

LA DOLCE VITA

ITALIAN COOKERY & CULTURAL RETREAT
TERMOLI | 2-6 OCTOBER 2025





THE CONCEPT

AFTER THE INCREDIBLE SUCCESS OF LAST SEPTEMBER ITALIAN RETREAT, I'M THRILLED TO INVITE YOU TO A NEW EXCLUSIVE "COOKERY & CULTURAL RETREAT" THIS OCTOBER IN TERMOLI AND THE STUNNING REGIONS OF MOLISE & ABRUZZO.

MOLISE IS MY BEAUTIFUL HOME, AND STILL ONE OF ITALY'S BEST-KEPT SECRETS – WITH WILD ADRIATIC COASTLINES, HILLTOP VILLAGES, AND DEEP-ROOTED CULINARY TRADITIONS.

THIS IS MORE THAN A RETREAT – IT'S A JOURNEY INTO THE HEART OF AUTHENTIC ITALIAN LIFE. WE'LL COOK, TASTE, EXPLORE, AND CELEBRATE THE "DOLCE VITA" TOGETHER.

EXPECT HANDS-ON COOKING, UNFORGETTABLE MEALS, LOCAL SECRETS, AND REAL CONNECTION – ALL IN A BREATHTAKING SETTING.

WHETHER YOU'RE TRAVELLING SOLO, WITH FRIENDS, OR CELEBRATING SOMETHING SPECIAL – COME RECHARGE, INDULGE, AND FALL IN LOVE WITH ITALY.

CAN'T WAIT TO WELCOME YOU IN MY "BELLA ITALIA"!

BIG LOVE,
ADELE X



PICTURE THIS...

IMAGINE A VACATION WHERE YOU SLOW DOWN, RECONNECT, AND FALL IN LOVE WITH ITALY, IN A REGION MOST OF THE WORLD HAS YET TO DISCOVER.

WELCOME TO TERMOLI AND THE SURROUNDING REGIONS OF ABRUZZO & MOLISE, MY HOME AND ITALY'S BEST-KEPT SECRET. PICTURE WILD ADRIATIC COASTLINES, GOLDEN BEACHES, HILLTOP VILLAGES, AND FOOD SO SOULFUL IT TASTES LIKE NONNA MADE IT JUST FOR YOU.

MORNINGS BEGIN WITH GENTLE WELL-BEING RITUALS, WHETHER IT'S A WALK ON THE BEACH, LIGHT STRETCHING, YOGA AND MINDFUL BREATHING, OR SIMPLY SIPPING ESPRESSO IN THE SUN – TO GROUND, AWAKEN, AND RECONNECT WITH YOURSELF BEFORE THE MAGIC OF THE DAY UNFOLDS. THEN IT'S TIME TO COOK ITALIAN CLASSICS WITH HEART, SIP LOCAL WINES OVERLOOKING OLIVE GROVES, AND EXPLORE UNTOUCHED LANDSCAPES WHERE TRADITION STILL REIGNS.

WANDER ANCIENT STREETS WITH LOCAL ARTISANS, ENJOY BEHIND-THE-SCENES EXPERIENCES WITH TRUE CULINARY MASTERS, AND SHARE MEALS WITH NEW FRIENDS WHO FEEL LIKE OLD FAMILY.

THIS IS YOUR TIME TO UNWIND, INDULGE, AND EMBRACE LA DOLCE VITA THE AUTHENTIC ITALIAN WAY. RAW, REAL, AND UNFORGETTABLE.

AT A GLANCE

WHAT IS INCLUDED?

- 4 NIGHTS BEATIFUL BOUTIQUE HOTEL ACCOMMODATION
- DAILY HOMEMADE ITALIAN BREAKFASTS
- OPTIONAL MORNING WELLNESS ACTIVITIES
- DELICIOUS, HANDPICKED RESTAURANT MEALS (FULL BOARD)
- COOKERY EXPERIENCES WITH LOCAL CHEFS & ADELE
- PASTA MAKING CLASSES
- GUIDED OLIVE GROVE TOUR DURING THE HARVEST SEASON
- VINEYARD TOUR AND WINE TASTING
- GELATO MAKING EXPERIENCE
- VISIT TO A LOCAL ARTISAN CHEESE MAKER
- SCENIC HIKE ALONG THE ABRUZZO "COSTA DEI TRABOCCHI"
- EXPLORE CHARMING UNSPOILED VILLAGES AND HISTORIC LANDMARKS
- SUNSET "APERITIVO" IN STUNNING LOCATIONS
- FREE TIME TO EXPLORE LOCAL SIGHTS OR RELAX ON THE BEACH
- AIRPORT AND EXCURSION TRANSFERS
- WELCOME GIFT BAGS ON ARRIVAL

WHAT IS NOT INCLUDED?

