OLLI's 2nd Food & Wine Adventure Food & Wine in Italy: Campania, Puglia, & the Amalfi Coast October 4 - 14, 2025

<u>Travel Preview</u> Tuesday, February 13, 2024 at 10:15 a.m. Location: Curtiss Hall, C-100

OLLI members & friends are invited to learn about this trip during a presentation with our travel provider - Go Ahead Tours. Call the OLLI office to register for this preview (989)964-4475 or register online.

<u>Travel Registration</u> Tuesday, February 20, 2024 at 9:00 a.m. Location: Curtiss Hall Seminar Rooms D-F

*Registration for this trip (along with other 2025 trips) will begin at 9:00 a.m. in the Curtiss Hall Seminar Rooms. Registration on a first come first served basis. Please note registrations can be taken over the phone after onsite registration is finished.

Travel with OLLI - a lifetime of learning and exploring!





SVSU - Osher Lifelong Learning Institute

Join OLLI on this food & wine themed adventure!

Similar to the boot it's shaped like, Italy keeps its "soul" on the bottom. Just think of the corner cafes, where you only hear conversations in Italian. When you feast on sfogliatella pastries with a side Primitivo wine, you'll get a taste for recipes that have been passed down from one generation to the next. Everywhere you look on this small group food & wine tour, you'll find that even though times change, some things stay the same.



Included Highlights:

- Food of Naples Walking Tour
- Basilica of Santa Chiara
- Benevento's Roman Theatre
- Olive Oil Tasting
- Agriturismo Cooking Class
- Food of Bari Walking Tour
- Sassi di Matera Cave Dwellings
- Amalfi Coast Wine Tasting
- Ravello

Travel Providers

This educational travel experience is offered by the SVSU Osher Lifelong Learning Institute in conjunction with Go Ahead Tours. GAT was the travel provider for our trips to Canadian Rockies, Charleston to Savannah, Germany, Spain, Iceland, Ontario to Quebec, the American South: Nashville to New Orleans trips, Italy, Canadian Maritimes, and most recently Greece.

Registrations:

Please fill out the registration form and bring it to the OLLI office on the day of registration. Trip reservations are on firstcome-first served basis. A passport is required at time of registration and the passport must be valid through six months following the end date of the tour. (April 14, 2026).

Tour Activity Level:

This tour requires above average physical activity. You should be in good health, able to climb stairs and hills; and walk reasonable distances, walking up to three hours per day at one time, possibly over uneven ground and cobblestone streets. Travelers should be healthy enough to participate in all included walks without assistance. Adding optional excursions may increase the total amount of walking on your tour. You should feel comfortable managing your own baggage at all times. If you have any mobility concerns or physical restrictions, please contact our OLLI office for additional information.

General Information:

Lodging

We will stay in accommodations handpicked to ensure quality and comfort. Specific hotel details will be given at the pre-trip dinner.

Travel Protection:*

Go Ahead's trip protection will be included in the price of this trip and must be paid at the time of deposit upon registration. The "Trip Protection" package has pre-existing condition coverage. Details about the travel protection package terms and conditions may be found on their website at: goaheadtours.com/about/travel-protection. Please note that insurance fees are not refundable. It is the traveler's responsibility to review insurance coverage to make sure it meets your needs prior to purchase. * *If you choose not to take travel protection for your trip - your registration/situation* will be reviewed.

Air Details:

Our package includes round-trip air from Detroit, air taxes and fees/surcharges. Specific flight information will be provided at a later date. If our flight is scheduled early, we may stay the night prior to departure in Detroit. If this is the case, there will be an added cost per person and these details will be forwarded to you closer to departure.

Waitlist & Roommates Needed:

If you are looking for a roommate please contact our office and we can share names of others looking for roommates. Our office will also maintain a wait-list if this trip fills to capacity of (22) travelers.

Included in Your 11 - Day Package

- 9 nights of lodging in hand-picked hotels
- Breakfast daily, four lunches, three dinners with beer or wine
- Three wine tastings
- Four food tastings
- One cooking class
- Seven sightseeing tours with expert tour director & local guides as outlined in the itinerary.
- Private deluxe motor coach.
- Pre-trip dinner at SVSU approximately two weeks prior to departure.
- Round-trip air transportation and airport transfers from SVSU to & from departing airport.
- Post-trip reunion to share photos, recipes and memories approximately two weeks after return from of your trip.

