

SENSI E DILETTI

WELLNESS WINE TRAVEL

VALPOLICELLA IMMERSION

Valpolicella is a place of stunning natural beauty with a thriving artistic and cultural scene. Wine has been produced in the area for over two thousands years and the local cuisine had developed with it, hand in hand. This wine region is made of a band of gentle hills, squeezed between the imposing Alpine chain to the north and the alluvial plain of the Po River to the south. Ancient dry walls, steep vineyards, olive groves, and cherry trees dominate the landscape of this corner of Northern Italy and will provide you with an unforgettable sensorial experience.



We will leave at mid-morning and head to an historic trattoria, tucked into the side of a hill in the heart of the Valpolicella Classica wine region. Here our dear friend, Chef Davide, will show you how to make and roll the perfect sheet of pasta from mere eggs and flour. Davide and his family have been rolling multiple sheets of pasta by hand ("elbow grease is the way", he likes to say) every single day since the early 1900's. At the conclusion of your cooking course, you'll sit down, relax and taste their traditional menu, paired with wines of the territory. Stefano will be making a presentation on the region and its ancient enological heritage. After that, we'll take you to visit a local winery where we'll dive deeper into the wine heritage of the region. By the end of the day you'll be comfortable at understanding the many wine styles of the region and pairing them with the appropriate cuisine.

We would be happy to propose additional adventures upon request.

Price start at Euro 450 per person. It is possible to provide private transportation for an additional cost.

Sensi e Diletti is Italian for "senses and delights." It was founded in 2015 by long time Yoga instructor and Boston native, Sarah Sturges, and her husband, Certified Sommelier and Verona native, Stefano Zanoncello.