

Savor Italy: Parma to Naples with 2foodtrippers



trip highlights

Cook, Taste, and Wander with 2FoodTrippers, sharing their insider food stories and favourite finds.

Visit Parmigiano Reggiano and Parma Ham producers and taste Italy's most famous exports straight from the source.

Discover the aged balsamic treasures of Modena and the vibrant food markets of Bologna.

Feast your way through Naples on a Pizza Crawl that celebrates the birthplace of Italy's most iconic dish.

Visit a traditional buffalo mozzarella farm and enjoy a tasting before heading to Mount Vesuvius for a winery lunch and volcanic wine tasting.

Experience Italy's food culture from north to south, guided by experts who live for flavour.



Trip Duration	6 days	Trip Code: SOG9571
Grade	Adventure touring	
Summary	hotels	

welcome to World Expeditions

Thank you for your interest in our Savor Italy: Parma to Naples with 2foodtrippers trip. At World Expeditions Schools we are passionate about sharing our experience in providing off the beaten track experiences and the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty, with students and young adults as you prepare yourself for life's challenges ahead. We are also committed to making sure that our range of unique itineraries are well researched, affordable and tailored for the enjoyment of our small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. We hope you will join us on this life changing experience, in the meantime join our community at Facebook.com/WorldYouthAdventures

why travel with World Expeditions?

At UTracks, it's all about u + the tracks you want to explore, be it walking the scenic tracks of the Austrian Alps, a leisurely cycle along the backroads of Tuscany, or trekking the famous Compostela Trail. We are specialists in active walking, cycling, barge & bike, walk or cycle and sail, winter trekking and snowshoeing tours throughout Europe and Morocco, with creative itineraries that feature the best of each region at the greatest possible value to you. There are more than 200 different self guided and small group guided itineraries on offer, lasting as few as four days or as many as 15 days throughout France, Germany, Portugal, Iceland, Switzerland, Austria, Hungary, Croatia, Slovenia, England, Romania, Belgium, Czech Republic, Holland, Spain, Bulgaria, Slovakia, Greece, Turkey, Sweden, Montenegro, Italy, Scotland, Ireland and Morocco. The physical demands of the tours range from introductory to challenging - yet all offer unique opportunities to discover the 'untrodden' Europe, spanning postcard landscapes, centuries-old culture, rural lifestyles and tempting culinary delights. In short, they're flexible, unique adventures of 'undiscovered' corners that offer you a great deal of independence yet provide support when you need it. Best of all, they start on virtually any day of the week, so you can combine any tour to create exactly the holiday you want. Compare the price and you will see that we offer great value active programs that are virtually all-inclusive, giving you more time to enjoy the wonders you've come to experience.



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the trip

Join renowned food and travel bloggers Daryl and Mindi Hirsch – the duo behind 2FoodTrippers – on an unforgettable six-day culinary adventure through Italy. From the artisanal cheese and ham producers of Parma to the street markets of Bologna and the legendary pizza of Naples, this journey celebrates Italy's most iconic regional flavours.

Together with 2FoodTrippers, you'll explore Italy's diverse food landscapes, meet passionate local producers, and taste your way through the country's culinary heartland ending beneath the slopes of Mount Vesuvius with wine, mozzarella, and southern Italian hospitality.

what you will learn

A World Youth Adventure is a unique learning experience. Students will gain an understanding of what it is like to be a true global citizen and how they can help encourage positive change. Students travelling on the Mac Robertson Girls School Italy Experience will come away from the journey with:

- an appreciation and tolerance of other cultures and a broader mind,
- the confidence to lead a group and make decisions,
- the skills of managing a project, setting and meeting objectives,
- the value of working together as a cohesive team to achieve a common objective,
- the ability to face mental and physical challenges,
- the ability to adapt to new environments outside of their 'comfort zone',
- to appreciate and care for the natural environment,
- build strong friendships and bonds with their peers and also the people of their host community

at a glance

DAY 1	BENVENUTI IN ITALIA: ARRIVAL IN PARMA
DAY 2	FROM PARMIGIANO TO PROSCIUTTO: A TASTE OF PARMA
DAY 3	PARMA TO BOLOGNA VIA MODENA: BALSAMIC & MARKET DELIGHTS
DAY 4	TRAVEL TO NAPLES & NEAPOLITAN PIZZA TOUR
DAY 5	BUFFALO MOZZARELLA & MOUNT VESUVIUS WINE TASTING
DAY 6	OPTIONAL ADD-ON: EXTRA DAY IN NAPLES (NOT INCLUDED IN BASE ITINERARY)
DAY 7	DEPARTURE FROM NAPLES

what's included

- 5 nights comfortable accommodation in centrally located 4-star hotels
- Daily hot buffet breakfasts
- Welcome dinner in Parma with aperitivo
- Guided food tastings and tours, including:
- Parmigiano Reggiano cheese factory visit and tasting
- Parma ham factory tour and tasting
- Traditional balsamic vinegar tour in Modena
- Bologna market walking tour with tastings
- Pizza crawl and tasting tour in Naples
- Wine tasting and 3-course lunch at a Winery
- Private air-conditioned coach transfers throughout as per itinerary
- High-speed train Bologna–Naples (2nd class ticket)
- English-speaking local assistants and guides
- Whisper headsets for the duration of the tour

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trip dates

2027 06 Jun - 11 Jun

important notes

BP - Base Price

S - Surcharge

fast facts

Countries Visited:

Italy

Visas:

Please check visa requirements with your reservations consultant*

Singles:

Solo travellers must pay for their own room on this departure.

