



Friuli with Mary Ann Esposito

19-30 May 2025

About this Tour

The little known Friuli Venezia-Giulia region (“Friuli” for short) is Italy’s best kept secret- a verdant region stretching from the Dolomite mountains in the north to the Adriatic Sea in the south with a “mare e monti” cuisine (both seafood & meat), great wines from the Collio region, and cave-aged cheeses. Friuli’s verdant valleys are surrounded by Alpine peaks which on clear days offer views all the way down to the coast, and the region is home to some of the most beautiful small towns in Italy.

What better way to discover the unique multi-ethnic cuisine of the Friuli Venezia-Giulia region than with **Mary Ann Esposito**, host of the longest running cooking show on public television, **Ciao Italia**, now entering its thirty-first season. Mary Ann will travel with the group throughout the **entire tour** and conduct **two hands-on cooking lessons** in which she’ll help you to prepare her favorite regional recipes. Her husband, certified wine educator **Guy Esposito**, will provide an ongoing course on the **wines** of the Friuli Venezia-Giulia region throughout the tour.



We'll spend five nights in lovely **Udine**, our base for exploring the city itself plus visits to an excellent local winery, a local producer of prosciutto San Daniele (the best in Italy), Montasio DOP cheese, and the charming town of Cividale dei Friuli. Then it's on to stately **Trieste** for four nights, with a guided tour of the beautiful city center including a stop at one of its historic cafes, plus visits to the imposing Castello di Miramare and the waterfront town of Grado plus much more. So don't miss this extraordinary opportunity to travel, cook with and get to know Mary Ann as we explore the wonders of the Friuli Venezia-Giulia region!



About Your Host

This is our **twenty-third** year of touring with Mary Ann Esposito, host of the longest running cooking show on television, *Ciao Italia*, now entering its landmark **31st season**. Since its debut in 1989, Mary Ann has brought her knowledge and passion for Italian food and culture to 1.4 million weekly viewers nationwide on more than 400 PBS public television stations. Mary Ann is the author of fourteen best-selling cookbooks and has appeared nationally on NBC, the Food Network, FOX, the Discovery Channel, and numerous commercial and public television stations across the country. She has been featured in many national publications and metropolitan newspapers, and she has appeared beside chefs Todd English, Daisy Martinez, Sara Moulton, Jacques Pepin, Martin Yan, and countless others. By order of the Italian president, Mary Ann received the prestigious Star of Italy award (“Stella d’Italia”) from the Italian government in 2013 for her outstanding contribution to the promotion of the Italian culture abroad.

Four & Five Star Accommodations

UDINE **Astoria Hotel Italia**

Astoria Hotel Italia was born as a residential villa in the 14th century, and was later transformed into an elegant four-star hotel located in the historic center just at the edge of the pedestrian-only area. Thanks to this excellent location, guests can easily explore the artistic and cultural attractions of Udine. The renovated rooms are nicely furnished and comfortable, with marble vanities in the bathrooms. There’s a restaurant which doubles as the breakfast room serving a rich buffet in the mornings, an American bar and a courtyard. Free Wi-Fi is available throughout the hotel and the staff is very friendly and helpful.



Astoria Hotel Italia



Grand Hotel Duchi D’Aosta

TRIESTE **Grand Hotel Duchi d’Aosta**

Located in Piazza Unità d’Italia, one of the most beautiful squares in Europe, the five-star boutique Grand Hotel Duchi d’Aosta and the splendid neighboring historic buildings frame the lovely panorama overlooking the Adriatic Sea. This beautiful historic palazzo was erected in 1873, and has just 42 rooms and suites, all with an eclectic sophisticated design and all equipped with the finest amenities including bathtub and shower in every contemporary marble-clad bathroom. Common facilities include a *two* Michelin-star restaurant, a casual bistro, a pastry shop, an intimate bar-lounge and a wellness area with indoor pool.

