

# Gourmet Rome, Sorrento & Capri

8 Day Tour from Rome to Rome

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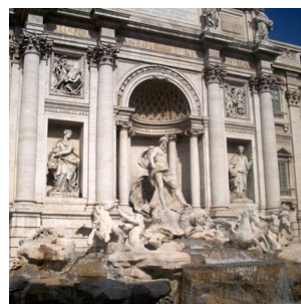
## Vacation Overview

Enjoy a culinary journey to Rome, Sorrento, and Capri on this grand Southern Italy vacation. Spend three nights in Rome and two nights each in Capri and in the Sorrento area. Explore Italy's southern charms at a leisurely pace to discover ancient historic sites, spectacular scenery, and authentic Mediterranean cuisine. Start your foodie adventure in Rome with an included cooking masterclass, where you'll learn how to prepare an authentic sumptuous Italian meal—and get to enjoy it with your fellow travelers.

On the quest for the most authentic pizza and legendary espresso coffee, visit Naples and enjoy a pizza lunch. Spend two nights on the legendary island of Capri. You may bump into some celebrities in the famous piazzetta! Spend time gazing at the mesmerizing water and enjoy the marvelous Mediterranean climate. You will be able to steal the hotel chef's secret "torta caprese" recipe, so you will be able to impress your friends at home. In the laid-back town of Sorrento, take part in a gelato making experience and tasting in a local shop and see how real Italian ice cream is made. Enjoy an excursion to scenic Positano, on the Amalfi coast, and enjoy a local pastry and coffee along with spectacular views of the gulf. Following the natural course of the coastline, the winding road features coastal mountains plunging into the sea, dramatic cliffs, inlets, and bays interspersed with picturesque towns—all with the deep-blue water as the background.

This affordable Cosmos Gourmet Italy tour offers value-minded travelers a unique and unforgettable vacation along with the opportunity to learn about Mediterranean cuisine.

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## Itinerary

### Day 1 ARRIVE IN ROME, ITALY

Check into your hotel. The rest of the day is free for you to start exploring this great city. Take advantage of your CosmosGO app to explore on your own before you meet your Tour Director and fellow travelers in the evening.

### Day 2 ROME

This morning, wear an apron and become chef for a day. Attend a cooking class and learn how to prepare a sumptuous Italian lunch. Judge the results of your fruitful morning by sitting around a table enjoying this meal with your fellow "masterchefs". The rest of the afternoon is at leisure to discover the fascinating city of Rome.

 Breakfast  Lunch

### Day 3 ROME-NAPLES-CAPRI

Naples is the capital of espresso coffee and pizza, among many other delicacies. This morning you'll have the opportunity to see the main highlights, including a stop to visit the St. Clair Monastery Cloister with a Local Guide. After the sightseeing tour, enjoy a pizza lunch at a



restaurant. Later, take a short ferry ride to Capri, the legendary island of glitz and glamor.

Today's Distance: 140 mi/ 225 km

 Breakfast  Lunch  Dinner

#### Day 4 **CAPRI**

Enjoy free time to relax or discover this spectacular island on your own. On the optional island tour, focus on all the main sights and enjoy a light street food lunch of local specialties, as well as a limoncello tasting session. Tonight, after the included dinner, you will be served Torta Caprese for dessert. The hotel chef will explain how this special cake is made, and you will be able to "steal" his personal recipe.

 Breakfast  Dinner

#### Day 5 **CAPRI-SORRENTO AREA**

Take the ferry to Sorrento. Few places in the world match the very special charm of Sorrento. This picturesque resort overlooking the Bay of Naples boasts a marvelous climate, beautiful views, trendy shops and boutiques, interesting museums, and a vibrant nightlife. This morning, spend some time learning about gelato. There will be a demonstration on how gelato and sorbet are prepared, and some hints on how to make it at home. You will, of course, have the opportunity to taste some of the many flavors available in the shop. This evening, we suggest an optional dinner at a local farm, featuring dishes prepared with traditional ingredients.


Today's Distance: 19 mi/ 30 km

 Breakfast

#### Day 6 **SORRENTO AREA. EXCURSION TO POSITANO**

Today, set off to discover the spectacular Amalfi coast, a winding coast with many cliff-top villages and unbeatable views. Stop in jet-set favorite Positano, a pastel-colored cascade of chic boutiques and sun-kissed sunbathers. Savor a typical pastry with coffee as you admire the breathtaking shimmering bays.

Today's Distance: 19 mi/ 30 km

 Breakfast  Dinner

#### Day 7 **SORRENTO AREA-ROME**

Say goodbye to the Sorrentine peninsula and drive back to Rome. Enjoy some time sightseeing on your own, or join the optional food tour to discover some hidden treasures of the capital city of Italy, as well as some of its signature gourmet specialties.

Today's Distance: 165 mi/ 265 km

 Breakfast

#### Day 8 **ROME**

Your vacation ends with breakfast this morning.

 Breakfast