

Indulgence - Food - Culture - Small Group Tours

NORTHERN ITALY

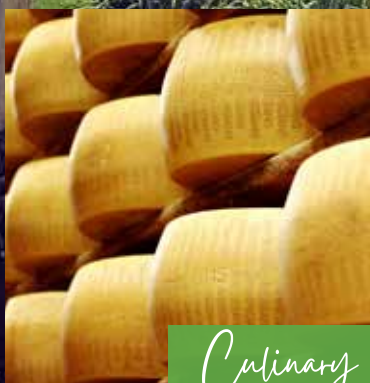
7 nights/8 days



Authentic



Flavour Filled



Culinary Adventure



Fully escorted by



Wine and Dine your way around Italy.

Take a journey into the heart of Italy and experience the authentic essence!

Embark on an extraordinary journey through Northern Italy with Food I Am, your culinary and cultural specialists. Allow us to guide you as you immerse yourself in the authentic essence of this beautiful country, experiencing its finest offerings.

You will be led by Chef and resident Melina through hidden valleys, historic castles, charming villages and breathtaking landscapes that epitomise the gastronomy. Visit ancient castles and relish the spectacular food and wine for which Northern Italy is renowned.

Explore the Emilia-Romagna and Italian Lakes region, renowned for its rich culinary heritage. This is a unique opportunity to delve into a culture that has thrived for centuries as you wine and dine your way through this enchanting region and encounter exceptional culinary experiences.

Your journey includes a winery tour and tasting at Antinori Winery, acclaimed as the best vineyard in the world for 2022.

Explore the secrets of artisan producers, from the creation of Parmigiana to the mysteries of the Culatello cave (Italy's prized ham) and savour the wonders of Balsamico.

Experience the thrill of vintage cars as you explore the enchanting Lake Iseo, visit the renowned Ferrari museum and delve into the sparkling world of Franciacorta, often referred to as Italy's champagne region.

You'll also have the opportunity to visit and lunch at the world's most famous butcher, Dario Cecchini, and elevate your culinary skills with a private Michelin chef cooking class.

To culminate your extraordinary journey, savour a Michelin dinner that will leave a lasting impression on your palate.

Prepare to witness the magic of Northern Italy! I guarantee it will exceed your every expectation.

Tania Sibrey
Creator & Global Food Explorer, Food I Am





Departure from Milan to the Enchanting Italian Lakes District

Day 1

“Only by listening to the silence can we truly understand the soil, the water, the air, and the light as they come together to create life.” - The winemakers of the Franciacorte region.

Welcome aboard your delectable journey through North Italy with Food I Am! This afternoon, our tour departs from Milan. In the early afternoon, you will gather for a private group transfer to the Italian Lakes region, leaving the bustling city behind. Renowned for its turquoise lakes, dramatic mountainous backdrops and picturesque lakeside villages, it is also home to some of Italy's finest lake seafood.

Lake Iseo, often considered Italy's undiscovered gem in the North, awaits as a traveller's paradise. As evening descends, we gather for dinner and enjoy a welcome prosecco while taking in the breathtaking views. Our culinary journey begins on the shores of this serene lake, where we will call home for the next two days.

Accommodation: Boutique Hotel





Exploring the Italian Lakes District, A Vintage Car Drive and Culinary Delights on a Food Tour of Montisola Island

Day 2

Today is full of pinch me, bucket list moments!

We embark on a ferry journey to Montisola Island, delving into the authentic local food and uncovering its hidden gems around Lake Iseo. This culinary adventure includes a visit to an ancient olive oil mill with tastings, followed by an exceptional workshop on the artisanal techniques of drying the Sardina fish, recognised as a Slow Food Presidium. A feast awaits us for lunch on a beautiful terrace overlooking the lake.

The Vintage Car Experience awaits in the afternoon - choose your classic car for an unforgettable Italian road trip. Marvel at the breathtaking scenery of the lakes district while relishing the elegance and comfort of your vintage car. It promises to be a blissful day spent motoring around the idyllic countryside.

