



Umbrian Appetites

7-day tour

Day 1 Sunday

Transfer to Montefalco, Wine Tasting

L D

You will be met outside the main entrance of Foligno railway station at 11.00 am and transferred to your accommodation near Montefalco arriving at approximately 12.00 noon. After lunch on the estate we travel up to the medieval town of Montefalco where you will be introduced to the food, wine and artisan traditions of the town including a wine tasting. Montefalco reds have won prestigious awards for the best red wine in Italy. Welcome drinks and dinner at the family run enoteca in the town's delightful piazza.

Day 2 Monday

Markets & Villa Cooking Class 1, Foligno

B L D

Today is market day in Montefalco so there is a walk around the town to experience the atmosphere. The cooking class is at a local villa just near the marketplace. You will develop skills in making a complete Umbrian meal from antipasti, through to dolci, including fresh pasta in its local variation, 'strangozzi' with its interesting definition as 'priest strangler'. In the afternoon we visit Foligno with a focus on the kitchenware shop. After dinner at the accommodation we have an introductory talk on the food and wine of Umbria.

Day 3 Tuesday

Ancient Traditions & Cellar visits

B L D

A short drive to a nearby farmhouse and we visit a 'carbonaio' or charcoal kiln that once provided the local area with wood coal. They will show us the ancient techniques and we have lunch on the property. The afternoon is taken up with visits to various local wine cellars where you can try Montefalco's award winning Sagrantino wine.

Day 4 Wednesday

Olive oil tasting, Cooking class 2

B L D

We visit a local oil mill and walk through the field of olives which will include a field lecture on growing techniques and a detailed tasting and comparison some of the area's excellent extra virgin olive oils. The whole of Umbria beneath 600 metres in altitude has a climate and geography particularly suited to the cultivation of the olive. The oil is an essential ingredient of Umbrian cooking and the landscape displays evidence of years of tradition in the area's principal agricultural activity. Lunch back at the accommodation. We travel on to a nearby farmhouse where we explore the ancient estate, its traditions and its biological grain farm, cooking lunch by the enormous fireplace in the original family kitchen using produce from the fields outside.

Day 5 Thursday

Truffle hunt, Cooking class 3

B L D

This morning we travel to a mountain forest where we will accompany a professional truffle hunter and his trained dogs into the forest on his daily quest for 'black gold'. We enjoy a simple meal of wine, bruschetta, pasta and truffles in the hunter's home in the mountain village. In the afternoon, another cooking lesson on a property nearby.

Day 6 Friday

Cooking Class 4, Norcia

B L D

In the morning we travel to our cooking class in a private home or local restaurant based on characteristic regional food. The class is followed by lunch. In the afternoon we drive through the Valley of the river Nera to Norcia, the sausage and salami capitol of Italy. The walled roman town has been historically famous for its delicious cheeses and salamis and almost every Italian town has a Norcineria selling its produce. We stock up on produce to include at dinner this evening back at the accommodation.

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Day 7 Saturday

Deruta ceramics, Weaving Perugia

B D

Deruta has been a major ceramics centre since medieval times. No culinary exploration would be complete without a venture into eating's decorative accessories. Here you will be shown through a selection of some of the 300 outlets selling plates, bowls and anything else that might be made of terracotta. We then travel on to Perugia to a workshop of traditional fabric weavers still using ancient hand built wooden looms in a beautifully restored gothic church. The afternoon in the town is free for shopping or individual sightseeing.

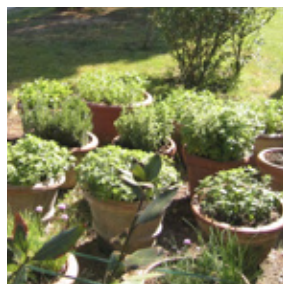


Day 8 Sunday

Departure

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On the last day of the tour you will be transferred to Foligno Station arriving there at 9am. The tour officially ends here.



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