

A stylized logo consisting of horizontal lines of varying lengths, arranged to form a pyramid shape pointing upwards. The lines are light orange and centered behind the text.

**Abruzzo**



# Abruzzo

*Addò c'è gguste, nen g'è pperdènze*

**Abruzzo** is situated between the Apennines and the Adriatic coast – in the **centre** of Italy.

The region is especially **mountainous and hilly**. In the east there is the level zone of the coast. In the Apennines there are desolate meadows and woods without much vegetation. The landscape in the hills is full of green meadows and rich water-courses.

The **climate** of Abruzzo is mediterranean and mild thanks to the sea.

Winter months for **skiing** on the Gran Sasso or Terminillo. From March to October to enjoy the landscape. The long and sandy **beaches** are beautiful from June to September.





## Curiosities & Useful Hints

- ❖ Five protected areas, including Abruzzo National Park, cover a third of the region – here you can find some of the cutest bears!
- ❖ There are over 80 miles of winding coastline and 20 ski areas for skiing for all skill levels at surprisingly inexpensive prices
- ❖ Abruzzo is dotted with castles and medieval towns giving it the nickname “Abruzzoshire”
- ❖ Some of the most popular renaissance-style hill towns are Castel del Monte and Santo Stefano di Sessanio which reside in Gran Sasso National Park
- ❖ Still to this day, Gran Sasso is home to Mussolini’s refuge, important for Italian history
- ❖ In Abruzzo there is a saint to be invoked for any occasion or need
- ❖ Sulmona in Abruzzo is the hometown of the Latin poet Ovid as well as famous for the confetti, not just any confetti, the best in Italy! (sugared almond confections)
- ❖ You know what Madonna and Dean Martin have in common? They are both from Abruzzo!
- ❖ L’Aquila, chief town of Abruzzo, is where you will find the famous 99 spouts fountain
- ❖ Main cities: L’Aquila (regional capital) then Teramo, Chieti and Pescara





## Abruzzo in numbers

- ❖ Distances: **Pescara Airport** – Pescara city centre approx. 10 minutes  
**Perugia Airport** – L'Aquila city centre approx. 2 hrs  
**Rome Fiumicino Airport** – Different locations in Abruzzo from 1 hr to 2 hrs
- ❖ Largest room number in Abruzzo in one property – **550 rooms** in Montesilvano
- ❖ Largest conference centre in Abruzzo – **25** meeting rooms and **1500** people in **Silvi Marina** area
- ❖ Largest room number in L'Aquila in one property only, chief town in Abruzzo – **94 rooms**
- ❖ **Gala Venues** – different gala venues available throughout the territory, largest can accommodate upto **200** people
- ❖ **238** meeting rooms available in the whole region.





## What to do in Abruzzo

- ❖ Trekking, mountain bike and many other sports in the National Park of Abruzzo, UNESCO heritage
- ❖ Rafting and kayaking on the many rivers
- ❖ Cooking classes
- ❖ Wine tasting of some of the most international reknown wines, amongst which Montepulciano D'Abruzzo, Sangiovese and Trebbiano d'Abruzzo
- ❖ Visit of Sulmona and walk through Sulmona confetti shops
- ❖ Skiing on the mountains of Terminillo, Gran Sasso and Ovindoli
- ❖ Truffle hunting, followed by cooking classes based on truffle
- ❖ Bike tour in one of the cities of the region, like L'Aquila
- ❖ Horse riding





Regione | **Abruzzo**

## Polenta con spuntature e salsicce

Although polenta was born in the Dolomiti and was not typical of the Region, Abruzzo has taken the dish and mixed it with spare ribs and sausages, making it its own regional tasty dish!



difficulty: **medium**



timing: **30 min**



cooking: **4 hrs**



doses: **4 people**



**lacto free**

### Ingredients:

#### For Polenta:

500g/17.6 oz corn flower  
3 l of water  
15g/0.5 oz of salt

#### For the sauce:

8 sausages  
800 gr/28.2 oz rack of pork ribs  
1 of each: onion, carrot and celery  
½ glass of red wine

### Directions:

- Chop the onion, celery and carrot and place them in a saucepan. Add all the meat and leave for 10 minutes
- Pour in the red wine and when it is consumed add the tomato pulp. Cover with a lid and cook for at least three hours.
- Pour the water and salt into a large saucepan and at the time of the boiling, add the polenta whisk to avoid lumps, continue the same way for 40 min.
- Once the polenta is done, serve on a plate with the tasty sauce made with sausages and pork ribs

**Recommended wine:** Montepulciano d'Abruzzo





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
[requests@csevents.it](mailto:requests@csevents.it)



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**Valle d'Aosta**



# Aosta Valley

*Travail bien invionnà l'est meitsà travonnà*

It is the most mountainous region of Italy, entirely surrounded by the best known, splendid **peaks of the Alps**: Monte Bianco, the Matterhorn, the Monte Rosa and the Gran Paradiso. The latter is at the center of a magnificent **National Park**, populated by beautiful specimens of ibex, chamois and eagle. Numerous **glaciers** feed a rich web of streams. The small **Alpine lakes**, little jewels set in majestic mountain landscapes, are numerous.





## Curiosities & Useful Hints

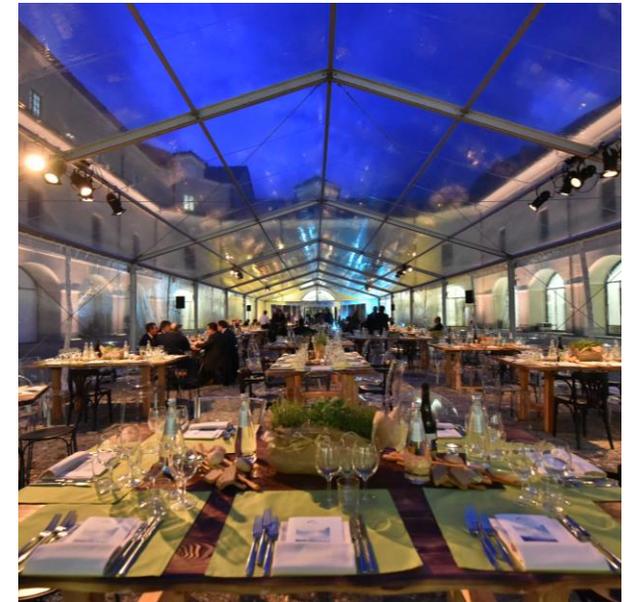
- ❖ Aosta Valley is the smallest Italian region, surrounded by four of the highest mountains of all Italy and Europe, bordering France and Switzerland
- ❖ Courmayeur, a jewel village of the region is considered one of the most important ski resorts in the world and the cradle of alpinism: here started the first school for mountaineers.
- ❖ Valle d'Aosta street signs are bilingual (French and Italian) and almost all place names and local surnames are French in origin.
- ❖ Aostan cuisine is robust and simple, based essentially on potatoes, polenta, rye bread, and local cheeses, such as Fontina and Tomme de Gressoney
- ❖ 2015 saw the opening of the Skyway Monte Bianco, which has been described as the Eight Wonder of the World.
- ❖ The Aosta valley is lined with castles (more than 100!) , each within view of the next so that messages could be passed via a system of flags.
- ❖ Gran Paradiso National Park (Italy's first national park) was born In 1922, in the former hunting grounds of the House of Savoy
- ❖ Bring a "grolla" home and make it a friendship ritual
- ❖ Aosta is the capital of the region





## Aosta Valley in numbers

- ❖ Distances: **Turin Airport** – Aosta city centre approx. 1 hr 20 min  
**Turin Airport** – Courmayeur city centre approx. 1 hr 40 min
- ❖ Largest room number in the region in one property – **254 rooms** in La Thuile
- ❖ Largest conference centre in Aosta Valley – **9 meeting rooms** and **600** people in **La Thuile**
- ❖ Largest room number in Aosta in one property only, chief town in the region – **74 rooms**
- ❖ **Gala Venues** – many historical venues in the area for gala dinner – the largest can accommodate up to 285 people seated
- ❖ **51 meeting rooms** available in the whole region.





## What to do in Aosta Valley

- ❖ Experience high altitudes: through multiple cableways available in the Aosta Valley, which are true engineering masterpieces, you can quickly reach altitudes of above 3,000
- ❖ Altitude wine tasting: a balloon flight through the highest mountains in Europe accompanied by a glass of excellent wine
- ❖ Glider flight
- ❖ Visit to the Astronomy Observatory
- ❖ Tour the Aosta Valley Castles
- ❖ Explore Gran Paradiso National Park
- ❖ See the roman ruins in the town of Aosta
- ❖ Eat Fontina Cheese
- ❖ Travel on a horse back to explore the valley
- ❖ Rafting, canoeing, kayaking, canyoning and fishing are among the water sports available in the valley
- ❖ Try your luck at the green table in St Vincent





Regione | **Aosta Valley**

## Carbonada

Plate of the traditional cuisine of the area, based on beef cooked in wine and spices. It is the perfect dish for the winter season



difficulty: **easy**



timing: **30 min**



cooking: **45 min**



doses: **4 people**

### Ingredients:

1 large onion  
Flour  
50g butter  
400ml red wine  
800g beef tenderloin  
Pepper  
Nutmeg  
Cinnamon

### Directions:

- Slice the onion thinly and cook it in a pan with the butter at low heat
- Cut the beef in small slices, roll them in the flour and roast them in the above pan.
- Add salt, pepper and spices at taste.
- Cover with the red wine and simmer for 45 minutes. Make sure it does not get dry and eventually add more red wine.
- Dish out and serve with polenta or mashed potatoes.

**Recommended wine:** Torrette





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



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A stylized map of the Basilicata region in Italy, composed of horizontal lines of varying lengths that form the outline of the region. The map is centered in the background.

**Basilicata**



# Basilicata

*April ienghie i varlir*

Basilicata is located in the **south** of Italy, between Calabria and Apulia.

For the most part it is occupied by mountains, covered with wonderful woods and splendid forests.

Even though it is a mainly internal region, Basilicata touches two seas: the **Ionian and Tyrrhenian**.

The Ionic coast, with the two famous sea resorts of Metaponto and Policoro, offers wide beaches, either sandy or pebbly, and partially surrounded by pinewoods and rows of eucalyptus that give off a lovely scent.

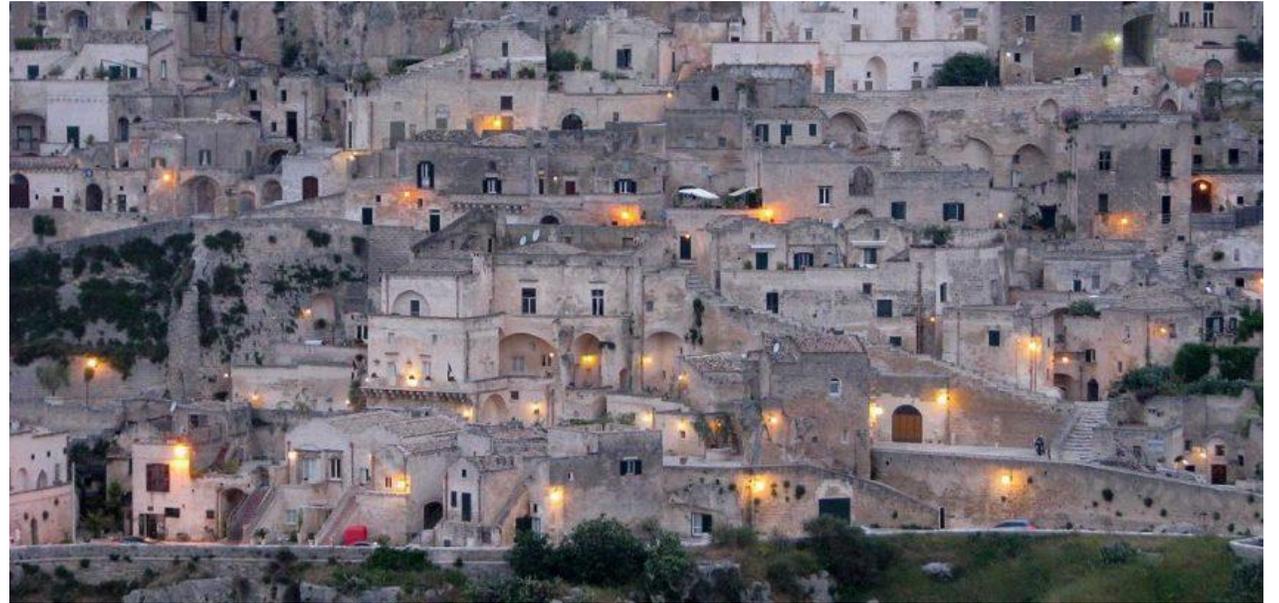
**The Gulf of Policastro**, on the Tyrrhenian side, has higher and more indented coasts, where steep promontories alternate with small beaches washed by a crystal-clear sea.





## Curiosities & Useful Hints

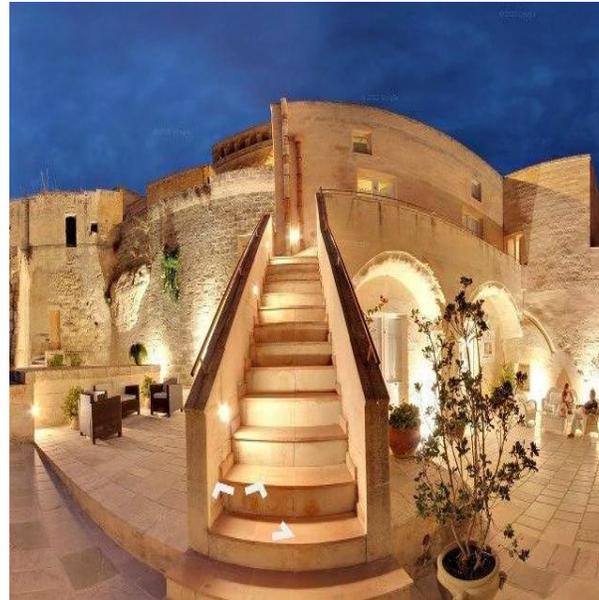
- ❖ Basilicata, or Lucania as it is sometimes called, has little in the way of economic clout. Agriculture plays a major role, despite the fact that dry weather and scarce underground water supplies make farming difficult.
- ❖ Waves of invaders tried to take over the region which the local Italic populations fought back; even the Romans, who were well known for their conquests, had a difficult time taking over the region.
- ❖ Basilicata is a mountainous region. Though most of the mountains are arid and craggy, the Lucanian Dolomites are a particularly nice area of the Apennines.
- ❖ Over all, Basilicata's landscape is rugged and primitive, making it a wonderful place to get back in touch with nature.
- ❖ Basilicata's greatest resource remains its people, who are friendly and helpful to travelers.
- ❖ The outdoor markets of Basilicata are also a great attraction to tourists: they offer a great array of unique handmade items, typical of this specific region, which you would not find anywhere else
- ❖ One of the greatest Italian red wines, the Aglianico del Vulture DOC, is produced in Basilicata.
- ❖ In 2019, Matera was awarded with the title of European capital of culture with its UNESCO site known as "Sassi di Matera" (rocks of Matera)
- ❖ Main cities: Potenza (regional capital) and Matera





## Basilicata in numbers

- ❖ Distances: **Bari Airport** – Matera city centre approx. 1 hr  
Potenza city centre approx. 2 hrs
- ❖ Largest room number in Basilicata in one property – **112 rooms** in Melfi
- ❖ Largest conference centre in Basilicata – **4 meeting rooms** and **1200** people in **Hotel Giubileo Pignola**, near Potenza
- ❖ Largest room number in Potenza in one property only, chief town in Basilicata – **112 rooms**
- ❖ **Gala Venues** – many possibilities from castles to beach resorts – largest can accommodate **500** people
- ❖ **76** meeting rooms available in the whole region.





