Eur 1.200,00	Eur 1.100,00	March-April
Eur 1.400,00	Eur 1.300,00	Eur 1.200,00	May-September
Eur 1.500,00	Eur 1.400,00	Eur 1.300,00	Easter-June-Christmas time

You must arrive between 2pm and 7pm and leave before 11am on the day of departure unless alternate arrangements have been made in advance.

\* Accommodation in single apartment requires an extra Eur 200,00



### Weekend Package - 2 nights/3 days

Minimum of 2 and maximum of 7 participants required to guarantee a departure from September until June (except Christmas and Easter times).

2 nights in apartment  
 Daily maid service  
 Daily breakfast  
 2 dinners and 2 lunches with local wine included  
 1 excursion  
 2 cooking lessons  
 Group transfer to and from Levanto train station

You must arrive between 2pm and 6pm and leave before 4pm on the day of departure unless alternate arrangements have been made in advance.



### Price Per Person

From Eur 300,00 to Eur 500,00 according to the number of participants and to the season.

\* Accommodation in single apartment requires an extra Eur 70,00