



MURGIA IS PUGLIA

DISCOVERING FOOD AND WINE FROM NATURE



Almond blossoms, wild herbs and *fornelli* on white Mediterranean terraces

Italy's most eastern region, her heel, is surrounded by seas that tell of contact between three continents and many, many civilisations. This accounts for and hedges in the secret of the Puglian people, whose history has been marked for eternity by sun, stone and salt.

Murgia, Puglia's north-central plateau, owes its name to an extraordinary abundance of white rocks, *murex* in latin. Upon which rests the unmistakable roots of ancient olive trees, almond too, and Mediterranean scrub.

It takes some time to understand a region with dual vocation for farming and fishing: the visitor should walk her white streets, climb her steepest ridges - well, perhaps not the very steepest - descend into her belly.

You will find hospitality in an 18th century farmhouse converted into a country villa in 1900. Her pool, a simple basin set in the tufa rock is surrounded by cypresses and aromatic shrubs: 80 hectares of olive groves, fruit trees and terraced vineyards lie beyond. At your disposal are her terraces overlooking Murgia and Gargano, cellars and quiet corners, for aperitifs and evenings of music and words. Well-being treatments include modish wine-therapy.

This exclusive private residence – a haven of peace and tranquillity – is the ideal base for your journey in Puglian culinary heritage. We will explore authentic pasta making - *orecchiette*, *cavatelli*, *strascinati* – and estate produce such as turnip, artichokes, peas, favas, wild herbs, depending on the season, and fresh fish.

The never ending quest for harmony between life and land is continued throughout. A special selection of Italian and international natural wines will be paired with dishes by Puglian chef Maurizio, and sampled in tastings.

Outside the villa you will discover the ancient *Bitonto* ovens for cooking flat loaves, *taralli* and pastas – with as many recipes as there are ovens. Then there are *bocconotti* of ricotta, a sweet from the monasteries; *fornelli pronti*, literally ready barbecues of meat from the Murgia hinterland; almond biscuits and *Altamura* bread.

By night, we will visit that mighty Norman octagon, the Castel del Monte.



Profound passion for **nature**
combined with selective **travel**
and a boundless search for **real food**
In one word: **FoodPeckers**.

We create Natural Food & Wine Journeys in harmony with the following core values:

- > The foodways of a destination are key to any profound travel adventure
- > Food experiences, yet intangible, are often the most memorable
- > Conscious culinary tourism is the bedrock of local sustainable development

We are what we eat... and how we travel!

Murgia is Puglia

Discovering food and wine from nature

MARCH - JUNE 2009

4 days/3 nights from **€ 532** per person*

Includes:

- > **FoodPeckers Selection** welcome treat "Closer to Nature"
- > Three overnight stays in 18th century Country Villa with rich breakfast
- > Visit to the estate's biodynamic wine production
- > One treatment of your choice in the vinotherapy beauty farm
- > Welcome dinner combined with a selection of Puglia's best olive oils
- > Guided walk through a 80ha natural reserve to discover biodiversity and collect season's first fruits
- > Natural Puglian cooking course
- > Gourmet lunch in the estate's garden with local Murgian specialities
- > Guided tasting of 10 Italian and international biodynamic wines (min.10 persons)
- > Traditional dinner in a Slow Food *osteria*
- > Full day "Natural Murgia" discovery tour with:
 - Traditional breakfast with monastery pastries and guided tour of old town Bitonto
 - Visit of an ancient *focaccia* and *taralli* oven followed by lunch in a Slow Food "*formello pronto*"
 - Traditional Altamura bread, and finale at medieval Castel del Monte
- > Gala Dinner at Country Villa with local music and dances
- > All with an English speaking FoodPeckers guide on your side

**Price based on 2 persons sharing a double room for a group of 18 participants.*

Does not include:

Transport (we are happy to help you organizing your transport)
Beverages where not indicated, tips and everything that is not specifically mentioned under "Includes"

You can add:

- > **FoodPeckers Selection** gift box "Murgia is Puglia"
- > Upgrade in Junior or Master Suite
- > Almond blossoms cycling through rural Murgia
- > Discovering "Wild Gargano"

> For more details please contact us via mail at info@foodpeckers.com <

MORE FOODPECKERS TRAVEL:

The Pellice Valley in Piedmont

A natural alpine journey through time

Wild flowers, high mountain cheeses and freshwater fishes in Waldesian cuisine

The surrounds of Sicily's Mount Etna

Find inspiration in a fantasyland caught between hot magma, warm seas

Street food, volcanic wines, natural olive oils

The Golden Branch of Piedmont

A voyage through the sweet hills of the Langhe and Monferrato

Artisan winemakers, master chocolatiers and legendary cooks

Through travel alone can one discover the world! The difference lies in the way in which one travels.

Are conviviality, good food and wine, wellbeing and nature in their togetherness always readily found?

Do the eyes - indeed all the senses - always see anew?

FoodPeckers Travel has been searching far from the masses and close to people and places capable of delivering genuine emotions.

Relying on a loyal and professional local base, we readily share years of experience with our clients. We tailor make itineraries around you with respect for nature, valorising culinary history and the work of artisans, re-enforcing the sense of community and local identity.

Every day with us is unique, marrying untold tastes and gestures from custodians of the land and their profound cultures for you to feel the vibrancy of Mother Earth once again, in her fruits and herbs, her rivers and mountains.

Leave yourself room to sense anew, free your spirits to dream!

"We don't remember days, we remember moments."

Cesare Pavese

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