## What to do in Basilicata

- ❖ Visit of the UNESCO heritage of Matera, always looking like you are in a Nativity Play
- ❖ Only here in Italy you will find the famous “Volo dell’Angelo” (flight of the Angel). For a moment full of adrenaline try the world’s fastest zipline at speeds of up to 120kph and suspended at heights of 888m between two mountain towns Pietrapertosa and Castelmezzano.
- ❖ Cooking classes and wine tasting of the Region’s Aglianico red wine
- ❖ Relax and Sport on the sandy beaches of Metaponto
- ❖ Photo contest in the Matera rocks
- ❖ Tour of the Rocky churches in the National Park of Murgia
- ❖ Policoro: Market tour, cooking class followed by lunch
- ❖ Visit of Altamura in the very near Puglia, pasta making and lunch
- ❖ Miglionico town private tour
- ❖ Private dining in a locals home
- ❖ Ape Calesse Tour in Matera





Regione | **Basilicata**

## Fusilli al Ferretto con cacioricotta e peperoni 'cruschi'

This dish comes directly from Basilicata, typical of Sundays and all festivities. All ingredients are grown in Basilicata.

 difficulty: **very easy**

 timing: **20 min**

 cooking: **15 min**

 doses: **4 people**

### Ingredients:

600g/21oz dried sweet peppers  
300-350g/10.5-12oz fusilli al ferretto pasta  
1 garlic clove  
Cacioricotta cheese  
Parsley  
Bread crumbs  
Olive oil and salt

### Directions:

- Clean the dried peppers with a completely dry cloth. Remove the petiole with your hands, empty the peppers of the seeds and cut them into 4 or 5 parts
- In a frying pan, with a generous layer of oil, a few at a time, cook the slices of pepper (make sure not to cook them too long or they go black!), then drain and set aside. Keep the oil
- Finely chop the garlic clove and a little parsley, add the bread crumbs
- Cook the pasta for the time indicated on the pasta and once done drain keeping aside two spoons of water and add everything to the pan.
- Now you are ready to go, place the pasta on the plates, grate a generous piece of cacioricotta, add the cruschi peppers and enjoy!

**Recommended wine:** Aglianico





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Calabria region in Italy, composed of horizontal lines of varying lengths that form the outline of the region. The map is centered on the page and rendered in a light orange color.

**Calabria**



# Calabria

*'A zagarella pe llu culuri, 'a scumma chi frie pe'  
lla furtizza, 'u a panna 'e ll'uogglu pe llu sapure*

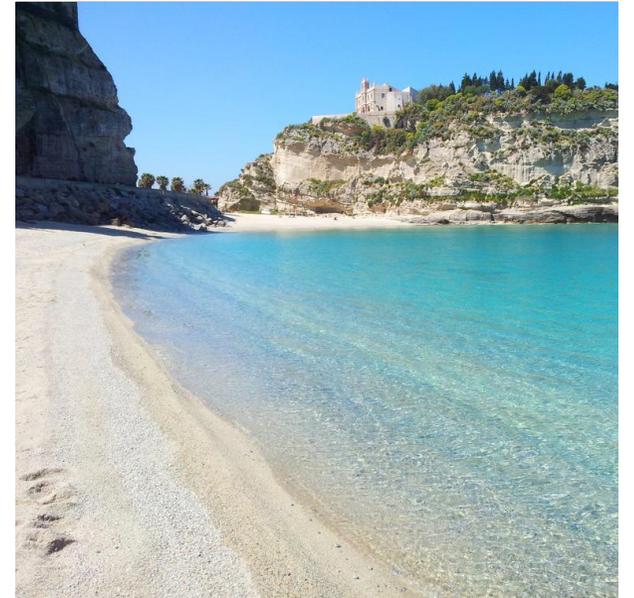
Calabria is in the **extreme south** of Italy – watered by the Ionian and Tyrrhenian Seas and separated from Sicily by the **Strait of Messina**. The Calabrian territory is predominantly mountainous and hilly. The landscape is mixed between the continuous **mountainous and hilly parts** that go down almost above the sea, leaving some level lines in the zones where the rivers flow. **Two furrows** divide the Calabrian peninsula in three rich mountainous groups of green woods, pastures and spring waters. It has about 500 miles of **coastlines** with both sandy and pebble beaches.





## Curiosities & Useful Hints

- ❖ The toe of the boot is steeped in archeological sites, relics, and artifacts. A couple of the most well-known are the Bronze Riace Warriors
- ❖ Calabria is the main producer and consumer of the peperoncino (chili pepper) Calabrian chili peppers are eaten every way imaginable
- ❖ Steven Tyler, the lead singer of Aerosmith, has roots in the Calabrian town of Cotronei in the province of Crotona
- ❖ Calabria produces about one-third of Italy's olive oil
- ❖ Bergamot from Reggio Calabria is some of the most sought after in the world by the perfume industry and here you can find just about everything flavored with the elusive fruit
- ❖ Reggio Calabria was the home of Gianni Versace
- ❖ Tropea is not only famous for its crystal clear waters but also for the red onion
- ❖ Calabria is considered the cradle and land of ancient settlements and is full of splendid churches, castles, palaces and towns where age-old traditions still survive
- ❖ Catanzaro (regional capital) is the largest city, followed by Reggio Calabria, Cosenza, Crotona and Vibo Valentia





## Calabria in numbers

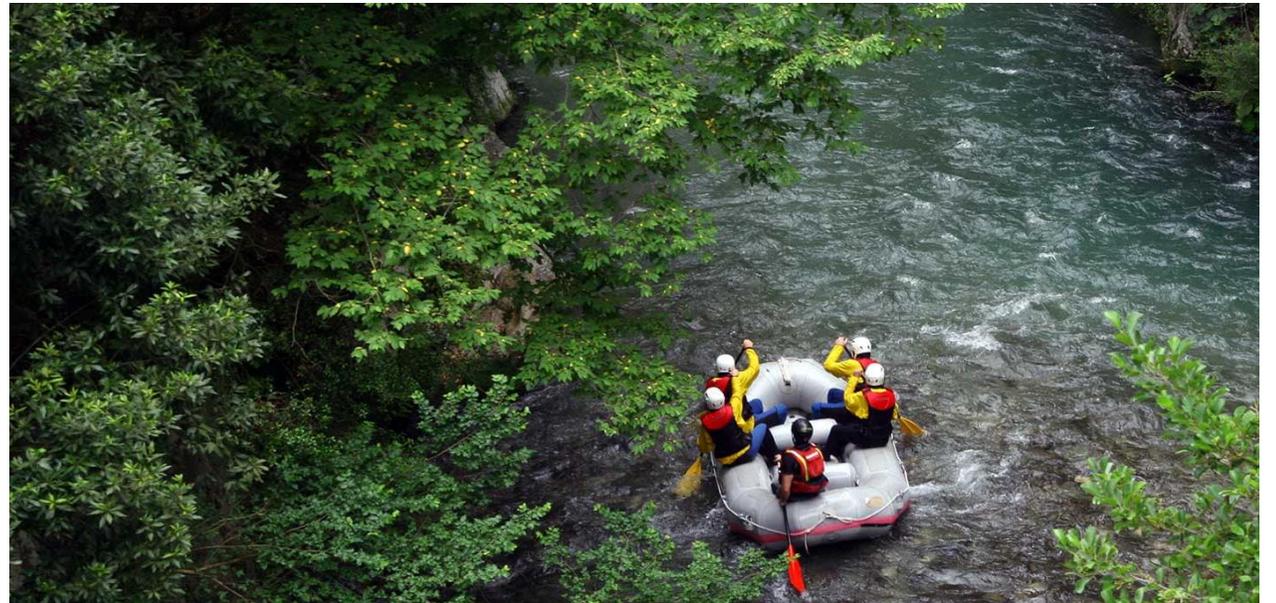
- ❖ Distances: **Reggio Calabria Airport** – Reggio Calabria city centre approx. 15min  
**Lamezia Terme Airport** – Catanzaro city centre approx. 40 min
- ❖ Largest room number in the region in one property – **379 rooms** in Scalea
- ❖ Largest conference centre in Calabria – **10** meeting rooms and **550** people in **Vibo Valentia**
- ❖ Largest room number in **Catanzaro** in one property only, chief town in the region – **150 rooms**
- ❖ **Gala Venues** – there are several private venues and historical mansions which can be rented for gala dinner – the largest can accommodate up to 430 people seated
- ❖ **161** meeting rooms available in the whole region.





## What to do in Calabria

- ❖ Admire the Riace Bronzes, on display in the National Museum of Reggio Calabria
- ❖ Go to Capo Vaticano, in the province of Vibo Valentia, defined one of the 100 most beautiful beaches in the world
- ❖ Organize a **team challenge**: rafting experience along the Lao River or through the Sila gorges
- ❖ Alternatively the rivers can be walked: just dive into the water, descending with a rope in the most difficult tracts. This is **canyoneering**, and the support of expert guides makes it a fascinating activity for all events
- ❖ Orienteering through the National Parks
- ❖ Last but not least, paragliding with a specialized instructor





Regione | Calabria

## Polpette di ricotta al sugo

The ricotta cheese balls with tomato sauce are a simple traditional dish of the farmers from Calabria



difficulty: **easy**



timing: **30 min**



cooking: **20 min**



doses: **4 people**

### Ingredients:

350g ricotta cheese  
140g bread  
60g pecorino cheese  
40g parmesan cheese  
2 eggs  
¼ garlic clove  
1 spoon chopped parsley  
Salt & pepper to taste

### For the sauce:

750g tomato sauce  
1 garlic clove  
extra virgin olive oil to taste  
salt & pepper to taste  
2 or 3 fresh basil leaves

### Directions:

- Crumble the bread and put it in a bowl together with the ricotta
- Add the garlic finely chopped and the beaten eggs
- Add the pecorino, parmesan, parsley, salt and pepper and mix it with a fork until it is smooth
- Subsequently start forming the ricotta cheese balls (approx. 30g each/you should be able to make approx. 25); once ready put aside
- Now make the sauce: put some oil in a pan, add the garlic until golden, remove it and add the tomato sauce, salt & pepper and basil leaves and bring it to the boil.
- Turn the heat down, put the ricotta cheese balls into the sauce and let them go gently for approximately 10 minutes
- Serve them hot

**Recommended wine:** Ciro' Rosato





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Campania region in Italy, composed of horizontal lines of varying lengths that form the outline of the region. The map is centered on the page and partially overlaid by the text.

**Campania**



# Campania

*Vide Napole, e po muore*

The region faces the **Tyrrhenian Sea** and includes one of the finest coastlines in Italy.

The hinterland is essentially mountainous, with irregular massifs broken here and there by valleys **and plains**.

**In front of the** Gulfs of Naples and Salerno, we can admire marvellous and enchanting islands: Capri, Ischia, Procida. how can we forget the natural endowments that dominate this region: **Vesuvius**, gloomy and mysterious, loved for its beauty and feared for its power, **Herculanum and Pompeii**, the Imperial villa in Capri, the Royal Palace of **Caserta** with its splendid gardens....





## Curiosities & Useful Hints

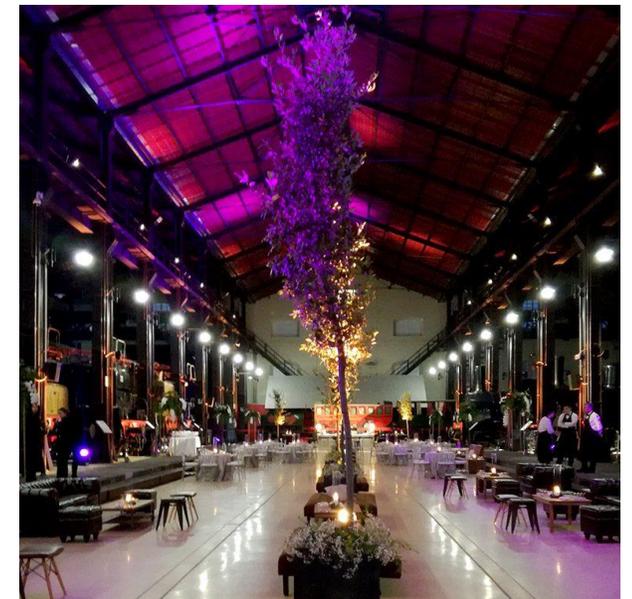
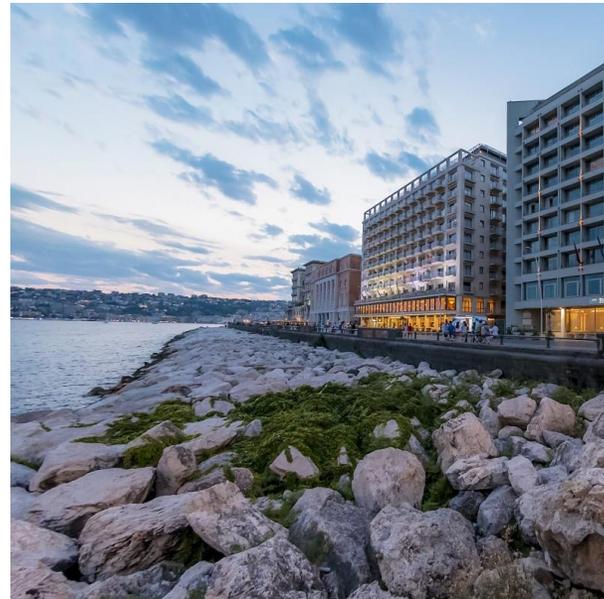
- ❖ In 1995 the historical centre of Naples was declared UNESCO World Heritage Site
- ❖ The very first pizzeria in Italy and the entire world, Antica Pizzeria Port'Alba, was opened in Naples in 1830. It still remains open today
- ❖ The Central Funicular in Naples opened in 1928 and is one of the longest and most used funicular railways in the world
- ❖ Mt Vesuvius destroyed Pompeii and Herculaneum in 79 AD in an eruption that lasted more than 24 hours. It last erupted in 1944 during the height of WWII. Today over 3 million people live in the immediate area of Mount Vesuvius. That is the most people living dangerously close to a volcano in the world
- ❖ The Romans brought the hazelnut to Italy and cultivated it in the province of Avellino in Campania
- ❖ Notable intellectual luminaries and celebrities have a deep history in the Sorrentine Peninsula: Luciano Pavarotti, Lord Byron, John Keats, Charles Dickens, Johann Wolfgang von Goethe, Friedrich Nietzsche, and Heinrich Ibsen
- ❖ Though not recognised as an official minority language by the Italian government, the Neapolitan dialect (known locally as *napulitano*) is considered one of the world's endangered languages by UNESCO
- ❖ The provinces of the region are: Naples (the regional capital), Caserta, Benevento, Avellino and Salerno





## Campania in numbers

- ❖ Distances: **Naples Airport** – Naples city centre approx. 20 min  
**Napoli Airport** – Sorrento city centre approx. 45 min
- ❖ Largest room number in the region in one property – **397 rooms** in Naples
- ❖ Largest conference centre in Campania – **20** meeting rooms and **1500** people in **Sorrento**
- ❖ Largest room number in **Naples** (the regional capital) in one property only – **397 rooms**
- ❖ **Gala Venues** – there are lots of private venues and historical mansions which can be rented for gala dinner – the largest can accommodate up to **800** people seated
- ❖ **779** meeting rooms available in the whole region.