Travel Requirements:

There are currently no travel requirements related to COVID-19. This is subject to change and may vary by country and travel provider. We will provide any known updates closer to departure dates.

Cancellation:

All cancellations must be made in writing to the OLLI office and are subject to a cancellation fee of \$50. Go Ahead's cancellation policies will prevail.

** All information included in this brochure is deemed reliable at time of print. All trip updates and announcements will take precedence over information included in brochure.**



Day 1: Saturday, October 4 (SVSU \rightarrow Naples)

Depart SVSU via motorcoach for our overnight flight from Detroit to Naples, Italy.

Day 2: Sunday, October 5 (Naples) Arrival in Naples (Welcome Dinner)

Welcome to Italy! Settle in to your hotel in Naples, where we will be staying for the next two nights and prepare for your welcome dinner. This will give you an opportunity to meet your Tour Director and fellow travelers. The dinner tonight will be at a local restaurant.

Day 3: Monday, October 6 (Naples)

Food of Naples Walking Tour (B/Tasting)

Today we will begin with a food-themed guided tour. This tour will introduce you to the flavors of Naples, home to some famous Italian cuisine. We will walk through Piazza del Gesù to view the Church of Gesù Nuovo, then we will stop at a local café to try Espresso Napoletano. We will enter the Basilica of Santa Chiara to see the unique and ornate cloister. Then step inside a shop to taste the famous Vesuvius chocolate. We will walk along Via dei Tribunali and enjoy a cuoppo, or cone, filled with fried street foods such as arancini, polenta, croquettes, and vegetables. Next we will head to a famous pastry shop near the Church of San Domenico Maggiore to sample sfogliatella, a flaky, ricotta-stuffed pastry that puffs up while it bakes. This afternoon is yours to explore in Naples, OR, you may choose to add an excursion: "A Naples Tradition: Neapolitan Pizza" *You may find more information about the excursion on the following page*.

<u>Day 4: Tuesday, October 7</u> (*Itria Valley Countryside*) Itria Valley Countryside via Benevento & Ceppaloni (*B/L/Wine Tasting*)

Following breakfast, we will set out to the Italian countryside, making stops in Benevento and Ceppaloni en route. We will join a local guide for a short walk through Benevento. We will enter the city's 2ndcentury Roman Theatre, which was built by emperor Hadrian. Next we will visit an Agriturismo in Ceppaloni and enjoy the sweeping views of the countryside. Then we will set down for a lunch of fresh, seasonal Campanian cuisine. We will sample white Falanghina wines from Sannio and red Taurasi wines from Irpinia, as an agriturismo family member leads you through a tasting. Later today, we will arrive at the Agriturismo in the Itria Valley where we will be staying the next couple of nights and you will have a chance to settle into your room.

<u>Day 5: Wednesday, October 8</u> (Itria Valley Countryside) Itria Valley Countryside via Ostuni (B/L/Wine Tasting/Tasting)

Today, we will head to Ostuni, also known as The White City. Whitewashed buildings line the streets in an impressive array of architectural styles. We will walk through the winding, narrow streets in the Old Town to view the picturesque cathedral and historic homes. We will stop at a viewpoint that overlooks the Itria Valley and the Adriatic Sea.

Day 5 Continued

Then we will sit down to sample a variety of 3 grand red wines paired with an included lunch. Following lunch, we will return to our Agriturismo, which specializes in olive production and take part in a tasting of high-end olive oils. Learn what dishes pair best with which oil, the history of olive consumption, and the family owned farm's role in it.

Day 6: Thursday, October 9 (Itria Valley Countryside) Sightseeing Tour of Alberobello & Cooking Class (B/Tasting/D)

Today we will begin with a local guide as they lead a tour of Alberobello. This town is famous s for its UNESCO-recognized trulli, the iconic homes with symbols painted onto the roof to bring luck. We will enter a trulli to learn about the history and heritage of the region. Then we will make a stop at a local shop to taste a puccia sandwich, a specialty you can only find in Alberobello. Then you will have a little bit of free time for your own explorations. Once we return to the Agriturismo this evening, we will meet for a Pugliese cooking class this evening. During this class, we will learn how to make fresh pasta and focaccia bread, which we will taste alongside local olive oil and wine. Then tonight, we will sit down for a farm-to-table dinner featuring specialties from the region.

