



## COME WITH ME TO ITALY IN OCTOBER :)

9 Comments 21 FEBRUARY 2013

Hey there! I'd love for us to stay in touch, so be sure to sign up for my **FREE email notifications**. I'd love to hear from you too, so don't forget to leave a comment below. Thx!



Perillo Tours has put together a gluten-free tour of Tuscany this October 11th-18th, 2013!!!

Click here for details : [GLUTEN FREE ITALY REGISTRATION FORM](#)



### THE STORY

My friend Larry is a travel agent. He put together a trip last February for a group of us to tour Israel that pretty much blew my mind. And Larry is my bestie Jasmine's brother-in-law. [Remember Jasmine went to Barcelona with me to meet Joan Turull of Proceli?](#)

So, a few months ago, Larry emailed me with information about a gluten-free tour of Tuscany through Perillo.

Of course, I was intrigued. I thought it sounded familiar, and while sifting through emails I found this amazing story about Perillo sent from a reader in 2008.

Hello,

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### HEY...

Thanks for stopping by! I'm Kelly Courson and this is where I've shared my gluten-free finds since 2003. The world has been my gluten-free oyster for 14 years now and I love sharing what I've learned in order to help others adapt to a gluten-free diet. Have a look around and feel free to leave a comment. Connecting with people like you is what has kept me going this long! Seriously. Chow!



[Gluten-Free on a](#)  
Nicole Hunn  
New \$11.82  
Best \$9.32

[Bob's Red Mill](#)  
[Gluten Free Pizza](#)  
[Cr...](#)

I just got back from my second [Perillo tour](#)! I love them!

First of all, our tour guide Raffaella was extraordinary. Let me tell you why! My father and I have [celiac disease](#). We can not eat gluten (wheat, bread, pasta, pizza and a host of other stuff). Italy is so aware of celiac that their children are tested almost at birth. Raffaella took our restrictions very seriously. She called ahead to each restaurant to make sure we were taken care of. Then she would come to us during the day and let us know we would be accommodated during our meal. So, besides the fact that she was knowledgeable and fun, she was a great caregiver who helped us enjoy our trip with a full belly. I could go on and on about how she treated us.

~Susan Barlow

So, I asked Perillo a lot of questions and liked all of the answers!

Since this is a tour, I thought it would be fun to have a Celiac Chicks tour group! Why not?

Oh, and before my trip to Israel last year I had never been on a tour style trip and kinda thought they sounded annoying, but for safety and language reasons it made sense for Israel. I ended up having a really great time and I loved my tour group. **I now think there are a lot of advantages to doing a tour....especially when it comes to eating gluten-free in a place like Italy.**

## So, are you in? How fun to go on vacation together!

### THE VILLA

[Click here to see our fabulous accommodations at the Villa Casagrande.](#)

La dolce vita! I've always loved the word "villa".

The villa will be providing gluten-free meals for us too! And a cooking class! Below is a photo of the restaurants in the villa. This place actually [has a museum and has been referenced by a famous poet.](#)



### THE RESTAURANTS

I asked about the restaurants we will be eating at and they told me they are part of this Italian network of celiac-friendly restaurants.

Here's the website that has a directory of restaurants: [Ristoranti per Celiaci in Toscana](#)

	New \$11.56 Best \$11.56
	<a href="#">Bisquick Pancake and Baking Mix, Glu...</a> Betty Crocker New \$14.67 Best \$14.67
	<a href="#">Bob's Red Mill Gluten Free Whole Gra...</a> Bob's Red Mill New \$21.16 Best \$4.99
	<a href="#">Crunchmaster Multi-Grain Crackers Glu...</a> Crunchmaster New \$13.33 Best \$9.55

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### AS SEEN IN...



# DIRECTIONS

## STEP ONE

Print this out: [GLUTEN FREE ITALY REGISTRATION FORM](#)

This form has all of the itinerary details and pricing.

## STEP TWO

Read all of the details carefully.

## STEP THREE

**If you have any questions, call the contact on the form. I got my questions answered and have shared them with you, but if you have any additional questions then a Perillo representative will be the best person suited to answering them.**

## STEP FOUR

Scan and email your information using the information on the [registration form](#) OR call and ask to fax.

**YOUR SPOT IS NOW RESERVED!** 😊 Emails will be provided by Larry to remind you of final payments.

## STEP FIVE

**Buy your airfare.** The tour price does not include airfare. You can call the Perillo contact number on the registration form to buy airfare. **Be sure to tell them you are part of the CELIAC CHICKS GROUP** so we can all be together on the bus tours. Fun!

## STEP SIX

Please post a comment here once you have reserved your spot, letting me know how many people are going. You don't have to put your real name. Please use an email (only I will see it) in the comments field that I can use to contact you.

**IF YOU KNOW YOU WANT TO GO ON THIS TRIP, ACT FAST. WORD IS SPREADING AND IT IS FILLING UP! NO JOKE.**

**\*Note to self: Schedule appointment for extra blonde highlights week before trip. Hee hee.**

And if you want to spread the word to anyone you know, please pass this on to them.

Thanks!

Ciao!

Google+

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