## What to do in Campania

- ❖ Visit the Five UNESCO World Heritage Sites: Naples city centre, the excavations of Pompeii, Herculaneum and Torre Annunziata, The Royal Palace of Caserta, San Leucio Complex, The Amalfi Coast
- ❖ Go to Paestum which boasts the three best-preserved Greek temples in the world
- ❖ Organize a team rally activity with cabrio cars on the Amalfi Coast, with stops and interacting activities
- ❖ Take part to a Vespa tour on Capri Island, including a stop to admire the wonderful Faraglioni
- ❖ Take your guests scuba-diving in the fascinating archaeological park underwater
- ❖ Let's challenge in a pizza competition, great fun for everyone
- ❖ Visit Underground Naples – not to be missed, followed by a coffee and “sfogliatella” at the famous Café Gambrinus
- ❖ Go trekking on the Mount Vesuvius with alpine guides – the scenery is absolutely breathtaking and finish the day with a wine tasting in a winery at the foot of the Volcano
- ❖ Help preparing the world famous Limoncello





Regione | Campania

## Gatto' di Santa Chiara

A must on the Sunday lunch



difficulty: **easy**



timing: **30 min**



cooking: **30 min**



doses: **6 people**

### Ingredients:

500g potatoes  
100g mozzarella cheese  
60g parmesan cheese  
100g cooked ham  
2 eggs  
Grated bread  
Salt and pepper to taste

### Directions:

- Peel the potatoes, boil them and mashed them when still warm
- Cut the mozzarella cheese and the ham in small dices
- Get the mashed potatoes, add the eggs, 30g parmesan cheese, salt and pepper to taste
- Once smooth, add the mozzarella and ham and mix it well
- Get a baking tray, grease the surface with extra virgin olive oil and spread evenly the grated bread
- Add the mixture and level it
- Cover the surface with the remained parmesan cheese, sprinkle it with a bit of grated bread and few drops of olive oil
- Cook it for 30 minutes, gas mark 180°

**Recommended wine:** Fiano d'Avellino or Lacryma Christi





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Emilia Romagna region in Italy, rendered in a light orange color. The map is composed of horizontal lines of varying lengths, creating a textured, layered effect. It is centered on the page and partially obscured by the text.

**Emilia Romagna**



# Emilia Romagna

*U j è ch'magna par campê e chi ch'magna par s-ciupê*

The Emilia-Romagna region is found between the **Po River**, the **Adriatic sea** and the **Appennino chain of mountains** that forms Italy's backbone.

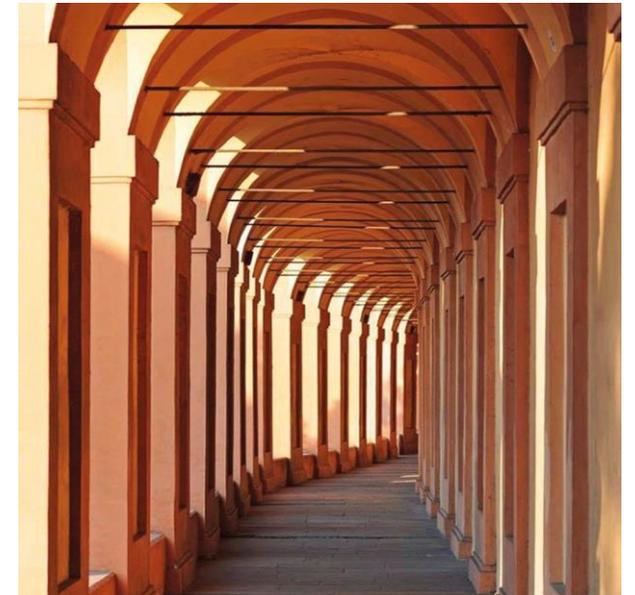
Emilia-Romagna is bordered by the Veneto and Lombardy regions to the **north**, Piedmont and Liguria on the **west**, Tuscany directly **south**, and the Marche and San Marino, which is an independent state, on the south **east**.





## Curiosities & Useful Hints

- ❖ No other city in the world has as many arcades as Bologna, regional capital, in fact they are more than 38 km long counting only those in the center of town. They are culturally important for the city and are a candidate for World Heritage Site for UNESCO.
- ❖ Palazzo dei Diamanti is one of the most fascinating historical buildings in Ferrara. Thousands of diamond-shaped bulges compose its particular facade, but the name comes from a legend... It is said that Ercole I D'Este has a real diamond there
- ❖ Maybe not everyone knows that on the northern side of the Modena Cathedral there's a circular bas-relief depicting an episode of King Arthur's life. Some inscriptions show the names of the legendary characters
- ❖ In Emilia-Romagna you will find 2 National Parks, 14 Regional parks and 11 regional reserves
- ❖ Giuseppe Verdi, one of the most important geniuses of our culture, comes from here.
- ❖ In Emilia, you have a concentration of the best cars and motor museums... great for car lovers!
- ❖ Bologna has the oldest university in Europe!
- ❖ Main cities: Bologna is the Capital region, other cities are Parma, Ferrara, Modena, Piacenza, Ravenna, Forlì, Reggio Emilia and Rimini





## Emilia Romagna in numbers

- ❖ Distances: **Bologna Airport** – Bologna city centre approx. 20 minutes  
**Rimini Airport** – Rimini city centre approx. 15 minutes  
**Parma Airport** – Parma city centre approx. 15 minutes
- ❖ Largest room number in Emilia Romagna in one property – **244 rooms** in Bologna
- ❖ Largest conference centre in Emilia Romagna – **14** meeting rooms and **9800** people in **Bologna Volvo Congress Centre**
- ❖ Largest room number in Bologna in one property only, chief town in Emilia Romagna – **244 rooms**
- ❖ **Gala Venues** – different gala venues available throughout the territory, largest can accommodate upto **300** people
- ❖ **1274** meeting rooms available in the whole region.





## What to do in Emilia Romagna

- ❖ Visit of the famous balsamic vinegar factories and tasting
- ❖ Visit of the Parmigiano Reggiano Factory and tasting
- ❖ Tour of the Ferrari, Lamborghini and Ducati museums scattered around the region
- ❖ Bike tours through the porticos of Bologna
- ❖ Gourmet food tours to taste the specialties of the region, so rich of culinary culture
- ❖ Cooking classes with chefs or at a locals homes
- ❖ Vespa Tours
- ❖ Vintage cars and sports car tours in the country side
- ❖ Water sports in Rimini, of all kinds!





## Ragù alla bolognese

The Ragù alla Bolognese was born in Bologna, as its name. It is an ancient recipe, made for the Italian Aristocrats of those years. In fact meat was an ingredient that only wealthy families could afford. Now it is one of most cooked dishes in the whole of Italy!



difficulty: **easy**



timing: **20 min**



cooking: **3 hrs**



doses: **4 people**

### Ingredients:

500g/17.5oz minced beef  
250g/17.5oz minced pork  
250g/9 oz tomato puree sauce  
50g/1.5 oz each of onion, carrot and parsley  
250g/9oz white wine  
3l water  
1 glass of milk  
1 spoon of olive oil  
Salt and pepper

### Directions:

- Finley chop the peeled onion, carrot and parsley. Pour the oil in a sauce pan and add the chopped veggies and let it cook for 10 min.
- After the 10 min. add the minced beef and pork, let it cook for another 10 min. with a low flame.
- Once the juice of the meat has dried, add the wine and let the alcohol evaporate. At this point add the tomato puree sauce.
- Add 1 of the 3l. of water, a little salt, and let cook for 1 hr. Continue adding the litres of water, 1 every hr.
- 3 hrs of cooking are passed and at this point the ragù is nearly ready, turn off the cooker, add the milk to the ragù, give it a stir.
- Add salt and pepper as you wish
- Enjoy your ragù with fettucine, lasagna... any pasta goes well!

**Recommended wine:** Romagna Sangiovese





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Friuli Venezia Giulia region, composed of horizontal lines of varying lengths, centered behind the text.

**Friuli Venezia Giulia**



# Friuli-Venezia Giulia

*A baste miezore par imparà a fà i siors*

This region is situated in Italy's northeast and borders Slovenia and Austria. It overlooks the **Adriatic Sea** (this part of the coast is trimmed with **lagoons** and has long **sandy beaches**) and is surrounded by high mountains, enclosing many different landscapes.

The impressive **Carso plateau** is formed by windswept rocks, and soil erosion has created a series of caves, hollows and resurgences over time.

Friuli-Venezia Giulia looks like a **small universe** with many different traditions, determined by a complex history and by the confluence of different civilizations in this territory.





## Curiosities & Useful Hints

- ❖ 4 continents – yes this is correct as in the main square in Trieste (chief town of the region) there is a fountain dedicated to the 4 continents; it was built in 1750 when Oceania was not yet discovered
- ❖ Friulian Grappa is considered the best grappa in Italy
- ❖ If you love regatta and sailing boats, you should not miss the “Barcolana”, an international regatta which takes place in Trieste in October
- ❖ Come in the last week of May and take part to “Cantine Aperte” when many Italian vineyards open up their tasting rooms to the public
- ❖ Ham it up in San Daniele - the hilltop town of San Daniele, in the province of Udine, is world-famous for its prized ham and rivals Parma in the Emilia Romagna
- ❖ The Friuli Venezia Giulia is home to the Guinness Book of World Records holder for the largest tourist cave on Earth, the Grotta del Gigante, dating back to 10 million years ago
- ❖ The Friuli Venezia Giulia is home to seven 18-hole golf courses, many set beautifully amongst the vineyards with panoramas of the snow-capped mountains
- ❖ The world famous Jilly café comes from Trieste where it is still produced.
- ❖ Trieste is the region capital, then there is Gorizia, Pordenone and Udine





## Friuli-Venezia Giulia in numbers

- ❖ Distances: **Trieste Airport** – Trieste city centre approx. 40 minutes  
**Trieste Airport** – Gorizia city centre approx. 30 minutes  
**Trieste Airport** – Udine city centre approx. 40 minutes
- ❖ Largest room number in the region in one property – **173 rooms** in Trieste
- ❖ Largest conference centre in Friuli – **7 meeting rooms** and **2000 people** in **Udine**
- ❖ Largest room number in Trieste in one property only, chief town in the region – **173 rooms**
- ❖ **Gala Venues** – Trieste offers the widest selection in terms of gala venues, able to host up to 1000 people in the newly renovated structures by the harbour
- ❖ **137 meeting rooms** available in the whole region.





## What to do in Friuli-Venezia Giulia

- ❖ Visit the school of mosaics in Spilimbergo, dating back to 1922
- ❖ Walk in the steps of the Romans in Aquileia, inscribed on the UNESCO World Heritage list
- ❖ Go to San Daniele for a ham tasting
- ❖ Go hiking in the Dolomites in one of the 13 nature reserves located within the Friuli Venezia Giulia region
- ❖ Visit the Castello di Miramare in Trieste, despite its curse!
- ❖ Descend deep into the earth in the Grotta del Gigante, down 500 steps to the cave floor at about 80 meters deep
- ❖ Experience Tarvisio's alpine bob coaster, descending over 1000 meters through the forest
- ❖ Learn to drive a dog sled at the International Mushing Sleddog School in Tarvisio
- ❖ Go tandem paragliding or gliding in Piancavallo; on a clear day, you'll be able to see from the mountains all the way to the sea
- ❖ Marvel the ancient instruments in the Castello di Gorizia





## Frico

Cheese and potatoes: what could be better? This simple recipe from Friuli Venezia Giulia is a delicious example of *cucina povera*, a humble cuisine that combines on-hand ingredients in genius ways.



difficulty: **easy**



timing: **20 min**



cooking: **40 min**



doses: **4 people**

### Ingredients:

500g potatoes  
500g Montasio cheese (or another aged cheese)  
200g onions  
50g Extra virgin olive oil  
Salt and pepper to taste

### Directions:

- Thinly slice the onions
- Peel the potatoes and grate them grossly
- Grate the cheese
- Put the oil in the pan and cook the onions gently for a few minutes
- Add the potatoes and cook for 10 minutes
- Add the cheese, salt and pepper and cook at medium heat for 20 minutes, until the cheese is melted
- In a nonstick pan put a little bit of oil, add the cooked compost and cook it over high heat without stirring, like an omelette. As soon as the crust has formed, turn it on the other side
- Transfer the frico to a serving dish, then cut it into portions and "buon appetito"

**Recommended wine:** Friuli Aquileia Chardonnay





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Lazio region in Italy, composed of horizontal lines of varying lengths that form the geographical outline. The map is centered on the page and rendered in a light orange color.

