



**CATHLEEN
MURAKAMI**

Magnificent May in Piedmont
May 7 - 14, 2023
A Culinary, Fitness, & Wine Experience
With Cathie Murakami & Chef Gino

INCLUDED:

Pick up/Drop Off from Asti Train station
Private accommodation with private shower at Villa Susti
Use of all facilities at Villa Susti (sauna, indoor cold plunge, outdoor jacuzzi, outdoor pool, 10-speed bike, indoor gym w/ treadmill, stationary bike, rowing machine, free weights, showers)
All Meals in Restaurants (coffee bar, lunches, dinners)
All meals at Villa Susti
All Culinary Lessons with Chef Gino (2-3)
All Fitness Classes with Cathie (daily or as scheduled)
All wine consumed at Villa Susti
All entry fees for outings
All wine tastings at local cantinas
All outings to local markets
All transportation to/from tastings, restaurants or outings
Cheese Tasting Experience

NOT INCLUDED:

Flight to/from Italy
All personally consumed wine in Restaurants
E-Bike Tour (optional)
Costs incurred on "free" day (one day you are on your own to tour or rest)

MAXIMUM PARTICIPANTS: 10

MINIMUM PARTICIPANTS: 6

FEE:

\$5150/PP Double occupancy
\$5650/PP Single occupancy

Payment in full via snail mail check or Venmo to confirm your reservation

TRAVEL INSURANCE:

We highly recommend you purchase your own travel insurance as well as purchase flights that are refundable.

CANCELLATION POLICY:

60 days prior (cancel on or before March 7, 2023)

50% fee refunded minus a \$250 admin charge (per person)
Remaining balance rolled over to be applied to a trip within one year from original reservation
Should no trip occur within one year, the remainder of the balance will be refunded in full.

30 days prior (on or before April 7, 2024)

NO Refund.
Balance is rolled over to be applied to a trip within one year from original reservation
Should no trip occur within one year, the remainder of the balance will be refunded in full.

Should we be able to replace your spot with a full board guest paying the same amount we are happy to refund your fee minus a \$250 admin fee per person

All cancellations must be made via phone call to me directly.

*Trips occur approximately in late October/early November and late April/early May bi-annually subject to Villa availability

Should a scheduled trip NOT occur that you have paid for due to an emergency on our end or not meeting the minimum number of participants, we will refund any money paid to us in full.

NEAREST MAJOR AIRPORT:

Turin

Take the local train from Porto Nuovo (main Turin station) to Asti where we pick you up
Our location is Agliano Terme approximately 14 km from Asti

OPTION

Milan

There are two airports near Milan: Malpensa (closer in train access), and Linate
Often, there are more frequent flights to Milan than Turin, so check for your convenience.

Malpensa has a direct train to Milano Centrale (central train station of Milan) for easy transfer to Turin via train

RECOMMENDED:

Download the app “Trainline” for easy purchase of train tickets and schedules (45 countries in Europe and Asia!!)

CHECK IN to Villa Sushi:

Sunday, May 7 after 2 pm

CHECK OUT of Villa Sushi:

Sunday, May 14, by 11 am

ARRIVAL PICK UP:

Keep us informed of your arrival time to Asti station and we will pick you up from there after 2 pm. PLEASE arrive no later than 5pm to settle in at the Villa and join us for our first evening!

DEPARTURE DROP OFF:

Please arrange your departure by 11 am. We will drop you at the Asti train station. Should your travel plans require you to depart Villa Suste before 8 am, we will help you arrange for taxi service (fee not included)

DAILY ACTIVITY:

Details about daily program will come after our group has formed as each week is “customized” to the orientation of each group. “Free” day usually is Wednesday or Thursday.

However a typical day may look something like the following:

8am breakfast on your own or Group Exercise Class

9:30/10 am Depart for Wine Tasting or Village Coffee Walk

1 pm Lunch out in town

3:30 pm return to Villa

4-5 pm Rest, jacuzzi, or....?

5:30 Cooking Class

7:30/8 pm Dinner together

Days (and tummies) will be very full!

Due to our location being in Europe and occasional logistics are out of our control, we ask that you take a Rick Steve’s attitude* and be fluid about our days and order of events. :-)

We do our best to keep our integrity and stay with our programming outline
*i.e. we appreciate your fluid attitude
Any and all whining will be given extra cheese....;-)