

# VEGAN ITALIAN FESTIVAL

JULY 2015

## TOUR ITINERARY IS 8 DAYS & 7 NIGHTS, STARTING FROM \$2,595

*Optional departure from U.S. on overnight flight to Naples (D, B on board flight)*

### DAY 1 - SATURDAY

Arrive in Naples airport (NAP), ride down to Cilento, stopping in Vetri Sul Mare – a small town where we will see ceramic making demos in almost every shop along Main Street. Then continue on to check into villas and gather together for a welcome dinner with your special guest/s (L, D)



### DAY 2 - SUNDAY

Felitto - Harvest nature walk, where we will learn about all the wild greens, vegetables and herbs that have been used for centuries in the local dishes of Cilento. After our harvest walk, we will have lunch in a local farm house. After lunch, we can choose to take a ride down the river on a paddle boat\* or a nature walk throughout the mountains of Felitto (B, L, D)

### DAY 3 - MONDAY

Our first stop is the Monastery of Padula, a UNESCO World Heritage Site and the largest antiquity of southern Italy. We will have lunch in



Villa Cosilinum, a beautiful restored villa at the top of this village. After lunch, we will have a tour of Joe Petrosino's home before heading back to the villa for dinner and cooking lesson from our host (B, L, D)

### DAY 4 - TUESDAY

Drive down the Coast of Cilento to the village of Palinuro, where we will get our boat ride to the five grottos (caves) of the cape. We will have lunch overlooking the water and then free time on the beach. Dinner includes a cooking lesson from host (B, L, D)

### DAY 5 - WEDNESDAY

Tour of the Castle of Roccaspide, built in 1242 by Fredrick II, passed down to the Duke Ettore Giuliani, who will give us the tour himself. After lunch at a local trattoria we will take a ride to the city of Agropoli where we will have free time to explore the city. Next we will drive back to the villa for Pizza Night, we will make our own brick oven pizza (B, L, D)



### DAY 6 - THURSDAY

We are heading to the Amalfi Coast. Leaving from the port of Salerno you can choose to spend the morning in Positano or the Island of Capri. Dinner back at the villa (B, D)



### DAY 7 - FRIDAY

We are spending our last day in Pompeii we will have a two hour guided tour of the ancient city then drive back to the villa stopping at Peastum where you can see three of the best preserved collections of Greek temples outside of Greece. (B, D)

We will provide a list of things to do and vegan friendly places to eat and offer the option to come with us to see your favorite spots on free days.

### DAY 8 - SATURDAY

Transfer to Naples airport (NAP) (B)

\*Boat rides are subject to weather and seasons  
*B(reakfast), L(unch), D(inner) provided as noted*

Please contact Donna of Green Earth Travel for bookings, questions, etc. at (301) 229-5666 or [info@greenearthtravel.com](mailto:info@greenearthtravel.com)

# VEGANO ITALIANO 10



FESTIVAL  
JULY 2015

[veganoitaliano.com](http://veganoitaliano.com)

*Tierno Tours* and *Green Earth Travel* invite you to join us for one of our four one-week vegan travel tours in Italy's Amalfi Coast region. Each weeklong tour features one or more very special vegan guests.

On this tour, you will be taken to Cilento, Vetri Sul Mare, Felitto, the Monastery of Padula, Villa Cosilinum, Palinuro, the Castle of Roccadaspide, the Amalfi Coast, the port of Salerno, Pompeii and Peastum.

Attendees stay at one of six B&Bs in the National Park of Cilento – Italy's second largest national park. Cilento is one of the eight UNESCO World Heritage sites in the area. Historically, the Cilentana diet is hugely plant-based, and organic too. So the area is incredibly vegan-friendly!

Each fully escorted one-week tour includes:

- 7 Breakfasts continental
- 4 Lunches, including wine
- 7 Dinners, including wine
- 7 Nights in four-star Villa/B&B
- Transfers to and from Naples Airport
  - Admission to sites on tour
- English speaking guide the entire stay
  - First class motor coach
- Tips for baggage handling, taxes and hotel gratuity, except Tour Director

**Each weeklong tour starts from \$2,595**

Please contact *Donna Zeigfinger* for bookings, questions, etc. at (301) 229-5666 or [info@greenearthtravel.com](mailto:info@greenearthtravel.com)

## WEEK 1: SATURDAY JULY 4–SATURDAY JULY 11



**JASON WYRICK**  
[TheVeganTaste.com](http://TheVeganTaste.com)  
*Vegan Tacos*



**JASMIN SINGER  
& MARIANN SULLIVAN**  
[OurHenHouse.org](http://OurHenHouse.org)

## WEEK 2: SATURDAY JULY 11–SATURDAY JULY 18

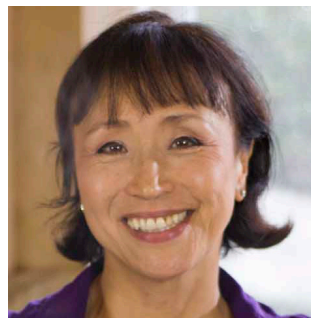


**DR. RUBY LATHON**  
[RubyLathon.com](http://RubyLathon.com)  
*The Veggie Chest*



**CAROLYN SCOTT-HAMILTON**  
[HealthyVoyager.com](http://HealthyVoyager.com)  
*Healthy Voyager's Global Kitchen*

## WEEK 3: SATURDAY JULY 18–SATURDAY JULY 25



**MIYOKO SCHINNER**  
[MiyokosKitchen.com](http://MiyokosKitchen.com)  
*Artisan Vegan Cheese*



**MATT FRAZIER**  
[NoMeatAthlete.com](http://NoMeatAthlete.com)  
*No Meat Athlete*

## WEEK 4: SATURDAY JULY 25–SATURDAY AUGUST 1



**FRAN COSTIGAN**  
[FranCostigan.com](http://FranCostigan.com)  
*Vegan Chocolate*