- FLIGHTS
- TRAVEL INSURANCE
- ALCOHOL, ASIDE FROM WHAT LISTED IN THE RETREAT ITINERARY



TERMOLI



TERMOLI IS MY HOMETOWN – A VERY UNIQUE, UNSPOILED GEM ON ITALY'S ADRIATIC COAST.

TERMOLI IS A VERY POPULAR DESTINATION WITH ITALIAN TOURISTS IN THE SUMMER MONTHS BECAUSE OF ITS BEAUTIFUL LONG SANDY BEACHES. THE VERY CHARMY OLD TOWN AND FORTRESS AND SOME INCREDIBLE "TRABUCCHI" – TRADITIONAL FISHING PLATFORM ALONG THE COASTLINE, NOT TO MENTION THE FRESH SEASIDE MEALS AND A GREAT VARIETY OF LOCAL ARTISAN PRODUCES THE REGION HAS TO OFFER. HOWEVER, LIKE THE REST OF MOLISE REGION, IT IS STILL RELATIVELY UNDISCOVERED BY FOREIGN TOURISTS AND I PROMISE YOU ARE GOING TO LOVE IT!

THE PRETTY OLD TOWN OF TERMOLI, KNOWN AS "BORGO VECCHIO", SITS ON A NATURAL PROMONTORY STICKING INTO THE SEA. ON ONE SIDE IS A LONG SANDY BEACH AND ON THE OTHER IS TERMOLI'S SMALL PORT. THE OLD TOWN IS SURROUNDED BY A WALL WHICH DROPS STRAIGHT DOWN TO THE SEA AND IS DOMINATED BY ITS SQUARE CASTLE ("CASTELLO SVEVO") WHICH OVERLOOKS THE SEA AND BEACH. CASTELLO SVEVO WAS BUILT IN THE 11TH CENTURY BUT LARGELY REBUILT BY FREDERICK II IN THE 13TH CENTURY.



BORGO VECCHIO

FROM THE CASTLE, ENTER THE NARROW WINDING STREETS OF THE BORGO VECCHIO (OLD TOWN). WHEN WE SAY NARROW WE DO MEAN NARROW! SOME OF THESE MEASURE 38-43CM WIDE AND ARE AMONGST THE NARROWEST IN EUROPE! ONE SUCH IS VICO II CASTELLO. FROM THE CASTLE HEAD FOR THE PIAZZA DUOMO AND THE PRETTY 12-13TH CENTURY CATHEDRAL, A FINE EXAMPLE OF APULIAN ROMANESQUE ARCHITECTURE. JUST OUTSIDE THE OLD TOWN WALLS, YOU CAN ENJOY A LOVELY STROLL ALONG THE PORT, WHERE YOU'LL EXPERIENCE THE LIVELY ATMOSPHERE OF LOCAL FISHERMEN AT WORK.



ACCOMMODATION

"ALBERGO DIFFUSO"

MANY HOUSES IN THE OLD TOWN HAVE BEEN RENOVATED AND PAINTED IN PRETTY PASTEL COLOURS, SOME BEAUTIFULLY RESTORED INTO UNIQUE "FISHERMAN STYLE" BOUTIQUE HOTEL ROOMS SCATTERED ACROSS THE "BORGO VECCHIO", WHICH WE HAVE HANDPICKED FOR OUR GUESTS FOR THEIR EXCLUSIVE ACCOMMODATION DURING THEIR STAY. EACH MORNING, WE WILL MEET FOR A DELICIOUS BREAKFAST IN THE PIAZZA.

- ROOMS CAN BE SINGLE OR DOUBLE OCCUPANCY, HOWEVER MOST ROOMS OFFER A DOUBLE BED
- TWO ROOMS OFFER A SEA-VIEW
- IF YOU PREFER TO SHARE WITH A FRIEND BUT WANT SEPARATE BEDS, PLEASE LET US KNOW!





THE ITINERARY

OUR UNIQUE RETREATS ARE BASED IN THE HISTORIC FISHING HARBOUR OF TERMOLI, WHERE COASTAL ITALIAN CHARM MEETS RICH CULINARY TRADITION. EACH TRIP INCLUDES HANDS-ON COOKING CLASSES, EXPERT-LED TOURS, AUTHENTIC FOOD EXPERIENCES, AND PRIVATE TRANSPORT. ONCE BOOKED, YOU'LL RECEIVE A FINAL ITINERARY, BUT HERE'S A GLIMPSE OF THE PROGRAM FULL OF FRESH FLAVOURS, LOCAL CHARM, AND RELAXED SEASIDE LIVING.

