

CARUSO

A BELMOND HOTEL
AMALFI COAST



DISCOVER THE SECRETS OF LA DIETA MEDITERRANEA WITH CARUSO, A BELMOND HOTEL, AMALFI COAST

Caruso, A Belmond Hotel, Amalfi Coast embraces La Dieta Mediterranea championing the region of Cilento, renowned internationally and recognised by UNESCO World Heritage. Led by the hotel's Executive Chef Armando Aristarco, the initiative embodies the key tenets of the Mediterranean Diet with a "meet the makers" ethos.

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In 1991, the Parco Nazionale del Cilento and Vallo di Diano were inaugurated to unify all the coastal and mountain villages to preserve their historical evolution. Today Caruso partners with the protected national park, utilising their network, knowledge and techniques to perpetuate its most authentic traditions that pay homage to the concept of La Dieta Mediterranea, culminating in the iconic Agorà event on the 15th of September with producers showcasing their culinary tradition.

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A “meet the makers” ethos is at the heart of this year’s programme with local ingredients intricately interwoven within Caruso’s gastronomic ecosystem, delivering authentic flavour. From June to September, Caruso will host themed talks, gastronomic performances, and festivities bringing Cilento and its unique ingredients into the hotel grounds. These events are inspired by ancient Greek tradition, such as the Ditirambo Nights where, traditionally, people would gather in honour of Dionysus, the god of wine and pleasure.

A monthly *agora*, meaning marketplace in ancient Greek, will take place gathering local producers in Caruso’s Wagner gardens to shine a spotlight on techniques, crafts and skills from the finest Cilento artisans. These *agoras*, entitled Ditirambo Nights, feature names such as Marcos Rizzo, famous for his olive oil; Enza Russo, known for his drying and processing of the white figs of Ogliastro Cilento; and fisherman Donatello Marino who focuses on the preservation of the menaica anchovies. The Caruso Grill transforms into an arena for discussion which promises to guarantee both surprise and education into La Dieta Mediterranea, ending with a live orchestral percussion and dancing into the night.

The most anticipated event, Agora’s Round Table, will take place on 15th September with a panel discussion featuring leading experts in the fields of science and lifestyle who will explain how diet can influence psychophysical well-being. The evening continues with an agora of produce from the mountains of Cilento to the fishermen’s village of Agropoli, offering insights on their specialisation with tastings ranging from saffron and pomegranate to traditional dishes such as the fusilli cilentani, a typical pasta - a chance to be even closer to the land and people who keep Cilento’s culinary traditions and food provenance alive.

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La Dieta Mediterranea is intricately woven into every aspect of the Caruso experience. A short distance from the hotel’s famed infinity pool is Caruso Grill, ideal for relaxing lunches and dinners sampling great Neapolitan classics as curated by Chef Armando Aristarco with ingredients found within eye-distance of the hotel. For breakfast, guests can taste one of the oldest Campanian cured meats or Paestum’s Pirano, considered one of the best cheeses in the world. For aperitif, Bar Manager Tommaso Mansi makes use of the hotel’s expansive herb and fruit gardens to create cocktail classics such as the Gimlet, made with ‘sfusato amalfitano’, perfectly encapsulating the flavours of the Amalfi Coast in a single glass. Dinner blends products from coast and mountain, such as Controne beans by Michele Ferrante, also

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known as the philosophical farmer for his special technique of harvesting, to the creamy and full bodied hazelnut IGP from Giffoni Valle Piana for the cakes.

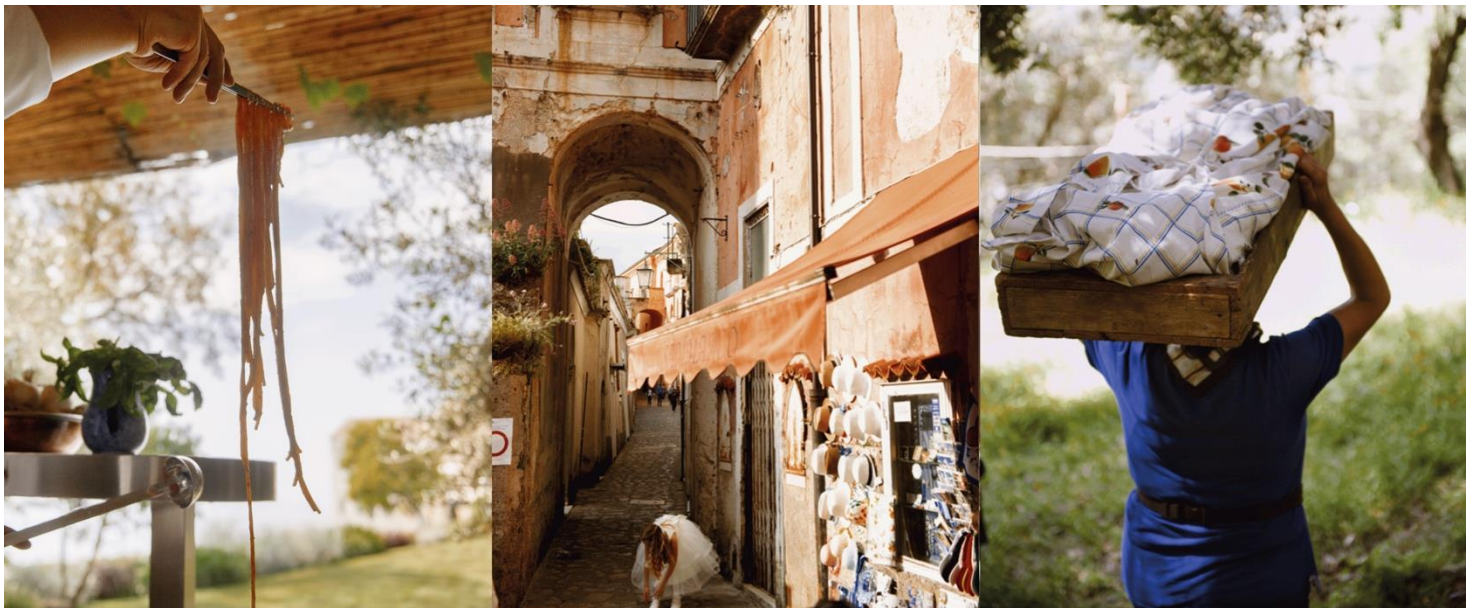
As Armando Aristarco says: "I don't use the olive oil of Azienda Agricola Rizzo but the oil of Marco, I don't choose the tomatoes of Azienda Agricola Vastola, but the tomatoes of Franco. This allows us to create a connection with the producers and to turn a partnership into something more precious to enter their philosophy and traditions and to get to know the area itself."

