

Exploring Paula's Favorite Places in Umbria, 11-18 October 2012

trip overview

Start & Finish : Rome, Italy

Cost: € 3200 per person, double occupancy (8 days, 7 nights)

Join Paula Lambert at Palazzo Bontadosi in Montefalco, Umbria for a week-long exploration of Umbrian cuisine, history and culture



Eremo delle Carceri, Assisi



Ciliegiole grapes



Spaghetti with ragu – buon appetito!

itinerary

- 11 Oct (Thurs) We rendezvous in **Rome** this morning. Introductions made, we transfer to **Orvieto** to visit its distinctive duomo and historic center. After lunch together at a local trattoria, we hop back into our vehicles for the scenic drive into Umbria. We settle into Palazzo Bontadosi, our home for the next week in the historic center of **Montefalco**. Appropriately named, *Monte Falco* (Falcon's Mount) commands a lofty position with panoramic vistas over the surrounding valley. Tonight, we gather for *aperitivi* before our welcome dinner at the palazzo. (LD – lunch and dinner)
- 12 Oct (Fri) This morning, we drive to the neighboring town of **Assisi**, a UNESCO World Heritage site. Along the way, we stop in Santa Maria degli Angeli to visit the cheese factory where Paula learned to make mozzarella in 1982. We visit the basilica across the street that was built in the sixteenth century to surround completely the Porziuncola, a tiny jewelbox of a church where St. Francis decided to renounce the world and live in poverty. We then venture to Assisi and start high above town at the Eremo delle Carceri, the spot where St. Francis preached to the birds and lived as a hermit. We visit Santa Chiara with its huge flying buttresses, enjoy a little free time for shopping, and then take a break for lunch together at a local osteria. Our day culminates with a guided visit of the Upper and Lower Churches of the Basilica of St. Francis of Assisi, filled with stunning frescoes by Giotto and Cimabue and recently repaired after the earthquake of 1997. Then, we head back to the palazzo for rest and relaxation. This evening we enjoy *aperitivi* and dinner at a local restaurant in Montefalco. (BLD – breakfast, lunch, dinner)
- 13 Oct (Sat) Today, our areas of focus are the fabulous wines of **Torgiano** and the beautiful ceramics of **Deruta**. We begin at an exquisite wine museum and then visit Paula's friends at **Cantine Lungarotti** for a private tour and tasting. Inventive and progressive winemakers, the Lungarottis produced the first "Superumbrian" wine, San Giorgio, which we will sample. After a very special lunch together

at award-winning **Tre Vaselli**, we have a private visit at a family-owned ceramics factory. And, yes, there will be time this afternoon for shopping in the tiny ceramics stores that make Deruta so picturesque. Following *aperitivi*, dinner is on your own in Montefalco. (BL)



Olive groves outside of Trevi



The rich patterns of Deruta pottery



Grazia ceramics factory in Deruta

14 Oct (Sun) We have a fun day planned in the kitchen of Antonelli San Marco near Montefalco, where we learn to **prepare nine recipes** that draw on the local seasonal produce and Umbrian home cooking. For lunch, we enjoy our handy work along with a pairing of four Antonelli wines. This afternoon you have time on your own to unwind, explore Montefalco, take a walk through the olive groves, or indulge yourself at the Palazzo Bontadosi spa. Tonight, following *aperitivi*, we tuck into a pizzeria for a casual dinner in nearby Bevagna. (BLD)

15 Oct (Mon) This morning we venture to the nearby Umbrian hilltop jewel of **Trevi** and to **Spoleto**, a town of Roman origins located on the Via Flaminia and famous these days as the site of Gian Carlo Menotti's opera and music Festival dei Due Mondi (Two Worlds). We have time to explore the splendid architecture and charm of these two towns. We lunch in **Scheggino**, for those in the know an important locale for truffles. After lunch, we may even hunt for a few of these elusive mushrooms. This evening, after *aperitivi*, dinner is on your own in Montefalco. (BL)



Wonderful stripes of Orvieto duomo; Perugino fresco, Collegio del Cambio, and Sala dei Notari, Palazzo dei Priori, Perugia

16 Oct (Tues) No trip to Umbria is complete without a visit to Paula's beloved **Perugia**, the capital of this region. We spend the day exploring this fascinating town, enjoying lunch together at **da Cesarino**, Paula's favorite restaurant, on the main piazza near the famous *Fontana Maggiore* (a spectacular fountain from the 13th century). In the afternoon you will have time on your own to shop or check out some

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of the museums, or just enjoy strolling on the Corso Vanucci, the pedestrian-only main street filled with shops and energy. Don't forget that this is the home of Perugia, one of the top chocolate producers in Italy and makers of the coveted *baci*, or chocolate kisses, filled with hazelnuts and wrapped in a love note. At the end of the day, we gather again in Montefalco for *aperitivi* and then dinner at a local olive oil producer's shop and restaurant. (BLD)

- 17 Oct (Wed) We awake to our last full day in Umbria with time on your own to explore, hike, shop, or enjoy a few spa treatments. We venture to the nearby village of **Bettona** for lunch overlooking row after row of olive trees and tour an **olive oil** pressing operation. Following *aperitivi*, dinner tonight will be a short drive away in **Spello** at another of Paula's favorite restaurants, **Il Cacciatore**. (BLD)
- 18 Oct (Thurs) After breakfast at the palazzo, we load up our luggage for the transfer to Rome. Along the way, we stop in **Todi**, a town dating back to Etruscan times. We visit the duomo, which stands on the site of an ancient Roman temple to Apollo, and one of the most important centrally-planned Renaissance churches which graces the countryside just outside the city walls. For our final meal together, and a celebration of our week together, we enjoy lunch at an atmospheric *trattoria*, the perfect place for some end-of-the-trip conviviality. Finally, we venture the last few miles to Rome, where we say our goodbyes. *Arrivederci!* (BL)

For further information or to sign up, please contact Paula at paula@mozzco.com and 214.741.4072 or Diana Dopson at diana.dopson@gmail.com and 512.524.5426



Clockwise from top left: the tower of Torgiano, *patatoni* with butter and sage, the fabulous Paula!, and the countryside surrounding Montefalco
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* itinerary subject to change to accommodate unforeseen circumstances and/or serendipitous opportunities!