

## Honeymoon Gourmet, Relax and Adventure in Umbria

Exploring Umbria: 8 days /7 nights

*This package combines cultural visits of medieval towns with culinary experiences of typical Umbrian cuisine. This tour is particularly interesting: you will stay 3 nights in an eco-chic country house in the beautiful countryside between Trevi and Montefalco, enjoying tranquillity, excellent food and olive oil tasting. Then you will move to Assisi and stay 4 nights in an elegant country house at the foot of Assisi. You will have time to explore Assisi and other beautiful medieval villages. Highlights of the tour: visit of a winery with wine tasting, two superb cooking classes with dinner and certificate of attendance, a day spa followed by a very romantic dinner and a balloon flight over Assisi and the Umbrian countryside.*

*Quiet streets, mountains, hills covered by cypresses, olive trees and vineyards, cookery courses and excellent food will make this experience unforgettable.*

*A one of a kind honeymoon in the green heart of Italy.*



### **Departures:**

Daily, all year round

### **Participants:**

2 pax

### **From day 1 to Day 5:**

4 nights in Top Suite in an elegant country house at the foot of Assisi, within a walking distance from the historic centre of Assisi.

### **From day 5 to day 8:**

3 nights in Suite in an eco-chic country house with salt water swimming-pool and gourmet restaurant between Trevi and Montefalco.

## Description of Sights

**Assisi:** Assisi is a beautiful medieval town, built on the slopes of Mount Subasio. Assisi, with its imposing aspect, its medieval towers and palaces, a magnificent fortress above, can be seen from far away. Assisi is a spiritual city, strongly linked with Saint Francis and Saint Clare. The city can be easily visited during your stay at Country House il Roseto, from day 4 to day 8. The jewel of the city is certainly the Basilica of Saint Francis with frescoes by Giotto, Cimabue, Lorenzetti and Simone Martini.

### **Spello:**

Spello is halfway between the two countryhouses you will stay at, about 10 minutes by car. Take your time to wander through the little streets of Spello and visit the Church of Santa Maria Maggiore, where Pinturicchio left us one of his masterpieces, the Baglioni Chapel.

### **Bevagna and Montefalco**

**Bevagna** is a lovely little town with Roman origins, whose main square with its two Romanesque churches and the town hall palace features a pleasant medieval aspect.

**Montefalco** is also called 'balcony of Umbria', for the magnificent view you can enjoy from here. The beautiful and simple Franciscan Church was decorated in the 15<sup>th</sup> and 16<sup>th</sup> century with splendid frescoes by Benozzo Gozzoli and Perugino. Montefalco is worldwide famous for its wineries and excellent wines.

### **Perugia**

Perugia is the main city of Umbria, a young, lively, vibrant place. The medieval town centre with its little alleyways is at the highest point of the town. The renaissance palaces, churches, museums and many galleries make a lasting impression.

### **Spoletto**

Spoletto is worldwide known as an important cultural centre because of its festival of the two worlds (Festival dei Due Mondi). It is an exciting town, where you can visit a lot of monuments, including the cathedral, a Roman house and of course the famous aqueduct bridge Ponte delle Torri. It is also an excellent starting point to make some nice walks on Monteluco or in the surrounding hills.

## Description of Activities included in the package

### **1. Visit of an Olive mill and light menu with Olive Oil Tasting, bruschetta and white wine:**

You will go to this beautiful Agriturismo and Olive Oil Mill near Trevi, enjoy a visit of the property, nestled in the green countryside near the beautiful Clitunno Springs (that you can visit afterwards): they will show you how to make extra virgin olive oil. Later you will have a light tasting with bruschetta, legumes, extra virgin olive oil, water and white wine from Umbria. An interesting meeting with our best-known local product.

**2. Visit of a winery and wine tasting:** visit of a family-run organic winery, where you still feel the strong and true wine maker's spirit of the past, where the grape still grows according to nature and the wine has a variety of scents and flavours. You visit the winery, talk with winemakers, taste some of their excellent wines and last but not least, you will bring home a gift... 1 bottle of their organic wine.

### **3. Cooking classes (n. 2)**

Your honeymoon is really special! You will even learn some secrets of the worldwide known Italian and Umbrian cuisine. You will enjoy a cooking class at your first country House in Assisi and a second one at your second country House in Trevi. The courses will last about 3 hours each and, at the end, you will get a cooking certificate and a final gift. After the course, you will taste all the delicious courses prepared (from starters to dessert), accompanied by the best wines suggested by the owners.

### **4. Day Spa with romantic dinner afterwards**

- Included in your honeymoon package, an extraordinary Spa and Wellness experience in the best Spa of Umbria, created within the remains of the ancient Roman amphitheatre of Assisi. You will enjoy an evocative wellness Path consisting of 4 rooms with different temperatures and levels of humidity: Tepidarium, Calidarium, Sudatorium and Frigidarium. The Path has been conceived to have an immediate purifying and regenerating effect thanks to the succession of intense or minimal sweating.
- After the wellness path, enjoy a break in their herbal tearoom and relax. Later, a romantic dinner in their excellent gourmet restaurant will be waiting for you. An extraordinary relaxing day!

