

# PEGGY MARKEL'S

CULINARY ADVENTURES  
CONNECTING CUISINE, CULTURE & LIFESTYLE



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## SAVORING AND SAILING THE AMALFI COAST

June 13-20, 2015 • June 20-27, 2015

*Sail along ancient Mediterranean trade routes, along the Neapolitan islands of Procida, Capri, Ischia, and Ventotene, and on to the splendid towns of the Amalfi coast. Amalfi, being the oldest Maritime Republic in Italy, boasts a history as rich and dramatic as the coastal cliffs ascending behind it. Like sea-traders of old, we will take in this magnificent region of Italy from the sea.*

*Meandering from cove to harbor on a private sailboat affords us the luxury to sample local variety from town to town—simple fresh dishes drawing on the wealth of the Mediterranean and the specialized agricultural traditions which flourish above each village.*



*Or, choose a swim in the aquamarine sea with the granite cliffs of Capri soaring above, followed by dinner of the day's catch on board at sunset. Whimsy, leisure, and a sense of harmony with the sun, wind and sea give this culinary adventure a special flair and a novel perspective on this intriguing region. Call it, "slow sailing!"*

## *The Full Programme*

### **Day One: Saturday**

**Welcome to Procida!** Afternoon arrival in Procida. We will meet you at the ferry terminal and accompany you to where our boat is moored. Get settled on our boat and ready for a week of relaxation.

Aperitivo at sunset. We'll get acquainted and go over the itinerary before enjoying a welcome dinner on deck.



### **Day 2: Sunday**

Breakfast on board with typical pastries from Procida. We'll have a look around the island and a walk through the historical center.

Back on the boat, we'll leave the port of Procida for a tour around the island—this time, from the vantage of the sea. We'll enjoy lunch on deck of our boat, docked off the coast. Our afternoon will be open to relax and swim. Later, in the galley kitchen, we'll dive into Neapolitan cuisine.

As the sun wanes—*aperitivo* time!—we'll begin to discover the wines of Campania. We are getting to know the jewel ingredients of this region. Dinner *sotto le stele*, “under the stars.”

### Day 3: Monday

After breakfast on deck, we'll take advantage of the mistral winds for our first sail to Capri.



We'll stop for lunch as we arrive in Capri and anchor off the dramatic *Faraglioni* rock formations that rise out of the sea, conjuring the Greek and Roman myths. Capri is the territory of Homer's sirens. The landscape is as dramatic as the stories that have risen along these rocky coastlines, from this deep, crystalline sea.

In the afternoon, we'll find a nice place to swim in *un posto carino*. Below deck, an afternoon cooking class: Cucina Caprese.

Once again, before sunset, we'll dive into the wines of Campania once again for our ritual evening *aperitivo*.

Dinner in *Marina Piccola*.

## Day 4: Tuesday

Breakfast on the boat, followed by a morning of shopping on the island of Capri.



For lunch, we'll discover local dishes at a restaurant on the island and dine al fresco. In the afternoon, it's back to our boat / home for swimming, aperitivo and an olive tasting. Today's cooking class will focus on *zuppa di pesce*. We'll enjoy it for dinner, on deck *sotto le stelle*.

## Day 5: Wednesday

Breakfast on deck, and then a roundabout sail to Amalfi. Today we'll tempt the wind, test our sails and look for dolphins.

As we dock in the port of Amalfi, we'll be greeted by our old friend Aniello, the Portmaster of Amalfi.

We'll cook on board and enjoy another lesson and meal, breathing in the air of a new island.

## **Day 6: Thursday**

Today, our morning is free. Take a stroll through town and enjoy a nice cappuccino in the piazza, with plenty of free time to shop Amalfi.

In the late morning, the group will meet and we'll walk together up to the organic lemon grove of Luigi Aceto. Conceived in the lemon grove, Luigi is 84-years-old and—in his own words—has “lemon juice flowing through my veins.” Our visit to his grove will be followed by a Limoncello tasting.

Back on the boat, a lunch of *Tagliatelle al Limone*.

Set sail to Positano, with a cooking class on board.

Dinner to be announced, depending on the weather and strength of the wind.



## **Day 7: Friday**

Breakfast on boat and swimming in the azure bays along the coast.

Lunch and wine tasting. In the afternoon, we'll sail to Procida.

Tonight will feature a gala dinner on the island, to be a surprise. We'll be celebrating our grand *viaggio*.



## Day 8: Saturday

This morning, we'll have breakfast in the port at a delicious pasticceria. After breakfast, we will pack and be ready to leave the boat behind. Get ready for dry land...and away to your next great adventure!

