

# Bob & Ruth's

Since 1998

Gluten-free

## Dining & Travel Club

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### CULINARY INSTITUTE of AMERICA (CIA) GLUTEN-FREE mini GETAWAY VIII

Hyde Park, N.Y.  
April 25 ~ 27, 2012

Wednesday, April 25: We'll gather for a Wine & Cheese Get-Together this evening at the Courtyard by Marriott in Poughkeepsie, N.Y. **Soul Dog**, a local gluten-free restaurant and bakery will offer us some treats and provide the gluten-free baked goods for our breakfasts. Chef Richard Coppedge, a Certified Master Baker instructor at the CIA and author of the top selling book *Gluten-free Baking* will join us to answer any of your gluten-free baking questions.

Thursday, April 26: In the morning we'll meet in our private dining room for a Gluten-free breakfast, including breads and muffins. We'll then all head out for a guided tour of the CIA facilities overlooking the Hudson River - right up the road. Following the tour, we've arranged for a specially prepared gluten-free luncheon at the CIA's **Saint Andrews Cafe** with a contemporary menu. The emphasis of the cuisine is to show that great tasting food can also be healthy food.

After luncheon take a scenic drive to **Millbrook Vineyards & Winery**. Critically acclaimed as the Hudson Valley's #1 winery, their 130 acre estate in the heart of Dutchess County is the perfect place to spend the afternoon. We've arranged for an informative tour, which will leave us with an insider's view of the entire wine making process, from careful tending of the vineyards to the Winemaker's art of vinification. Then the best part - a tasting of five of their wines and sampling of their extra virgin olive oil. Don't forget to take the glass with you as a souvenir.

That evening we'll meet at 6:00 p.m. at the CIA's highly acclaimed Italian style **Ristorante Caterina de' Medici**, located in the magnificent Colavita Center for Italian Food and Wine. The décor, furniture and even the lighting fixtures put you in Italy. The restaurant was lauded by the Zagat Survey as the "place for a memorable meal." As those who attended previous trips will attest to - all the meals we have experienced over the years have been exceptional dining experiences. From the rolls to the desserts - and everything in between.

Friday, April 27: After breakfast, we'll take another scenic drive and meet at the **Mohonk Mountain House**. Ruth & I have been there and we assure you it is something special to see - it's like stepping back in time. Built in 1869, this grand 266 room Victorian castle is one of America's oldest family-owned resorts. This "Lake In The Sky" is tucked away at the top of Shawangunk Ridge and is a sprawling architectural wonder. We'll be given a tour of the hotel and grounds. Then the Executive Chef will give us a talk about culinary traditions over the years at the Mohonk. We'll then be served a specially arranged gluten-free luncheon. After lunch spend as much time as you like touring the grounds and trails or begin your trip back home. There are many and varied other things to see and do in the area and we can arrange for additional night(s) stay at the hotel at special rates.

Bob & Ruth Levy

**CULINARY INSTITUTE of AMERICA (CIA)**  
**GLUTEN-FREE mini GETAWAY VIII**  
Hyde Park, NY

**FACT SHEET**

DATES: Arriving: WEDNESDAY, APRIL 25, 2012      Departing: FRIDAY, APRIL 27, 2012

**TOTAL PER PERSON PACKAGE INCLUDES:**

Two nights (4/25 & 4/26) accommodations at:      Courtyard by Marriott Hotel  
2641 South Road      Poughkeepsie, N.Y.

Two (4/26 & 4/27) Gluten-free (or regular) breakfast buffets at the Hotel

Wine & Cheese Get-together - Meet & Greet CIA'S Certified Master Baker Chef Rich Coppedge

Lunch at the CIA's St. Andrew's Cafe

Dinner at the CIA's Ristorante Caterina de' Medici

Lunch at Mohonk Mountain Resort

Guided tour of the Culinary Institute of America's facilities

Guided tour of the Millbrook Winery & Vineyards and, of course, a tasting.

Guided tour and more at the Mohonk Mountain Resort (This is a special place to see and experience)

**TOTAL COST PER PERSON (taxes and tips included):**

PER PERSON - DOUBLE OCCUPANCY      \$ 469

SINGLE OCCUPANCY      \$ 579

3rd & 4th PERSON IN THE ROOM or FOR EVENTS ONLY -  
(There will be no other exceptions to the Package Rates)      \$ 358

Cancellations, Refunds: \* Due to limited seating in the CIA restaurants - there is a maximum number of reservations we can accept  
\* If a minimum of 25 persons are not participating by February 1, 2012, we reserve the right to cancel the trip. All payments will be refunded. \* A full refund, less \$75 pp cancellation charge will be given if written notice of cancellation is received prior to February 1, 2012. \* There will be no refunds paid after February 1, 2012.