Franciacorta, a protected region renowned for crafting its sparkling wines, sets the backdrop for our drive, concluding at the hotel. The day reaches its pinnacle with a traditional dinner, providing an opportunity to take in the last glimpses of the stunning Lake Iseo.

Accommodation: Boutique Hotel

Culinary Curious Travel - Food I Am Luxury Food Tour - Northern Italy 2025
For bookings or further information go to foodiam.com.au/tours/northern-italy
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From the Italian Lakes District to the Po River: Exploring Culatello Caves and Parmigiano Reggiano Producer

Day 3

“You may have the universe if I may have Italy” - Giuseppe Verdi

Today, we bid farewell to the lakes district and journey along the plains of the Po River to the town of Polesine Parmense, renowned for being the home of Culatello, Italy's most prestigious and expensive ham and the birthplace of Giuseppe Verdi.

This day is destined to be etched in your heart forever. Upon arrival, we will visit a Parmigiano Producer, immersing ourselves in the art of cheese making guided by our skilled artisans.

Next, we check into our relais at the Spigaroli farm and family estate, our haven for the next two nights. An excursion to the private caves follows, where we witness an extraordinary collection of Culatello. Here, we gain insights into the meticulous curing process required to produce these coveted hams—an exceptional experience.

Lunch today unfolds at the estate trattoria, where we enjoy tastings of the prized Culatello. The remainder of the afternoon is yours to explore the grounds of our luxurious relais—consider taking a stroll or a bicycle ride into the village.

Tonight we indulge in a magnificent Michelin dining experience! We will savour produce cultivated and crafted directly in the ancient court of our relais and farm, within an exclusive setting.

Accommodation: Luxury Relais





Culinary Extravaganza on the Po River: Michelin Chef's Cooking Class with Estate Produced Wines

Day 4

"One of the great joys of traveling through Italy is discovering firsthand that it is indeed a dream destination" - Debra Levinson.

Enjoy a leisurely breakfast, meander through the estate vegetable garden, or visit the museum. Stroll along the Po River and soak up the atmosphere of this beautiful Italian countryside.

A once-in-a-lifetime Michelin cooking class is on today's program. Set in the heart of this renowned culinary destination, the cooking class with Michelin chef Massimo Spigaroli will immerse you in the world of creativity that defines Michelin-starred cuisine.

Indulge in the epitome of farm-to-table, where the freshest ingredients are handpicked from the lush garden, creating an unparalleled dining experience. Lunch will be elevated with estate wines that complement the flavours of our dishes, including pasta crafted from ancient grains.

As the sun begins its descent, join us beneath the vine-covered pergola for a sunset sipper, perhaps a glass of meticulously crafted in-house Prosecco. A leisurely stroll leads us to our ristorante for dinner. Tonight, we will savour authentic flavours passed down through time, where each dish tells a story.

Accommodation: Luxury Relais





Culinary Artistry, Fast Cars and Tranquil Tuscany: Artisan Vinegar Producer, Ferrari Museum and Tuscan Bliss

Day 5

Nestled in Tuscany, where time appears to stand still, our enchanting villa awaits, providing a haven for three unforgettable nights!

It's time to bid farewell to the Po River and set our course for Modena. In this enchanting city, we'll delve into the world of Balsamic Vinegar of Modena at a family Acetaia, a four-generation establishment dedicated to producing and preserving the world's most precious vinegar. Our journey includes a visit to the aging rooms, where we'll embark on a multisensory exploration, savouring the liquid gold of this renowned region.

Lunch awaits us, surrounded by vineyards and olive groves. The meal, dedicated to the art of pairing, showcases the exquisite balsamic vinegars.

The afternoon accelerates with a touch of glamour and speed at the Ferrari Museum. Here, each of you will enjoy a thrilling lap in the Formula 1 car simulator. Alternatively, for those seeking the real deal, an optional extra allows you to book the unforgettable experience of driving a Ferrari.

As we transition from the fast and furious to the serene Tuscan hills, our luxury villa awaits. Spend a few hours by the pool, taking in the breathtaking views of Chianti. This is the Tuscany you've always dreamed of, a moment to pinch yourself and savour the magic.

In the evening, we indulge in a casual dinner on the terrace of our hotel, where the Tuscan sunset paints the sky.

