

## An eno-gastronomic discovery (G 007 UMB)

Shopping, cooking class and wine-tasting



This short eno-gastronomic holiday is a travel through the culinary tradition of the beautiful Valle Umbra, a fertile valley with many waterways surrounded by a backdrop of green hills covered with vineyards and olive groves. In this valley lie the well-known small medieval towns of Assisi, Montefalco, Bevagna and Spello, but also larger cities such as Perugia, the capital of the province crossed by the river Tiber, and Spoleto, lying at the foot of the green wooded Monteluco.

You will stay in an eco-accommodation along the babbling Clitunno River located between Trevi, Bevagna and Montefalco. In the fine dining restaurant are used genuine local products such as truffles, mushrooms, veal and extra-virgin olive oil. Before the cooking class, you go to do shopping with Carla and will learn all about how to choose the right products to prepare a good Italian meal!

The next day you will discover Assisi with the help of a route, which brings you along all the famous monuments of this graceful town. Leaving Umbria without tasting some of its excellent wines is impossible! On the way back to the country house, you are welcomed at an organic winery. The friendly owners will explain you all about the winemaking process and of course, you will taste their delicious wines.

**Day 1 Arrival at your Country House**

Individual arrival at your country house

In the evening a dinner to taste flavourful Umbrian dishes.

**Day 2 Shopping, cookery course and discovering the surroundings of Trevi.**

In the morning, you go to do shopping. Everything is explained about making of salami's and ham, how to choose meat, how cheese is made... After the shopping there is an exciting cooking lesson with Carla and Rita, followed by a tasty lunch with the delicious dishes prepared by you during the course.

In the afternoon, you have free time to explore the area and you could visit the hilltop town of Trevi, the capital of the oil, or Bevagna, a town of Roman origin with a medieval appearance.

**Day 3 Spello, Assisi and a wine-tasting.**

After breakfast, you can relax in the saltwater pool, but also go for a visit to Spello and Assisi. You get a description of a cultural walking tour that takes you along the most important monuments of Assisi.

At the end of the afternoon, you are expected in a winery in the Assisi DOC wine area. You visit the wine cellars and everything will be explained about the wine-making process. The family is producing with passion their wines and extra vergine olive oil ... and this you will certainly taste in their divine wines !

Free for dinner in the evening

**Day 4 End of tour after breakfast**

After breakfast finishes this relaxing and tasty tour !

**Hotel:** a country House near Foligno and Trevi

**Period:** all the year round (holidays on request)

**Participants:** minimum 2 – maximum 6 (more people only on request)

**Price per person:**

In double room: € 450

In single room: € 545

Derde persoon in driepersoonskamer: € 380

**On request:**

Extra overnight in B&B

Visit of olive-oil mill with tasting olive oil

Truffle hunting price on request

Tasting lunch in wine bar, an excellent combination of food & wine

**Included in the package:**

- 3 overnights stays with breakfast
- 1 dinner (exclusive of beverages)
- Go for shopping
- 1 cooking lesson and lunch
- 1 wine-tasting in a winery
- route instructions of a cultural walk in Assisi
- pre-tour information
- clients assistance



**Ecologico Tours & Meravigliosa Umbria**

[www.ecologicotours.com](http://www.ecologicotours.com)

[www.meravigliosaumbria.com](http://www.meravigliosaumbria.com)

e-mail [info@meravigliosaumbria.com](mailto:info@meravigliosaumbria.com)

tel. (0039) 346 3254167 & (0041) (0) 79 2457505

