

DISCOVERING UMBRIA

TRAVELLING, TASTING, EXPERIENCING
THE GREEN HEART OF ITALY

LONG WEEKEND – NATURE&FOOD

Thursday

Arrival in Todi. Meeting with Discovering Umbria staff and settlement in the apartment

Afternoon: Visit to the town of Todi with Discovering Umbria Assistant

Dinner in a typical *trattoria* in the historical centre (drinks excluded).

Overnight

Friday

Italian breakfast at a traditional pastry shop 10 mt. from the apartment.

Departure for a full-day “food&wine” excursion in Sagrantino’s lands. Visit of a home-based oil mill producers of oil, followed by a oil tasting of 3 different olii extravergine DOP Umbria – Colli Martani, blend extravergine e Monocultivar Moraiolo e Leccino and light lunch with legumes soup/vegetables of the season/toasted bread with olive oil (water and wine included). Visit of the oil mill and the olive tree grove with the owner of the farm.

After lunch visit of the Medieval town of Bevagna. On the way back visit of a winery producing Sagrantino and wine tasting of 4 wines (Grechetto, Rosso di Montefalco, Sagrantino secco *dry* and passito *sweet*) with cold cuts. Return to the accommodation.

Overnight

Saturday

Italian breakfast at a traditional pastry shop 10 mt. from the apartment.

Departure with DU assistance for Tignano, ancient castle built in 937 A.D., situated on an hill surrounding Corbara Lake. Departure for a half day birdwatching in company with an expert ornithologist (English speaking) to admire the fauna of Corbara Lake and the amazing landscapes. Visit to the ornithological bird ringing station. During the walk it is possible to observe the many birds and mammals dispersed here. Back on foot to the wine estate and traditional Italian lunch at the farm including: Umbrian appetizer, 3 first courses (including *pappardelle* with wild boar or hare), roast meat with baked potatoes or salad, dessert with Vin Santo or Vendemmia Tardiva wine, fruit and espresso coffee. Local wines and water included. Back to Todi in the afternoon.

Overnight

Sunday

Italian breakfast at a traditional pastry shop 10 mt. from the apartment.

Departure for a full day “food&culture” excursion to the ancient Roman road Via Flaminia and to Carsulae “The Pompei of Umbria” with DU assistant. Arrival at Carsulae, ancient Roman city situated in the countryside. Visit (entrance included) to the museum and the ruins. Departure for the farm and visit to the attached museum dedicated in particular to the “peasant” life of the past centuries. From the many artefacts exhibited and information provided it is possible to glean a real understanding of life as it was for those working the land, tending their animals and working in the kitchen. One room is dedicated to a display of embroidery dating from around the 1900s that includes the tools and implements used by the grandmother of the current owner. Another important area is dedicated to the implements used in the cultivation of the grapes and, due to a recent renovation, now displays a new find dating from the 16th – 17th century in a magnificent “geared-lever press,” the only example of its kind in all of Umbria. Light lunch with chickpeas soup, lentils patè, bruschette bread with extra virgin olive oil (drinks included).

Following departure for Massa Martana and visit to the extraordinary Fonnaia Bridge (part of an impressive road structure built from large, perfectly squared blocks of travertine marble) and to the ancient church of Santa Maria in Pantano (sec. VII).

Back to Todi.

Monday

Italian breakfast at a traditional pastry shop 10 mt. from the apartment. Departure

PRICE FOR 2 PAX: 490 € per person

PRICE FOR 4 PAX: 350 € per person

The quotation includes:

- 4 nights in three-room apartment fully equipped and well furnished in good taste with Umbrian style furniture in the historical centre of Todi.
- Italian breakfast at a traditional pastry shop 10 mt. from the apartment
- 1 dinner in a typical *trattoria* in the historical centre (drinks excluded)
- Visit of Todi with DU assistance
- Full day excursion “On the Sagrantino road” including :light lunch (water and wine included) at the oil mill and oil tasting, wine tasting in a wine estate, visit of Bevagna as described in the programme above.
- Half day birdwatching excursion with ornithologist and traditional Italian lunch in a famous wine estate (drinks included)
- Full day excursion of the “Via Flaminia” including entrance ticket to the ruins and the Museum, light lunch - tastings (water and wine included) visit to the farm museum, as described in the programme above.

The quotation excludes: tips/insurance/personal expenses, other services not mentioned in “the quotation includes”.