

The world of Olive Oil

Walk through the olive groves, EVO oil tasting in an olive oil mill, **light lunch or cooking class** (ITG003UMB)



From Olive Tree to Bruschetta: Guided Walk with Olive Oil Tasting in Umbria

Experience authentic Umbria with a **guided walk through olive groves and woodland**, combined with a **visit to a traditional olive mill and extra virgin olive oil tasting**. A perfect blend of **nature, tradition and flavour**, showcasing the very best this region has to offer.

The **walking tour is suitable for everyone**, including **families with children aged 6 and over**. This is not just a walk, but an educational experience designed to **learn and raise awareness** about olive oil production. You will be accompanied by an **expert environmental guide** who will explain the history of the area and how high-quality **extra virgin olive oil** is produced.

During the walk you will learn to **identify local olive varieties**, understand proper **pruning techniques**, seasonal work in the olive grove and many fascinating facts about the world of olive oil. In every season, you will be surrounded by **beautiful landscapes**, immersed in the colours and scents of the Umbrian countryside.

The walk takes place near a **family-run olive mill close to the village of Pozzo, Umbria**, in an outstanding area surrounded by olive groves and forests. The mill produces excellent **extra virgin olive oil** using modern **sustainable farming techniques**, while respecting centuries-old traditions in an area historically devoted to olive cultivation.

After the walk, you will return to the olive mill for a **tasting of DOP extra virgin olive oil served on traditional bruschetta**, accompanied by a selection of local products.

A genuine and memorable experience, **perfect for the whole family**, to discover Umbria through its flavours, landscapes and traditions.

Program in short

- Individual arrival at the olive oil mill with possibility to park your car (free of charge).
- Meeting at the olive oil mill at 9.30 a.m. with your tour guide (or, upon request, in the afternoon but only for the basic tasting).
- Departure for your hiking tour surrounded by olive groves. Your guide will accompany you, explaining the characteristics of the territory and how a superior quality EVO oil is produced.
- At the end of the walking tour of about 6 km (3.73 miles), return to the olive oil mill.
- You will visit the olive oil mill followed by a tasting of different types of Extra Virgin Olive oil served on the traditional bruschetta together with a cutting board with typical Umbrian products or a light lunch a bruschetta, cutting board with Umbrian products, a lentil soup (winter) or a farro salad (summer), Dolce del Frantoio
- After the tasting, end of our services.
- End of experience at about 1.30 p.m or with lunch 2.30 p.m.

Prices per person 2026, tour and basic tasting with water and 1 glass of wine:

2 persons: € 80

3-4 persons: € 65

5 persons: € 58

6 persons: € 52

7-8 persons € 48

For groups of more than 9: prices on request

Children 6 -17 years pay only for the tasting (€ 20)

Price includes:

- 2,5 hours walking tour with professional environmental guide, who explains all about the olive cultivation
- Visit of the olive oil mill
- Tasting of 3 different types of Extra Virgin Olive oil blended and monocultivar served on the traditional bruschetta together with a cutting board with typical Umbrian products.
- Water and glass of wine
- Service available from Monday to Sunday on request.

Prices per person 2026, tour and light lunch with water and 1 glass of wine:

2 persons: € 95

3 persons: € 77

4 persons: € 75

5 persons: € 68

6 persons: € 62

7 - 8 persons: € 58

For groups of more than 9: prices on request

Children 6 -17 years pay only for the tasting (€ 20)

Price includes:

- 2,5 hours walking tour with professional environmental guide, who explains all about the olive cultivation
- Visit of the olive oil mill

- Tasting of 3 different types of Extra Virgin Olive oil blended and monocultivar served on the traditional bruschetta together with a cutting board with typical Umbrian products, a lentil soup (winter) or a farro salad (summer), Dolce del Frantoio
- Water and a glass of wine
- Service available from Monday to Sunday on request.

Characteristics of the tour:

- Difficulty: easy (suitable also for families with children over 6)
- Distance: 5,8 km (3.6 miles)
- Walking time: about 2,5-3 hours
- Difference in level: 220 metres

Cooking class:

It is also possible to book a cooking class and make a home made pasta



Prices per person 2026, tour, cooking class and light lunch / dinner with water and 1 glass of wine:

- 2 persons: € 170
- 3 - 4 persons= € 150
- 5 persons: € 140
- 6 persons = € 134
- 7-8 persons = € 110

Price includes:

- walking tour through olive groves with explanation the olive cultivation and video
- Visit of the olive oil mill
- Cooking class
- Tasting of 3 different types of Extra Virgin Olive oil blended and monocultivar served on the traditional bruschetta
- Lunch or dinner together with a cutting board with typical Umbrian products, pasta made by you, Dolce del Frantoio
- Water and glass of wine

- Service available from Monday to Sunday on request.

Participants: minimum 2 adults for tour and tasting / typical Umbrian lunch

Price does not include:

- Transfer to and from the point of departure of the tour.
- Beverages (water, included in the basic tasting)
- Anything not expressly mentioned under "Price includes" section.

Dates 2026: All year round, every day, on request, with the exception of January 1st, Easter day and December 25th-26th-31th.

Book this very special day tour, a real mix of nature and taste in green Umbria!