

## WELCOME TO THE 'PAINTING UMBRIA' TOUR

IN CONJUNCTION WITH THE MEMBERS SOCIETY OF THE ART GALLERY OF NSW

During your stay at in Umbria you will be put in touch with an enchanting, beautiful and relatively undiscovered part of Italy, with a varied history and rich artistic heritage. 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.

## ARRIVAL

You will be collected at **11am**, or from outside **FOLIGNO STATION** at the **main taxi point**, on the first day of the tour. To arrive at Foligno from Rome Termini you take the Ancona line. You can access detailed information about the trains on [www.trenitalia.it](http://www.trenitalia.it) In case of any problems please call **+39 333 66800 26**.

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

In order to make the arrivals run smoothly please specify your arrival preference on the attached form. In case of any problems or change of plans please contact us on one of the above mobile phone numbers, or email [info@livingitaly.com](mailto:info@livingitaly.com), at least 48 hours before your anticipated arrival.

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

## WHAT TO BRING

Whatever the time of year you should have a **light waterproof jacket** for the day time and a **coat and scarf** for the evenings, particularly in May and October. Lighter clothing is appropriate for the warmer periods in June and September and you can always avoid heavy clothes in your luggage by bringing several **light layers** and so being prepared for all weather eventualities. And don't forget to bring your swimming costume if you enjoy a refreshing dip on a hot day.

A pair of **comfortable walking shoes** is essential as there is a lot of ground to cover, and all shoes should be **non-slip** for the often steep cobbled streets of the hilltowns. A **small backpack** is much more comfortable than a shoulder bag or something you have to hang on to, thus leaving your hands free to practise all those wonderfully expressive Italian gestures. You will find that a small pair of **binoculars or opera glasses** can be useful for viewing frescoes high up in churches. Remember to include a lightweight **folding umbrella**, and a **torch** can be handy for evening strolls along the country roads. It is worth mentioning not to forget any battery chargers that you may need for cameras or mobile phones, and you will need adaptors to fit these into the Italian system.

Regarding your **art supplies**; please come equipped with your own preferred drawing or painting materials. We will provide stools & have available some essential drawing equipment. If required we can provide easels, but it is highly advised that you keep your art equipment small and easily transportable. The first trip out is to an art supply shop so that you will be able to purchase any required materials that you have not bought with you.

## IN MONTEFALCO

There is an 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.

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. They open at 7.30am.

## 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.

## CONTACTING PEOPLE ON THE PROGRAM

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.

### LIVING ITALY

Via Porta Camiano 3, Montefalco 06036 PG ITALY T/F: +39 0742 378 399 M +39 333 66800 26  
email: [info@livingitaly.com](mailto:info@livingitaly.com) [www.livingitaly.com](http://www.livingitaly.com)

## Painting Umbria

## Final Tour Information

The hotel has one central phone with a **public pay phone** in the office. You can buy **telephone cards** for Euro 10.00 (\$7 approx). You need one of these to make reverse charges or Telecard calls, though the telephone card will not be debited. Faxes to the accommodation ( +39 0742 371 077 ) are one of the best ways of keeping in touch. Emails to the office ( [info@livingitaly.com](mailto:info@livingitaly.com) ) will usually be delivered the next day

The tour organiser in Italy can be contacted on the following numbers  
**T: + 39 0742 378 399 or + 39 335 8196106. F: + 39 0742 378 399**  
**E: [info@livingitaly.com](mailto:info@livingitaly.com)**

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).

### THE ACCOMMODATION

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

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. 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 in the garden is wonderful for fresh morning swims or a soothing dip on hot afternoons. (June to September) The accommodation is ideally situated for visits to the nearby hilltowns that are such a feature of this region. Dinner is included each evening, and is generally of soup or pasta with fresh vegetables from the garden followed by a meat course and served with their own red and white wines and olive oil. You can make a cup of tea in the dining room of the hotel at any time.

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 and folded. Washing and ironing facilities are also available.

### 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 from Assisi in the north to Spoleto 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'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.

The works of art that have made Umbria famous are mostly frescoes of the middle ages through to Renaissance times, painted in the region's many churches and now found also in a number of excellently presented museums. There is Signorelli's dramatic apocalypse and Last Judgement cycle at Orvieto, the great fresco cycle of Giotto and other masters in the basilica of Saint Francis at Assisi, and a wonderful depiction of the life of the Virgin by Lippi in Spoleto. Montefalco too has some gems; in particular Benozzo Gozzoli's life of Saint Francis in the beautifully presented local museum, and in Umbria's National Gallery at Perugia there is a wealth of works by masters including Fra Angelico, Filippo Lippi, Perugino and Raphael.

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 one of the best in Italy.

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### READING LIST

#### *Italian Joy*

Carla Coulson\_– full of exquisite photography and story of escape from humdrum. Recently published by Lantern.

#### *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)

A thorough historical overview, well researched, with comprehensive index and town descriptions

#### *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. Contains 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 -*

Also by Chronicle Books, San Francisco. (large coffee table book in paperback about Tuscany & Umbrian towns - Perugia, Assisi Orvieto, Todi, Spoleto, Gubbio)

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## CLIENT INFORMATION

To confirm your reservation please return this page to your travel agent or to Living Italy F +390742378399 E info@livingitaly.com

## TOUR DATES

## NAME ON PASSPORT

## PREFERRED NAME

## ADDRESS

## COUNTRY

POST CODE:

TELEPHONE (H)  
(Mobile)

(W)

## FAX

## EMAIL

**ACCOMMODATION DETAILS:** Please advise any other preferences you may have here.

SINGLE TWIN  
Sharing with

DOUBLE

**ARRIVAL DETAILS:** Please indicate clearly Foligno station or Rome's Fiumicino Airport

**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

The 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 the operator 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**

Signature \_\_\_\_\_ Date \_\_\_\_\_

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