

A Food & Wine tour through the Valle Umbra (G 008 UMB)

Old traditions, wine and good food



This eno-gastronomic tour is a wonderful discovery trip to the culinary traditions of the beautiful, green Valle Umbra: a fertile and water-rich valley surrounded by green hills covered with vineyards and olive groves. This valley contains not only some of the most important Umbrian medieval towns such as Assisi, Montefalco, Bevagna and Spello, but also the larger provincial capital Perugia and Spoleto, which lies at the foot of the thickly wooded Monteluco mountain. You spend the night along the babbling river Clitunno, in an eco-structure that is centrally located between Trevi, Bevagna and Montefalco. In the restaurant, delicious Umbrian dishes are served, with frequent use of local products such as truffle, mushrooms and extra-virgin olive oil. You spend the night along the babbling river Clitunno, in an eco-structure that is centrally located between Trevi, Bevagna and Montefalco. In the restaurant, delicious Umbrian dishes are served, with frequent use of local products such as truffle, mushrooms and extra-virgin olive oil.

In the country house is organized a cooking lesson with Rita, in which some fabulous Umbrian dishes will be prepared. The black truffle is found in Umbria and with a truffle hunter, you head into the hills of Trevi. Afterward, the truffle is served in a delicious pasta dish.

The next day, Assisi and the wines produced in this are on the program. You will visit an organic winegrower and will have a cooking course with Maria. During lunch, you taste their exceptional wines and enjoy the recipes you made. Afterward, you have plenty

enough time to visit Assisi. A detailed cultural route description takes you past the famous monuments of this lovely pilgrim city.



Period: Daily all the year round (During holidays and festivities only on request)

Day 1: Arrival in Umbria

In the afternoon, you are expected in a Country House near Trevi. Carla will give you a warm welcome

Overnight and dinner in the Country House.

Day 2: A cooking class

In the morning, you have time to visit Trevi, Montefalco or Bevagna, three medieval towns not far from your country house. In the early afternoon a cooking course with Rita in the country house. During this course, typical local dishes are prepared from genuine products. In the evening, a dinner where you will taste the tasty prepared dishes.

Overnight with breakfast at the Country House.



Day 3: Truffle hunting in the hills of Trevi

After breakfast, you leave the country house and head into the mountains above Trevi, an area where black truffles are found. You are expected at 10.00 am and go with Alessandro or Antonio and their trained dogs to find the 'black diamonds of the kitchen'. An omelette with fresh truffle is prepared in the field. Afterward, you will have lunch where also a truffle dish will be served.

In the evening you are free to dine somewhere on your own.

Overnight with breakfast at the Country House.

Day 4: a cooking class and exploring Assisi.

After breakfast, you are expected at the organic wine growers-family. First, you visit their wine cellars and then there is a yummy cooking course with Maria and Annalaura. They know all about the Umbrian cuisine and how to combine appetizing dishes with the right wines. During lunch with self-prepared dishes, you can also taste the delicious organic wines of their wine company.

After lunch, you have the time to visit beautiful Assisi. A detailed route description of a cultural walk will show you every corner of Assisi. You walk past the most famous monuments of this old medieval city. In the evening you are free to dine somewhere on your own. Overnight stay with breakfast at Country House.

Day 5 End of tour after breakfast

After breakfast ends this tour to discover the Umbrian delicacies and extraordinary wines.

The country house, managed by the friendly Carla e Luigi, is an 18th-century farmhouse that has been completely renovated to the standards of an eco-architecture: the use of natural and recycled materials and solar panels for energy. There are six apartments of various sizes, a restaurant, garden, salt-water swimming pool and car parking. Local products such as saffron, truffles, spices, olive oil, nuts and honey are used in the restaurant.

Period: all the year round (holidays on request)

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

Price per person:

730 Euro in a double room

820 Euro in a single room

680 Euro 3^e person in a triple room

Included in the price

- 4 overnights with breakfast
- 1 diner (exclusive drinks)
- Cooking lesson in the country house + dinner
- Truffle hunting with lunch
- 1 cooking class with lunch and wine-tasting at an organic winery

- Description of a cultural walking route in Assisi
- Pre-Tour information
- Local assistance



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