



EUROVILLAS & TOURS

Italian Appetites

A Gastronomic and Oenological exploration of Umbria – 7 days/6 nights

A selection of regional cooking classes based on a variety of recipes rooted in ancient tradition and some of the finest natural produce in Italy. With the accent always on genuine flavours, events often include seasonal ventures into wild food foraging, truffle hunting, cheese or wine making or oil pressing according to the time of year.

- Day 1** **Montefalco** **L D**
Meet at Foligno railway station at 11.30am. Transfer to your accommodation near Montefalco. After lunch 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 at a **family run enoteca** in the town's delightful piazza. Montefalco reds have won prestigious awards for the best red wine in Italy. A four course dinner including wine is at the accommodation every evening.
- Day 2** **Cooking #1 at Montefalco villa & Deruta** **B L D**
Our first **cooking class** is at the lovely Villa just outside Montefalco's town walls, so enjoy a morning stroll through the town before meeting at the villa for our hands on cooking in the villa's kitchen and a **pleasant lunch in their historic garden**. In the afternoon visit Deruta, a major **ceramics** center since medieval times. No culinary exploration would be complete without a venture into eating's decorative accessories and here you will be shown through a selection of some of the 300 outlets.
- Day 3** **Truffle hunt & Spoleto** **B L D**
An exhilarating day where we travel high up to a mountain forest where we first watch cheese being made (in season) and then accompany a professional truffle hunter on his wanderings through his own private forest on his daily quest for **truffles** or 'black gold'. We enjoy a simple meal of wine, bruschetta, pasta and truffles in the hunter's home and then visit the town of Spoleto.
- Day 4** **Cooking class #2 & Wine tasting** **B L D**
At the accommodation this morning you will be making ravioli and other traditional pasta's with Anna Maria, a renowned local cook. In the afternoon we visit a range of local wine cellars for tastings of Montefalco's full bodied red which has won awards as Italy's best red.
- Day 5** **Cooking #3 in Bevagna** **B L D**
We travel on to a small local restaurant in Bevagna where you will prepare a modern version of traditional Umbrian fare with the owner and chef, Filippo then dine on the delightful terrace in a small piazza. In the afternoon there is a guided visit through the delightful small town and time to stroll the streets for a passeggiata, sit in the piazza with a campari or just browse through the local shops and streetscapes.
- Day 6** **Cooking #4 in Orvieto** **B L D**
Cooking class and lunch at a well known local restaurant with chef Lorenzo where you will work through the full four courses of a regional menu.
- Day 7** **Tour ends Foligno**
Transfer to Foligno Station at a time to suit your travels

This is a preliminary itinerary and will be altered to accommodate seasonal activities, the weather, local festivals or the availability of guides or restaurants.

Commence Thursdays: 12 Apr, 3 & 17 May, 7 & 21 June, 12 July, 2 Aug, 6 & 20 Sept, and 18 October
TOUR COST: Euro1985.00 per person share twin, Single Supplement: euro350.00

ACCOMMODATION. *You stay in a family run country guesthouse located just outside the walls of the medieval hilltown of Montefalco, where a cluster of farm buildings has been converted into high quality accommodation. All rooms are furnished with solid antiques and have their own bathroom and private entrances. There is a shady garden with a swimming pool and spectacular views across the Valley of Umbria. The estate still produces their own vegetables, herbs, wine and olive oil which are used to prepare the delicious simple meals held in a pleasant dining room or outside under pine trees.*

HIGHLIGHTS

- Unpack once and settle in for 6 nights at a family run country estate
- Small groups (max12) provides a better experience
- Visits to private homes, villas and farms to cook and eat
- Flexibility to adjust to local events
- Discover the delights of Italy and Italians away from the tourist trails
- Wonderful local meals and wine

INCLUSIONS:

- Foligno station or Foligno hotel transfers
- All land travel by air-conditioned coach
- Accommodation for 6 nights with full board
- 4 cooking classes of characteristic regional recipes
- A truffle hunt and truffle lunch in a mountain village
- Visits to cellars with tasting of Montefalco's award winning Sagrantino wines
- A visit to the famous ceramics centre of Deruta
- The services of a tour leader