**Lazio**



# Lazio

*Vale più un bicchiere de Frascati, che tutta l'acqua der Tevere*

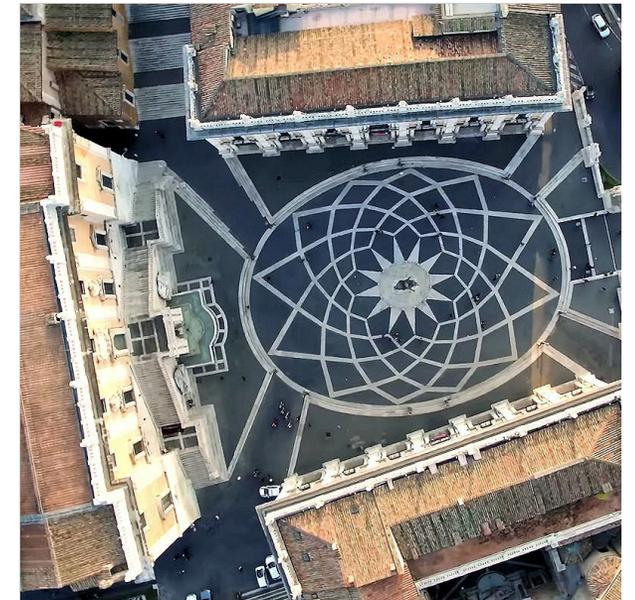
The region, with undulated hills, stretches from the western buttresses of the **Apennines to the Tyrrhenian Sea**. Lazio has four very ancient **volcanic** distincts, where the craters of extinct volcanos now form the lakes of Bolsena, Vico, Bracciano, Albano and Nemi. While a visit to Rome is a must for any traveler, the surrounding Lazio region will surprise you with its **varied landscapes and history**.





## Curiosities & Useful Hints

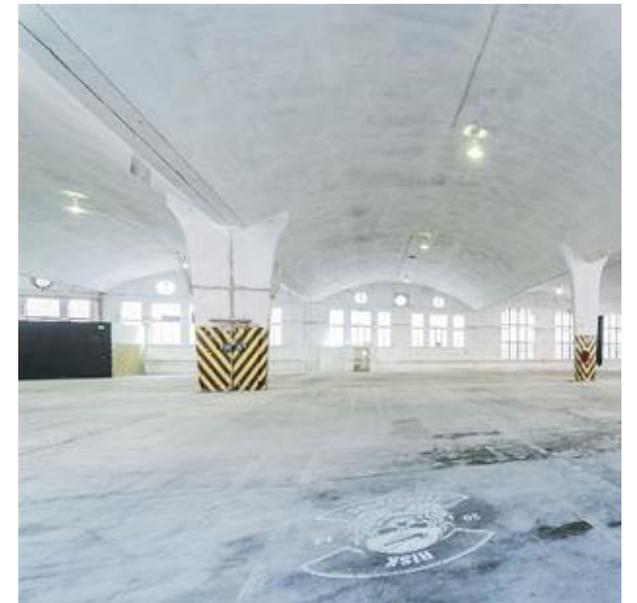
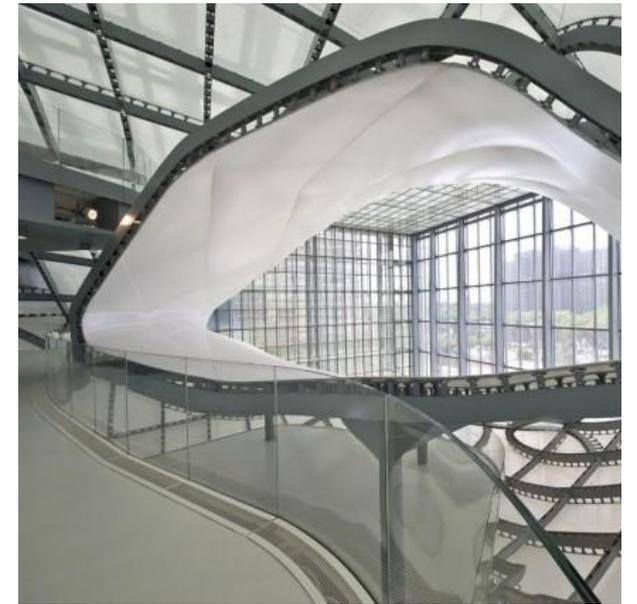
- ❖ Incredibly Lazio borders with other 5 Italian regions
- ❖ Lazio “hosts” the smallest city state in Italy... The Vatican State
- ❖ Lazio is the home to four UNESCO World Heritage Sites. Those include Villa d’Este at Tivoli, the Etruscan necropolises of Tarquinia and Cerveteri, the Villa Adriana at Tivoli and Rome and Vatican
- ❖ The Tiber River runs through Lazio and is the third longest river in Italy. It is named after the mythical king Tiberinus who drowned in it
- ❖ It has more than the famous seven hills – which city?
- ❖ If we are being truthful, the Spanish Steps are mainly French, in that they were funded by a donation from a French diplomat and there is also a case for them being Italian, as they were crafted by two Italian architects
- ❖ In Rome there are more than 280 fountains and 900 churches scattered around the city
- ❖ Between 107 and 110 AD, the Roman Emperor Trajan built the first shopping mall in the world, also known as the Trajan’s Market or Mercato di Traiano
- ❖ The provinces of the region are: Rome (regional capital), Frosinone, Latina, Rieti and Viterbo





## Lazio in numbers

- ❖ Distances: **Fiumicino Airport** – Rome city centre approx. 35 min  
**Ciampino Airport** – Rome city centre approx. 35 min
- ❖ Largest room number in the region in one property – **782 rooms** in Rome
- ❖ Largest conference centre in Lazio – **30** meeting rooms and **6000** people in **Rome**
- ❖ Largest room number in **Rome** in one property only, chief town in the region – **782 rooms**
- ❖ **Gala Venues** – there are several private venues, historical palaces or unusual venues which can be rented for gala dinner – the largest can accommodate up to 2000 people seated
- ❖ **2171** meeting rooms available in the whole region.





## What to do in Lazio

- ❖ Cripts and catacombs – the other side of Rome
- ❖ Visit Civita di Bagnoreggio, the dying city, with a winter population of fewer than 20 people
- ❖ Drive to the Roman Castles area in old vintage cars and end the tour in a farmhouse where Domenica, the cooker, will disclose the secrets of the Italian home made pasta during an interesting **team activity** (all in Italian language of course !!)
- ❖ Visit one of the many Art Galleries in Rome – the majority are nowadays museums open to the public but if you want to spoil your guests, we will take you to some very exclusive places
- ❖ The Peony Gardens in Viterbo are home to a wide variety of 200,000 Chinese tree peonies with 600 different variations, many of which are extremely rare and are endemic to these gardens.
- ❖ Assist to a private and exclusive Opera performance and raise your glass to La Traviata – even if they are not opera fans, this is a stunning experience for any event
- ❖ Do not miss the perspective gallery by Borromini; it is always a part of all our walking tours in Rome
- ❖ Lastly, taste some of our top wines on a private terrace overlooking Piazza Navona – what a view to end an incentive trip





## Saltimbocca alla romana

*Saltimbocca* translates as 'jump in the mouth' because this dish is so delicious it seems to leap off the plate straight to your palate



difficulty: **easy**



timing: **10 min**



cooking: **15 min**



doses: **6 people**

### Ingredients:

900g veal escalopes (pork escalopes give a similar result)  
150g Parma ham  
100g butter  
Fresh sage leaves  
Salt and pepper to taste

### Directions:

- Tenderize the veal (slices) by hitting them a few times with a meat hammer or rolling pin
- Lay a slice of prosciutto on each piece of veal, top with a fresh sage leaf, and secure with a toothpick
- Heat half of the butter in a large frying pan and when it melts, add the slices of veal. Start by placing the slice with prosciutto and sage facing downwards so it releases all the flavors as it cooks
- Cook on medium-high heat for a few minutes then turn the slice over to lightly brown the other side
- Once cooked, place them on a serving dish
- Add 1-2 tablespoons of water to the hot pan and the remaining butter. Stir and pour this succulent sauce over the cooked saltimbocca and serve them immediately.

**Recommended wine:** Montefiascone Est! Est!! Est!!!





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it





**Liguria**



# Liguria

*O vin bevùo a mòddo o fà mëgio chen bròddo*

Liguria, facing the **Tyrrhenian Sea**, forms an imposing arc, with the **Gulf of Genoa** in its center. It is a mountainous and hilly region where landscapes of great beauty can be admired. The region is divided in two sections: the **Riviera di Ponente** (to the west), from Ventimiglia to Genoa, and the **Riviera di Levante** (to the east), from Genoa to La Spezia. The terminal strip of the Riviera di Levante is known as “Le Cinque Terre” (the Five Lands) and still today represents a beautiful example of intact landscape.





## Curiosities & Useful Hints

- ❖ The historic center of Genoa, capital of the Region, is considered the largest in Europe: it develops in the characteristic alleyways forming a complex labyrinth in which it is not uncommon to get lost
- ❖ The white porridge is the typical farinata of Savona, distinguished from the Genoese as prepared with wheat flour instead of chickpea flour; this ingredient makes the coloring of this dish white, not yellow
- ❖ Get a Chinotto in Savona! Oh yes, because this is the city of the famous citrus fruit and the tasty iconic drink, Made in Italy! In reality the plant, becomes edible following a laborious process that involves a long brine and boiling in sea water
- ❖ Located in Piazza De André, inside the old dock, there is the most equipped Apple museum in the world. The collection includes practically all the production of personal computers, peripherals, accessories and prototypes from the beginning of the company to the present day!
- ❖ In Genoa the street numbers are divided between red for commercial activities and the black for private homes. Sometimes looking for a street number becomes really complicated for those coming from other Italian cities where this system does not exist
- ❖ Did you know that jeans were invented in Genoa? The famous blue fabric was initially used to make the sacks of the sailing boats and later for the trousers of the Genoese sailors who traveled from port to port around the world
- ❖ Main cities: Genova, regional capital. Savona, Imperia and La Spezia





## Liguria in numbers

- ❖ Distances: **Genova Airport** – Genova city centre approx. 20 minutes  
Portofino approx. 50 minutes  
Cinque Terre approx. 1 hr and 30 minutes  
Savona city centre approx. 40 minutes
- ❖ Largest room number in Liguria in one property – **360 rooms** in Loano, near Savona
- ❖ Largest conference centre in Liguria – 13 meeting rooms and **1480** people in **Porto Antico di Genova – Centro Congressi**
- ❖ Largest room number in Genova in one property only, chief town in Liguria – **283 rooms**
- ❖ **Gala Venues** – unque venues located throughout the whole territory of Liguria, in private villas or on the beach, largest for **800 people**
- ❖ **354** meeting rooms available in the whole region.





## What to do in Liguria

- ❖ Visit the city of Genova and its wonderful city centre
- ❖ Cooking classes with locals and experts
- ❖ Vintage car tour in the outskirts of Genova and on the coast of the Region, near Portofino, Cinque Terre and Rapallo
- ❖ Tour of Savona with local guide
- ❖ Sailing regatta from the port of Genova
- ❖ Whole day visit to the amazing Isola D'Elba
- ❖ Canoa and Kayak, snorkeling in the sea
- ❖ Tours on self driven scooters
- ❖ Visit of the Tonnara di Camogli, in the protected Marine Area of Portofino, learning with the experts the fishing skills
- ❖ Day excursions on fishing boats from one of the locations on the coast
- ❖ Hiking in Portofino Park





Regione | Liguria

## Panissa Ligure

In Liguria, by ordering Panissa, you will find yourself enjoying a delicious snack to be served as an aperitif, a recipe that brings back the culinary traditions



difficulty: **easy**



timing: **20 min**



cooking: **90 min**



doses: **4 people**



**lacto free**

### Ingredients:

300g/10.5oz chickpea flour

700g/24.5oz peanut oil

1l water

5g/0.2oz salt

Optional: pepper

### Directions:

- Start by sifting the chickpea flour into a large bowl, then add salt, season with pepper and pour in the water, mixing the flour with a whisk to avoid lumps. Once homogenous, transfer it to a pan (ideally a copper one but also a steel pot is fine)
- Cook at low heat stirring continuously with the whisk until you get a harder dough, at this point replace the whisk with a wooden spoon and continue stirring until the dough comes off the sides (approx. 80 mins)
- When finished cooking, oil a rectangular mold (i.e. the one for plumcakes), pour the mixture inside and level the surface with the back of the spoon. Once cool, place in the fridge for 2 hrs
- Take the Panissa from the fridge and cut in cubes of 2-3 cm, then fry the cubes in oil at 170°, when it turns gold, drain on absorbent paper... now enjoy your warm panissa!

**Recommended wine:** Rossese di Dolceacqua





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Lombardy region in Italy, rendered in a light orange color. The map is composed of numerous horizontal lines of varying lengths, creating a textured, layered effect. It is centered on the page against a solid orange background.

**Lombardia**



# Lombardia

*A l'osteria e' semper in compagnia*

The region occupies the main part of the **Po Valley**. It includes a hilly district with the **major Italian Lakes**, from the Easter slope of Lake Maggiore to the Lakes of Varese, Iseo, Como and to the northern part of Lake Garda.

Another aspect that defines the region is its expanse of rolling hills that encompass the distinctive **Franciacorta** area, famous for its vineyards and wine production.





## Curiosities & Useful Hints

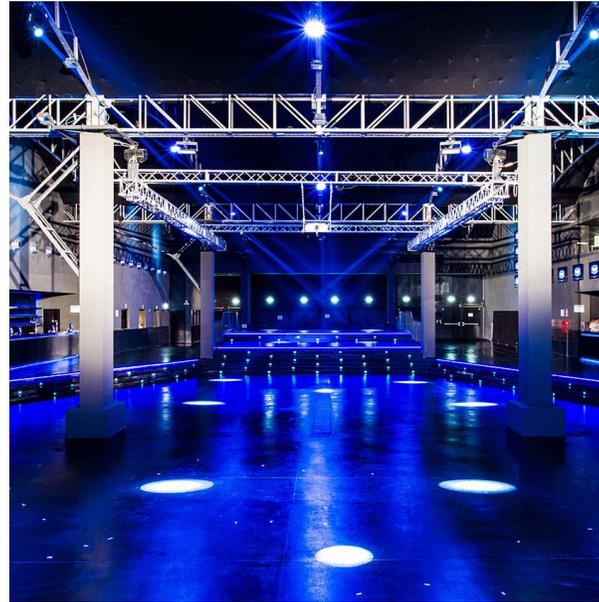
- ❖ Lombardy has the largest population of any Italian regions, though it covers less than one-tenth of the country's area
- ❖ Lombardy has a wealth of historical and artistic treasures and it also includes four UNESCO World Heritage Sites
- ❖ Franciacorta DOCG sparkling wine is made with grapes grown on the slopes surrounding Lake Iseo. Many argue that it's better than champagne
- ❖ Lombardy's capital is the home of one of the most important fashion weeks in the world
- ❖ On shores and hillsides of Northern Italy's great lakes, you will find some of the country's most architecturally stunning villas and palaces, built by the region's wealthiest residents throughout the centuries
- ❖ The concept of *aperitivo* hour took off in the 1920s in Milan, which is the birthplace of the bitter spirit Campari
- ❖ The Teatro alla Scala is the largest opera house in Europe – each performance can be enjoyed by over 2,000 spectators
- ❖ Anyone can “adopt” a gargoyle from the façade decorations of the Milan Cathedral. The campaign is a part of an effort to preserve the symbol of Milan. The price of a gargoyle is 100,000 euros
- ❖ The region comprises the provinces of Bergamo, Brescia, Como, Cremona, Lecco, Mantova, Milan (regional capital), Monza and Brianza, Pavia, Sondrio and Varese





## Lombardia in numbers

- ❖ Distances: **Milan Linate Airport** – Milan city centre approx. 15 min  
**Milan Malpensa Airport** – Milan city centre approx. 40 min  
**Milan Malpensa Airport** – Lake Como approx. 40 min
- ❖ Largest room number in the region in one property – **527 rooms** in the Milan outskirts
- ❖ Largest conference centre in Lombardia – **70** meeting rooms and **3800** people in **Milan**
- ❖ Largest room number in **Milan** city centre in one property only, chief town in the region – **331 rooms**
- ❖ **Gala Venues** – there are several private venues, historical locations or modern sites which can be rented for gala dinner – the largest can accommodate up to 3500 people seated
- ❖ **2671** meeting rooms available in the whole region.





