



# Umbria

... Typical products and recipes ...

## UMBRIA 7 NIGHT GOURMET, SPIRITUALITY & RELAXING TOUR

ITINERARY:

Perugia - Gualdo Tadino - Gubbio - Assisi



*UMBRIA is full of history, art and culture, nature and parks, spirituality, fun events and festivals, great food & wine, beautiful medieval villages.*

*We have chosen an incredibly beautiful Spa estate where you can experience all of this and more. A relaxing, regenerating stay combining Spa treatments, contact with nature, tasting the best food & wine and visit to the most beautiful Umbrian sites.*



FARRO DI SPOLETO



PECORINO



LENTICCHIE DI  
CASTELLUCCIO



PROSCIUTTO DI NORCIA



TRUFFLE



ZAFFERANO DI CASCIA



STRANGOZZI AI  
FUNGHI PORCINI



CHOCOLATE





# Umbria

\*\*\* Itinerary \*\*\*



ESTATE NEAR PERUGIA



PRODUCTS TASTING



SPA



ASSISI



COOKERY CLASS



GUBBIO

## UMBRIA 7 NIGHT GOURMET, SPIRITUALITY & RELAXING TOUR

7 nights/8 days

**Overnights in:**  
*THE PERUGIA COUNTRYSIDE*

**& visits to:**  
Assisi - Gubbio - Gualdo Tadino

### SERVICES INCLUDED & HIGHLIGHTS:

7 nights accommodation in 4 star spa resort with breakfast - 7 dinners (beverages included: water, ¼ wine and coffee) - 2 lunches (beverages included: water, ¼ wine and coffee) - 1 cookery class with lunch - 1 picnic lunch - tour of the organic farm and tasting of the products - extra virgin olive oil tasting - 2 yoga classes - 2 regenerating sessions in the Spa area - Photography tour - Guided tours of Gubbio and Assisi.

### DAY 1: ROME TO PERUGIA COUNTRYSIDE 220KM

Arrival in Rome Fiumicino airport (or Ciampino/Pisa/Bologna).  
Departure to Umbria and accommodation on marvellous estate near Perugia.  
Guided tour of the estate: organic breeding and products, the castle and the church.  
Tasting of cured meat, cheese and sausages produced on the farm.

3-course dinner based on typical dishes from Umbria.

### DAY 2: SPA, YOGA AND RELAX

Breakfast in hotel.  
Visit the Spa for a 2-hour regenerating session including Jacuzzi, swimming pool, sauna, steam bath, invigorating showers and herbal tea. Treatments available.  
2-course Italian lunch (including water, ¼ wine and coffee).  
60-minute indoor or outdoor yoga class.  
3-course vegetarian/vegan dinner.

### DAY 3: EXCURSION TO ASSISI

Breakfast in hotel and departure to Assisi, the best-known Umbrian city, for a guided tour of the breathtaking home town of St Francis.  
After the tour free time to explore the beautiful narrow alleys of the city centre.  
Back to the hotel for a 3-course dinner under the stars or on the terrace.

#### DAY 4: COOKERY CLASS

Breakfast in hotel.  
Food experience with cookery class.  
We will pick the organic vegetables in the garden and then move to the kitchens to create a 3-course meal.  
Lunch based on the prepared dishes accompanied by selected Umbrian wines.  
Free time for individual activities.  
Organic dinner based on the organic produce of the farm.

#### DAY 5: EXCURSION TO GUBBIO

Breakfast in hotel and departure for a guided tour of beautiful medieval town of Gubbio.  
Free time to visit the numerous food and ceramic shops.  
3-course Italian dinner in hotel.

#### DAY 6: EXCURSION TO GUALDO TADINO

Breakfast in hotel.  
60-minute indoor or outdoor yoga class.  
Visit the Spa for a 2-hour regenerating session including Jacuzzi, swimming pool, sauna, steam bath, invigorating showers and herbal tea. Treatments available.  
2 course buffet lunch.  
Departure to Gualdo Tadino to visit the oil mill and taste the extra virgin olive oil.  
Medieval dinner in restaurant in city centre.

