

Sustainable Food and Wine in Italy:

from Cinque Terre to Chianti

An Educational Tour for UMinn CFANS Alumni

Our tour of Italy takes you on a historical journey into wine and winemaking in two remarkable and utterly different areas of Italy, each one known for its spectacular beauty and charm: the Cinque Terre and the Chianti region of Tuscany. In the Cinque Terre, you will learn about making wine the old fashioned way in an area where the difficult environmental conditions have preserved traditional forms of production, known as “Heroic Winemaking.” In Chianti, you will see the other side of Italian wine production: the regal landholdings and noble estates of superb and world-famous Tuscan wines.

During your tour, you will learn about organic winemaking, traditional farming methods, modern enology, and the role of winemaking in land management along the Mediterranean coast. You will have the opportunity to tour an olive grove with an expert in olive trees and sample various products during an olive oil tasting. There is also a visit to a Pecorino cheese producer in Tuscany and a Chianina cattle farm.

In the meantime, you will be visiting the gems of Italy. There are walks and boat trips in the Cinque Terre, as well as guided tours of the villages. You will be sleeping at the doorstep of San Gimignano in the heart of Tuscany. There will be time spent in Lucca, perhaps the most beautiful of Tuscany’s smaller cities. And you will visit Siena, home of incredible art and historic buildings, as well as Italy’s grandest piazza.

SUMMARY SCHEDULE

Day 1: arrival Pisa, transfer to Levanto (gateway to the Cinque Terre)

- Day 2:** Cinque Terre
Day 3: Cinque Terre
Day 4: Lucca, followed by arrival in San Gimignano
Day 5: Chianti
Day 6: Siena
Day 7: Pienza, Pecorino, and Chianina
Day 8: Chianti, followed by transfer to Pisa
Day 9: Departure

DETAILED SCHEDULE

- Day 1** arrival in Pisa airport
(Oct 5) bus transfer to Levanto, check in, get settled
late afternoon visit of Levanto + introduction to the Cinque Terre
group *aperitivo*
- Day 2** boat trip through the Cinque Terre Maritime Park down the coast to see all five
(Oct 6) towns from the water
landing at Manarola, bus to Volastra
lunch at Luciano Capellini Winery
lesson in the vineyard and winetasting
return to Manarola (by bus or by optional hike)
late afternoon “Class Time”, a one-hour discussion session with all instructors to
discuss food and agriculture topics encountered on the trip
- Day 3** train to Riomaggiore
(Oct 7) visit town and vineyard with Walter De Batté, nationally-renowned winemaker
lunch at a traditional Italian *osteria*
winetasting De Batté
walk the famous Via dell’Amore from Riomaggiore to Manarola
visit Vernazza

late afternoon "Class Time"

Day 4 morning visit to an olive grove in Levanto with lecture by Prof. Luca Sebastiani and olive oil tasting

(Oct 8) bus to Lucca (1.5 hours)

afternoon in Lucca, travelers are free to visit the town as they like, though a guided visit of the highlights is available

bus transfer to San Gimignano (1.5 hours)

check in at Casale del Cotone

Day 5 introduction to Tuscan wines and history

(Oct 9) visit of Castello di Monsanto, historic vineyard in Chianti viticulture lesson, wine tasting, and lunch at the Castello

afternoon free to visit San Gimignano

late afternoon "Class Time"

group dinner in San Gimignano

Day 6 train to Siena (25 minutes)

(Oct 10) day in Siena, travelers are free to visit the town as they like, though a guided art historical visit of the town is available

late afternoon "Class Time"

Day 7 morning visit to an organic IGP Chianina cattle farm with lunch

(Oct 11) tour of a Pecorino cheese producer plus cheese tasting

walking visit of Pienza, a gorgeous Tuscan hilltop town

late afternoon "Class Time"

Day 8 visit to the brand new wine Chianti cellars of Antinori, internationally-renowned winemakers, with wine tasting

(Oct 12) transfer to Pisa

visit the Piazza dei Miracoli, home of the Leaning Tower of Pisa
farewell group dinner

Day 9 departure for MSP