

**WELCOME to the 'Hidden Umbria' walking tour.** During your stay in Umbria you will be put in touch with an enchanting, beautiful and relatively undiscovered part of Italy, with a varied history and rich natural heritage. We are delighted that you are coming on our walking program and this letter will fill you in on a few details about your arrival and the tour in general, as well as some advice on what to bring. We also need some information about you so that we can do our best to make sure that you have a wonderful holiday. Please fill out the enclosed form and send it back to your travel agent who will then forward it on to us.

## ARRIVAL

You will be collected from outside **FOLIGNO** station at the **main taxi point**, at **11am** on the first day of the tour. To arrive at FOLIGNO station from Rome Termini you take the Ancona line. You can find more detailed information about the train [www.trenitalia.it](http://www.trenitalia.it)

We will have a sign saying 'LIVING ITALY' and/or 'HIDDEN UMBRIA'. In case of any problems the mobile phone numbers of the people collecting you are **+39 333 66 80 026** or the office numbers in Italy are **+39 0742 378 399** or **+39 0743 254 063**.

From FOLIGNO station you will be transferred directly to Montefalco in a private air-conditioned coach. Unless there are unexpected delays you will arrive at the accommodation at approximately 11am in time for lunch.

Alternatively we can collect you from a hotel in Foligno, **before** the station pick up. This can be by arrangement only and must be indicated clearly on the attached form so that we are not waiting for you at the station!

Please specify your arrival preference on the attached form. In case of any problems or change of plans please contact us on T & F ++39 0742 378 399 or one of the above mobile phone numbers, or email [info@livingitaly.com](mailto:info@livingitaly.com), at least 48 hours before your anticipated arrival.

## DEPARTURE

On the last day of the tour you will be transferred to **FOLIGNO** Station leaving the accommodation at **9am**.

## SHOES

Proper foot gear is extremely important. It is a good idea to wear your walking / hiking shoes several times prior to the program. We suggest that you bring a pair of **comfortable broken-in insulated boots with firm non-skid soles**, and if possible ankle high tops. You must also protect your legs against occasional overgrown trails. If you are planning to purchase new boots, do so now, and take several long walks between now and departure time to ensure that they are comfortable and fit properly.

Please be sure your boots have the following features:

- **Breathable, flexible and durable**
- **Leather** remains the material of choice among the hiking/walking connoisseurs
- **Durability & protection.** Look for a reinforced toe-box and external 'bumper' to keep the boot's front end from falling apart while protecting your forefoot from rocks and trees.
- **Stability & support.** Mid-height or high-top boots with padded collars provide ankles with lateral support. Outsole with medium depth lugs (feels similar to athletic shoes) are sufficient for most day hikers
- **Lightweight** – the lighter the boot, the easier the walk (light is right)
- **Comfort features.** Look for internal padded cushions, and soles that flex at the ball of the foot, and a boot designed specifically for your gender (women's feet generally have a higher instep and thinner heels and Achille's tendon)
- **Weatherproofing** – no hiker enjoys wet feet. A 'rand' that wraps around the outside of the boot just above the outsole improves water resistance. Look for water proof leather with waterproof liners. If you already have boots that are not waterproof, buy a can of shoe waterproofing at any shoe shop.

A pair of **comfortable walking shoes** is essential for the often steep cobbled streets of the hilltowns, and all shoes should be **non-slip**.

## CLOTHING

**Durable comfortable clothing** is essential on this program. Informality and comfort are the rule and sportswear is suitable for all activities though you will be spending a great deal of time outdoors. Considering the possible range in temperatures it is best to pack clothes that can be layered.

'**Layering**' of clothes is always a good idea because it provides adaptability to climate changes. Always have your rain gear handy. You may wish to invest in a 'rain suit' which consists of a lightweight, **storable water-repellent jacket** and pants. **Cotton clothing** is generally suitable for outdoor wear and is strongly encouraged. **Nylon shell clothing** which is breathable will also help keep you dry.