Day 7: Friday, October 10 (Itria Valley Countryside) Food of Bari Walking Tour (B/Tasting/D)

Following breakfast, we will dive into the history and culinary delights of Bari on a walking tour with a local guide. Our first stop will be at the Bari Cathedral, which is built atop the ruins of an Imperial Byzantine church destroyed in 1156 by William the Wicked. We will step inside the Basilica of St. Nicholas, which contains the remains of the bishop whose penchant for anonymous gift-giving inspired the legend of Santa Claus. We will see the Old Town, castle, medieval court, and Piazza Ferrarese. Finally, we will enter three shops in Piazza Mercantile to sample focaccia, panzerotti, burrata, and capocollo di Martina Franca. This evening, we will sit down for an included dinner at your agriturismo.

Day 8: Saturday, October 11 (Amalfi Coast) Amalfi Coast via Matera (B/L)

This morning, we will set off to the Amalfi Coast. En route, we will stop to take a guided tour of the subterranean city of Matera. We will visit Sassi di Matera, the two districts that make up Matera, which are known for their 9,000-year-old cave dwellings. We will stroll through Old Town, passing Matera Cathedral and the ruins of Castello Tramontano. We will have time to stop to admire the architecture in Paalazzo del Sedile. We will step inside the Casa Grotta di Vico Solitario and the cinese rupestri, or rock churches. Then we will sip on Basilicata wine as we dine during an included lunch at a local restaurant.



Day 9: Sunday, October 12 (Amalfi Coast) Free Day on the Amalfi Coast (B)

Today, following breakfast, the day is yours for your own explorations of the Amalfi Coast. **OR** add an excursion: Amalfi Coat Boat Ride: Amalfi, Positano, & Minori. This excursion will depart in the morning and be approximately 8 hours long. *You may find more information about the excursion to the right.*

Day 10: Monday, October 13 (Amalfi Coast) Amalfi Coast Wine Tasting & Ravello (B/Farewell Lunch/Wine Tasting)

Today we will travel to the town of Furore to visit the Marisa Cuomo Winery. We will tour the estate's cellars and vineyards with a local guide. Learn about how the grapes grow in extreme conditions along the Amalfi Coast's famous towering cliffs. Then we will celebrate the trip during an included four-course farewell lunch at the winery and enjoy a tasting of three of their most unique wines. This afternoon we will head to the hilltop town of Ravello. Here we will walk through the stunning Villa Rufolo, famous for its beautiful gardens, and admire sweeping views of the Amalfi Coat. Later this evening, gather with your group for a farewell drink.

Day 11: Tuesday, October 14 (Naples \rightarrow SVSU) Departure (B)

Today we will leave Italy and head back home to Michigan.

Agriturismo Information:

On this OLLI trip, we will be staying in an agritourism for 4 nights in Itria Valley Countryside (Days 4-7). Staying at an agriturismo in Italy is one of the most authentic, off-the-beatenpath experiences you can have. This farm stay will give you an up-close look at local life in the Italian countryside, where farmers, chefs, and artisans serve up some of the country's most important regional products. Think: extra virgin olive oil, wine, seasonal vegetables, handmade pasta dishes, and more. Included in your agriturismo's experience will be cooking classes, wine tasting classes, and learning about the olive oil production.



Pictured in this OLLI pasta making cooking class to the left are OLLI Members who travelled with OLLI on the Food & Wine Adventure through Tuscany & Piedmont in October 2023.

Optional Excursions: *Customize your tour by adding excursion options.*

Day 3: A Naples Tradition: Neapolitan Pizza \$79 pp

(3 hours, departs in the afternoon) Visit one of Naples' most famous pizzerias for a demonstration of the local art of pizza making—and a tasting of the final product, of course. Pizza as we know it today was born in Neapolitan peasant towns in the late 18th century, nearly 200 years after explorers brought tomatoes back from the



New World. Lucky for pizza lovers, the fruit finally made its way onto rustic, yeast-based flatbreads. The new creation drew tourists into the poorer areas of the town just for a taste—and this tradition of quality and freshness still reigns supreme in Neapolitan kitchens.