## What to do in Lombardia

- ❖ Organize an incentive in the mountains of Bormio or Livigno, in front of the beautiful scenery of the Alps; take your guests on a winter trek with snowshoes: a very pleasant experience for everyone
- ❖ Cruise the Navigli, the canal systems in Milan once used to transport the goods into town and do not miss to look for the Vicolo dei Lavandai (on the Naviglio Grande): it means the alley of washers and – even today you can find an archaic washing machine here
- ❖ Make sure you visit Monza and the F1 Race track – team activities can be arranged on this state-of-the-art track
- ❖ For music lovers a visit to Cremona is a must: you will admire the craft and tradition of violin-making, most famously seen in the work of Stradivari
- ❖ Lakes of Lombardia – so much to do in any of them: regattas, evening cruises with dinners, enjoy the view from the ashore
- ❖ On the footsteps of Leonardo: Museo della Scienza, Last Supper, Vigna di Leonardo....
- ❖ If you happen to be in Brescia middle of May, do not miss the start of the Millemiglia, a unique event in its history: over 90 years of passions, emotions, and traditions along the non-stop itinerary from Brescia to Rome and back





Regione | Lombardia

## Risotto alla milanese

One of the most representative dishes of the region



difficulty: **easy**



timing: **10 min**



cooking: **25 min**



doses: **4 people**

### Ingredients:

320g rice  
60g parmesan cheese  
60g butter  
20g calf marrow (optional)  
1lt ½ meat broth  
1 small onion  
1 sachet saffron  
Salt & pepper to taste

### Directions:

- In a large pan melt 30g butter with the calf marrow, add the thinly sliced onion and let it go for a few minutes on low heat
- Add the rice and stir it for a few minutes
- Then start cooking the rice adding the broth a little bit at the time.
- Half way through, dissolve the saffron in a little broth and add it to the rice. Continue cooking as per before indications
- The rice needs to be soft (like a wave) – you do not need to put salt into the rice but only in the broth
- Remove it from the hob, add the remaining butter and the grated parmesan. Cover it for a couple of minutes and then serve it immediately

**Recommended wine:** Bonarda dell'Oltrepo Pavese





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
[requests@csevents.it](mailto:requests@csevents.it)



A stylized map of the Marche region in Italy, composed of horizontal lines of varying lengths that form the outline of the region. The map is centered on the page and rendered in a light orange color.

**Marche**



# Marche

*Le bott del vin bon e i omm brèvi fnischn prest*

On one side the **Apennines**, on the other the **Adriatic coast** and in the middle an expanse of gentle hills atop which sit century-old villages protected by medieval walls. The territory is mountainous and **essentially hilly** for a third of the Region yet in contrast features low-lying, **sandy beaches**.

The dramatic **Conero Riviera**, with its natural white-pebble beaches backed by milky Dover-esque cliffs is stunning but it's inland where Marche really shines: Urbino with its vertical streets, Macerata with a famous open-air opera theatre... and much more





## Curiosities & Useful Hints

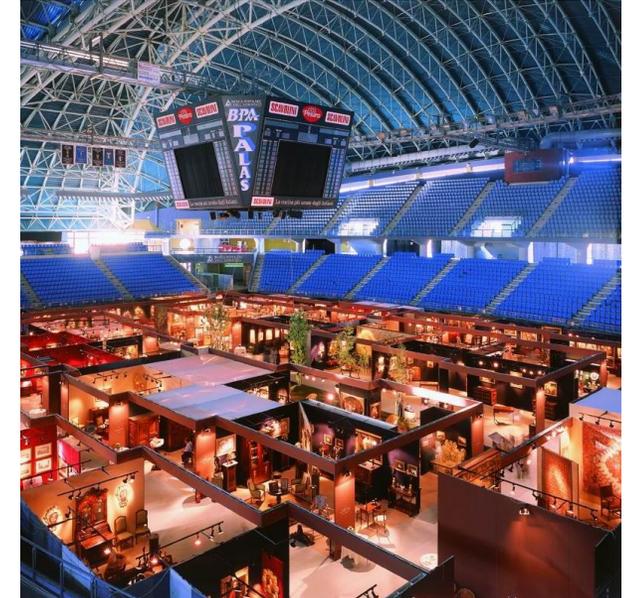
- ❖ Rossini Opera Festival is an unmissable appointment for classical music lovers from all over the world
- ❖ Marche and its sagre (food festivals): there are feasts for snails, frogs, rabbits, veal, cheese, pasta and above all truffles
- ❖ Marche is a home to many famous people in the history of Italy, including Giacomo Leopardi, a great 19th century author, Maria Montessori, a revolutionary educator and even the ancestors of Lionel Messi, the best footballer in the world, who have emigrated from Recanati in the 19th century.
- ❖ In the old shops of Castelfidardo was born the accordion, a musical instrument still much in use in the folkloristic bands
- ❖ La Quintana di Ascoli is a fascinating festival which takes place every year in August – historical parade (part of the festival) sees the participation of approx. 1500 people all in historical costumes
- ❖ Marche is also the region where famous musicians like Rossini and Pergolesi and famous artists like Raffaello were born
- ❖ According to legend, the fortress of Gradara is where Paolo and Francesca kissed, as written in *Canto V* of Dante's *Inferno*
- ❖ Aqualanga is famous worldwide for its white truffle
- ❖ The provinces of the region are: Ancona (regional capital), Ascoli Piceno, Fermo, Macerata, Pesaro and Urbino.





## Marche in numbers

- ❖ Distances: **Bologna Airport** – Ascoli Piceno approx. 3 hrs  
**Ancona Airport** – Ancona city centre approx. 15 min
- ❖ Largest room number in the region in one property – **209 rooms** in Ascoli Piceno
- ❖ Largest conference centre in Marche – **20** meeting rooms and **1200** people in **Ascoli Piceno**
- ❖ Largest room number in **Ascoli Piceno** in one property only – **209 rooms**
- ❖ **Gala Venues** – there are several private venues and historical mansions which can be rented for gala dinner – the largest can accommodate up to **380** people seated
- ❖ **234** meeting rooms available in the whole region.





## What to do in Marche

- ❖ Visit Urbino, UNESCO World Heritage Site and home to Raffaello
- ❖ Go on an underground experience at Frasassi caves, one of the largest subterranean cave system in Europe
- ❖ Explore the city of a hundred towers Historical records show that there were around 200 towers in Ascoli, of which 50 still stand today
- ❖ Go truffle hunting in Acqualagna, a tiny town of 5000 inhabitants but where there are no fewer than 10 different truffle industries
- ❖ Birdwatching in the regional parks and natural reserves is a beloved group activity : here you can catch glimpses of golden eagles, peregrine falcons and eagle owls,
- ❖ Riviera del Conero is not only famous for its beaches but is also is rich in animal and vegetable species, making it highly attractive for scuba-divers





## Bostrengo

Traditional winter dessert as per an old recipe



difficulty: **easy**



timing: **30 min**



cooking: **60 min**



doses: **4 people**

### Ingredients:

500g bread soaked in milk  
300g boiled rice  
300g raisins  
200g sugar  
50g whole flour  
50g corn flour

300g nuts  
300g dry figs  
500g diced apples  
2 eggs  
30g butter  
zest of 1 lemon or orange

### Directions:

- Soak the bread into milk
- Cook the rice, drain it and add it to the bread
- Add the diced apples, the figs cut into small pieces, the two flours, the sugar, 2 eggs and the raisins (previously soaked into water)
- Mix the batter until very smooth and place it in a buttered baking tray
- Cook it for 60 minutes at 160°
- Cover it with icing sugar and once cold cut it into small squares

**Recommended wine:** Anisette or Mistra'





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it





**Molise**



# Molise

*Tutti i jorna si n'impura*

Molise is located just above the «ankle» of **Italy's boot** and lies between **Apennine ridge and the Adriatic Sea**. In the limited area Molise covers, the geography ranges from mountain peaks inland down to hills closer to the coast which boasts sandy beaches surrounded by **Mediterranean vegetation**.

It is the second smallest region in Italy, but it has sea, lakes, forests and the Apennine Mountains. An one-hour drive takes you from the pristine beaches of the Adriatic coast to the snow-capped mountains of **ski resorts** Capracotta and Campitello Matise.





## Curiosities & Useful Hints

- ❖ Monti del Matese, where you can follow the old tratturi droving trails that join the pastures of Abruzzo with Puglia
- ❖ Termoli on the Adriatic coast is a fantastic summer holiday destination combining beach life with trademark shopping, old fishing traditions and historic drama
- ❖ Agnone is specialized in the manufacture of bells for the world's most significant churches
- ❖ Molise has a Scottish connection as Scapoli is the town renowned for bagpipes, with a museum devoted entirely to this ancient musical instrument
- ❖ Archaeological sites.... Samnites, Romans, Lombards.... Many a culture has left their mark here
- ❖ Molise is Europe's leading producer of white truffles
- ❖ Close to Isernia (one of the major cities of the region) have been found traces of Homo Erectus who apparently lived there 736.000 years ago and who seems the oldest man found in Europe
- ❖ Main cities are Campobasso (regional capital) and Isernia





## Molise in numbers

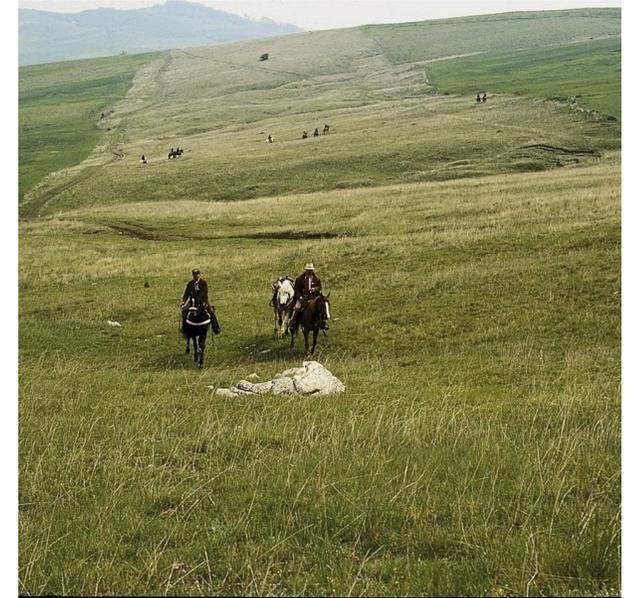
- ❖ Distances: **Naples Airport** – Campobasso centre approx. 1 hour
- ❖ Largest room number in the region in one property – **200 rooms** in Castropignano (near Campobasso)
- ❖ Largest conference centre in Molise – **8 meeting rooms** and **650 people** in **Campobasso**
- ❖ Largest room number in Campobasso in one property only, chief town in the region – **144 rooms**
- ❖ **Gala Venues** – there are several venues in the areas of Campobasso and Isernia, the largest of all is near Campobasso for 500 people.
- ❖ **37 meeting rooms** available in the whole region.





## What to do in Molise

- ❖ Visit to the Museo Paleolitico in Isernia: built around the adjacent 730,000-year-old archaeological site of La Pineta, this intriguing museum stands next to a pavilion that protects the site of the original find.
- ❖ The archaeological park of Saepinum is one of Molise's hidden treasures and the Roman ruins of Saepinum are among the best preserved and least visited in the country.
- ❖ Learn all about bell-making with a guided tour to the Marinelli Pontificia Fonderia di Campane
- ❖ Go horseback riding along the tratturi, the migratory trails dating back a thousand years, a testimony to the unique nature of Molise
- ❖ Nature lovers can go walking or trekking in several protected areas: in the typical Apennine landscape of the National Park of Abruzzo, Lazio and Molise, or in a diverse environment like that of the WWF Reserve in Guardaregia-Campochiaro
- ❖ The thrill of skiing high in the mountains on the slopes at Campitello Matese the largest ski resort in Molise, as well as in Capracotta, also renowned for its cross-country ski trails.
- ❖ Enjoy the coast, sandy beaches and water sports in Termoli





## Caragnoli

Rose-shaped fritters covered in honey, as my friend Pino's grandma used to make



difficulty: **medium**



timing: **60 min**



cooking: **10 min**



doses: **8 people**

### Ingredients:

300g flour	500ml water
300g honey	1 lemon
50g sugar	5 eggs
60g butter	vegetable oil

### Directions:

- In a pad add butter, water and sugar and bring to the boil
- Sieve the flour and continue mixing until it is smooth, then remove it from heat and let it cool.
- Add the lemon zest, 3 whole eggs and 2 egg yolks and make sure the mixture is blended
- Put it back on the heat until it comes off the sides of the pot
- Let it cool completely, lay it on a floured surface and cut the dough in strings
- Join the 2 extremes or each string (like tortellini)
- Deep fry the caragnoli in hot vegetable oil until they are golden.

**Recommended wine:** Cantine Cipressi Dolce Calicis





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Piemonte region in Italy, composed of horizontal lines of varying lengths that form the outline of the region. The map is centered on the page and rendered in a light orange color.

**Piemonte**



# Piemonte

*A l'è mac le muntagne c'a s'ancuntru nen*

**Piedmont** is in the northwest part of Italy and borders Switzerland and France.

True to the meaning of its name (foot of the mountain), Piedmont is a **land of mountains**. It is surrounded on three sides by the Alps, with the highest peaks and largest glaciers in Italy. These stunning mountains form picturesque valleys, dotted by a succession of cultivated hills and vineyards, small towns and castles.





