



**2022 Bucket List Escapes:
COMO Hotels and Resorts Unveils Calendar of New Events, Workshops and
Retreats**

*From culinary pop-ups in London and Turks and Caicos, to a photography
retreat in the Tuscan countryside*



London, January 2022 - With the recent launch of [COMO Laucala Island](#), an ultra-exclusive private island in the South Pacific, it's been an exciting start to the year for [COMO Hotels and Resorts](#). But that's not all there is to look forward to; the leading luxury lifestyle group has unveiled a calendar of extraordinary experiences rooted in adventure, wellbeing, and gastronomy at its collection of boutique properties around the world – from an Italian culinary pop-up in London to a photography retreat in the heart of the Tuscan countryside.

CULINARY

Positano's Dolce Vita in the Caribbean

Le Sirenuse pop-up at COMO Parrot Cay

From January 20th to February 11th, Chef Gennaro Russo of [Le Sirenuse](#), one of Italy's chicest hotels, will bring the authentic flavours of the fabled Amalfi Coast to COMO Parrot Cay. Serving signature dishes from Le Sirenuse, masterfully paired with fine wines handpicked by the Italian hotel's Head Sommelier, Cristian Fusco, COMO Parrot Cay's Terrace Restaurant will be transformed into a little corner of southern Italy. In true Le Sirenuse style, meals will be served on colourful crockery handmade in the ceramic town of Vietri al Mare, and signature cocktails crafted by Alessio Lupo, Director of Mixology, will be shaken-up from the Positano property's menu. In conjunction with the pop-up, the boutique at COMO Parrot Cay will sell a carefully curated selection of high-end resort wear from Emporio Sirenuse's 2022 collection. [Click here](#) for more information or to book.



A Taste of Tuscany in the City

COMO Castello Del Nero pop-up at COMO Metropolitan London

For a limited time only (17th – 26th February 2022) [COMO Castello Del Nero](#) will bring a taste of Italy to [COMO Metropolitan London](#) on Park Lane. Executive Chef, Giovanni Luca Di Pirro, has created an exclusive menu highlighting signature dishes from the Italian estate's restaurant, La Taverna, celebrating masterful techniques and paying homage to Tuscany's rich culinary roots. In keeping with COMO's farm-to-table philosophy, only the freshest ingredients will be used on the menu, from homemade pasta to Florentine-style T-bone steak, pizza, and a selection of hand-selected wines. Chef Giovanni will also host two intimate pasta-making masterclasses where guests can learn the secrets of making genuine Italian pasta, and other classic dishes like Tiramisu, from scratch. To keep energy levels high, the masterclass also includes a selection of antipasti, a glass of Italian wine and desserts served with coffee. [Click here](#) for more information.

An Art-Inspired Afternoon Tea

Cape Arid Rooms at COMO The Treasury

Set within the south-eastern wing of the history-steeped State Buildings, COMO The Treasury's Cape Arid Rooms are the inviting home of the celebrated Cape Arid Afternoon Tea. Inspired by the intriguing adventures of local artists, Alex and Philippa Nikulinsky, the Afternoon Tea celebrates Australia's natural abundance with a revolving menu that spotlights the finest local producers and ingredients – the new Thomas River edition incorporates *Shark Bay Crab*, *Borrello Ricotta Cheese* and *Bahen & Co Chocolate*. Sip Champagne or beautifully brewed tea and feast on freshly prepared delicacies such as *Chicken and Sun-Dried Tomato Cucumber Sandwiches*, *Pea and Ricotta Tartlets* and *Hazelnut Dacquoise with Mango Compote and Passionfruit* as you marvel at The Cape Arid Rooms' high ceilings, timber-shuttered windows and eye-catching watercolour and ink paintings by the Nikulinsky's. *Discover the Thomas River Edition* [here](#).

WELLBEING

Perfect Yoga and Pranayama in Paradise

A Yoga Retreat in the Turks and Caicos Led by the Curry Sisters

This May, join internationally renowned yoga teachers, the Curry Sisters, on a six-night yoga retreat at COMO Parrot Cay. Inspiring self-care and teaching techniques to practice yoga long after leaving the retreat, the Curry Sisters' daily classes pull on principles of Vinyasa



and Hatha, as well as Pranayama breathing and meditation. The sisters will impart 20 years of experience on the retreat through a combination of four and a half hours of daily yoga and time spent unwinding – whether enjoying a signature COMO Shambhala ritual at the whitewashed COMO Shambhala Retreat, kayaking through the mangrove forests, or finding a moment of peace in a hammock between swaying palms. Nutritious meals are served from the bespoke COMO Shambhala Cuisine menu, as well as nourishing daily treats including the Ginger Tea and COMO Shambhala Juice of the Day. *The six-night retreat starts from US\$6,982.50 – to book email reservations [here](#).*

The Healing Power of Chinese Medicine

Visiting Practitioner Brings Chinese Medicine to COMO Cocoa Island

This spring, Dr Rui Pedro Loureiro will bring over 20 years of clinical practice as a Traditional Chinese Medicine (TCM) specialist to the Maldives, as a visiting practitioner at luxury resort, COMO Cocoa Island. Whether seeking to improve overall wellbeing, combat ageing or learn to adapt eating habits, Dr Rui will cater to guests' individual needs with a series of tailored treatments, from Facial Rejuvenation and Anti-Cellulite to Acupuncture. A combination of Acupuncture and Epigenetic Tests – whereby hair is used to provide guests with a profile of their genetic data to build tailored lifestyle and diet recommendations – will also be combined on bespoke three, five and seven-day retreats. [Click here](#) for more information.

EXPERIENCES

Behind the Lens with Martin Morrell

Photography Retreat COMO Castello Del Nero

Learn the skills needed to succeed at travel photography under the expert guidance of world-renowned British photographer, Martin Morrell, during a four-night retreat in the captivating Tuscan countryside at [COMO Castello Del Nero](#). During the retreat, join Martin on daily photography workshops, capturing the landscapes, local villages and people that make Tuscan culture so unique. Workshops will encompass the end-to-end process of travel photography, from set up to technical mastery in post-production. Find your own unique style and learn to tell original stories through photography, guided by Martin Morrell's knack of spotting beauty in the ordinary. Explore the historic cities of Florence and San Gimignano with a seasoned guide who will show you the best spots to use your new skills or take time out with a COMO Shambhala signature treatment and a stroll of the verdant



gardens, olive groves across the estate. *The retreat runs from 20 – 24 April 2022 and starts from €4,789 per person.*

For more information on COMO Hotels and Resorts please visit [comohotels.com](https://www.comohotels.com)

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About the COMO Group and COMO Hotels and Resorts

The COMO Group, headquartered in Singapore, represents Christina Ong's unique vision of contemporary living. The Group encompasses the hospitality collection, COMO Hotels and Resorts, which offers personalised luxury travel experiences through individualised service, a commitment to holistic wellness, and award-winning cuisine. Each hotel is developed in response to the destination it inhabits. The Group also includes the international luxury fashion retailer Club 21, the award-winning wellness concept COMO Shambhala, and the philanthropic COMO Foundation.

Get a glimpse of the beautiful destinations and follow exciting adventures on Instagram [@comohotels](https://www.instagram.com/comohotels)