DAY 1 – THURSDAY 2ND OCTOBER 2025

- ARRIVAL IN PESCARA AIRPORT (MID MORNING)
- WELCOME LUNCH AT “TRABOCCO PUNTA CAVALLUCCIO”
- TRANSFER TO TERMOLI AND CHECK IN (MID AFTERNOON)
- FREE TIME TO SETTLE IN
- WELCOME “APERICENA” AT SUNSET
- EVENING FREE

DAY 2 – FRIDAY 3RD OCTOBER 2025

- MORNING WELLNESS YOGA ON THE BEACH
- BREAKFAST
- COOKERY CLASS WITH “CHEF SOLLY” & ADELE
- LUNCH AT OYSTER FISH
- FREE TIME TO EXPLORE THE OLD TOWN OR RELAX ON THE BEACH
- GELATO MAKING WORKSHOP
- DINNER WITH “PIZZA IN PIAZZA MERCATO”



THE ITINERARY

DAY 3 – SATURDAY 4TH OCTOBER 2025

- MORNING WELLNESS YOGA ON THE BEACH
- BREAKFAST
- OLIVE OIL HARVEST EXPERIENCE AT “CASA COLONNA” OLIVE ESTATE
- OLIVE OIL TASTING, COOKERY CLASS WITH ADELE AND LUNCH
- AFTERNOON VISIT TO A LOCAL CHEESE MAKER
- BACK TO TERMOLI AND FREE TIME
- DINNER AT Z’ BASS (TUBETTO TERMOLESE)

DAY 4 – SUNDAY 5TH OCTOBER 2025

- MORNING WELLNESS YOGA ON THE BEACH
- BREAKFAST
- HIKE ALONG THE ABRUZZO “COSTA DEI TRABOCCHI” - PUNTA ADERCI
- VISIT TO A LOCAL VINEYARD, WINE TASTING & LIGHT LUNCH
- BACK TO TERMOLI AND FREE TIME
- OPTIONAL TOUR OF “BORGO VECCHIO” WITH A LOCAL HISTORIAN
- CHEF DEMO OF “ZUPPA DI PESCE” AND FARAWELL DINNER “DA NICOLINO”

DAY 5 – MONDAY 6TH OCTOBER 2025

- BREAKFAST & CHECKOUT
- FREE TIME FOR LAST MINUTE SHOPPING
- TRANSFER TO PESCARA AIRPORT (MID MORNING)



COOKERY & DINING

I WILL TAKE YOU FOR A DELIGHTFUL CULINARY JOURNEY AT HANDPICKED RESTAURANTS, TASTING A VARIETY OF LOCAL PRODUCE THAT THIS BEAUTIFUL REGION HAS TO OFFER. SEAFOOD IS A FAVOURITE ON THE MENU, IN PARTICULAR 'BRODETTO ALLA TERMOLESE' WHICH IS A TRADITIONAL EVENING MEAL PREPARED FOR THE FISHERMEN.

- YOU'LL ENJOY THE BEST "BRODETTO" IN TOWN AT THE ICONIC RESTAURANT "DA NICOLINO", WITNESSING THE ENTIRE PROCESS, FROM KITCHEN PREPARATION TO TABLE SERVICE
- COOKERY CLASS WITH THE MOST PASSIONATE LOCAL CHEF & ADELE, MASTERING TRADITIONAL "CUCINA TERMOLESE" RECIPES USING FRESH, SEASONAL INGREDIENTS. ENJOY THE DELICIOUS DISHES YOU'VE PREPARED FOR LUNCH WITH A GLASS OF BUBBLES (RESTAURANT "OYSTER FISH")
- FINE DINING EXPERIENCE IN THE HEART OF "BORGO VECCHIO", JUST STEPS FROM THE CATHEDRAL, IN ONE OF THE OLD TOWN'S MOST ARCHITECTURALLY STUNNING LOCATIONS
- SUNSET DRINKS AND APERITIVO ON THE TERRACE, EMBRACING BREATHTAKING VIEWS

** PLEASE NOTE THAT WINE AT THE RESTAURANT IS NOT INCLUDED AND MAY BE PURCHASED SEPARATELY
** ALCOHOL IS NOT INCLUDED IN THIS PACKAGE ASIDE FROM WHAT LISTED IN THE RETREAT ITINERARY







CASA COLONNA

OLIVE GROW HARVEST EXPERIENCE, OLIVE
OIL TASTING, COOKERY CLASS & LUNCH

AMID THE GENTLY ROLLING HILLS OF SAN MARTINO, MARINA COLONNA'S COUNTRY HOUSE CAN BE FOUND NESTLING IN A PATCHWORK TAPESTRY OF SUNFLOWER, WHEAT AND TOMATO FIELDS, SURROUNDED BY THE ANCIENT OLIVE GROVES THAT HAVE BEEN PRODUCING HIGH QUALITY, ESTATE-BOTTLED EXTRA VIRGIN OLIVE OIL FOR MANY YEARS.

