

UMBRIA A LA CARTE

6 DAYS / 5 NIGHTS



SAN MARTINO IN CAMPO, ORVIETO, TODI, ASSISI, BEVAGNA, MONTEFALCO, TORGIANO, PERUGIA, LAKE
TRASIMENO, CASTIGLIONE DEL LAGO

A tour to discover Umbria, known as “Green Heart of Italy”, a region not only with a lush nature but also full of ancient towns with cobblestone streets, stunning cathedrals and old fortresses, a place rich of tasty foods and good wines. The starting point of the tour is Orvieto – where the cathedral is a gothic masterpiece then Todi, the route follows the tracks of St. Francis in Assisi, moving to Perugia with its Etruscan walls, 16th century palaces and chocolate laboratories, touching also the shores of the Trasimeno Lake, and so much more.

ITINERARY

DAY 1 SAN MARTINO IN CAMPO (PERUGIA) ARRIVAL

Arrive at the hotel Posta dei Donini in San Martino in Campo, near Perugia. Time to settle in and enjoy Welcome dinner in hotel with traditional products from Umbria. Overnight. (D)

Accommodation: 4* charming hotel for 5 nights



DAY 2 ORVIETO, TODI

Morning visit to Orvieto, situated on top of a rock offering the most spectacular of views. *We suggest a tour of the city, including the Duomo Gothic Cathedral.* Stop in Cantine Neri in Bardano, on the outskirts of Orvieto, a winery recognized for its quality and the local varieties present in the area for over a thousand years. Enticing wine tasting with local products and light lunch consisting of excellent Umbrian wines

accompanied by local fayre. Before heading off *we suggest a short visit to the Adriano pastry shop to try Orvieto's typical cakes and desserts, including chocolates made with chillies and saffron.* *We suggest an afternoon visit to Todi, a splendid medieval town, where it is pleasant to wander around and discover the old monuments and craft shops.* Return to the hotel and overnight stay. (B/LL)

DAY 3 MONTEFALCO, ASSISI, BEVAGNA

Departure to Montefalco, a splendid town situated on top of a hill, offering spectacular views over the hills. Visit the ancient olive groves - 3,000 plants - belonging to the Azienda Romanelli family, to discover the many plant varieties and the extra virgin olive oil production techniques, accompanied with a tasting. On the road to Assisi, *we suggest you a stop in Bevagna, an ancient medieval town that has held on to its characteristics.* Arriving in Assisi, *we suggest you a visit of the town, including the Basilica of St Francis.* Proceed to Caseificio Broccatelli for a cheese tasting. Return to the hotel and overnight stay. (B/T/T)



DAY 4 TORGIANO, PERUGIA

Arrival in Torgiano to visit the Azienda Lungarotti, sample their extra virgin olive oil, and visit the MOO – Olive and Oil Museum. We suggest transfer to Perugia; perched on a hill, it is undoubtedly one of the most beautiful towns in Italy. A visit to the Perugina chocolate museum, famous for its Baci Perugina chocolates. Free time to discover the old city. Stop off at the historical Pasticceria Sandri pastry shop. Dinner with the dishes from the traditional Umbrian cuisine at the Osteria I Birbi. Return to the hotel and overnight stay. (B/T/D)

DAY 5 LAKE TRASIMENO, CASTIGLIONE DEL LAGO

We suggest entire day to discover Lake Trasimeno, one of the largest in Italy, to visit some of the characteristic towns around the lake. Visit the Azienda Madrevite. Visit the cellars and take a pleasant stroll across the vineyards, sample the olive oils and typical products. Time to discover Castiglione del Lago, followed by dinner at the Trattoria l'Acquario, where traditional dishes, including the Fagiolina del Lago (Slow Food Presidium) will be served. Return to the hotel and overnight stay. (B/T/D)



DAY 6 DEPRTURE

Breakfast. End of our services. (B)

