

# DISCOVERING UMBRIA

TRAVELLING, TASTING, EXPERIENCING  
THE GREEN HEART OF ITALY

## LONG WEEKEND – WINE&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 for Orvieto with DU assistance following the road along Corbara Lake and its amazing views.

Arrival at the wine estate near the city of Orvieto and visit to the vineyard and to the cellar to learn the secrets of the vine cultivation and wine production. The visit is conducted by an oenologist and owner of the estate and a sommelier FISAR (Italian Federation of Sommeliers) from *Enoteca Regionale di Orvieto* (Regional Wine Centre).

Following light lunch with porchetta (roast pork), local cheese, lumachelle from Orvieto (cheese bread), sweets and tasting of 4 wines.

Back to the accommodation. 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 16<sup>th</sup> – 17<sup>th</sup> 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 the accommodation. Overnight.

### Monday

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

**PRICE FOR 2 PAX: 400 € per person**

**PRICE FOR 4 PAX: 330 € 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.
- 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”.