THIS EXPERIENCE WILL INCLUDE:

- A GUIDED TOUR OF THE ESTATES OLIVE MILL TO LEARN ABOUT THE PRODUCTION PROCESS
- OLIVE PICKING DURING THE HARVEST SEASON
- GUIDED OIL TASTING WITH REFRESHMENTS
- COOKERY CLASS WITH ADELE WITHIN THE COUNTRY HOUSE
- DELICIOUS LUNCH WITH A GLASS OF PROSECCO
- OPPORTUNITY TO PURCHASE OLIVE OIL AND LOCAL PRODUCES



TENUTE MARTAROSA

VINEYARD TOUR & WINE TASTING

THIS EXPERIENCE WILL INCLUDE:

- **A GUIDED TOUR OF THE BEAUTIFUL ESTATE, LEARNING ABOUT THE WINERY HISTORY AND ITS AGRONOMIC PRACTICES**
- **OPPORTUNITY TO SEE DIFFERENT VARIETIES OF GRAPES ON THE VINE DURING HARVEST SEASON**
- **UNDERSTAND THE PRODUCTION AND AGING PROCESSES OF THE WINES**
- **ENJOY A WINE TASTING SESSION AFTER THE TOUR COMPLEMENTED BY LOCAL FOOD DELICACIES**
- **OPPORTUNITY TO PURCHASE WINE AND LOCAL PRODUCES**

FLIGHT DETAILS



**OUTBOUND: OCT 2ND
8.30AM – 12.00 NOON
RYANAIR: FR982
STANSTED – PESCARA**

**INBOUND: OCT 6TH
1.45PM – 3.20PM
RYANAIR: FR983
PESCARA – STANSTED**

- Flights are not included in the price of this Retreat package
- Currently these flights are very reasonably priced!
- Transfers via minibus will be provided from these flights only
- If you need different flights arrangements please get in touch and I will be happy to assist you



ROOMS AND PRICE LIST...

- Maximum number of participants is 15, minimum number for the retreat to be held is 8 people
- Please note, 50% non refundable deposit is required upon booking. The remaining 50% payment is due by the 10th of September 2025



£1800pp

DELUXE SEA - VIEW

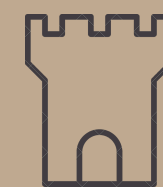
**SINGLE
OCCUPANCY**



£1400pp

DELUXE SEA - VIEW

**DOUBLE
OCCUPANCY**



£1600pp

BORGIO VECCHIO

**SINGLE
OCCUPANCY**



£1200pp

BORGIO VECCHIO

**DOUBLE
OCCUPANCY**

HOW TO BOOK

TO SECURE YOUR PLACE ON THE RETREAT:

1.

PLEASE CONTACT ADELE WITH YOUR ROOM PREFERENCE

2.

A 50% NON-REFUNDABLE DEPOSIT IS REQUIRED UPON BOOKING TO BE PAID INTO THE FOLLOWING ACCOUNT:

BANK: HSBC | ACCOUNT HOLDER: ADELINA URSITTI

SORT CODE: 400304 | BANK ACC: 51457500

REFERENCE: "LA DOLCE VITA" & YOUR NAME

3.

BOOK YOUR RETURN FLIGHTS TO PESCARA

4.

I WILL SEND YOU SOME MORE INFORMATION INCLUDING DIETARY REQUIREMENTS AND HEALTH PROFORMA TO COMPLETE IN YOUR OWN TIME

FOR ANY QUESTIONS ABOUT OUR RETREAT PLEASE CONTACT YOUR HOST

ADELE: 07979240300

OR EMAIL ME ON ADELE@MAMMALINA.CO.UK



A MESSAGE FROM YOUR HOST

"I can't wait to share the magic of my "Bella Italia" with you!

Join me for an unforgettable journey that will leave you with long lasting memories and a heart full of joy!"

*Big love,
Adele x*