### **5. Balloon flight (from May to October)**

A morning Balloon flight will be a most incredible experience for you! Morning is the best time for hot air ballooning. The air is calm, fresh and the land is quiet. Being up in a balloon, drifting quietly over Umbria is a spiritual experience! Umbria is known as the green heart of Italy. It offers a great variety of landscapes from rolling hills covered by vineyards and olive groves to forest covered mountains, home of the famous truffle. The landscape is dotted with beautiful mediaeval cities and villages, Perugia, Bevagna, Montefalco, Spoleto, Spello, Trevi. We are fortunate to take off in sight of one of the most revered sites in Italy: Assisi. It would be difficult to find anywhere in the world a more enchanting ballooning location! The flight time is approximately one hour.

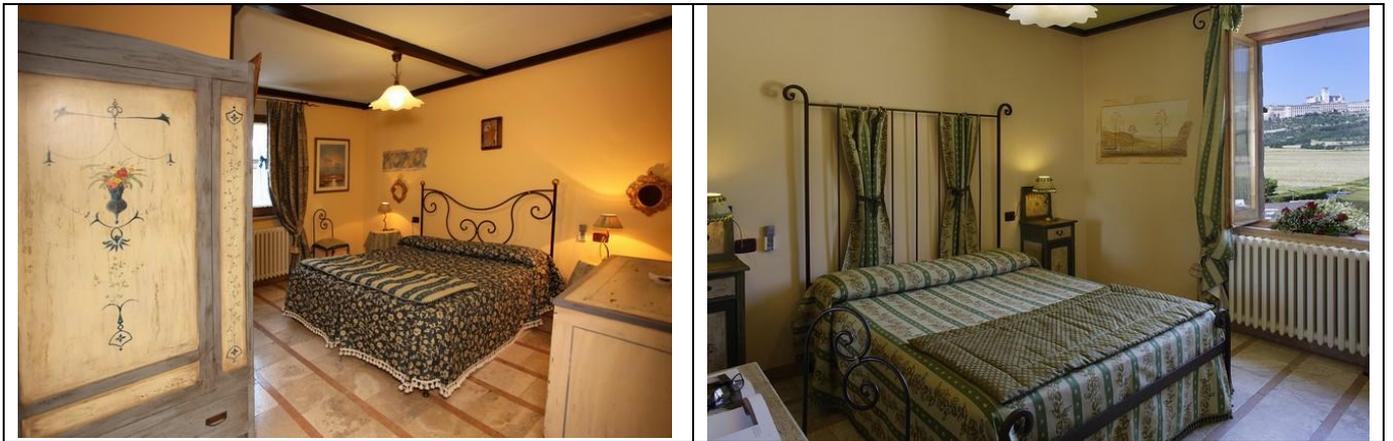
## Accommodation



**Country house near Trevi** is run by the friendly Carla e Luigi, is a farmhouse dating back to the 18th century. It is recently entirely renovated to the standards of an eco-architecture: the use of natural and recycled materials, and solar panels for energy. There are 6 apartments of various sizes, a restaurant, garden, saltwater pool and car park. In the restaurant are used local products as saffron, truffles, herbs, olive oil, nuts and honey.

**Country House at the foot of Assisi** is an elegant country house in Umbria, nestled in the green countryside at the foot of the wonderful historic centre of Assisi. The 8 rooms and suites have a unique style; they are decorated with precious materials such as wrought iron, travertine marble and the well known pink stone of Mount Subasio. Each room features a private bathroom with

shower, internet WI FI for free, individually controlled air conditioning, LCD television. Some enjoy a magnificent panoramic view of Assisi. The country house has a car park, restaurant, swimming pool with Jacuzzi and a nice garden.



### Descriptions of itineraries and detailed maps:

Maps and descriptions of sights (English, Italian, German and Dutch) will be given upon arrival at your hotel.

### Prices p.p. 2017

Country House Assisi and Trevi	Price
Suite B&B + 3 dinner	1687,00
Suite B&B + 3 dinner (without balloon flight)*	1517,00

### Included in the price:

- Route briefing upon arrival
- 4 nights with breakfast in Top Suite with Jacuzzi and balcony in elegant country house at the foot of Assisi, with stunning views
- 3 nights in Suite with Jacuzzi with breakfast in an eco-chic Country House between Trevi and Montefalco
- 1 cooking class – typical Italian cuisine and 1 dinner after class in Country House in Assisi (bev. Not included)
- 1 cooking class – typical Umbrian cuisine and 1 dinner after class in Country House near Trevi (bev. Not included)
- Visit of a typical olive oil mill with light menu (bruschetta, olive oil, water and wine)
- Visit of a typical winery with wine tasting in the Assisi area
- Day spa in extraordinary Spa in Assisi
- Romantic dinner in one of the most awarded restaurants in Assisi after day spa (bev. Not included)
- 1 Balloon flight with amazing views over the landscape and, after the flight, typical breakfast with tasting in a scenic winery in Bevagna (from 1st May to 30th September).
- Maps and descriptions of sights (English, Italian, German or Dutch)
- Ecologico Tours Honeymoon gift

\* January-April and October-December the trip is always sold without air balloon flight.

### Excluded

- Transfers (we recommend to hire a car or a bike: upon request [info@ecologicotours.eu](mailto:info@ecologicotours.eu))