

## Amalfi and Cilento Coast Vegan Tour

### Four Departures in 2012!

- March 23th – 31st 2012 with Executive chef Jason Wyrick of "The Vegan Culinary Experience"  
<http://www.veganculinaryexperience.com>
- May 4th – 12th 2012
- August 31st – 8th 2012 Wine Making
- September 28th – October 6th 2012

Spend seven nights in a section of Italy that only the italians know about! Located at the bottom of the Italian peninsula, this is a region rich in archaeological discoveries, haunting grottoes, turquoise seas. It's a land that has been unchanged by time over the centuries.

- 7 nights in a beautiful mountain villa
- 4 UNESCO world heritage sites (including Pompei)
- All meals included. ALL VEGAN.
- 4 cooking lesson from Executive Chef Jason Wyrick (March 23<sup>th</sup> – 31<sup>st</sup> 2012 only).
- Land-only package (based on double-occupancy):
- \$2395 per person
- Single supplement is \$895
- Group air available upon request
- Deposit of \$400 per person is due at booking. Balance due 70 days prior to departure
- Travel insurance is highly recommended to protect your investment

#### Itinerary

**Day 1** – Depart North America on your overnight flight.

**Day 2** – Arrive in Naples and board your private motor coach for the journey south to the villa "La ginestra" in Castel San Lorenzo. (B on your flight, D)

**Day 3** – Step back in time! Spend the morning in the Medieval Castel of Roccaspide before you enjoy a traditional six-course Sunday family dinner (with cooking demo). Spend the afternoon at Roscigno Vecchia, an abandoned 19<sup>th</sup> century village that is now an open air museum (B, L, D)

**Day 4** – Journey north to the ancient city of Pompei, frozen in time by Mount Vesuvius for a guided tour of this UNESCO World Heritage Site. (B, L, D)

**Day 5** – Head west to the coast of Tyrrhenian Sea and the town of Paestum to one of the best-preserved collections of Greek temples. Then, go south to explore the scenic Amalfi and Cilento Coasts. (B,L,D)

**Day 6** – Sped the day at the Monastery of Padula, a UNESCO World Heritage Site that is a blend of Italy's religious and crusader past. (B,L,D)

**Day 7** – Visit the 18<sup>th</sup> century royal palace of the king of Naples in Caserta. After lunch, go to the San Leucio Complex Living Silk Museum. (B,L,D)

**Day 8** – Castelvita, walking tour of this quaint village then off to a local restaurant for lunch. Demonstration of how to make liquor from wild berries of the region. Then last stop at a local olive oil factory for tasting. Then back to the villa for rest and goodbye dinner. (B,L,D).

**Day 9** – Bib arrivererci to Castel San Lorenzo and return to Naples for your flight home. (B)

B= breakfast

L=lunch

D=dinner



At the Royal Palace in Caserta



The beauty of the Amalfi Coast



Mount Vesuvius



Pompei

Who is Jason Wyrick?  
Jason Wyrick is the executive chef and publisher of the Vegan Culinary Experience, an educational vegan culinary magazine with a readership of about 30,000. In 2001, Chef Jason reversed his diabetes by switching to a low-fat, vegan diet. He has been featured by the NY Times, Edible Phoenix, and the Arizona Republic, and has had numerous local television appearances. Recently, co-wrote a national best-selling book with Dr. Neal Barnard entitled 21-Day Weight Loss Kickstart

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