## Curiosities & Useful Hints

- ❖ Originally, Piedmont meant "at the foot of the mountain" and referred to the possessions of the House of Savoy. Over time, the term extended to indicate a "land surrounded by mountains". Here you will find the highest peaks and the largest glaciers in Italy
- ❖ This region boasts 5 languages recognized and protected as linguistic minorities: Piedmontese, Occitan, Franco-Provençal, French and Walser, a Germanic language.
- ❖ Azalee, Camelia, Rododendri and Pieris are the characteristic flowers of Lake Maggiore. They are one of the great prides of Piedmont that exports them abroad and supplies the other Italian regions
- ❖ The red Barolo wine, known by many as the best red wine ever, is produced here only
- ❖ In 1910, in Turin, the Racing Club de France and the Servette of Geneva gave birth to the first rugby match in Italy. Subsequently the first Italian rugby club was born
- ❖ The regional cuisine in Piedmont amazes for its variety and richness, here you will find all sorts of special ingredients
- ❖ Most of Lake Maggiore is here, in fact this Lake not only does have 2 nationalities (Italy and Switzerland) but in Italy it touches two regions: Piedmont and Lombardy
- ❖ Main cities: Turin is the regional capital, Alessandria Asti, Biella, Cuneo, Novara, Verbania Cusio Ossola and Vercelli





## Piemonte in numbers

- ❖ Distances: **Turin Airport** – Turin city centre approx. 30 minutes  
Lake Maggiore approx. 2 hrs  
**Malpensa Airport** – Turin city centre approx. 1 hr and 15 minutes  
Lake Maggiore approx. 1 hr
- ❖ Largest room number in Piedmont in one property – **383 rooms** in Lake Maggiore, Stresa
- ❖ Largest conference centre in Piedmont – **5 meeting rooms** and **9000** people in **Palavela Turin**
- ❖ Largest room number in Turin in one property only, chief town in Piedmont – **240 rooms**
- ❖ **Gala Venues** – many types and numebrs for the gala venues in piedmont, beautiful forteresses, largest one for **500** people
- ❖ **815** meeting rooms available in the whole region.





## What to do in Piedmont

- ❖ Barolo wine tasting
- ❖ Visit of Turin's markets and shopping, then cooking lesson!
- ❖ Gourmet food tour in Turin
- ❖ Visit of Asti full day
- ❖ Visit of Stresa and Baveno in Lake Maggiore
- ❖ Visit of the Borromee Islands in lake Maggiore
- ❖ Visit and lunch in typical restaurants in Lake Orta
- ❖ Paragliding overlooking the lakes and the mountains
- ❖ Rafting, Canyoning and hydrospeed on the River Sesia
- ❖ Trekking on Mount Mottarone
- ❖ Vintage car tours in the Barolo area or on the outskirts of Lake Maggiore
- ❖ Sailing regatta on Lake Maggiore





Regione | Piemonte

## Baci di dama

Born in Tortona, city of Piedmont, "bacio" means kiss and these sweets are like a kiss, two halves of a biscuit kept together by a veil of chocolate

 difficulty: **medium**

 timing: **30 min**

 cooking: **15 min**

 doses: **8 people**

### Ingredients:

150g/5.3oz flour (all purposes)  
150g/5.3oz almonds  
150g/5.3oz sugar  
150g/5.3oz butter  
Dark chocolate (to preference)

### Directions:

- Place the almonds on a baking sheet and let them toast in a preheated oven at 180 ° until lightly browned. Let them cool and transfer them, together with half of the granulated sugar, to a mixing bowl. You will have to obtain a fine and homogeneous flour.
- Collect the almonds inside the bowl of the mixer together with the flour, the cubed butter and the remaining sugar. Work the mixture at low speed until a homogeneous paste is obtained
- Give it the shape of a dough, wrap it in cling film and place in the fridge for at least 2 hours. Then, take the dough from the fridge and, with your hands, form balls about 1 cm in size. Arrange them by hand on several baking sheets lined with parchment paper, distancing them appropriately. Let them cool in the freezer for at least 1 hour.
- Then, cook the biscuits in a preheated oven at 140 ° for 15-17 mins
- Take them out of the oven and let them cool, leaving them inside the trays. In the meantime, melt the chocolate in the way you prefer and, using a teaspoon, take a small amount for each biscuit. Let the chocolate solidify and the baci di dama are ready to be served!

**Recommended wine:** Cocchi Spumante d'Asti





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Puglia region in Italy, rendered in a light orange color. The map is composed of numerous horizontal lines of varying lengths, creating a textured, layered effect. The word "Puglia" is written in a bold, white, sans-serif font, centered over the map.

**Puglia**



# Puglia

*Bar ie u cor do s mangn r strascnat cu pmdor*

**Puglia**, also known as Apulia, is the most southeastern region, occupying the **'heel'** of the **'boot'** of Italy.

Across the **Ionian Sea** to the east lies Greece and across the Adriatic lies Albania.

Puglia is the least mountainous region of Italy, consisting of broad plains and low-lying hills. The only mountainous areas, the **Gargano** promontory and the **Dauni** mountains, do not exceed 1,150 metres and are in the north of the region.

The **Tremeti Islands**, in the Adriatic, are also a part of Puglia.

Puglia lies between two beautiful coastlines

There are miles and miles of **unspoilt beaches**, spectacular cliffs and rocky coves.





## Curiosities & Useful Hints

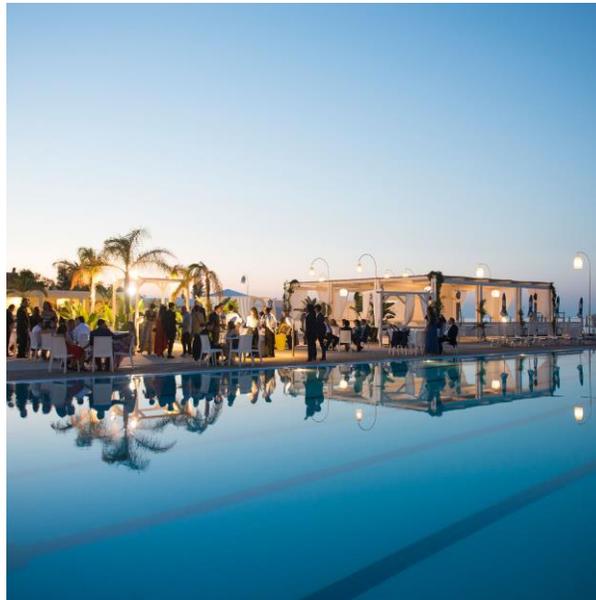
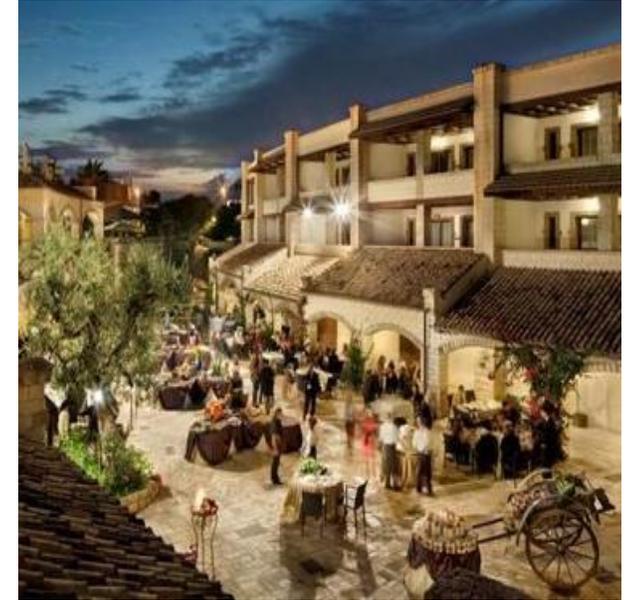
- ❖ Puglia is located right on the heel of the Italian boot and has two different seas – Mar Adriatico and Mar Ionio
- ❖ The region is home to over 50 million olive trees and many of them are centuries year old – the people of the region had to enact laws to deter people from digging up the trees and plant them in their land – it is still illegal to this day! Puglia is responsible for 60% of the olive oil produced in Italy
- ❖ Apulian cuisine is on the UNESCO World Heritage Site
- ❖ The famous Appian Way that starts in Rome actually finishes in Puglia – you can visit the site
- ❖ You cannot leave Puglia before tasting the famous Orecchiette pasta!
- ❖ Egnazia is home to archeological ruins and a museum filled with artifacts from graves of Greek and Messapii people.
- ❖ Tarantella, typical dance, has said to be originally from Taranto
- ❖ There are three UNESCO World Heritage Sites in Puglia, the most famous is Alberobello
- ❖ Lecce, is nicknamed the 'Florence of the South', due to all the Roman ruins and Baroque architecture
- ❖ Main cities: Bari (regional capital), Brindisi, Foggia, Lecce and Taranto, Barletta-Andria-Trani





## Apulia in numbers

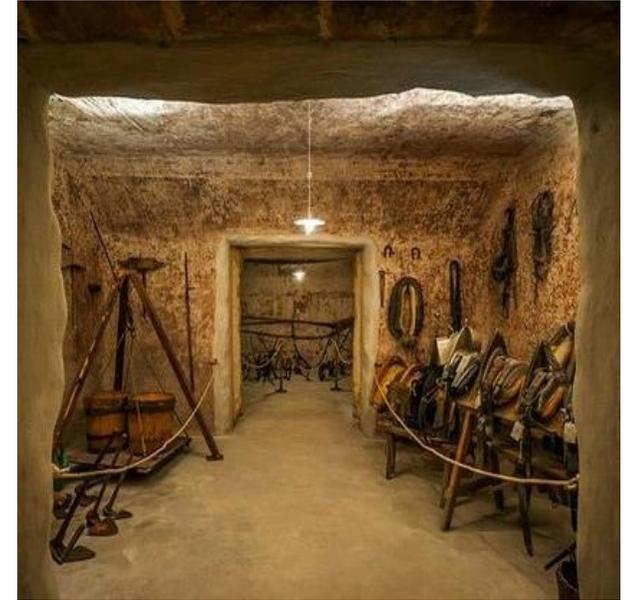
- ❖ Distances: **Bari Airport** – Bari city centre approx. 30 minutes  
**Brindisi Airport** – Brindisi city centre approx. 15 minutes  
**Taranto Airport** – Taranto city centre approx. 25 minutes
- ❖ Largest room number in Puglia in one property – **789 rooms** in Castellaneta Marina
- ❖ Largest conference centre in Puglia – **24 meeting rooms** and **4000** people in **Bari Congress Centre**
- ❖ Largest room number in Bari in one property only, chief town in Puglia – **220 rooms**
- ❖ **Gala Venues** – many gala venues available largest can accommodate up to 400 people seated
- ❖ **463** meeting rooms available in the whole region.





## What to do in Apulia

- ❖ Boat trips – different kind of boats available
- ❖ Tour of the old town of Bari
- ❖ Cooking classes in typical Masseria
- ❖ Visit to beautiful villages such as Alberobello, Locorotondo, and the not so far Matera located in Basilicata Region
- ❖ Bike tours in various locations of the Region, electric bikes available too
- ❖ Dinner in the famous caves of Polignano a Mare
- ❖ Vintage car tours, driving along the beautiful scenery of villages and sea
- ❖ Wine tasting in Locorotondo and in local Masseria
- ❖ Olive oil tasting and lunch in Masseria
- ❖ Learning the Tarantella dance
- ❖ Tour of the home of Albano, Italian famous singer





Regione | Puglia

## Orecchiette con i broccoli

This is the dish that most strongly represents the cuisine of the region. The name "orecchiette" derives from the shape of this pasta, like a little ear (in Italian "orecchiette").



difficulty: **easy**



timing: **30 min**



cooking: **15 min**



doses: **3 people**



**lacto free**

### Ingredients:

600g/21oz cime di rape leafy broccoli  
300-350g/10.5-12oz orecchiette pasta  
1 garlic clove  
Chili powder  
Extra virgin olive oil  
Optional: pecorino cheese

### Directions:

- Rinse the broccoli thoroughly and discard any hard part
- Throw greens into a pan of salty boiling water (salt helps the greens stay green) and cook until soft (approx. roughly 5–7 mins)
- Remove leaves from pan but keep water to cook pasta
- Put oil in a frying pan with oil, add the garlic clove and fry golden
- Add the broccoli, chili powder to taste and pinch of salt and fry for 2-3 min until excess water evaporates.
- Get the broccoli water boiling, add small spoonful of oil, and cook the orecchiette as per its packet's instructions
- Drain pasta, add to frying pan along with a handful of grated cheese and mix through over a medium heat for 2 mins.

**Recommended wine:** Gravina Doc





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it





**Sardegna**



# Sardegna

*Bona die de sa Sardigna a totus!*

Sardinia is the second largest **island** in the **Mediterranean** and it is formed by a series of mountainous massifs, hills and narrow highlands.

The coasts are **jagged and rocky**, interspersed with marvellous beaches of very fine sand and countless inlets.

The seaside landscapes, especially on the **Costa Smeralda**, are among the most beautiful in the world.