For a moment of harmony, the Caruso Spa offers a menu of naturally crafted exclusive skincare products such as Paestum, crafted using rich buffalo milk and herbal teas sourced from Gioi Cilento - to be enjoyed whilst surrounded by the aromas of the Mediterranean.

Beyond the 11th-century hotel walls, Caruso hosts experiences to connect with nature, such as guided walks along Le Formichelle trail from Ravello to Amalfi as well as a magic Aprea Gozzo boat tour for a picturesque journey through the enchanting protected Bay of Ieranto.

Chef Aristarco's interpretation manifests itself throughout the hotel experience, from celebratory gatherings around a table with friends and family to honouring Mediterranean gastronomy, offering an immersion into local culture. Caruso embraces a series of healthy practices in harmony with one's natural surroundings, all the while improving one's physical and mental wellbeing.

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For more information and reservations, please contact Caruso at +39 089 858801 or
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For high res images of Caruso, A Belmond Hotel, Amalfi Coast, please follow the [link](#) here
For Belmond Legends images by Letizia Le Fur, please follow the link [here](#)

For further information on Caruso, A Belmond Hotel, Amalfi Coast, please contact:

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Perched 350 meters (1150 feet) above the sea on a cliff's edge, Caruso, A Belmond Hotel, Amalfi Coast is a floating palace offering uninterrupted views over the Tyrrhenian Sea. The hotel was originally built in the 11th century by a distinguished Roman family and is home to original 18th century frescoes and vaulted ceilings, its gardens abundant with fragrant rose gardens and lemon trees and walls adorned with traditional antiques. A heated infinity pool is set at the highest point above the town of Ravello and gazes over the ocean, creating an illusion of being suspended in the clouds, between sky and sea. The hotel has 50 rooms and suites, in addition to the Caruso Suite and Villa Margherita, offering unrivalled sea views, private gardens and the very best service. Each of the restaurants celebrate the nuances of Italian cuisine: at Ristorante Belvedere guests can savour gourmet, regional cuisine alfresco during the summertime, and in an elegant dining room with coastal views during the shoulder season. Caruso Grill is the perfect setting for salads, pastas and Neapolitan pizza straight from the oven. The hotel has an exclusive partnership with an Amalfi beach club with an exclusive deck dedicated to Caruso guests; a spa boasting a range of botanical inspired treatments; a complimentary shuttle taking guests to the nearby town of Amalfi as well as a complimentary daily boat cruise along the Amalfi Coast.

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Belmond was born from a passion for connecting discerning travellers with the world's most remarkable properties, locations and journeys.

From hotels and trains to river cruises and safaris, Belmond curates incomparable experiences and crafts unforgettable stories. With a legacy spanning over 45 years, since the acquisition of Hotel Cipriani in Venice in 1976, Belmond has grown into a global collection of 47 properties spread across 28 countries and territories. Exceptional destinations connected by legendary journeys are the very soul of Belmond, where the path that brings you to a place is as important as the destination itself. As a pioneer of slow travel, Belmond has been operating the Venice Simplon-Orient-Express since 1982. The group later expanded to include pristine beach resorts, such as Maroma on the Riviera Maya, historic hideaways such as Villa San Michele in the Florentine foothills, urbane icons, such as Copacabana Palace in Rio de Janeiro, and gateways to UNESCO world heritage sites, such as Hotel das Cataratas in Brazil's Iguassu National Park. As proud custodians of storied properties, Belmond is committed to building on the past to create a new legacy: the heritage of the future. Working with communities and local talents, together with the world's most respected chefs, designers and artists, Belmond continues its purpose of perpetuating the legendary art of travel. Since 2019, Belmond has been part of the world's leading luxury group, LVMH (Moët Hennessy Louis Vuitton).

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