Accommodation: Boutique Villa



Discovering Tuscan Olive Oil and Culinary Legends at Dario Cecchini's Historic Antica Macelleria

Day 6

"Italy is a dream that keeps returning for the rest of your life" - Anna Akhmatova.

This morning we explore a quintessential Tuscan olive grove, immersing ourselves in tastings set amidst the charm of the garden.

Next, we venture to the historic town of Panzano, nestled in the heart of Chianti, where we encounter the essence of Panzano itself—Dario Cecchini. Dario, acclaimed as the world's most renowned butcher, seamlessly intertwines his philosophy on life and meat. Amidst the echoes of Dante's Divine Comedy, Dario passionately serves a lunch that is a testament to his craft. We'll savour a selection of Dario's most prized dishes—some quintessentially Tuscan, others delightfully quirky—and culminate the culinary journey with the iconic 'Fiorentina Steak'. Following a sneak peek into the butcher shop, we return to our villa.

The evening unfolds at your leisure—whether you choose to explore the estate, unwind by the pool, or savour an aperitivo on the terrace, the choice is yours to embrace.

Accommodation: Boutique Villa





San Gimignano's Charm, Antinori Winery - Ranked No. 1 World's Best Vineyard 2022 - Tour & Tasting, Culinary Elegance at Michelin Dinner

Day 7

The picturesque hamlet of San Gimignano beckons us this morning, renowned for its exquisite ceramics. Our first destination is a local pasticceria for some Florentine sweets. Indulge in tastings of panforte, ricciarelli and pandolce, accompanied by a rich espresso. Enjoy some free time to explore the village, observe skilled ceramic makers at work, browse the leather shops or treat yourself to a gelato at the renowned gelateria.

Our journey proceeds to the Antinori winery, voted the best winery in the world in 2022, a stronghold of winemaking tradition for over six centuries. We will immerse ourselves in a guided tour and wine tasting and marvel at the innovative architecture that graces this modern estate. Learn about the Antinori family's rich history and their unwavering passion for the art of winemaking; the tour weaves together the past, present and future of the family's dedication to wine.

Lunch unfolds in a charming village, featuring traditional Tuscan home-style cuisine.

As we bid farewell we gather for our final dinner, a celebration of Italy with delectable food, wine and delightful company.

Accommodation: Boutique Villa



Tuscany: Reflections on a Remarkable Journey with Food | Am Culinary and Cultural Tours

Day 8

Wow, where did that time go!

As we bid farewell to the enchanting world of North Italy, it's hard to believe how quickly time has flown by. While all good things must eventually come to an end, the memories of our adventures will linger on.

Savour your final Italian breakfast, allowing the experiences of this remarkable journey to wash over you. It's time to bid adieu to charming Tuscany.

Your private group transfer awaits to take you to Florence airport or train station.

As we conclude this unforgettable tour, we want to express our heartfelt gratitude for choosing Food | Am Culinary and Cultural Tours.

Until we meet again on another culinary and cultural exploration, may your memories of Italy continue to inspire and delight.

The tour is now concluded.



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Snapshot

PRICE INCLUDES

- Seven (7) nights accommodation - a mix of luxury relais, Tuscan villa and boutique hotels. Each accommodation is not just chosen for its beauty but for its exquisite location, enhancing your overall experience.
- Culinary Delights: Your journey includes most meals, where we pamper your palate with a delightful array of both modern and traditional culinary experiences. From Michelin-star and fine dining, traditional multi-course feasts and tantalizing street foods. Enjoy a full breakfast each morning, and remember, we are a culinary tour, so anticipate exceptional food offerings in remarkable locations, ensuring there's always more than you can savour!
- Seamless Transport: all ground transportation is taken care of, ensuring a smooth and stress-free journey.
- Intimate Group Experience: Immerse yourself in a small group tour, with fellow culinary enthusiasts.
- Culinary Experiences. Your itinerary boasts an array of culinary adventures, including:
 - Guided Tour of an Artisan Parmigiano Reggiano Producer
 - Private Exploration of Culatello Caves
 - Visit to a Private Farm
 - Guided Tour and Tastings at an Artisan Balsamic Vinegar Producer
 - Sampling Treats at a Local Pasticceria
 - Visit and Tastings at an Olive Oil Producer
 - Two Wine Tastings and a Wine Tour
 - Walking Food Tour - The Lakes District
 - Visit to the Ferrari Museum and a Lap in a Formula 1 Car Simulator
 - Vintage Car Drive
 - Dining at a Michelin-Starred Restaurant
 - A Cooking Class with a Michelin-Starred Chef
- Expert Guidance: Your culinary exploration is fully escorted by Food I Am, ensuring a seamless and unforgettable experience from start to finish.