## SUGGESTED PACKING LIST

- A **small back pack** is essential
- **One pair of ankle high, well broken-in, lightweight, waterproof hiking boots with traction soles** (see shoe recommendations). **TENNIS SHOES ARE NOT ACCEPTABLE FOR HIKING.**
- **Cotton socks** for when not on the walks

- **Light weight socks** such as silk, polypropylene or 'smart wool' (FABRICS THAT WILL TAKE MOISTURE AWAY FROM YOUR SKIN). Cotton socks are not recommended while walking as they will quickly cause blisters
- **One windproof jacket with hood**
- **A couple of warm sweaters or jacket**
- **A couple of flannel or cotton shirts, sweatshirts and turtlenecks**
- **Walking pants and shorts**
- **A hat or visor**
- **Warm hat and gloves**
- **One water bottle.** It is highly recommended that each person bring a **personal light-weight water bottle** as it is extremely important to have as much fluid intake as possible during the days you are walking
- **Band-aids, elastic bandage, first-aid cream, and footcream**
- **Sun-screen** (SPF 15 or greater)
- **Sunglasses, binoculars, and camera**
- **Insect repellent**
- **Lightweight rain gear**
- **Alarm clock**
- Pedometer (optional)

#### FOR OTHER ACTIVITIES ON THE PROGRAM:

Remember to include a lightweight **folding umbrella**, and a **torch** can be handy for evening strolls along the country roads. Your binoculars can come in handy in churches for looking high up at frescoes. And from June to September the pool is uncovered so don't forget to bring your **swimming costume** during these times if you enjoy a refreshing dip at the end of the day.

#### DAILY SCHEDULE

Each day of this program is active and, to a certain extent the pace is set by the group. The day begins at about 9am after breakfast when the group departs for the day's activities. Daily options will be explained in briefings. Generally the pace is moderate. We will walk for a couple of hours at a time, with brief stops for water, snacks, sightseeing and photography. Sometimes we need to keep moving. Most of the trails are used regularly. There is no rock climbing or dangerous footing, however the trails occasionally cross ridges or streams and some excursions involve walking on uneven terrain. Generally we follow roads or trails and paths that the local inhabitants have been using for centuries. Some of the trails can be strenuous and they are not flat. Remember they are not called hilltowns for nothing. We do use the coach to gain altitude so that when possible there is more downhill than uphill walking. We concentrate on walking through varied terrain along gravel roads and paths and through beautiful fields and forests, villages and towns.

*We strongly recommend assessing your ability to do this walking program if you have hip or knee problems.*

#### IN MONTEFALCO

There is one internet café, a post office, a newsagent with photocopying and fax facilities, a camera/photography shop, an optometrist, a doctor, dentist and pharmacy as well as clothes and shoe shops (nothing fashionable, emergency supplies only), a supermarket, several restaurants and a number of coffee shops/bars and wine bars. There are hairdressers and a beautician who does therapeutic massage. Opening hours of all shops and offices is: 8 or 9am-1pm and 4pm-7 or 8pm.

Very close to the hotel (about a 5 minute walk) there is a small shop/bar where you can buy fruit, cappuccinos and general provisions.

#### BANKS

There are two banks in Montefalco. Both have ATM which accept Maestro/Cirrus keycard and Visa card. Check with your bank that your PIN code will work overseas. Most of the towns that you will visit during the tour also have ATM machines. Banks in the larger towns will change cash. Travellers' cheques seem to have been difficult to cash (the nearest bank which will do so is in Perugia, approx 40 kms from Montefalco) so we suggest these only for use as emergency back up.

#### LAUNDRY AND FACILITIES

The ladies at the hotel will do your washing for you for €30.00 (approx \$50) per machine load. It will be returned to you beautifully ironed two days later. Washing and ironing facilities are also available (Italian washing machines take up to 2 hours to do a load though!).

You can also make a cup of tea in the dining room of the hotel.

#### YOUR LOCATION

#### THE ACCOMMODATION

While in Umbria you will return every night to the tranquillity and comfort of the **Fabrizi family Agriturismo**, a sixteenth century farmhouse nestling high on the hillside just outside the walls of Montefalco with spectacular scenery stretching across the valley to the Apennines. The term 'agriturismo' applies to a category of family run hotels in a rural setting. The property is the home of a distinguished Italian family with a basis in agriculture who have been in residence here since the 16<sup>th</sup> century.