Numerous small, enchanting islets are scattered in front of the coasts, like Isola della Maddalena, Isola di Carloforte and Isola Piana





## Curiosities & Useful Hints

- ❖ The name Sardinia derives from the term Sandaliotis, sandal, due to the shape similar to a foot. For the same reason the Greeks called it Ichnusa (footprint). Well, while Sandaliotis is still used today, Ichnusa is now the name of a famous Sardinian beer!
- ❖ Although it is an Island and while fishing you can catch some great species, the typical cuisine is made of meat rather than fish
- ❖ If you want to buy some great quality blue or red coral, Sardegna is the place to go as it forms naturally in the sea
- ❖ Maybe Atlantide exists and some say it is Sardegna!
- ❖ The Island has now some wonderful hotels and resorts to offer... that's why so many VIPs choose it as their summer vacation!
- ❖ Sardinian people are very interesting to scientists and genetics who research constantly to identify "the elixir of long life" – it is said that there is something in the habits, food and DNA that brings Sardinia to have a large number of centenarians!
- ❖ Sardinian people are bound by a feeling of union and respect. Despite this, there are two places in Sardinia that stand out for their strong independence: Alghero and Carloforte. In these cities the language, origins and traditions are very different from the rest of the island.
- ❖ Main cities: Cagliari is the regional capital. Other important cities are Sassari, Nuoro and Oristano





## Sardegna in numbers

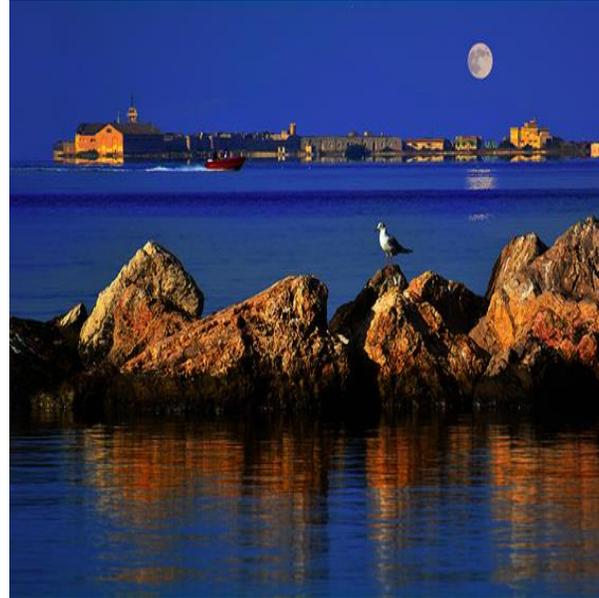
- ❖ Distances: **Cagliari Airport** – Cagliari city centre approx. 15 minutes  
**Olbia Airport** – Porto Cervo and Costa Smeralda approx. 45 minutes  
**Alghero Airport** – Alghero city centre approx. 15 minutes
- ❖ Largest room number in Sardegna in one property – **870 rooms** in Villasimius
- ❖ Largest conference centre in Sardegna – **13 meeting rooms** and **3000** people in **GeoVillage Olbia**
- ❖ Largest room number in Cagliari in one property only, chief town in Sardegna – **719 rooms**
- ❖ **Gala Venues** – different gala venues available throughout the territory, many options during the summer season with beach front locations, groups upto **1000**
- ❖ **356** meeting rooms available in the whole region.





## What to do in Sardegna

- ❖ Jeep tour in the Sardinian countryside, surrounded by the beauty of nature
- ❖ A day out, fishing with experts
- ❖ Sailing Regatta, starting from different ports of the Region
- ❖ Visit of Santa Teresa di Gallura, archeological site
- ❖ Cooking classes of the Sardinian culinary traditions
- ❖ Vintage cars in the countryside of the Island
- ❖ Tour of the Islands off Sardegna. Recommended: if staying in the North side, visit of La Maddalena. If staying in the South side, visit of Carloforte Island.
- ❖ Shopping through the city streets of coral and many other specialites
- ❖ Tours and treasure hunts on boats (from Kayak to Caicco, from fishing boats to yacht...)
- ❖ Wine tasting of the famous wines of the region
- ❖ Relaxing bike tours through the streets of Cagliari and Olbia





Regione | **Sardegna**

## Zuppa gallurese

The zuppa gallurere is a traditional sardinian dish, typical of the north east area of the island. It is a very tasty dish, preparation might seem to be a bit long but it is very easy



difficulty: **easy**



timing: **20 min**



cooking: **30 min**



doses: **6 people**

### Ingredients:

270g/9.5oz stale semolina bread  
325g/11.5oz casizolu cheese (caciocavallo cheese)  
260g/9.3oz Sardinian Pecorino cheese  
1l of sheep and lamb broth  
Black pepper to preference

### Directions:

- To make the Gallurese soup, you will first need to prepare a good meat broth with a strong taste of lamb and sheep (or buy it!)
- Cut the Casizolu cheese in half and grate it, do the same with pecorino and collect the cheeses in a bowl
- Add pepper, stir and set aside. Cut the loaf into slices about 1 cm thick
- Take a baking dish with a high edge that measures about 20x20 cm and lay the slices of bread on the bottom (no empty spaces)
- Now spread over a layer of grated cheese in order to completely cover the slices, form 4 layers in total
- Pour the broth on the last layer and make sure it soaks all of layers from the top, by pressing with hands
- Wait a couple of minutes for the broth to be absorbed, then spread the rest of the cheese over it, covering it entirely
- bake in preheated oven at 200 ° for 30 minutes, or until you will create a golden crust on the surface.

**Recommended wine:** Vermentino Sardegna





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
[requests@csevents.it](mailto:requests@csevents.it)





**Sicilia**



# Sicily

*Cu' voli puisia venga 'n Sicilia*

It is the **biggest island** in the Mediterranean, separated from the Italian peninsula by the strait of **Messina**.

The coasts offer a landscape of fascinating beauty almost everywhere; groups of marvellous smaller islands are scattered around.

The **Etna**, rising in the center of a volcanic area of Sicily, is the **highest active volcano** in Europe (3,323 meters).

The **Eolian Islands** are volcanic islands, the islands of Stromboli and Vulcano in fact are active volcanoes.





## Curiosities & Useful Hints

- ❖ Sicily has 9 UNESCO heritage sites. These are natural beauties such as the Aeolian Islands and Mount Etna, but also ancient buildings: the most known will certainly be the Valley of the Temples and the archaeological area of Agrigento
- ❖ The protected natural areas in Sicily include: 5 Regional Parks, 72 Nature Reserves and 6 Marine Protected Areas.
- ❖ It is one of the most known locations for viewing Roman and Greek temples and ruins – still very well kept, for example the Anfiteatro di Taormina and the Agrigento temples.
- ❖ In the morning, for breakfast, Sicilians eat brioche and the famous iced coffee, typical of the region
- ❖ Still to this day there is an active volcano, called Etna – it erupts many times during the year. In the Eolian Islands you will also find the famous Stromboli, you can catch some amazing pictures at night from the boat thanks to this volcano!
- ❖ You cannot leave Sicily without tasting all the amazing street food dishes, from the famous arancino to the Cannolo Siciliano
- ❖ Sicilian is a real language. Although in Italy it is considered a simple dialect, in reality, it is a subject of study in many schools and universities in the world
- ❖ Main cities in Sicily: Palermo, regional capital. Other important cities are Messina, Catania, Agrigento, Siracusa, Trapani, Ragusa, Caltanissetta and Enna





## Sicily in numbers

- ❖ Distances: **Catania Airport** – Catania city centre approx. 15 minutes  
Taormina city centre approx. 45 minutes  
**Palermo Airport** – Palermo city centre approx. 20 minutes  
**Comiso Airport** – Ragusa city centre approx. 25 minutes  
**Trapani Airport** – Trapani city centre approx. 25 minutes
- ❖ Largest room number in Sicily in one property – **686 rooms** in Scoglitti, near Ragusa
- ❖ Largest conference centre in Sicily – **4 meeting rooms** and **1200 people** in **Etna Congress centre**
- ❖ Largest room number in Palermo in one property only, chief town in Sicily – **803 rooms**
- ❖ **Gala Venues** – scattered around the whole of Sicily you will find many different and special venues, largest one for **1000 people**
- ❖ **728 meeting rooms** available in the whole region.





## What to do in Sicily

- ❖ Cruise on the Mediterranean sea for the day, mainly by typical Gulet Caicco Boats
- ❖ Tandem jump
- ❖ Pizza and Cannolo cooking classes with experts
- ❖ Excursion to the Etna Vulcano in Jeep or trekking
- ❖ Wine tasting of the wines produced nearby the Etna
- ❖ Visit of the Eolian Islands, stops in Lipari and view of the Stromboli eruptions by night
- ❖ Visit of the Ancient Greek theatre in Taormina
- ❖ Visit of Agrigento and enjoy the walk through the famous “Scala dei Turchi”
- ❖ Visit of the Egadi islands by boat
- ❖ Visit of the UNESCO site Modica
- ❖ Gourmet street food tours, tasting the specialities of the region





Regione | **Sicilia**

## Pasta alla Norma

This dish is one of the culinary symbols of the Sicilian Region. It comes from the east side of the region and it plays a big role in every home during lunches and dinners

 difficulty: **easy**

 timing: **20 min**

 cooking: **60 min**

 doses: **4 people**

### Ingredients:

320g/11.5oz Sedani rigati pasta (if not available other pasta)  
500g/17.5oz aubergines  
200g/7oz of salted ricotta cheese  
2 garlic clove  
10g/0.3oz basil  
850g/28.2oz copper tomatoes  
Olive oil and salt

### Directions:

- First take the copper tomatoes, rinse them, dry them and cut them into quarters
- In a thick-bottomed pan, pour a little olive oil and add the 2 garlic cloves, when the garlic is browned, pour the tomatoes (if you wish you can remove the garlic before) cook on low heat for 20 minutes with lid, make sure to have a smooth pulp (mash if needed). Let it cook for another 10-15 minutes.
- Chop the aubergines into small dices and fry them in olive oil at a temperature of 170°C, as they become golden, drain with a slotted spoon.
- Cook the pasta for the time indicated and add the basil into the sauce
- Once the pasta is done place it on plates, add a generous quantity of aubergines and sauce, then finish with the grated salted ricotta!

**Recommended wine:** Etna Bianco Calderara Sottana DOC





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
[requests@csevents.it](mailto:requests@csevents.it)





**Toscana**



# Toscana

*Non ti mettere in cammino se la bocca 'un sa di vino*

The region stretches over the slopes of the **Apennines**, in front of the **Tyrrhenian Sea**.

The Tuscan **landscape** is mainly mountainous and hilly, with a flat area beside the sea (the Maremma).

In front of the coast there are the small enchanting **islands** of the Tuscan archipelago.





## Curiosities & Useful Hints

- ❖ Do you know where the Italian language was born? In Tuscany of course!
- ❖ There are more UNESCO sites in Tuscany than in all of Australia or South Africa. For those looking for a cultural holiday, few places in the world have more richness than Tuscany
- ❖ The Tower of Pisa is not the only leaning tower. Believe it or not, there are other towers in Tuscany with a more or less pronounced slope including the church of San Nicola and the bell tower of the church of San Michele degli Scalzi
- ❖ Pinocchio is of Tuscan origin. Although many associate Pinocchio with the 1940 Disney movie, the original story was written by Carlo Collodi, from Florence, in 1826
- ❖ Tuscany is the European capital to Hollywood. The pure beauty and magnificence of the Tuscan countryside has served as a film set for a large number of films, including Twilight: New Moon and The Gladiator
- ❖ The Galleria degli Uffizi (Uffizi Gallery) boasts the world's largest collection of Renaissance art, largely collected by members of the Medici family during the 16th and 17th centuries.
- ❖ Don't ask the chef to make a well cooked stake... otherwise it is not a Florentine steak!
- ❖ Main cities: Florence (capital), Siena, Pisa, Arezzo, Pistoia, Lucca, Livorno Grosseto, Massa Carrara





## Tuscany in numbers

- ❖ Distances: **Florence Airport** – Florence city centre approx. 20 minutes  
**Pisa Airport** – Florence city centre approx. 1 hr and 15 minutes  
Pisa city centre 7 minutes
- ❖ Largest room number in Tuscany in one property – **430 rooms** in San Vincenzo, near Livorno
- ❖ Largest conference centre in Tuscany – **50** meeting rooms and **3500** people in **Fortezza da Basso**
- ❖ Largest room number in Florence in one property only, chief town in Tuscany – **329 rooms**
- ❖ **Gala Venues** – many options for venues, from Agriturismi located on the Tuscan hills to castles in the city centre, largest number **600** people
- ❖ **1275** meeting rooms available in the whole region.





## What to do in Tuscany

- ❖ Bike tours in the cities of Florence, Pisa and Siena
- ❖ Vintage car tour (or other cars) in the Tuscan hills ending with lunch in a local winery
- ❖ Market tour and shopping, followed by cooking class or lunch in a typical Tuscan restaurant
- ❖ Tour of the wineries and tasting
- ❖ Visit of UNESCO site San Gimignano
- ❖ Sailing on the coast of the Tuscan region
- ❖ Gourmet tour for food lovers in Florence
- ❖ Tour meeting the local artisans and learning by the experts
- ❖ Visit of the old pharmacy of Santa Maria Novella in Florence
- ❖ Hot air balloon on the Tuscan Hills
- ❖ Transfers by helicopter to the lovely villas in the Tuscan countryside





Regione | Toscana

## Pappa al pomodoro

This dish originates from Siena, it was the poor dish, prepared with the bread from the previous days. Now It is used in the winter as soup, but also in the summer, enjoying it warm!



difficulty: **easy**



timing: **15 min**



cooking: **50 min**



doses: **4 people**



**lacto free**

### Ingredients:

800g/28.2oz tomato puree sauce

300g/10.5oz stale bread

1l of vegetable broth

2 cloves of garlic

35g/1.3oz of olive oil

Pinch of sugar, salt and pepper of preference and some basil

### Directions:

- Prepare the vegetable broth and put it aside.
- Cut the bread in thin slices and place them on a baking tray, one next to the other (not on top). Then bake at 200°C for a couple of minutes
- Once taken out of the oven, leave them to cool. When warm, rub them over with the garlic
- Now take a non-stick frying pan with high sides and place the toasted bread inside. Pour the tomato puree and the vegetable broth inside so that the slices of bread are completely covered
- At this point add the sugar and cook over low heat for 40-50 minutes, to evaporate the liquid. Stir from time to time to allow uniform cooking and to reduce bread in "pappa"
- Add salt and pepper. When cooked, turn off the heat and garnish with basil leaves to give your tomato soup a fresh and intense flavor

**Recommended wine:** Poderi Arcangelo





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Trentino-Alto Adige region, rendered in a light orange color, composed of horizontal lines of varying lengths. The map is centered in the background of the image.

**Trentino Alto Adige**



# Trentino-Alto Adige

*Quando'l fioca su la foia, ve'n inverno che fa voia*

Trentino Alto Adige is situated in the very **north of Italy** bordering Austria and Switzerland, and is best known for the beauty of its peaks. This setting encloses an extraordinary variety of landscapes: magnificent mountaintops, woods, wide valleys, streams, lakes, typical villages, and the **myriad shades of nature**.

Hundreds of miles of ski slopes make this region an important tourist destination.