Day 9: Amalfi Coast Boat Ride: Amalfi, Positano, & Minori \$99 pp (8 hours)

Italy is filled with plenty of icon-

ic locales, but the Amalfi Coast holds a special place in many hearts. First, it's incredibly walkable (and beautiful!). But, the terraced cliffs and candy-colored



villas clinging to the slopes really seal the deal. The scent of lemons growing in the groves and views of the sparkling sea certainly don't hurt either. See what we mean as you begin the day with a scenic drive along the coast to the town of Amalfi. A local guide will lead you through this historic town, which sits along dramatic, steep cliffsides. You'll also have the option to take a self-guided tour of the Duomo, the centerpiece of the town. Amalfi started making paper in the first half of the 12th century, so be sure to stop by a shop to pick up a paper souvenir. You can walk to the original paper mill that's still standing today! Then, hop aboard a speedboat and cruise in style along the Amalfi Coast to the cliffside village of Positano. This quintessential Italian village is home to many charming restaurants and shops, and you'll have free time to explore the area. Be sure to stop by the beach and snap a photo of the colorful villas overlooking the Tyrrhenian Sea. Hop back aboard the speedboat and continue along the Amalfi Coast to the seaside town of Minori. Stop at a local pastry shop called Pasticceria Sal De Riso to sample delizia al limone, a traditional Amalfi Coast lemon cake. End the day with a bus trip back to your hotel. Please note: The private speedboat transfer is weatherdependent and runs from March-October. When the speedboat ride is not possible, you'll travel back to the hotel by bus.

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Terms & Conditions

For complete Terms & Conditions, please visit goaheadtours.com/terms or call 1.800.597.0350



U.S. Release & Agreement

I (or parent or legal guardian if enrollee is under 18 or a minor under any other applicable law) am an enrollee on an EF Go Ahead Tour and understand and agree to the following:

1. I acknowledge and understand that my tour is operated by EF Education First International Ltd., Switzerland, and that Go Ahead Vacations, Inc. acts only as a marketing service provider for that company. Go Ahead Vacations, Inc. does not provide any goods or services for your trip. If I am participating in a domestic tour in the U.S., I understand that a portion of my tour may be operated by EF Explore America, Inc., a U.S. affiliate.

2. EF Education First International Ltd., Go Ahead Vacations, Inc., and (if applicable) EF Explore America, Inc., and their affiliated companies, partners, and any companies acting on their behalf, along with their officers, directors, employees, agents, and authorized representatives (collectively referred herein as "GAT") do not own or operate any entity which is to or does provide goods or services for my tour, including for example hotels; arrangements for, ownership of, or control over houses, apartments, or other lodging facilities; tour directors; airline, vessel, bus, or other transportation companies; local ground operators; visa processing services; providers or organizers of optional excursions; or food service or entertainment providers. I acknowledge that all such persons and entities, specifically the Tour Director assigned to my tour, are independent contractors and not employees or agents of GAT. As a result, GAT is not liable for any negligent or willful act or failure to act of any such person or entity, or of any other third party.

3. Without limitation, GAT is not responsible for any injury, loss, or damage to person or property, death, disease, sickness, delay or inconvenience in connection with the provision of any goods or services occasioned by or resulting from any event or cause beyond the direct control of GAT or as a result of any negligent or willful act or failure to act of any third party. These matters include but are not limited to: "acts of God" or events of force majeure; epidemics, pandemics, or other public health issues or emergencies (such as but not limited to the current COVID-19 pandemic); acts of government; acts of war or civil unrest, insurrection or revolt; strikes or other labor activities, criminal, terrorist or threatened terrorist activities of any kind; overbooking or downgrading of accommodations; structural or other defective conditions in houses, apartments, or other lodgings (or in any heating, plumbing, electrical or structural problem therein); mechanical or other failure of airplanes or other means of transportation or for any failure of any transportation mechanism to arrive or depart timely or safely; dangers associated with or bites from animals, insects or pests; sanitation problems; food poisoning; lack of availability of, access to, or quality of medical care; difficulty in evacuation in case of a medical or other mergency; financial failure of or other defaults by suppliers; or dangers associated with water-based activities.

