

7-13 MAY, 2026

20-26 JULY, 2026

2 - 8 OCTOBER, 2026

# Melina Puntoriero

SEASONAL CULINARY TOURS



VISIT

**LOCAL GOATS CHEESE  
FARMER-RICOTTA  
MAKING DEMO**

**FORAGING  
PORCINI MUSHROOMS,  
TUFFLES, HERBS, WILD  
BERRIES**

BAKE  
**FRESH BREAD FROM  
SCRATCH**

ARTISAN  
**WOOD WORKER, FOR  
TRADITIONAL PASTA  
MAKING TOOLS**

EAT  
**FRESH TROUT  
RESTAURANT- FROM  
THE WATER TO TABLE**



*"My retreats here at home are my special place. These are the tours where I get to really share my love of Italy and culture, its life and its heart. This is where we leave the noise behind and live a true Italian experience"*

-MELINA PUNTORIERO-

## WELCOME TO YOUR ITALIAN VILLAGE UNWIND

Nothing excites me more than Okm food — from the mountains straight to your plate, I have built your holiday retreat around this passion of mine.

Each season here in the mountains brings it's own beauty & flavours, pick your favourite season to come unwind, slow down and live like an Italian!

My home town of Bedonia sits on the famous old pilgrim and trade route. The ancient food trail, linking the hills of Tuscany to the mountains of Liguria. We have a food culture that is thriving.

From the moment that you arrive, you are taken care of!

I can not wait for you to come visit! I have so much to show and share with you!



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# the ITINERARY

DAY  
01

Arrive and settle into your rooms, dinner at a local restaurant

DAY  
02

Visit to a local parmigiano reggiano cheese factory. Tasting session of the cheese and local products. Visit to a local goats cheese farmer with ricotta cheese making demonstration. Picnic lunch at the farm. Free afternoon with time to relax at your relax. Late afternoon cooking class with Melina using all our products from today

DAY  
03

Off to Liguria - visit to the Ligurian coast. Visit to a local market and bakery to taste local focaccia. Pesto making class. Visit to a local artisan woodworker for traditional pasta making tools. Dinner in a private home with an ancient 'testo oven'

DAY  
04

Mountain forage day! We head into the mountains. Depending on the season. Truffles, porcini mushrooms, wild berries, herbs for making liqueur. A visit with a local guide, on the way home a visit to an artisan brewery. Dinner with chef Melina cooking everything we have gathered from the mountains

DAY  
05

The food valley parma and surrounds. Visit to Langhirano to see prosciutto di parma. Visit to Rizzoli anchovies. Heading onto Piacenza to see local Giardiniera. Lunch on the premise. Return home for a pizza party

DAY  
06

This morning we prepare doughs for bread making in the afternoon. We then head out to Monte Delle Vigne for a local wine tasting. On our return home we stop at the trout farm for lunch. After lunch we then head onto a local liqueur maker. This evening we dine at a local restaurant for our farewell dinner

DAY  
07

Time to say goodbye. Departure.

# MORE *information*

I AM SO EXCITED THAT YOU ARE  
THINKING ABOUT JOINING ME AT  
HOME IN ITALY.

The cost for the retreat is €3800 per person double occupancy , single supplement additional €600) , this includes absolutely everything from experiences to food and wine, and of course private transfers during our excursions.

We are located in the mountains, about an hour from the capital of Parma, in the small and beautiful village of Bedonia. This is the town where I live and also have my restaurant, Taverna Il Cortile

Our week here is time to relax and enjoy the real essence of village life. While an incredibly beautiful part of Italy, this is not your main 'tourist' destination, but is more a time to spend here with me, living like a local.

This retreat is food based so we concentrate on learning about Italy and its culture through food. We visit local Artisan producers, here close to town, but we also visit the nearby regions near Tuscany and Liguria. Each day we will cook something together based on the local products.

We change the experiences (as per the itinerary) based on what's happening in the season of spring, summer and autumn.

The most important thing is that I will be with you the whole time. Of course you will have time to relax and enjoy on your own too.





Groups are limited to 8 people and most of these are couples from all over the world. Great like minded people, sharing food and wine.

Your flights are not included, and your best arrival airports are either Milan or Bologna. (you may also be able to fly into Parma, but the airport is small and has limited flights). From there you can take a train to the town of Borgo Val di Taro, where we will pick you up and transfer you to your accommodation. We can also organise for you private transfers from the airport at an additional expense.

I think that covers most of the general stuff you are probably thinking of.

My retreats here at home are my special place. These are the tours where I get to really share my love of Italy and culture, its life and its heart. This is where we leave the noise behind and live a true Italian experience.

Hope that answers some of your questions. Looking forward to hearing from you soon,

A presto

*Melina Pantoriero*





## WHATS INCLUDED

01

### TRANSFERS

Transfers from Borgo Val Dibtaro train station. All travel between locations is private car service.

02

### FOOD

All Wine, drinks, lunch and dinner are provided.

03

### ACCOMODATION

Your home for the week is Il Mulino, a magical retreat tucked away in nature

04

### LOCAL GUIDE

Depending on where we visit, there is always some one with a wealth of knowledge to teach and show you the local way of life.

05

### TRANSLATOR

Melina will be there every step of the way to translate.

06

### THE ITALIAN WAY

Unwind, slow down and live like an Italian. Many cultural experiences to be had!

07

### EVERYTHING BUT FLIGHTS

€3800 pp (double) + €600 (single occupancy , you pay the flights and the rest is done for you!