PRICE EXCLUDES

- International Airfares
- All beverages (alcoholic and non-alcoholic), laundry, phone, items of a personal nature
- Tipping
- Passport & (if needed) Visa
- Travel Insurance (COMPULSORY). You should organise travel insurance at the time of paying your deposit. Ask your travel agent or contact an insurance provider such as NRMA & Covermore.

WHY A FOOD I AM TOUR?

- Fully escorted by Food I Am
- Our itineraries are carefully thought out and put together with the assistance of our worldwide culinary connections
- Small groups - no waiting
- Unique food and wine experiences. Our tours are not cooking tours
- No decision making needed - Sit back and relax, we have done all the hard work for you
- Guaranteed the best meals without having to look for the perfect restaurant
- Experience - our tours are full of surprises!
- Authentic and cultural regional experiences balanced with free time
- Travel and share experiences with like-minded people
- Meet the passionate producers and artisans, learn about their craft
- Comfort and luxury - travel and accommodation
- Stress free - no google maps required
- Gastronomy experts and local English guides with exceptional knowledge
- Hosts that care about you as an individual

PRICING INFORMATION:

Cost Per Person (Twin Share)

\$6950 (based on 2024 tour costs. Final trip cost to be finalised 12 months prior to departure.)

Single Supplement (Room on your own)

Please contact us.

For solo travelers willing to share, please contact us.

**CLICK HERE
TO SECURE YOUR SPOT
ON THE 2025 TOUR**

From our 2023 Tour...

“

The Food I Am Northern Italy Tour was absolutely amazing. Melina was the tour guide extraordinaire. Her connection with people and places made for a very interesting insight into local productions and cultures of this beautiful countryside. So many taste sensations. We wined and dined at such a variety of restaurants/trattorias/osterias. Nadia's was our favourite. The Antinori Winery was simply awesome. The vintage sports cars and "driving" the Ferrari simulators was such fun. We indulged in new and unique experiences every day with the best group of fun people. We loved it all. Thank you for organising this wonderful experience!

- Bryan & Sally Short - Northern Italy 2023

”

“

We had such a wonderful time, as usual. We feel really blessed to have had Melinda both for her lovely personality and her bilingual skills. The hotel location in Lake Iseo was unforgettable... could have stayed for days and just soaked up the view.

”

“

A great way to experience different foods and wines at places that you wouldn't normally do if you had organised it yourself.

”

“

Fabulous foodie tour with all the bells and whistles!

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“

Well organised with attractions that one would not be able to visit and enjoy if not on such a tour. Tour leader Melina Puntoriero is a star: knowledgeable and extremely professional, she is an all - round class act.

”

“

This was a perfectly curated and carefully considered Northern Italy experience that delighted the taste buds, stimulated the mind and generated huge appreciation for Italian food. We loved the Food I Am tour experience because the tours take you to places less touristy and really expose you to a truly local experience.

We felt very safe and supported with Melina as our guide - she is warm, upbeat and informative all the way through. The small group nature of these tours is appealing too as it keep things pretty intimate and informal, unlike the hustle and bustle that can come with larger group tours.

We look forward to travelling with Food I Am again!

- Sarah & Rob Wardman - Northern Italy 2023

”

Sharing the love of Food I Am Luxury Food Tours



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Having done three tours with Food I Am I can't choose a favourite day. I remember waking up after the first night on the Italian food tour and thinking "it can't get any better than this" and that was a common statement on all the tours! With great accommodation, wonderful company and terrific agritourism. Being treated with wonderful simple local produce to amazing molecular gastronomy, every day offered lasting memories. The tours were all balanced with sedentary and physical activity. Although I went as a single person I thought I was away with my best friends. I would have no hesitation in recommending Food I am and can't wait to do another tour.