4. I agree to release GAT, my Group Coordinator (if applicable), and my Tour Director (the "Released Parties") from, and agree not to sue the Released Parties for, any and all claims, of any nature related in any manner to my participation in a GAT-sponsored tour, including, but not limited to, claims for negligence, breach of contract, breach of express or implied warranties, negligent or wrongful death or any statutorily based claim. I hereby unconditionally and unequivocally waive any and all claims and demands for all damages, losses, costs and expenses of any nature whatsoever (including attorney's fees) on account of or arising out of any and all personal injury, death, bodily injury, mental anguish, emotional distress, property or other damage that I may suffer from any cause whatsoever related in any way to my participation in any GAT-sponsored tour. I further agree to release and hold harmless the Released Parties from any and all decisions to cancel, modify or delay the tour as a result of events that are beyond the reasonable control of GAT including such "acts of God" or force majeure events as actual or threats of: epidemics or pandemic); severe weather events or natural disasters such as but not limited to the current COVID-19 pandemic); terrorist activities; instability in a destination location; incidents of violence, riot, sabotage, civil commotion, or nationalization; strikes or labor disputes or lockouts; government orders, sanctions, actual or potential quarantines, or other restrictions affecting travel in to, or around a location; disruption to transportation; chemical or radioactive contamination; or any other reason that makes it actually or potential) worsoible or illegal for GAT to conduct the tour as originally contracted.

5. I understand that travel can involve inconvenience and risk, including, but not limited to, sickness, diseases, forces of nature, geographic and climatic conditions, different hygienic standards, infrastructure problems (including road maintenance, transportation delays and accommodation condition), civil unrest, vandalism, crime, political instability and terrorism. Medical services or facilities may not be readily available or available at all during all or a portion of the tour and, if available, may not be equal to standards in my home location or home country. I further understand that travel in other nations is not similar to travel in the United States and that different parts of the world present unique health, disease, and safety concerns, and I agree to review any specific risks related to my destination by visiting the Centers for Disease Control and Prevention's Traveler's Health website at www.cdc.gov/travel and the State Department's International Travel website at www.state.gov/travel. I assume all risk of bodily injury, death, emotional trauma, property damage, inconvenience and/or loss resulting from negligence or any other acts of any and all persons or entities, however caused, including, but not limited to, those risks mentioned above. It is my intention fully to assume all of the risks of travel and participation in the program and to GAT from any and all liabilities to the maximum extent permitted by law.

6. I agree that the releases of liability included herein apply to and bind myself and any minor child who I am enrolling as a parent/legal guardian, along with all personal representatives, executors, heirs, and family.

7. GAT shall have no responsibility for me whatsoever when I am absent from GAT supervised activities or for non-supervised activities.

8. My tour begins with the takeoff from the GAT departure airport and ends upon completion of the flight back to the origination (or other arrival) airport. If I have purchased my own flights, I understand that my tour begins with my arrival at the first accommodation or transfer arranged by GAT on my itinerary and ends with my departure from the final accommodation arranged by GAT on my itinerary and does not include flights between cities.

9. The air carrier's liability for loss of or damage to baggage or property, or for death or injury to person, is subject to and limited by the airline's contract of carriage, its tariff, the Montreal Convention or Warsaw Convention and their amendments or both.

10. I understand and agree that GAT reserves the right to refuse or cancel my reservation at their sole discretion. In such event, standard cancellation guidelines as outlined in the Booking Conditions apply.

11. I agree to abide by GAT's regulations and the directions of my Tour Director and GAT's personnel during my tour. I understand and agree that GAT may dismiss me from the tour at any time and at my sole expense for the failure to follow such rules or directions or for any other reason that GAT deems in its sole discretion requires my dismissal from the tour. I understand that in the event I am dismissed from the tour for any preason, I waive the right to a refund of any part of my program price, and that GAT may then send me home at my own expense. GAT is not responsible for arranging my transport home.

12. I agree to abide by all local laws, regulations, and governmental advisories when traveling, including but not limited to all local health requirements. I understand that if I disobey, refuse to follow, or abuse such laws, regulations and governmental advisories, even unintentionally, I waive my right to a refund of any part of the program price, and GAT may send me home at my own expense. I also understand that should local authorities be involved, I will be subject to the laws of the country I am visiting.

