



A Culinary Tour of Greece September 17–September 26, 2004

A feast of the senses...from the raucous *Central Market* of old Athens to the lush vineyards of the Peloponnese, Greece offers a rich tapestry of taste sensations. With host Caterina Pizanias, native Athenian, author, lecturer, and fabulous Greek cooking instructor, we'll sample the best of Greece's *tavernas* and *ouzeris*, and learn the secrets of Greek foods from well-known teachers, village bakers, and cheese makers alike. We'll walk the streets of *Plaka* in Athens, then tour the rugged country side of the *Peloponnese* with our own coach and driver, sampling artisan wines from the best private estates, and olive oil, cheese, wild honey, yogurt, pasta and sausages from local producers. In Athens we'll spend an unforgettable evening at one of the city's top restaurants. And of course we'll find time to see some of the renowned sights—the *Parthenon*, *Mycenae*, *Monemvassia*, and medieval citadels. On the *Peloponnese* we'll stay in historic *Naplion*. Our bungalows in *Mani* are situated in an olive grove, with balconies overlooking the sea, a swimming pool, and our own private cove just meters away!

Day 0: September 16th: Arrival in Athens; an evening walk about *Plaka*, Athens' oldest neighbourhood at the foot of the *Parthenon*.

Days 1–2: Athens. Because a visit to Athens would not be complete without seeing the *Acropolis*, we will do just that. And then we'll visit the *Central Market* in the heart of old Athens, and a *laiki*—a movable neighbourhood street market. We'll tour the spice shops, taste foods in *tavernas* and *ouzeris*, and take in a splendid evening of first class dining.

Days 3–5: Nafplio. Our culinary adventure continues! We will taste wines made from indigenous grapes such as *Agiorgitico* and *Moschofilero* as well as successful transplants of *Voignier* and *Cabernet*. We'll be instructed in the secrets of local cuisine by area artisans. We'll try our hand in making *trahana*, visit fish tavernas, and partake of wild honey and savoury pies. We will visit *Mycenae*, the citadels surrounding Nafplio, and take strolls on its gorgeous boardwalk.

Days 6-9: Kotronas Bay. Four days in *Mani*, the ruggedly beautiful part of Peloponnese, where we'll learn the secrets of local cooking from star cooks and village grandmas alike! We'll visit olive groves and presses...spending our free time on the beach, or site seeing...the coves, the picturesque villages and famed stone towers of the area.

Day 10: Athens. Back to Athens – with a stop in *Tripoli* to taste the local wines and have a picnic al fresco savouring local barrel feta, bread, tomatoes and olives. In Athens, we'll have an early night since the planes for Canada depart at 6:00 am!

Day 11: Departure. We return home...to savour our memories.

Price: Can. \$2,800/person, double occupancy. **Includes:** All accommodation and breakfasts; all ground transportation including airport transfers; two special feasts and a picnic; admission to wine tastings, cooking classes, sites, & demonstrations. Airfare not included.

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