

## **FOODIE RETREAT: *Cookery classes, Local markets, Olive farm tour & Seasonal foraging***

Sunday 12<sup>th</sup>, Day 1

Transfers & arrival for 6 night stays, introduction to accommodation, site map & free time

Welcome aperitivo & Mediterranean plant-forward dinner

Monday 13<sup>th</sup>, Day 2

Guided hike to viewpoint with picnic lunch

Wild swimming / Free time

Indian-inspired banquet

Tuesday 14<sup>th</sup>, Day 3

Self-serve buffet breakfast

Transfers & arrival for 4 night stays, introduction to accommodation, site map & free time

Free time / Visits to local villages

Aperitivo & Mediterranean banquet

Weds 15<sup>th</sup>, Day 4

A la carte brunch

Local market & beach picnic lunch

Seasonal foraging & cookery class

Japanese inspired banquet

Thursday 16<sup>th</sup>, Day 5

Self-serve buffet breakfast

Olive farm tour / Lunch / Cookery class

Olive inspired banquet

Day 6

Self-serve buffet breakfast

Ventimiglia market & lunch

Traditional Ligurian dinner at local Osteria

Day 7

Breakfast / transfers on request