Meal legend: B= Breakfast L= Lunch LL= Light Lunch D= Dinner T= Tasting

INCLUSIONS

- 5-night accommodation at 4* charming hotels and historical residences
- 9 meals: 5 breakfasts, 1 light lunch, 3 dinners
- 4 guided tasting of Slow Food wines and presidia products from the Umbria region

Not included · Flights · **Car rental** · cities tax · beverages · gratuities · monuments and museum entrances
· travel insurance

Possible to book the following options (on request - \$)

- Flights from Canada
- Car rental
- Private car with driver
- Pre/post tour

Hotel Option or similar	
REGIONS- AREA – or similar	3*
Perugia region for 5 nights	4* charming hotels or residence – upon confirmation

Price in CAD\$, per person starting from, double occupancy	Land only
Rates for 2021	
Jan 20 th to April 1 st	\$ 1060
April 2 nd to 1 st April 5 th	\$1230
April 6 th to June 30 th	\$ 1150
July 1 st to September 12 th	\$1230
Sept 13 th to November 2 nd	\$ 1150
Nov 3 rd to Dec 28 th	\$ 1060
Single room supplement- on request	From \$ 430 to \$ 485

Slow Food Presidia and Other Recommended Products

Participants will have the unique chance of sampling several Slow Food Presidia products recognized for their high-quality, with traditional foods and wines at risk of “extinction” - with other local delicacies from Slow Food Philosophers recommended quality producers, such as:

- the baby Pecorino cheese
- the extra virgin olive oil of the Montefalco area
- the extra virgin olive oil of the Spoleto area

Highlights

The Lake Trasimeno Bean is tiny, about the size of a grain of rice. Soft, buttery and flavourful, the dried beans are eaten boiled and seasoned with a little extra-virgin olive oil. The fresh beans (cornetti) are sautéed with tomatoes and garlic. Cultivated on the banks and terraces around Lake Trasimeno, they were popular until the 1950s, but have now almost disappeared and are a rare delicacy.

The Sagrantino di Montefalco wine is named after the grape from which it is made. Cultivated for centuries on the hills of Umbria, Sagrantino is considered native to the soil, although there are various theories as to its origin. Some believe it to have come from Spain, others say it was imported by the first Franciscan friars, and others claim that it was brought into Italy by the Saracens. The Sagrantino cannot be drunk until it has aged for at least 30 months, and of which at least 12 months in wooden casks

Typical Restaurants from The “Osterie D’Italia” Slow Food Guide

Tour participants will taste the delicious, authentic dishes of the regional cuisine eating at restaurants selected among those recommended by Slow Food in the “Osterie d’Italia” guide, small “trattorie” that still use fresh, local produce and traditional recipes for their dishes:

- Trattoria l’Acquario
- Osteria La Lumera.

Wineries and More

Visitors will also have the opportunity to sample wines and/or local typical products at wineries, bakeries, pastry shops, farms, fresh produce markets and more, such as: RSI Group S.U.R.L. Unipersonale Sede legale: Via del Mascherino, 72 - 00193 Roma P.I./ C.F. 10367421004 Capitale Sociale Euro 10 mila i.v. R.E.A. RM 1396852

- the famous Sagrantino wine
- the Baci and other chocolate pralines at the Perugina Chocolate Museum
- the typical traditional cakes and pastries of Perugia and Orvieto

Points of Interest: Art, History, Culture & Nature

During the tour, the participants will not only discover delightful food and wines but also the most interesting monuments, works of art, churches and natural landscapes of the region:

- Orvieto, situated on top of a rock offering the most splendid of views, with the wonderful the Gothic Cathedral
- Todi, yet another splendid medieval little town full of ancient buildings and tiny streets
- Assisi, a spiritual place home of the Basilica of St. Francis
- Perugia, perched on a hill, undoubtedly one of the most beautiful ancient towns in Italy
- Lake Trasimeno, one of Italy's largest lakes and the characteristic towns and villages around it, such as Magione and Castiglione del Lago.

****Prices in this document are for information only; they were issued at press time for the current year. Please note that due to exchange rates and temporary promotions, they can increase or decrease anytime. Contact your travel agent for the price and promotion of the moment.**