13. I understand and agree that if I become ill or incapacitated, GAT and its employees or contractors may take any action they deem necessary for my safety and well-being, including securing medical treatment and transporting me home at my own expense. GAT retains the right and has my authorization, in its sole discretion, to contact my emergency contact(s) with regard to health issues or any matter whatsoever that relates to my tour. In the event of a medical emergency, GAT will attempt to cause appropriate treatment to be administered, and I authorize GAT to do so. GAT, however, makes no warranty that it will be able to cause effective (or any) emergency treatment to be administered and GAT will not be responsible for monitoring any health care that I may necessitate.

14. I understand and agree that GAT has the right to make changes in tour itineraries and departure dates, and to modify transportation arrangements, including the use of substitute airlines. In the event of such changes, refunds will be given only in accordance with the provisions of the Booking Conditions supplied herewith.

15. I understand that it is my responsibility to secure the necessary travel documents (e.g., passport, visa [s], vacination records, or other required medical records for all locations on my tour (including locations visited during transit). Failure to do so does not constitute grounds for a refund except according to the refund and cancellation guidelines as outlined in the Booking Conditions.

16. GAT is not responsible for loss of passports, airline tickets, or other documents, or for loss of or damage to luggage or any other passenger belongings. In the case of a lost paper airline ticket or missing a flight booked by GAT, I acknowledge that I am solely responsible for meeting the airline's requirements (both logistical and financial) for ticket replacement.

17. I understand that I will be required to pay for any phone calls or incidental personal expenses that I incur at hotels, as well as for any damage I cause to hotel rooms, buses or other property.

18. I represent that I understand the pacing, content, accommodations, and other aspects of the tour upon which I have enrolled, and that I have discussed with GAT any limitations that may make it difficult or impossible for me to participate in this tour as designed.

19. I understand and agree that this Release & Agreement and GAT's Booking Conditions constitute the entire agreement between GAT and me with reference to the subject matter herein, and I do not rely upon any promises, inducements or agreements not herein, including but not limited to any oral statements made to me by any agents or employees of GAT. This agreement may be amended or modified only in writing, signed by both parties. The waiver by GAT of any provision of this agreement shall in no way affect the remaining provisions of this agreement, and this agreement shall be interpreted as if such clause or provision were not contained herein. If any provision of this agreement is deemed illegal, unenforceable or invalid in any jurisdiction, it shall not affect the enforceability and validity of any other provision of his agreement.

20. I understand and agree that this agreement shall be governed in all respects, and performance hereunder shall be judged, by the laws of the Commonwealth of Massachusetts. In the event of any claim, dispute or proceeding arising out of my relationship with GAT, or any claim which in contract, tort, or otherwise at law or in equity arises between me and the Released Parties, whether or not related to this agreement, all parties submit and consent to the exclusive jurisdiction and venue of the courts of the Commonwealth of Massachusetts and of the United States District Court for the District of Massachusetts.

21. I understand and consent that GAT may use any photographic, film, digital or video likeness taken of me, any of my comments while on a Go Ahead tour, any of my photographic, film, digital or video content shared by me with GAT through any form for future publicity or marketing without compensation to me and to also use my contact information for future GAT promotions. I have read and agreed to GAT's Privacy Policy outlined at www.goaheadtours.com/privacy, and I consent to GAT's processing of my personal data.

22. I understand that my enrollment on tour with GAT is not complete until I have signed and agreed to the Terms & Conditions and this Release & Agreement. By agreeing to this Release & Agreement and Booking Conditions on behalf of other travelers for whom I am completing the enrollment process, I represent that I am authorized to act on behalf of such individual(s) and I acknowledge and affirm that GAT's reliance on my authority is reasonable. I agree to indemnify and defend GAT for any claims arising out of any violation of this representation.

Signature Printed	Date	In Office Checklist:			
By signing above I have read and undersi and accept them on behalf of myself and		 Copy of Covid vaccination record Emergency form Monthly payment form Copy of registration for traveler Travel protection Other 			
** All information included in brochure i All trip updates and announcements will included in brochure.					