

# Italy 2010 *a culinary escape to Tuscany*



Ah, Italy. Once you've been there, you're hooked! And once you've tasted Italian food in the heart of Italy, your culinary expectations will never be the same. Italian cooking is a passion. Tuscan cooking is an art. Join us in the heart of Tuscany for an amazing week.

HOSTED BY VETERAN TRAVELERS AND ITALIAN FOODIES

GAIL NORTON (The Cookbook Co. Cooks) and JUDY WOOD (Chef, Caterer)

We are familiar with pasta; we have memorized a handful of favourite sauces, happily doused Parmesan on most anything; we have been up close and personal with risotto. But to understand Italian cuisine, we found we had to experience it at its source. Thousands of years have contributed to a vast, rich culinary legacy that we now want to help you explore in one of the most beautiful locations in the world – Tuscany.

As cooks, we have always drawn inspiration from French and Italian cuisines: the local produce, the recipes and the dining style. The trip we are planning is the culmination of years of exploring the love that Italians have for their regional foods and wines. We can think of no better experience than to gather together a group of passionate food people, like you, who would like to join us for this unique opportunity in one of our favourite parts of Tuscany.

Cortona is a historic hillside village in the Tuscan hills, dating back to the 4th century B.C., close to Siena and Florence. Surrounded by olive groves and lush vineyards, it looks out on the stunning Valdichiana countryside and overlooks Lake Trasimeno. The area abounds with wonderful food markets and restaurants, and amazing history. In autumn the air is warm, and is perfect for our excursions.

Our accommodations are in a beautiful villa on the outskirts of Cortona. The villa is a converted 17th century farmhouse, with large, lovely gardens surrounding a huge pool. The kitchens and dining areas are perfect for our cooking classes and demos, and has every convenience. We will begin every day with fresh fruit, bread and pastries and, of course, that Italian necessity, strong coffee. For any food lover, Italian markets are a compelling part of the country's attraction. Our program will revolve around the local culture regarding all things culinary. We will explore the region's products and learn how to cook with them. You, too, can live like an Italian, and bring some of the Italian zest for life home with you. Come with us and learn how to create *la dolce vita!*

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**Fall 2010: Week 1: September 25th–October 2nd, Week 2: October 3rd–10th**

Cost: \$3600+GST, single supplement \$400, excluding airfare. For more information please contact

THE COOKBOOK CO. COOKS 722 - 11 AVENUE SW CALGARY AB T2R 0E4 PH (403)265-6066 FAX (403)262-3322 EMAIL: NORTONMG@TELUSPLANET.NET

# Italy 2010 *our itinerary will include...*



Spectacular Markets

Historical Sights

Renowned Restaurants

Gourmet Food Shops

Truffle Hunt and Tasting

Artisanal Cheesemaker

Local Guest Italian Chefs

Olive Oil Tour and Tasting

and of course...

Hands-on Cooking Classes  
and Demonstrations



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# Italy 2010 *frequently asked questions*

## Where do I plan my arrival to?

The final destination is Cortona. You can fly into either Florence or Rome and then take the train to the neighbouring town of Camucia (trains from Florence run hourly and the trains from Rome run every 2 hours). We will schedule one pick up on the day the camp starts at 17:00 at the train station in Camucia, where we will drive to our villa in Cortona. There will be a drop off at the train station at Camucia around noon on the last day of the camp. Although we provide for all your transportation during the week, some people opt for renting their own car for the week, which allows you more flexibility in the event you want to opt out of our itinerary for an afternoon.



## Where is the camp?

It is in the small hillside city of Cortona which dates back to the 4th century B.C., south of Florence and north of Rome. This hillside city is surrounded by olive groves and looks out on the Chianti countryside to Lake Trasimeno.

## Where are we staying?

The camp is situated in a beautifully restored villa 3 km outside of Cortona. It has private gardens, a stunning view of the Cortona hillside and a pool. The house is a large, comfortable, charming bed and breakfast. It has a lovely yard that includes a heated pool. The \$4000.00 cost is based on double occupancy. There is a \$400.00 single supplement for those not wanting to share a room. All rooms have their own bathroom.

## What does the trip include?

Accommodation, transportation during the week, almost all meals, cooking instruction, and all excursions.

## What is the weather like?

In fall the weather is variable, but it's never "cold". Bring layers and a wind proof jacket; be prepared for hot and chilly, and swimming in the pool!

## What is the booking procedure?

We need a deposit of \$1000.00 to secure your registration. Once the trip is full, the balance is required. This deposit shows that you are committed to the trip and once the remainder is paid the cancellation policy is in effect. You will be required to sign a standard release form.

## What is the cancellation policy?

60 days before, 80% refund  
 45 days before, 50% refund  
 No refunds after 45 days before the trip leaves.  
 You are encouraged to buy trip insurance for those unaccountable life circumstances that do not allow you to follow through with your plans.



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