

Oldways Liguria Culinaria With Homemade's Chef Joel Gamoran

May 10-17, 2027



Monday, May 10, 2027: Benvenuto!

All day Arrival and check-in at the Excelsior Palace Hotel in Rapallo

Take time to unpack, nap, have lunch, visit the hotel's spa, or take a walk and explore the town of Rapallo.

6:30 Welcome with a Wine and Cheese Tasting and Dinner

We'll meet at the hotel for a Welcome Session and special Ligurian wine tasting and raw milk cheese tasting with Guido Porrati of Parla come Mangi in Rapallo. Following the wine tasting we'll have a Welcome Dinner, looking out over the Bay of Rapallo.

Tuesday, May 11, 2027: Portofino and the Hills

7:00-8:30 Breakfast Buffet at the Excelsior Palace Hotel

9:00 Guided Tour of Portofino

Our guide will meet us in the hotel lobby and we'll start in with a guided tour of the nearby, incredibly picturesque village of Portofino. It's a fishing village, but mostly it is known as a resort frequented by celebrities and artists.

10:30 Cooking Demonstration & Lunch at Trattoria LaBrinca in Ne

Then we'll depart for the mountains and a cooking demonstration and lunch at Trattoria LaBrinca in the village of Ne. With Joel Gamoran, the chefs of LaBrinca will demonstrate several traditional dishes of Liguria. After lunch, we'll return to the Excelsior Palace for some free time.

Wednesday, May 12, 2027: Cinque Terre

7:00-8:30 Breakfast Buffet at the Excelsior Palace Hotel

9:00 Boat trip to the Cinque Terre (Five Lands)

We'll meet our guide to walk to the Rapallo harbor to board our private motorboat and sail past the Portofino Peninsula en route to the Cinque Terre and the village of Vernazza, one of the five towns of the Cinque Terre. We'll have time for a tour of the town and you'll also have time on your own for coffee and shopping.

1:00 Lunch at Ristorante Belforte

Our seafood lunch at Ristorante Belforte (meaning "place of loud screams") will feature a glorious view of the sea.

3:15 Motor to Sestri Levante and a visit to Chiavari

We'll reboard our boat to motor to the village of Sestri Levante and then take a bus to the town of Chiavari. In Chiavari we'll visit the well-known Ligurian artisans making corzetti pasta stamps, where you'll be able to buy a corzetti stamp with your own initials.

Evening Dinner on your own

You'll have a free evening for dinner on your own in Rapallo, Portofino or Santa Margherita Ligure.

Thursday, May 13, 2027: Genoa and San Remo

7:00-8:30 Breakfast Buffet at the Excelsior Palace

Hotel and check-out of the Excelsior Palace Hotel

9:00 Cultural and Food Tour in Genoa

After our check out of the Excelsior Palace Hotel, we'll depart for Genoa, just 35 minutes away. We'll enjoy a tour of Genoa – both cultural and food!

1:00 Lunch at Il Cadraio

While we're in Genoa we'll also enjoy lunch at Il Cadraio, a classic restaurant in the old city, very close to the museums. After lunch we'll depart for San Remo!

3:00 Depart for San Remo and check-in at the Royal Hotel San Remo

After lunch, we'll leave for San Remo and check-in at the beautiful Royal Hotel San Remo. You'll have time to unpack and take a passeggiata before our dinner

8:00 Dinner at the Royal Hotel San Remo

Our dinner tonight will celebrate the extra virgin olive oil of Liguria, and we'll also learn more about Ligurian and Tuscan wines with a tasting during each course from the Royal's Sommelier.

Friday, May 14, 2027: The Valle Argentina

7:00-8:00 Breakfast Buffet at the Royal Hotel San Remo

8:30 Depart for the Valle Argentina

Today we will travel up into the Valle Argentina for a day exploring the traditional foods of this beautiful part of Liguria.

9:45 Triora: Food and Witches

First, we will travel to Triora at the top of the Valle Argentina, along with our guide. Triora is a medieval village known for its bread and its haunted past (the witch trials of the 16th century). We'll divide the group into two, with one group first enjoying a tasting of bread, cheese, marmalade, and other specialties of the Valle, while the other half of the group will have a guided tour and time to visit the Witch Museum and wander the narrow streets of the old town. Then we'll switch so everyone has a chance to taste and to experience the witch culture!

11:30 Depart for Badalucco and Roi Frantoio

We'll then drive back down the valley into the very special town of Badalucco to visit one of Oldways' favorite olive oil producers—the Boeri family of Roi Frantoio. We'll learn from Franco, Rossella and Paolo Boeri about their production of extra virgin olive oil, and have a tasting of their sweet Ligurian oils.

1:30 Lunch at Le Macine del Confluente

We'll then make a short drive to lunch at Le Macine del Confluente, an agriturismo in an old mill, featuring an amazing array of regional dishes.

3:30 Return to San Remo

After lunch, we'll return to San Remo and the Royal Hotel, so you'll have free time for rest, exploration or shopping, before dinner.

8:00 San Remo Local Dinner on your own

See restaurant suggestions in our program book.

Saturday, May 15, 2027: Joel's Cooking Class!**7:00-9:00 Breakfast Buffet at the Royal Hotel San Remo****9:00 Depart for a San Remo Market Tour****11:00 Joel's Cooking Class**

We'll leave from the market to go to Joel's Cooking Class. After the class and lunch, you'll have free time for rest, shopping, exercise or whatever you choose.

Evening Dinner on your own or at a la carte at Paolo e Barbara

Paolo e Barbara is a 1-star Michelin restaurant known for its a real passion for local ingredients and regional specialties.

Sunday, May 16, 2027: Options!

7:00-8:30 Breakfast Buffet at the Royal Hotel San Remo

All Day Special Tours

Participants attend the tour previously chosen.

Day Trip to Monaco

We'll leave the hotel for the drive to Monaco. First, with our guide we'll visit the market of Condamine, a wide esplanade in the heart of the city, that every morning is overtaken by the food market. Then we'll see the Cathedral where Grace Kelly married Prince Rainier III in 1956 and the Prince's Palace, where Prince Albert II and his family now live. Every day, at exactly 11:55 am, there is the changing of the guard of the Gendarmerie. We'll have a Monaguesque lunch and free time in Montecarlo before returning to San Remo.

Art-focused Day of Medieval and Renaissance Painting in Western Liguria

With our guide we'll drive along the Nervia Valley, and visit Pigna, where we'll discover the gothic church of San Michele, which houses a masterpiece from the year 1500, made by the Piedmontese painter Giovanni Canavesio. We'll walk back to the bus through the narrow alleyways of the historical centre, and then drive to the medieval village of Apricale, to visit the baroque chapel of St Bartholomew (painting on wood from 1544) and the church Santa Maria degli Angeli (frescoes from 15th to 18th century). After a stop for lunch in Apricale, we'll stop in the beautiful village of Dolceacqua to see its Baroque parish church hides an important work of Ludovico Brea depicting Saint Devote, patron saint of Monaco (1515).

A Day in San Remo on your own

For those who want a day to rest and relax, it's easy to enjoy a day at the Royal!

Evening Final Dinner

We'll meet and take a short walk to our final dinner, held at a favorite restaurant of many locals, as well as some well-known chefs.

Monday, May 17, 2027: Arrivederci!

Morning Breakfast Buffet at the Royal Hotel San Remo

Departures for the US or additional travels.