



Cathleen
Murakami

Magnificent May in Piedmont
May 18-25, 2025
A Culinary, Food, Fitness, & Wine Experience
With Cathleen Murakami & Chef Gino

INCLUDED:

Pick up/Drop Off from Asti Train station
Private accommodation with private shower
All Meals in Restaurants (coffee bar, lunches, dinners)*
All meals at "Villa in the Vineyard"
All Culinary Lessons with Chef Gino
All Fitness Classes with Cathie (daily or as scheduled)
All wine consumed at "Villa in the Vineyard"
All entry fees for any outings
All wine tastings at local cantinas
All outings to local markets
All transportation to/from tastings, restaurants or outings
Cheese Tasting Experience
*wine included at restaurants ordered by host

NOT INCLUDED:

Flight to/from Italy
E Bike Tour (optional)
All costs incurred on "free" day (one day you are on your own to tour or rest)
Any damages caused to the property during your stay will be the responsibility of the guest who caused the damage. This includes costs for repairs, replacements, or additional cleaning required as a result of damage beyond normal wear and tear.

MAXIMUM PARTICIPANTS: 9

MINIMUM PARTICIPANTS: 6

***FEE:**

\$5250/PP Double occupancy (couple sharing one bed)
\$5250/\$4950 Shared Double occupancy (1 Queen/1 XL Twin)
\$5750/PP Single occupancy
\$5550/ Single occupancy (private bath, non attached)
\$5550/ Single occupancy (Loft space)

Payment in full via snail mail check, cash, Zelle 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.

NEAREST MAJOR AIRPORT (to Asti):

Turin

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

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. It is called Malpensa Express.

If you prefer to hire car service for pick up/drop off, please inquire as we may be able to arrange it for you for less cost than booking it yourself from the USA. (fee not included)

HIGHLY RECOMMENDED:

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

CHECK IN:

Sunday, after 3 pm

CHECK OUT:

Sunday, 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 5 pm 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 before 8 am, we will help you arrange for taxi service (taxi fee not included)

CANCELLATION POLICY:

All cancelations must be received in writing to cathleen@cathleenmurakami.com during normal business hours (M-F, 9-5pm PST)

The cancelation must be confirmed and acknowledged by SynergySystems Fitness Studio (Cathleen Murakami)

90 days prior (cancel on or before Feb 18, 2025)

There will be no refund. No transfers of fees.

Remaining balance may be applied to a trip within one year* from original reservation minus a 20% administrative fee.

Should participant(s) choose not to attend either trip offered within one year from original booking, no refund.

After February 18, 2025:

There will be no refund. No transfers of fees.

50% of the total fee may be applied to a trip within one year* from the original reservation minus a 20% administrative fee.

Should participant choose not to attend either trip offered within one year from the original booking, no refund.

*Trips occur approximately in late May/early June and mid to late November.

Should a scheduled trip NOT occur that you have paid for due to an emergency on our end (Cathleen or Gino) or not meeting the minimum number of participants, full refund via the method of payment.

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 Thursday or Friday.

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 daily activity

1 pm Lunch out in town

3:30 pm return to Villa

4-5 pm Rest or Fitness Class

5:30 Cooking Class

7:30/8 pm Dinner together

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, however, attitudinal fluidity is a must for harmony and high vibes!

Any and all whining will be given extra cheese....;-)