Daily Schedule

- Mon 19 May: Departing flight from North America to Venice (air transportation not included).
- Tue 20 May: Arrival in Venice and hello to your **tour director** Massimo Pontesilli! **Private transfer** to the **Astoria Hotel Italia** in **Udine** (5 nights). Afternoon relax time. Evening meet **Mary Ann Esposito** and tour overview with Mary Ann and Ciao Italia staff. **Welcome dinner** at a local restaurant in Udine (included).
- Wed 21 May: Morning guided tour of **Udine** historic center with our guide. Mid-day visit to the excellent Collio wine zone for **winery tour & lunch** with **wine-pairing** (included) Afternoon tour of the **Castello di Duino** with our guide. Return to Udine and free evening for dinner on your own.
- Thu 22 May: Morning **Cooking Lesson n.1** with Mary Ann at the **Accademia del Gusto FVG** near Udine followed by lunch (included). Afternoon tour of **Cividale dei Friuli** with our guide. Return to Udine and free evening for dinner on your own.
- Fri 23 May: Morning visit to a **Montasio DOP cheese** producer for a tour and cheese tastings. **Lunch** at a local trattoria (included). After lunch visit to **Gemona del Friuli** with our Friuli guide. Return to Udine and free evening for dinner on your own.
- Sat 24 May: Morning visit to a local **prosciutto** producer in the San Daniele production area. Return to Udine and **free afternoon. Dinner** at a local restaurant in the Udine area (included).
- Sun 25 May: Morning check out of the hotel and departure for Trieste with en route guided tour of **Gorizia** and lunch break. Afternoon visit to **Palmanova** en route to Trieste. End of the day arrival in **Trieste** at the **Grand Hotel Duchi d'Aosta** (4 nights) **Dinner** at a local restaurant in Trieste (included).
- Mon 26 May: Morning guided tour of **Trieste** historic center with our guide. **Private lunch** at an historic trattoria in Trieste. Afternoon tour of the nearby **Castello di Miramare**. Return to Trieste and free evening for dinner on your own.
- Tue 27 May: Morning **Cooking Lesson n.2** with Mary Ann at **Eataly Trieste** followed by lunch (included). Afternoon guided tour of the charming waterfront town of **Muggia**. Return to Trieste and free evening for dinner on your own.
- Wed 28 May: **Free Day in Trieste.** **Farewell Dinner** at a local restaurant (included).
- Thu 29 May: Morning check out of the hotel and departure for Mestre with en route guided tour of the **Aquileia** archeological site. **Lunch** in Grado (included). After lunch walking tour of **Grado** historic center. Late afternoon departure for the **Voco Quid Hotel** in Mestre (near Venice airport). Check in and free evening for dinner on your own at the hotel.
- Fri 30 May: **Private transfers** from the Mestre hotel to Venice Marco Polo VCE airport. Return flights from Venice VCE airport to the USA



Friuli Venezia-Giulia with Mary Ann Esposito 2025 tour pricing includes:

- Ten nights accommodations as listed, double occupancy rooms, with breakfast
- All ground transportation in luxury 30-35 seat motorcoach with commercially licensed driver
- Arrival airport transfer from Venice Tesserà Marco Polo VCE airport to Udine hotel
- Departure airport transfer from Mestre hotel to Venice Tesserà Marco Polo VCE airport
- Ciao Italia** host **Mary Ann Esposito** to accompany the group for the entire tour
- Our professionally licensed **tour director** at disposition for the entire tour
- Our professionally licensed **local tour guides** for **eleven** guided walking tours as follows:
 - Udine (2-1/2 hours), Castello di Duino (2 hours), Gemona dei Friuli (1-1/2 hours),
 - San Daniele (2 hours), Gorizia (2 hours), Palmanova (1 hour), Trieste (4 hours)
 - Castello di Miramare (2 hours), Muggia (1-1/2 hours), Aquileia (2 hours), Grado (1 hour)
- Two hands-on cooking lessons** with Mary Ann Esposito
- Two** full-course lunches (including beverages & wine) following the cooking lessons
- Four** full-course dinners (including beverages & wine) as follows:
 - Local restaurants/trattorias in Udine, Colloredo & Trieste (2)
- Four** full-course lunches (including beverages & wine) as follows:
 - A local winery in the Collio wine zone
 - Local restaurants/trattorias in the Montasio area, Trieste & Grado
- One light lunch** at a prosciutto producer in San Daniele
- All **special visits** and **special events** as listed in the daily schedule
- All museum and site entry fees during guided tours
- All gratuities for local guides and drivers
- All gratuities at restaurants/trattorias for included meals
- All portage at the hotels

Tour pricing is **land only** and **does not** include:

- Air transportation
- Lunches or dinners except those listed as included
- Gratuity for your tour director
- Personal items such as laundry, beverages in hotel rooms, or telephone calls

Friuli Venezia-Giulia with Mary Ann Esposito
\$ 7,265 per person land

Reservation deposit of **\$500 per person** is requested
Final payment is due 60 days prior to departure
Single supplement **\$980** (double room for single use)

Arrival and departure is from Venice VCE airport
Minimum 18/ Maximum 22 tour participants

