



Oldways Umbria Culinaria with Chef Kevin O'Donnell

The Green Heart of Italy

October 2-9, 2022

Perugia • Assisi • Todi • Deruta • Orvieto

Sunday, October 2

- Check-in at the five-star Brufani Palace Hotel, with a hilltop view in the heart of historical Perugia. Take time to unpack, rest or explore the winding streets of this beautiful medieval hill town.
- Welcome Reception, Dinner and Wine Tasting at the Brufani Palace Hotel. Our introduction to Umbria will be through wine. We will be tasting several of the main Umbrian varietals including Sagrantino, Grechetto and the famous passito. Following the wine tasting, we start off our trip with a welcome dinner that features some of the specialties of this region.

Monday, October 3

- Breakfast Buffet at the Brufani Palace Hotel
- We will head over the hills to Trevi, to hunt for the famed Umbrian black truffles. We will walk through the woods, with trained dogs and their keepers, to see how these precious tubers are found.
- Following our truffle hunt we will learn how to make umbricelli, a local flour and water pasta, as well as how the truffles are made into a sauce. Then, for lunch, we will sit down to a truffle feast!
- We'll return to Perugia after lunch, where you will have a choice of a guided tour of Perugia, or time on your own.
- We'll meet for a short walk to Osteria a Priori, for a dinner featuring some of the local specialties. Osteria a Priori is a store and a restaurant totally dedicated to Umbrian food and wine products. We think you'll find the design of the restaurant as interesting as the food.

Tuesday, October 4

- Breakfast Buffet at the Brufani Palace Hotel.
- After breakfast we'll leave the hotel to drive to Orvieto. We will drive south, along Lake Corbara towards Orvieto, one of most beautiful hilltop towns in Umbria.
- When we arrive we will meet our Orvieto guide who will take us on a tour of the main sites of the town (Piazza della Repubblica, Piazza del Popola, Churches of Sant'Andrea, San Giovenale and others). We will then visit Duomo and the world famous Chapel of San Brizio.



Discover more about Oldways Culinaria Travel at OldwaysPT.org/travel

- We'll save time before lunch, for you to be on your own for shopping, coffee, or people watching.
- Cooking Class and Lunch. We'll travel just outside Orvieto to have lunch following a cooking demonstration by Chef Kevin.
- After lunch we'll take a leisurely drive back to Perugia, where you will have the rest of the day to explore Perugia, and enjoy dinner at the hotel or at one of the restaurants in town.

Wednesday, October 5

- Breakfast Buffet at the Brufani Palace Hotel.
- We'll meet in the lobby to leave for Todi, a nearby hill town called an example of "the most livable town in the world." We will visit this charming medieval hill town with a guide who will tell us all about the history of Todi and the surrounding area. We will visit the main churches, including San Fortunato and the Duomo, as well as the Tempieto, which was attributed to Bramante.
- We'll have lunch in the center of Todi at Ristorante Umbria, a restaurant with traditional food and spectacular views of the surrounding Umbrian countryside.
- After lunch we'll drive back to Perugia, stopping in Deruta, one of the most famed centers for the ancient art of Majolica, a type of ceramic decoration that was developed in the 15th century. We will visit one of the oldest workshops in town and another for shopping!
- Our dinner tonight in Perugia at Civico 25 is a more modern take on Umbrian cuisine. We'll leave the lobby at 8:00 for a 10-minute walk through the center of town en route to our dinner, which will be accompanied by the music of the 60s.

Thursday, October 6

- Breakfast Buffet at the Brufani Palace Hotel
- We'll head up the mountain to visit another spectacular medieval town, Norcia. We'll be accompanied by a local tour guide who will tell us about the history of this ancient town. The people of Norcia are famous for their skill at curing meats—so skilled, that today most salmumeria in Italy are simply called Norcineria. We will visit one of the oldest workshops in town, and have a guided tasting of some of their specialties.
- Our lunch will take place in Palazzo Seneca, a Renaissance palace that has been converted into a stunning hotel and restaurant. Our lunch will include local specialties prepared in a sophisticated way.
- In the afternoon we'll visit a Chocolate Factory and have a chocolate tasting in Norcia at Cicolateria Vetusta Nursia
- After this day on the road, you will be on your own for the evening—in the hotel or at a restaurant in Perugia

Friday, October 7

- Breakfast Buffet at the Brufani Palace Hotel
- To start our wine day, we'll leave Perugia for the Lungarotti Museum, where through archaeological and historical information in the museum's twenty rooms, we will learn about the more than 5,000 years of wine history.



Discover more about Oldways Culinaría Travel at OldwaysPT.org/travel

- We'll leave the Lungarotti museum to travel to Torgiano to visit the Lungarotti Vineyards. Here we'll have a tour, tasting and a cooking class lunch with Chef Kevin.

Saturday, October 8

- Breakfast Buffet at the Brufani Palace Hotel
- We'll leave the hotel for a to the historic town of Assisi, birth place of St. Francis. We will be accompanied by Irene Maturi, a local tour guide, who will take us on a tour of the most famous churches. We'll also see art masterpieces by Giotto, Cimabue and other Renaissance masters. You'll also have some free time in Assisi for shopping, coffee or resting.
- We'll leave Assisi, returning to Perugia, where you'll have time for lunch on your own, or time to pack, shop, rest before our Final Dinner.
- We'll walk to our Farewell Dinner in Perugia, at one of the city's best restaurants.

Sunday, October 9, 2022

- Breakfast Buffet at the Brufani Palace Hotel
- Departures for home or additional adventures!