Four of the farm buildings have been converted into high quality accommodation, with a swimming pool in the garden. The complex is surrounded by fruit trees, olive groves and vineyards. There are twenty rooms, all with their own bathroom and private entrance. The rooms are not air conditioned but the thick walls, the window shutters and the shady trees keep the temperature pleasant even on hotter days. The swimming pool is wonderful for fresh morning swims or a soothing dip on hot afternoons. The accommodation is ideally situated for visits to the nearby hilltowns that are such a feature of this region. Whether relaxing in the shady garden or by the pool, or strolling past vineyards and olive groves, you will appreciate the serenity of the country setting. Dinner is included each evening, and is generally of soup or pasta with fresh vegetables from the garden followed by a meat course with vegetables and salad, and served with their own red and white wines and olive oil.

Montefalco has a long history of being one of the best producers of olive oil in the central Umbrian region and one of Montefalco's Sagrantino red wines is officially listed as the best in Italy.

## MONTEFALCO

The medieval walled town of **Montefalco** is a fifteen minute uphill stroll from the hotel, along a country road from which there are spectacular views of the Vale of Umbria. The town is known as 'the Balcony of Umbria' because of its central position in the valley and its hilltop panorama. You enter Montefalco through an opening in the medieval wall and continue up (they're not called hill towns for nothing) along the narrow cobbled streets past the beautiful old stone houses of the residential area. You soon arrive at the spacious main piazza where you can catch your breath over a cappuccino or a freshly squeezed orange juice. From the central piazza, winding medieval streets offer views of the patterned landscape of olive groves and vineyards that surrounds the town.

With its complete ring of medieval walls and panoramic views stretching from Assisi in the north to FOLIGNO in the south, this small town contains a wealth of history and art that is testimony to its strategic importance. Montefalco is also a place of life and vitality, with strong traditions and a rich repertoire of distinctive local culture. It is famous for award winning wines and a golden-green olive oil, the production of which forms an important part of the Umbrian lifestyle.

## UMBRIA

Umbria's enchanting landscape of mountains, hilltowns and patchwork fields reflects more than two and a half thousand years of fruitful collaboration between man and nature. It is a region where past and present succeed in living together in a unique and singular harmony.

Wheat fields, olive trees and vineyards make up a picturesque collage in countryside that has been lovingly cultivated and reclaimed throughout the centuries and where local farmers still follow age-old traditions. During May this characteristic patchwork becomes streaked with the dramatic red of poppies, while in June the evenings are embellished by fireflies and the fields turn brilliant yellow as the sunflowers reach their peak. The grapes are harvested in September as the green re-emerges after the hot summer months, and by October golden autumn cascades frame the stone towns as the time for olive picking approaches.

## HOW TO CONTACT PEOPLE ON CIT HIDDEN UMBRIA WALKING PROGRAMS

### TELEPHONE CALLS AND FAXES TO AND FROM ITALY

**FABRIZI FAMILY AGRITURISMO HOTEL**  
**06036 MONTEFALCO (PG), ITALY**  
**TEL: 0011 39 0742 379 492 FAX: 0011 39 0742 371 077**

The **time difference** between Italy and Australia from March to the end of October is **8 hours**. The best time for phone contact between Italy and Australia is from 4pm to 8pm Australian time, which is 8am to noon on the same day in Italy.

If you have a digital **mobile phone** it is possible to request installation of 'global roaming' and to take your phone to Italy. However people calling to the mobile phone will pay the normal international rate and the receiver of the call in Italy also pays significant charges.

The hotel has one central phone with a **public pay phone** in the office. You can buy **telephone cards** for Euro 5 (\$8 approx). You need one of these to make reverse charges or Telecard calls though the telephone card will not be debited. Faxes are one of the best ways of keeping in touch.

The tour organiser in Italy can be contacted on the following numbers:

**TEL:** + 39 0742 378 399 or + 39 335 8196106. **FAX:** + 39 0742 378 399  
**EMAIL:** info@livingitaly.com

## CALLING PEOPLE IN AUSTRALIA

It is strongly suggested that you obtain a **Telecard** from Telstra or Optus. This will allow you to call Australia from any telephone in Italy and have the cost of the call charged to your account in Australia at Australian International rates (Italian rates are much higher).