#### DAY 7: PHOTO TOUR & OUTDOOR ACTIVITIES

Breakfast in hotel.  
Photography walking tour.  
Picnic lunch in the Castle or in the woods.  
Farewell dinner based on the produce of the estate.

#### DAY 8: PERUGIA TO ROME 220KM

Breakfast in hotel and departure to the airport.



YOGA LESSONS



GUALDO TADINO



MEDIEVAL DINNER



PHOTO TOUR AND PICNIC LUNCH

Maurizio visiting a Norcineria and tasting the typical Norcia ham. He is always looking for the best products to bring to Ireland.





# Umbria

... Not to be missed ...

## Not to be missed



THE BASILICA OF ST. FRANCIS

**THE BASILICA OF ST. FRANCIS**  
The majestic Basilica of St. Francis is in the heart of the city and represents a milestone in the history of Italian art with its imposing architecture. The Basilica holds the tomb of St. Francis and is the most spiritually powerful place in Assisi.



CORSA DEI CERI

**CORSA DEI CERI IN GUBBIO**  
The historical Corsa dei Ceri (literally the Candles Race) has been taking place in Gubbio every May 15 for centuries and is the most famous folkloristic celebration in Umbria. During the race, three teams – devoted to St. Ubaldo, St. Giorgio or St. Antonio – move at speed around the town, accompanied by large enthusiastic crowds. Visitors will be captivated - and if not careful swept away - by the popular enthusiasm.



EUROCHOCOLATE

**EUROCHOCOLATE FESTIVAL IN PERUGIA**  
This festival takes place every October and is the biggest chocolate festival in Europe. Enjoy the wonders of chocolate in all its forms with many related events, cooking shows and cultural celebrations.

## Awards



Quarta Edizione  
GLOBO TRICOLORE

**THE ITALIAN SCHOOL OF COOKING AWARDED IN ITALY WITH THE "GLOBO TRICOLORE" in July 2012 - for promoting the value of traditional Italian food and wine products in the international market.**

Italian entrepreneurs Marco Giannantonio and Maurizio Mastrangelo established the Italian School of Cooking in 2005. Today it is one of the sectors of the Flavour of Italy Group, which also includes a catering company, travel agency and restaurant Pinocchio.

In July 2012, the group's vision and hard work were rewarded when the Italian School of Cooking won the 2012 Globo Tricolore award for cuisine.

Established in 2009, the annual award honour people in a variety of fields, ranging from art and music to journalism and research. Although their professions differ, the winners all have one thing in common: they promote the excellence of 'Made in Italy' around the world. (The awards ceremony took place in the beautiful Umbria region).

For Giannantonio and Mastrangelo, the simple desire to celebrate Italian culture became the basis of their business. They wanted to share with Irish people that famous Italian passion for cooking and awaken the little Italian inside them."

- Article written by Briana Palma for Italy Magazine.

## *Luppa di lenticchie e patate*

*Lentil and potato soup.*



*SERVES 4 PEOPLE*

### *INGREDIENTS:*

*250g Castelluccio lentils*

*350g Irish Rooster potatoes, peeled and cubed*

*2 garlic cloves, peeled*

*1 red chilli pepper, chopped*

*1 sprig of thyme*

*Few basil leaves and fresh oregano*

*Salt and black pepper*

*1 litre vegetable broth*

*3 tbsp tomato passata*

*6 tbsp extra virgin olive oil*

### *METHOD:*

In a casserole heat the extra virgin olive oil over an extremely low heat. Add the garlic and chilli pepper and fry until the garlic begins to lightly brown.

Add lentils and thyme. Saute the lentils over a moderate heat for 5 minutes, stirring constantly.

Add the wine, stirring, until it has completely evaporated.

Add the tomato passata and some basil and cover with the broth. Season with salt. Cook for about 1 hour stirring from time to time and adding broth when needed.

Add the potatoes and cook for 20 minutes.

Remove from heat, add some fresh oregano, cover and let rest for 5 minutes. Serve with a drizzle of extra virgin olive oil and a pinch of black pepper.

