

Umbria Food & Wine

Travel Itinerary

May 31– June 8th, 2024

DAY 1

Arrive to Umbria and to your hotel in the historic center of Perugia. Your home base for the week is a 5-Star hotel located on Perugia's main pedestrian Corso, just steps to shops, museums, cafes, and historical attractions. At the hotel's outdoor bar, you can enjoy an afternoon drink with views over the Umbria countryside. Drop your bags and have an afternoon stroll or lunch on Perugia's main Corso. Later, you'll have time to relax before getting to know your fellow travelers at an evening meet and greet followed by dinner. **Accommodation:** 5-Star Brufani Palace Hotel **Meals:** Dinner (1)

DAY 2

Spend the day in Perugia and join a special version of Susan's top-rated Taste Perugia food tour. As we stroll through a maze of medieval streets, you'll be struck by the beauty of this ancient city and by the delicious simplicity of Umbrian food. We'll end the tour with a special chocolate experience followed by a creamy gelato from one of Italy's Top 100-rated artisan gelaterias. After the tour, you'll have the rest of the day to explore, or relax before dinner on your own with suggestions. **Meals:** Breakfast, Lunch (1)

DAY 3

Today, we'll learn to make the traditional Porchetta dish with a local chef in a version you can easily replicate in your own home kitchens. Tracing its ancient origins to a city just outside of Rome, this savory, herb-packed boneless pork roast takes center stage as street food in the region. It owes its unique central Italian flavor to a type of wild fennel that only grows in Umbria. We'll also cook up plenty of side dishes including Umbria's tender lentils from the high plains of Castelluccio. We'll serve our meal with generous pours of white and red wine from two of Umbria's most prestigious winemaking regions, Montefalco and Orvieto. Vegetarian options will be available. **Meals:** Breakfast, Lunch (2), Dinner (2)

DAY 4

Today we'll head to Assisi. You'll visit Assisi's majestic Basilica, a UNESCO world heritage site, that stands above the valley and offers panoramic views in every direction. You'll have free time to meander and shop before an afternoon stop at a local winery in the Assisi DOC. Here, we'll be welcomed by the mother and daughter team for a private tour and tasting of their organic wines, olive oil, and balsamic vinegars served with a light lunch of local cheeses and homemade Umbrian flatbread. Later in the day we'll return to Perugia with free time before dinner at a local Osteria. **Meals:** Breakfast, Lunch (3), Dinner (3)

DAY 5

Today, you'll have your morning free, or you can join Susan for an optional visit to Perugia's glass museum, Studio Moretti Caselli. This tiny museum is a hidden gem housed in the former home of one of the Baglioni family, the infamous nobles who were instigators of The Salt War in 1540. Later today we'll depart for Vinieria del Carmine, a winery located just north of Perugia, to participate in a cooking class with their chef in the property's state-of-the-art DeManincor kitchen. In this class there is a great balance between demonstrations and hands-on practice....

DAY 5
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...You will prepare three of the chefs' signature dishes of which you will be given all the recipes. The chef always has some extra surprises to taste. The menu will be based on the season, Italian tradition and modern cooking techniques. While the chef adds some finishing touches, we'll take our places at the beautifully set table in the Vineria where we will enjoy the fruit of our labor paired with Carmine Estate wines throughout your dinner. **Meals:** Breakfast, Dinner (4)

DAY 6

This morning, we'll head to Spello, a little borgo that's been named one of the most beautiful towns in Italy. With its winding stone streets, expansive countryside vistas, and windows overflowing with seasonal flowers it's easy to see why. We'll have free time here to wander and shop the many boutiques. For archeology and history lovers, Spello is also home to The Villa of Mosaics, an archeological site discovered by chance when the town was building a parking lot. After lunch on your own, we'll return to Perugia to relax before enjoying apericena on Susan's terrace that sits on top of a 3rd century BC Etruscan gate. **Meals:** Breakfast, Apericena (1)

DAY 7

Today we'll have a truffle hunting adventure on a farm where Susan's friend Francesca and her family have been hunting truffles and living off the land since the 1400s. The hunt starts from a small mountain village where Luca, an expert truffle hunter will take us to comb the forests with his highly trained dogs. When we have enough of this local delicacy to make lunch, we'll stop in a panoramic spot and have our first taste of a freshly dug truffle with scrambled eggs (an Umbrian specialty) paired with a glass or two of Prosecco. Afterward, you can lend a hand to Francesca as she makes fresh pasta or simply sit back and watch as you enjoy an assortment of homemade specialties from the farm with generous pours of local wine. When the pasta is made, we'll sit down to a truly authentic lunch where all of the recipes are part of a centuries-old family tradition. In the later afternoon, we'll return to Perugia for free time before dinner on your own. **Meals:** Breakfast, Lunch (4)

DAY 8

This morning, after breakfast, we'll check out and head toward Rome. On our way, we'll stop in Orvieto, a city with an ancient and mysterious atmosphere that soars above the surrounding valley, perched atop a tufa cliff. The historic center is enhanced not only by its beautiful cathedral, monuments, and museums but through the tradition of wood craftsmanship, wrought iron, and majolica pottery, which can be purchased in the many shops throughout the historic center. You'll have free time to shop and have lunch on your own before we head to Rome. Tonight we'll have farewell dinner in the seaside town of Fiumicino. **Meals:** Breakfast, Dinner (5)

DAY 9

Today is your departure day. Your trip price includes the shuttle fare from our last hotel to Rome Fiumicino Airport. We will help you schedule your shuttle at the hotel front desk in accordance with your morning flight departure.