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Italy food and wine holidays: where to go and what to book

A vineyard in the South Tyrol

CREDIT: ALAMY

By Italy experts

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Italy summer booking guide



Beach





Villa



Culture





Food



Activity





Cruise

**How to book the best [Italian](http://www.telegraph.co.uk/travel/destinations/europe/italy/articles/italy-summer-holidaysguide/) food and wine holiday, with advice on gourmet tours, cookery courses and wine tastings, our favourite trips, including ice-cream making and vineyard visits, and the best tour operators. By Telegraph Travel's Italy experts. Scroll down for a list of tour operators offering food and wine holidays.**


Italy has obvious attractions as a gastronomic destination. It has rich and varied regional cuisine, ranging from rich dishes using maize, beef and butter in Lombardy, to light seafood specialities on the coast, to the saffron and other spices that signal Arab influences in Sicily.

- [Exclusive Tours from The Telegraph: Join Xanthe Clay for a cooking holiday in Tuscany](http://www.telegraph.co.uk/travel/tours/telegraph-tours/join-xanthe-clay-cooking-holiday-tuscany/)


## Organised tours

Wine and cookery courses, therefore, are among the country’s most popular activity holidays. Many seek to teach the basic principles of Italian cooking, using traditional ingredients such as spelt, radicchio, rabbit and wild boar. There is often plenty of opportunity to sample local specialities, as well as preparing meals from scratch.


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**‘Floating’ Cliffside House in Australia Hits the Market**  
Mansion Global([https://www.mansionglobal.com/articles/80691-floating-cliffside-house-in-australia-hits-the-market?mod=mansion\\_global\\_articles\\_en\\_wsj\\_home&mod=mansiongl\\_edit\\_outbrain\\_Dec&utm\\_source=Adrizer&utm\\_campaign=71964&utm\\_term=\\$publisher\\_name\\$&origUrl=true](https://www.mansionglobal.com/articles/80691-floating-cliffside-house-in-australia-hits-the-market?mod=mansion_global_articles_en_wsj_home&mod=mansiongl_edit_outbrain_Dec&utm_source=Adrizer&utm_campaign=71964&utm_term=$publisher_name$&origUrl=true))

Recommended by  (<http://www.outbrain.com/what-is/default/en>)

- [See here for our expert's pick of the top 10 food and wine holidays in Italy](http://www.telegraph.co.uk/travel/destinations/europe/italy/11236629/The-top-10-food-and-drink-holidays-in-Italy.html)

Such itineraries are becoming increasingly flexible, moving from week-long residential schools, with hands-on lessons and visits to local





### This game will keep you up all night!

Vikings  
(https://plarium.com/play/en/vikings/009\_navy\_hybrid\_g?adCampaign=102600&adPixel=outbrain&PublisherID=004938fb6c8ca52ab156226379ceast&placement=\$publisher\_name\$&section\_id\$#buildings&origUrl=true)  
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### Body Gestures You Should Avoid in the Workplace...

Work+Money  
(https://www.workandmoney.com/s/get-ahead-in-your-career-by-avoiding-these-body-language-mistakes-a874fe77ac064f5d?utm\_medium=cpc&utm\_source=out&utm\_campaign=bodylanguage-c827ddd93df51e66&utm\_term=\$publisher\_name\$&origUrl=true)



### 18 Facts about Oprah and her Extravagant...

Work+Money  
(https://www.workandmoney.com/s/oprah-winfrey-life-rich-lifestyle-16099ee859d34d0e?utm\_medium=cpc&utm\_source=out&utm\_campaign=oprahwinfrey-c508ddd73df24dz2&utm\_term=\$publisher\_name\$&origUrl=true)



### The New Travel Site That Just Kills it

www.tripsinsider.com  
(http://www.tripsinsider.com/hotel-savings/?utm\_source=ti\_clicktraffic\_hotels\_ob\_5&origUrl=true)



### This Game Can Train Your Brain to Think...

Vikings  
(https://plarium.com/play/en/vikings/009\_navy\_hybrid\_g?adCampaign=102600&adPixel=outbrain&PublisherID=00de928ca63a6cfa21581ba4810b68&placement=\$publisher\_name\$&section\_id\$#buildings&origUrl=true)



### What the Cast of 'Vikings' Looks Like in Real Life

SportzBonanza  
(https://sportzbonanza.com/post655127807/?utm\_campaign=ob-ww-d-4810b68&placement=\$publisher\_name\$&section\_id\$#buildings&origUrl=true)



Smooth Red (020 8877 4940; [smoothred.co.uk](http://www.smoothred.co.uk/)) offers "wine weekends" to Puglia, Amalfi and Piedmont, plus longer trips with cookery lessons and other extras.

Stirred (01347 868 659; [stirredtravel.com](http://www.stirredtravel.com/)) organises six-night courses at the elegant Villa Casagrande in the Veneto town of Cison di Valmarino, including hands-on tuition, wine and olive oil tasting sessions, and a day trip to explore Venice's fresh fish and vegetable market.

A view of the Amalfi Coast CREDIT: GETTY

Sunvil Discovery (020 8758 4722, [sunvil.co.uk](http://www.sunvil.co.uk/)) offers tailormade food and wine themed itineraries throughout Sicily, with a range of wine estates and farmhouse properties, with many that offer regional cookery experiences or wine tasting.

Tuscookany (07039 400235; [tuscookany.com](http://www.tuscookany.com/)). Three-day and one-week residential cookery courses in a choice of three attractive Tuscan villas.