## Curiosities & Useful Hints

- ❖ In Trentino you will find, extended in the region, the greatest part of “Sella Ronda”, one of the most beautiful tours in Italy completely immersed in nature. The Sella Ronda is also known as the Tour of the Four Valleys.
- ❖ Pale di San Martino, located in the region, is the coldest location in Italy. In 2013 at a height of 2600 mt, it reach  $-46.5^{\circ}\text{C}$  which is one of the lowest temperatures registered in Europe. This location has won the lowest temperature record since.
- ❖ An enchanted rose garden, turquoise mountain lakes, dark woods and strange figures that inhabit them ... What opens up to visitors from South Tyrol, the land of sagas and legends, is a wonderful world.
- ❖ In South Tyrol there are numerous customs and traditions that are still preserved today. One of these is the traditional costume: linen, leather, lace and colored ribbons can not miss. A special feature: the colors and decorations are different from valley to valley.
- ❖ The mountains of the Dolomites are also known as “Monti Pallidi” (pale mountains) for their always white ridges. Of course it is one of the most beautiful mountain ranges of the world!
- ❖ If you want to relax, Trentino has some of the most amazing SPA's in Italy.
- ❖ Main cities: Trento and Bolzano. However there are several small villages which make the region one of the most enchanting destinations in Italy





## Trentino-Alto Adige in numbers

- ❖ Distances: **Bolzano Airport** – Bolzano city centre approx. 20 minutes  
**Verona Airport** – Trento city centre approx. 1 hr  
Dolomiti approx. 2 hrs
- ❖ Largest room number in Trentino-Alto Adige in one property – **254 rooms** in Riva del Garda
- ❖ Largest conference centre in Trentino-Alto Adige – **14** meeting rooms and **1700** people in **Riva del Garda Congressi**
- ❖ Largest room number in Trento in one property only, chief town in Trentino-Alto Adige – **136 rooms**
- ❖ **Gala Venues** – different gala venues available throughout the territory, including many different Castles, largest can accommodate upto **700** people
- ❖ **333** meeting rooms available in the whole region.





## What to do in Trentino-Alto Adige

- ❖ Tour of the “Sella Ronda”: during the summer by bike and the winter skiing and snowboarding
- ❖ Sky sports during the winter time in the Dolomiti
- ❖ Wine tasting of the famous wines
- ❖ Bike activities on various locations of the Region
- ❖ Trekking on Monte Baldo and in Tenella Cave
- ❖ Fun in the Jungle Adventure Park
- ❖ Rafting in Val di Sole
- ❖ Boat tours of Lake Molveno
- ❖ Kayak, sailing boats and many other watersports in many of lakes within Trentino-Alto Adige





Regione | **Trentino-Alto Adige**

## Strudel di mele

This dish really represents the territory. It is a warm and tasty dessert, great especially for the winter season, very cold in Trentino. Skiers always enjoy this dessert after a long day having fun on the slopes

 difficulty: **medium**

 timing: **10 min**

 cooking: **40 min**

 doses: **6 people**

### Ingredients:

1 puff pastry sheet  
4 apples  
30g/1oz sugar  
1 spoon of cinnamon  
15g/0.5oz pine nuts  
30g/1oz raisins  
4 spoons of rum  
1 lemon  
Icing sugar

### Directions:

- Start by soaking the raisins in the rum, leave to rest
- Peel and slice the apples trying to create similar slices, put them in a bowl and add the sugar, cinnamon, pine nuts and lemon zest
- Squeeze the previously soaked raisins and add them to the filling. Mix everything with a spoon
- Turn the oven to 180 ° C, take the puff pastry sheet and pull it to have a thin sheet, then place the apple filling created before inside, close the puff pastry well and place in the oven
- Let it cook for 30 minutes
- Let it cool and sprinkle with icing sugar

**Recommended wine:** Essenzia Dolomiti





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it





**Umbria**



# Umbria

*L'acqua fa male, lu vinu fa cantà*

The charm of **Umbria** derives from its fusion of art, nature, peace and calm, the inspirations behind its various localities that comprise **Renaissance** masterpieces and small **Medieval** towns embedded in the hills.

This region comprises mainly hills, mountains, hollows and plains and extends along the **Tiber's** central basin.

You will find Umbria right in the **heart** of our beautiful Country!





## Curiosities & Useful Hints

- ❖ Umbria is one of the 5 regions in Italy that does not have a coast line, and the only one surrounded by other Italian regions.
- ❖ 70% of the territory of Umbria is covered by vegetation, for this reason, it is named by Italians “Green heart of Italy”
- ❖ It is really complex to catalog the dialects spoken in Umbria. It seems impossible that in such a small patch of land there could be so many, yet so it is. From the Perugino to the Castellano dialect, this has always generated a remarkable and fascinating linguistic wealth!
- ❖ Ever heard of the unsalted bread? Well it comes from Umbria and its story is fascinating! After the Salt War fought in 1540, the Papal State extended its borders to Umbria. To avoid paying the tax on salt imposed by the Pope, the Perugians began to produce bread without salt. A resolute demonstration of character, which has become a habit so long-lived as to become tradition!
- ❖ Everyone knows the famous Baci Perugina chocolates, but not many knew that their first name was “cazzotti” (meaning punches) for their shape, then Gabriele d'Annunzio thought about giving them a new name: from Cazzotti to Baci. A more inviting one, don't you think?
- ❖ A huge chocolate festival takes place every year in Perugia during the month of October, it's name is Eurochocolate!
- ❖ In Umbria you will find some great quality truffle!
- ❖ Main cities: Perugia (regional capital) and Terni





## Umbria in numbers

- ❖ Distances: **Perugia Airport** – Perugia city centre approx. 20 minutes  
**Rome Fiumicino Airport** – Different location in Umbria from 1 hr and 30 min. to 2 hrs
- ❖ Largest room number in Umbria in one property – **202 rooms** in Perugia
- ❖ Largest conference centre in Umbria – **5** meeting rooms and **300** people in **Umbria Fiere Centro Turistico**
- ❖ Largest room number in Perugia in one property only, chief town in Umbria – **202 rooms**
- ❖ **Gala Venues** – different gala venues available throughout the territory, largest can accommodate upto **400** people
- ❖ **346** meeting rooms available in the whole region.





## What to do in Umbria

- ❖ Truffle hunting with experts and hunting dogs
- ❖ Trekking, mountain bike excursions and Jeep Tours
- ❖ Cooking classes
- ❖ Chocolate tasting in one of the most famous factories
- ❖ Tasting of olive oil produced in the region and wine tasting
- ❖ Rafting in the beautiful scenery of the Cascate delle Marmore
- ❖ Visit of the Medieval towns that make Umbria such a unique place and its UNESCO heritage
- ❖ Shopping of the well known Cashmere world from Umbria
- ❖ Visit of the ceramic shops and artisans
- ❖ Yoga and Spa treatments surrounded by the green valleys





Regione | **Umbria**

## Torta al Formaggio

This dish represents the Umbria territory, it is inherited from mother to daughter still today. This recipe is most used during the Easter time, in the morning, as Easter breakfast is a big tradition for Italians.

 difficulty: **very easy**

 timing: **10 min**

 cooking: **40/45 min**

 doses: **1 medium cake**

### Ingredients:

500g/17.5 oz self rising flour  
50g/1.5 oz roman pecorino cheese  
100g/3.5 oz butter  
8-10g/0.3 oz salt  
5 eggs  
200 g/7oz parmesan  
100g/3.5oz gruyere  
100ml milk  
Butter and flour for the molds

### Directions:

- First melt the butter and leave to cool
- Beat the eggs with a whisk until they are foamy
- Continue to stir and add the following ingredients in the order given: grated cheeses, butter, salt, milk and finally flour. Stir until the dough is smooth and homogeneous
- Butter and flour the mold, shake off the excess flour.
- Then place the mixture in the mold. At this point, cut the gruyere cheese and stick it into the dough being careful not to put it too close to the edges to prevent it from sticking.
- Cover with a cloth and let rest until doubled in volume (3 hours)
- Bake it in a hot oven at 200 ° and after 15 minutes cover with aluminum foil. Continue cooking this way for another 30 minutes. Remove from the oven and let cool.

**Recommended wine:** Menfi Rosso





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it



A stylized map of the Veneto region in Italy, composed of horizontal lines of varying lengths and colors (orange and white) that form the outline of the region. The map is centered on the page.

**Veneto**



# Veneto

*Do femene e na séola fa un marcà*

The region includes the eastern part of the **Po valley** and, to the north, a part of the Dolomites.

The extensive plain, with the Po delta, is rich in waters.

It is a region which combines two different and unique aspects of the Italian nature: the **lagoon** zone (Venice) and the majestic peaks of the **Dolomites of Cadore**, with their reddish spires at sunset.

Yet all of the Veneto, a region with a thousand different faces, is the custodian of **natural, artistic, and traditional treasures**





## Curiosities & Useful Hints

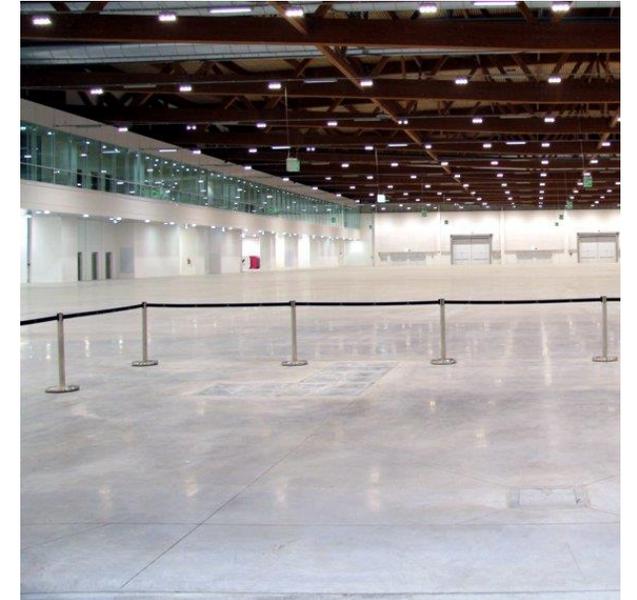
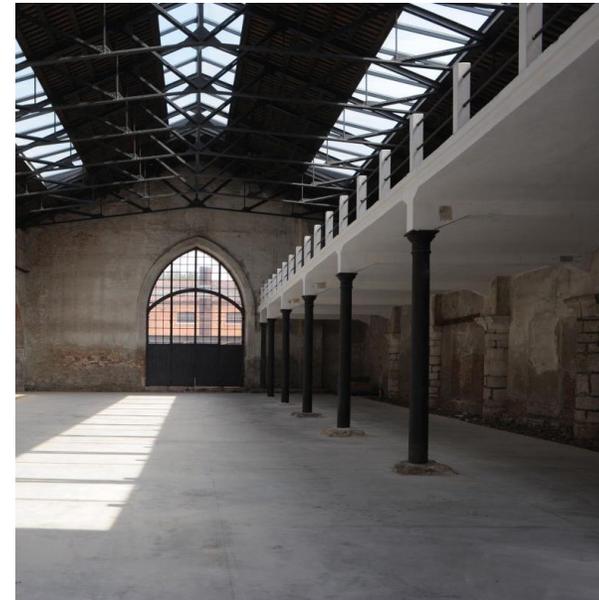
- ❖ The Venetian dialect is widely spoken by people of any generation. Very often it is the real mother language, being the first language spoken inside families. Thus most Veneto people are “bilingual”
- ❖ Famous people from the Veneto include (chronologically): the Roman historian Livy, the merchant traveller Marco Polo, the Renaissance painter Andrea Mantegna, the architect Andrea Palladio, the Renaissance painters Titian and Tintoretto, the navigator and explorer John Cabot, the inventor of the piano Bartolomeo Cristofori, the composer Antonio Vivaldi, the adventurer and author Giacomo Casanova, the sculptor Antonio Canova,
- ❖ Italy is known as a gourmet country and the choice is unlimited. But this region is home to a very unconventional culinary experience which you can live in the “Osteria senz’Oste” (literally restaurant without hosts. Located in a picture-perfect and exceptionally pretty 19th century farmhouse in the area of prosecco, with amazing views , this restaurant offers a very unique dining experience without any chefs or waiters present!. Come and discover it....
- ❖ Padua is the home of one of the oldest universities in Europe, founded in the 13th century. It was here that Dante and Tasso studied and later, during the university’s peak, Galileo lectured
- ❖ The Verona Theatre is perhaps the best preserved Roman amphitheater left in the world, and it still sees plenty of international artists, operas and ballet performances each year
- ❖ The provinces of the region are: Venice (regional capital), Belluno, Padova, Rovigo, Treviso, Verona and Vicenza





## Veneto in numbers

- ❖ Distances: **Venice Airport** – Venice city centre approx. 30 min  
**Verona Airport** – Verona city centre approx. 30 min
- ❖ Largest room number in the region in one property – **379 rooms** in Venice
- ❖ Largest conference centre in Veneto – **21 meeting rooms** and **9000** people in **Vicenza**
- ❖ Largest room number in **Venice** in one property only, chief town in the region – **379 rooms**
- ❖ **Gala Venues** – there are several private venues and historical mansions which can be rented for gala dinner – the largest can accommodate up to 1000 people seated
- ❖ **1329** meeting rooms available in the whole region.





## What to do in Veneto

- ❖ Assist at least once to the “Flight of the Colombina” which opens Venice Carnival
- ❖ Romeo & Juliet – if Shakespeare chose Verona, there must have been a reason
- ❖ Giotto vices and virtues in the Scrovegni Chapel in Padova
- ❖ The history of perfumes in a very exclusive class at Palazzo Mocenigo
- ❖ Tea with the countesses: doors of private palaces will be open for your guests for a full immersion in the true venetian life
- ❖ Squero: getting on a gondola can be very easy. But do you know how it is built?
- ❖ There is more beside the 3 main islands of the Lagoon; let's discover the less known ones (by bike in St. Erasmo, wine tasting in Mazzorbo and sun setting in Pellestrina)
- ❖ Visit one of the several UNESCO World Heritage sites in Veneto
- ❖ On the trails of Prosecco - from Bardolino to Pramaggiore, from Conegliano to the other areas that have become known for their wine production, stopping at the wineries to taste excellent wines and typical products.





## Risi e bisi

*Risi e bisi*, which simply means rice and peas in the Venetian dialect, is the most famous of all risotti from the region. In the days of the Venetian Republic, it was served before the Doge on 25 April, the feast of Saint Mark and Venetian national day



difficulty: **easy**



timing: **30 min**



cooking: **40 min**



doses: **4 people**

### Ingredients:

60g butter  
1lt 300 ml vegetable stock  
1 kg small peas  
50g bacon  
1 onion  
350g rice (preferably vialone nano)  
40g grated parmesan  
Salt and pepper to taste

### Directions:

- Put half of the butter in a pan and add the thinly sliced onion. Cook at low heat for 15 min and then add the bacon (cut in small pieces)
- Let it go for a couple of minutes and then add the peas, a spoon of oil and a couple of ladle of vegetable stock and let it simmer for 5 min
- Add the rest of the vegetable stock, the rice and let it cook for approximately 20 minutes (it has to have the consistency of a soup but with not so much broth)
- Remove it from the heat, add the rest of the butter, the grated parmesan and serve it very hot

**Recommended wine:** Prosecco di Vado di Biadene





# Contact

**CS Events**

**Italy Office headquarter**

Via della Marrana, 8 - 00181 Rome  
+ 39 06 92091004  
requests@csevents.it

