

UMBRIA N. 1

Day 1 Montefalco – *cooking class* –

C L

Today you will learn to cook traditional pasta and other regional dishes using local ingredients. Following the cooking class, participants get to sit down and enjoy their lunch in the historic garden of the Villa. After lunch enjoy a guided visit of the lively medieval 12th-century town of Montefalco, with its five gates each one of which is associated with a parish church and giving into a lane that leads up to a (more or less) five-sided piazza at the town's highest point. Visit the church of San Francesco, with Benozzo Gozzoli's Saint Francis fresco cycle of 1452. Montefalco also has a tradition of woven linen and linen-cotton. Overnight.

Day 2 Montefalco – Assisi – Montefalco

B D

Breakfast. Head for Monte Subasio for a private guided walking tour of Assisi, the birthplace of Saint Francis and Italy's famous pilgrimage site. Discover all the facets of the Old Town (Roman walls and medieval houses), including the Basilica of Santa Chiara, dedicated to the founder of the Order of Poor Ladies, and the papal Basilica of St. Francis, built between 1228 and 1253. Now home to the consecrated remains of the saint, the stunning monument is also said to have the best collection of art in any church of Italy, including frescoes and paintings by Cimabue, Giotto, Lorenzetti and more. Time at leisure for lunch and the remainder of the day is yours to explore Assisi as you please. Complete your day by a marvellous genuine dinner in a family run country house. Overnight.

Day 3 Montefalco – Perugia – *bread & pizza* – Montefalco

B P

Breakfast. Today is about art, pizza and bread in Perugia, Umbria's largest town with its very extensive historic centre. Our guided tour includes a walk through the medieval ghost town built in to the foundations of the Papal castle, Palazzo dei Priori, the Collegio del Cambio with frescoes by Pietro Perugino, the Collegio della Mercanzia with late 14 C wooden interior and the National Gallery of Umbria which hosts one of the richest collections in Italy with works of international renown. The impressive number and variety of artistic works housed in the museum range from paintings on wood, canvas and murals, to sculptures in wood and stone, to goldsmith's art and fabrics, which exemplify the artistic evolution in the territory between the 13th and 19th centuries.

Afternoon with Andrea Pioppi, Italian master baker and expert teacher, who after 20 years at the family bakery firm, has decided to follow his vocation as a *liberoimpastatore* (free-spirited dough kneader). Be inspired by his passion for the art of baking and learn how to create your own bread and pizza. Return to Montefalco and overnight.

Day 4 Montefalco – Spello & Bevagna – Montefalco

B W L D

Breakfast. In the morning, guided tour of Spello to enjoy both art and flowers. You'll walk around the labyrinth of floral decorated streets to take in the atmosphere and visit the Porta Venere, an Augustan-era gate flanked by two 12-sided towers, the impressive 12th-century Chiesa di Santa Maria Maggiore which houses the Baglioni Chapel with Pinturicchio's beautiful frescoes of the life of Christ and where even the floor, dating back to 1566, is a masterpiece.

Then on to Bevagna for a special wine tasting and light lunch savouring the local colours and fragrances. Top off the day with a guided tour of this wonderfully preserved medieval town and admire its ancient theatre, the temple, the forum (main square), the Roman baths and its mosaics and the Medieval House of Mastro Cecco. Return to Montefalco and fare-well dinner in the Osteria. Overnight.

Day 5 Departure

Breakfast and departure.

Inclusions

- ✓ 4 nights in selected 4 star-hotels with full breakfast in Montefalco
- ✓ Private guided visits with English speaking guides in Montefalco – Assisi (Basilica of San Francesco and Giotto frescoes) – Perugia (Collegio del Cambio, National Gallery of Umbria) – Bevagna & Spello (Baglioni Chapel); including all the entrance fees to the sites
- ✓ Cookery class and lunch Montefalco
- ✓ Bread and pizza making Perugia
- ✓ Dinner country house Assisi
- ✓ Wine tasting and light lunch in Bevagna
- ✓ Fare-well dinner in Osteria (Montefalco)