*Ask our staff for more information

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

→ Arrival and departure airport transfers

what's not included

- Any drinks during meals
- Items of a personal nature
- Travel insurance - mandatory
- Tips and gratuities
- Visa if required
- meals not mentioned
- portorage
- optional day in Naples

detailed itinerary

DAY 1 Benvenuti in Italia: Arrival in Parma

Upon arrival at Bologna Airport, you will be met by a local English-speaking assistant and transferred by private coach to the elegant city of Parma, renowned throughout Italy for its rich culinary heritage. After checking in to your hotel, enjoy some free time to settle in, relax, or begin exploring Parma's charming historic centre at your own pace.

This evening, gather with your fellow travellers for a welcome dinner at a local restaurant. Enjoy a traditional aperitivo followed by a delicious three-course meal, providing the perfect introduction to the flavours and gastronomic traditions that make this region famous worldwide.

Accommodation: Novotel Parma Centro (or similar)

Included: Airport transfer, welcome aperitivo, 3-course welcome dinner

meals: D

DAY 2 From Parmigiano to Prosciutto: A Taste of Parma

After breakfast, embark on a full-day culinary journey through the countryside surrounding Parma. Your first stop is a traditional Parmigiano Reggiano cheese factory, where you will discover the centuries-old methods used to produce Italy's most celebrated cheese. Learn about every stage of production before enjoying a tasting of authentic Parmigiano Reggiano.

Continue to a renowned Parma ham producer, where you will gain insight into the careful curing process that has made Prosciutto di Parma famous around the world. Conclude your visit with a tasting of this regional delicacy before returning to Parma. The remainder of the evening is yours to enjoy at leisure.

Accommodation: Novotel Parma Centro (or similar)

Included: Breakfast, Parmigiano Reggiano factory tour and tasting, Parma ham factory tour and tasting, private transportation

meals: B

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DAY 3 Parma to Bologna via Modena: Balsamic & Market Delights

Following breakfast and check-out, travel towards Bologna, stopping in Modena along the way. Here, visit a traditional acetaia to learn about the meticulous ageing process behind authentic balsamic vinegar. Discover the history and craftsmanship involved before enjoying a tasting of this treasured regional specialty.

Upon arrival in Bologna, check in to your hotel before setting out on a guided food-focused walking tour through the city's historic centre and vibrant markets. Explore the famous Quadrilatero district while sampling a variety of local delicacies and learning about Bologna's reputation as one of Italy's culinary capitals.

Accommodation: Mercure Bologna Centro (or similar)

Included: Breakfast, balsamic vinegar tour and tasting, Bologna market food tour with tastings, private transportation

meals: B

DAY 4 Travel to Naples & Neapolitan Pizza Tour

This morning, board a high-speed train to Naples, the birthplace of pizza and one of Italy's most vibrant cities. Upon arrival, transfer to your hotel and enjoy some time to settle in before embarking on an unforgettable culinary experience.

This evening, join a guided pizza crawl through Naples, visiting some of the city's most iconic pizzerias. Learn about the history of Neapolitan pizza while sampling a variety of authentic creations from several renowned establishments. This delicious experience offers a true taste of one of Italy's most beloved culinary traditions.

Accommodation: UNAHOTELS Napoli (or similar)

Included: Breakfast, train from Bologna to Naples, pizza tasting tour, transfers

meals: B,D

DAY 5 Buffalo Mozzarella & Mount Vesuvius Wine Tasting

Today, venture into the Campania countryside for a day dedicated to two of the region's most celebrated products. Begin with a visit to a traditional buffalo mozzarella farm, where you will learn how this famous cheese is crafted using time-honoured methods. Enjoy a tasting of fresh buffalo mozzarella while gaining insight into local agricultural traditions.

Later, continue to a winery situated on the slopes of Mount Vesuvius. Here, discover the unique volcanic terroir that shapes the region's distinctive wines. Enjoy a guided wine tasting accompanied by a two-course lunch while taking in spectacular views of the surrounding landscape.

Return to Naples in the afternoon, with the evening free to explore at your leisure.

Accommodation: UNAHOTELS Napoli (or similar)

Included: Breakfast, buffalo mozzarella farm visit and tasting, winery visit, wine tasting, 2-course lunch, private transportation

meals: B,L

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DAY 6 Optional Add-On: Extra Day in Naples (Not Included in Base Itinerary)

This additional day in Naples is not included in the standard itinerary and is available as an optional add-on for travellers wishing to extend their stay and explore the city at their own pace.

If you'd like this extension the price per person in a twin room is: 310 USD and 580 USD per person in a single room.

Overnight: UNAHOTELS Napoli (or similar)

meals: B

DAY 7 Departure from Naples

Enjoy your final hot buffet breakfast before checking out. A private coach will transfer you comfortably to Naples Airport for your onward journey. As your Italian culinary adventure comes to a close, take with you the flavours, aromas, and memories of an unforgettable exploration from Parma to Naples.

Meals: Breakfast

End of Services

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

equipment required

A comprehensive gear list is included in the pre-departure information provided on booking.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

****IMPORTANT NOTE****

The introduction of the ETIAS has been delayed indefinitely. No action is required from travellers at this point.

The European Union will inform about the specific date for the start of ETIAS several months prior to its launch.

see https://travel-europe.europa.eu/etias_en

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Until then, visas not required for citizens of Australia, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries (see https://home-affairs.ec.europa.eu/policies/schengen-borders-and-visa/visa-policy_en . Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. However long stay visas are unlikely to be issued unless there is a valid reason (eg. studying in country). Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.