## SELECTED READING LIST

[www.livingitaly.com/reading.htm](http://www.livingitaly.com/reading.htm)

### Eyewitness Guide – Italy

- contains an interesting chapter on Umbria with small but helpful illustrations

### Blue Guide – Umbria

- densely packed information in small print but excellent for reference

### Insight Guides – Umbria (APA Publications)

- many enticing full-page colour photos and an enthusiastic text by a number of writers

### Umbria: Jonathan Keates (Philip's Travel Guides) - out of print but available in some libraries

- beautiful photographs with a lively, personalized text

### Rough Guide and Cadogan Guide - Tuscany and Umbria in the same volume – both excellent and available

### Rambling in Umbria Italy - Text and Illustrations by Margo Fincher published by Bigprint Pty. Ltd. (small paperback with text and sketches)

### The Hill Towns of Italy - Chronicle Books, San Francisco (large coffee table book in paperback about Tuscany & Umbrian towns - Perugia, Assisi Orvieto, Todi, FOLIGNO, Gubbio)

### Where the Cypress Rises - recently written by one of our expatriate Australians Virginia Ryan. A valid personal interpretation of real life in the Umbrian hill town of Trevi. Virago press.

### Under the Tuscan Sun – Frances Mayes

### The Tuscan Year – Life and food in an Italian Valley – Elizabeth Romer – Weidenfeld and Nicholson, London (1984)

### Umbria, a Cultural History: Ian Campbell Ross (Penguin)

- historical overview, well researched, with comprehensive index and town descriptions

## CLIENT INFORMATION FORM

To confirm your reservation please return this form to your travel agent or direct to Living Italy; fax to +39 0742 378 399, or email: [info@livingitaly.com](mailto:info@livingitaly.com)

TOUR DATES

NAME ON PASSPORT

PREFERRED NAME

ADDRESS

COUNTRY

POSTCODE

TELEPHONE (H)

(WORK)

MOBILE

FAX

EMAIL

### ACCOMMODATION PREFERENCES:

UPSTAIRS

DOWNSTAIRS

SINGLE TWIN  
Sharing with

DOUBLE

**ARRIVAL DETAILS: Please confirm FOLIGNO STATION 10.30am OR FOLIGNO HOTEL (Please provide details)**

**EMERGENCY CONTACT DETAILS** in case of accident or illness

**ESSENTIAL MEDICATIONS** Please be sure to let us know if you have any food allergies or a pre-existing medical condition that may be relevant to us in an emergency. In such a situation it is essential that we have a record of any medication that you are required to take

## TERMS AND CONDITIONS

### TOUR CANCELLATIONS

#### CANCELLATIONS: must be in writing

Deposit is non refundable, unless the tour is cancelled by the operator. Cancellations made subsequent to the final tour payment having been received will incur a cancellation fee as a proportion of that amount as follows: Over 45 days prior to Day 1: 25%; 45-22 days: 55%; 21 days: 100%. Should Living Italy be forced to cancel the tour all payments will be refunded

### TRAVEL INSURANCE

**Insurance cover is a prerequisite of participation in the tour.** Please provide details

**INSURER:**

**POLICY NUMBER:**

### DISCLAIMER

Living Italy is operating as booking agent only for the accommodation, various tour excursions, transport, meals and other arrangements. By booking a tour the passenger acknowledges and agrees that though every effort will be made to ensure your personal well being, no liability is accepted should you fall ill, suffer accident, misfortune, delay, damage, detention, death, or loss. All claims are expressly renounced should you incur additional expense as a direct or indirect consequence of the tours, foods or beverages, or transport or any ancillary service provided throughout the tour, or for any additional charges, including transport, meals or accommodation costs, incurred as a result of fault, misdemeanour or third party failures, the non-provision of services, strikes, cancellations, delays, illness or accident. Though all practical assistance will be given, no responsibility is assumed or undertaken for loss of money, credit cards, traveller's cheques, baggage or personal belongings. Though every effort will be made to fulfil commitments as per the itineraries, no liability is undertaken should circumstances beyond our control prevent such undertaking being possible. Living Italy reserves the right to change the itinerary, prices, concerts, meals or other inclusions in whole or in part, at any time without prior notice and will not be liable to refund passengers for any reason whatsoever, including failure to reach expectations, or inability to participate in activities or inclusions.

**Please sign below, indicating that you have read and accept the terms and conditions and return this form to your travel agent/Living Italy**

**SIGNED .....****DATE.....**