08

### DATES

7-13 May, 2026 | SPRING

20-26 July, 2026 | SUMMER

2 - 8 October, 2026 | AUTUMN

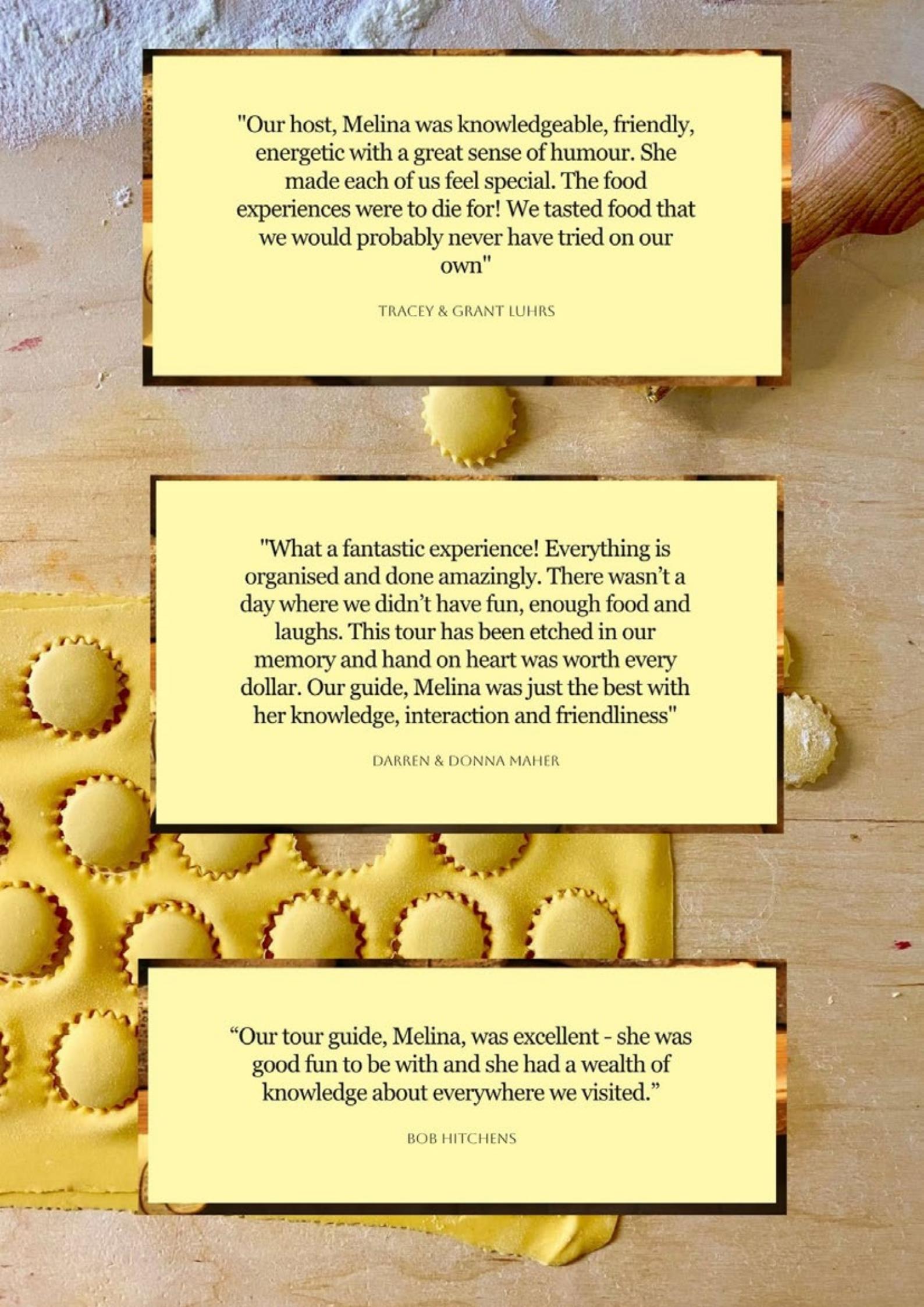


## **IL MULINO IS A MAGICAL RETREAT TUCKED AWAY IN NATURE.**

YOUR HOME FOR THE WEEK SITS NESTLED ALONG THE TARO-CENO RIVER, IN THE PICTURESQUE COMUNE OF MASANTI—ONLY 10 MINUTES FROM THE CENTER OF BEDONIA. MASANTI IS FAMED FOR ITS BREATHTAKING WATERFALLS AND BELOVED BY LOCALS FOR THE PRIZED TRUFFLES THAT GROW QUIETLY IN THE SURROUNDING FOREST.

SET ON SPRAWLING GROUNDS WITH A PRIVATE TENNIS COURT, SPARKLING SWIMMING POOL, AND A SERENE SPA ROOM, IL MULINO IS THE PERFECT ESCAPE TO UNWIND, RECHARGE, AND SOAK IN THE BEAUTY OF THE ITALIAN COUNTRYSIDE—ALL JUST A STONE'S THROW FROM TOWN.





"Our host, Melina was knowledgeable, friendly, energetic with a great sense of humour. She made each of us feel special. The food experiences were to die for! We tasted food that we would probably never have tried on our own"

TRACEY & GRANT LUHRS

"What a fantastic experience! Everything is organised and done amazingly. There wasn't a day where we didn't have fun, enough food and laughs. This tour has been etched in our memory and hand on heart was worth every dollar. Our guide, Melina was just the best with her knowledge, interaction and friendliness"

DARREN & DONNA MAHER

"Our tour guide, Melina, was excellent - she was good fun to be with and she had a wealth of knowledge about everywhere we visited."

BOB HITCHENS

*Melina Puntoriero*

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PREPARE

TO UNWIND, SLOW  
DOWN - AND LIVE  
LIKE AN ITALIAN

[WWW.MELINAPUNTORIERO.COM](http://WWW.MELINAPUNTORIERO.COM)