- Angela Smith - Italy 2016, Spain 2017

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- Sarah & Rob Wardman - Northern Italy 2023

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“

Thank you so much for organising such a wonderful holiday. It was very relaxing as everything was organised and taken care of. I just sat back and enjoyed the ride! The group was also a perfect size - intimate yet social, lifelong friendships and amazing experiences were made. Attention to detail was excellent with a vast range of activities to enjoy.

- Jo Stroud

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“

The Food I Am Northern Italy Tour was absolutely amazing. Melina was the tour guide extraordinaire. Her connection with people and places made for a very interesting insight into local productions and cultures of this beautiful countryside. So many taste sensations. We wined and dined at such a variety of restaurants/trattorias/osterias. Nadia's was our favourite. The Antinori Winery was simply awesome. The vintage sports cars and "driving" the Ferrari simulators was such fun. We indulged in new and unique experiences every day with the best group of fun people. We loved it all. Thank you for organising this wonderful experience!

- Bryan & Sally Short - Northern Italy 2023

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“

For anyone that wants to experience the real Italy this is the tour for them. Brilliantly organised with personalised attention to detail to maximise the adventure for everyone. Very pleased to have made so many new friends whilst enjoying a daily aperitivo... Or two. Highly recommended for single travellers as well as couples. Will definitely be coming back to do another tour.

- Geoff Crouch

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“

We have had a wonderful time - THANKS so much. All of our food has been EXCEPTIONAL and choices of accommodation superb. Have really loved seeing the back roads of Italy and staying in the "countryside". Food I Am has given us beautiful and amazing memories of the tastes, landscapes and people of Italy.

- Gary & Pam Krieg

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“

Our recent Food I Am Tour to Northern Italy was everything we hoped for and so much more. Indeed having driven ourselves through northern and central Italy several years ago, we now appreciate how much we missed, not having someone like Melina with her contacts, immense local knowledge and love for Italian food and culture. The tour itself was well balanced and flexible enough to cater for individual interests and we recommend it without hesitation to anyone wanting a quality Italian culinary and cultural experience.

- Duncan and Louise Fraser - July 2019

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If you are single, couple or a group looking for a holiday idea fuelled with delicious food, culture, fun and adventure then a Food I Am culinary tour is for you. Perfectly organised with attention to detail, Tania has perfected her itinerary to cater for a wide genre.

After heading on the Northern Italy Tour in 2017 I knew it wouldn't be my last. I've just returned from the Food I Am Vietnam Tour and I know that won't be my last either! It really is a great opportunity to be able to immerse yourself into the culture of a Country.

- Jodie Hamilton, Nth Italy 2017, Vietnam 2019

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“

What an amazing adventure Food I Am provided. The tour was so much more than we expected. Everything was thoroughly planned and highly organised but at no time did you feel you were on a tour, it was more like travelling with a group of friends. We saw so much more than we thought we would and got a real sense of the authentic Italian way of life.

Tania and Melina's passion and enthusiasm set the tone from the moment we began our journey and remained throughout the entire adventure.

This trip was excellent value for money, however the sense of belonging created amongst the group was something no amount of money could buy.

- Vicki & Anthony

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“

We would have no hesitation in recommending Food I Am tours because every aspect of the tour - accommodation, careful selection of restaurant and eating venues, fantastic cultural experiences, expert local guides in a variety of fields, organisation and shopping advice was top class. Thank you Tania, you make a wonderful tour guide, a tour leader with a very engaging personality who managed to cater to every individuals needs and make everyone feel welcome and special.

- Carol & Pat Ingram

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“

Everything about the Northern Italy tour was amazing. The food, the back roads we travelled, the restaurants, Melina's local knowledge, our travelling companions, the wonderful accommodation, the once in a life time experiences and our host, Tania. Be prepared for a case of the Italian blues when you arrive home!

- Adelle & Milton

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Culinary Curious Travel

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