

# A HIKING, CULINARY AND SIGHTSEEING ADVENTURE IN UMBRIA AND TUSCANY

14-20 OCTOBER 2019

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Join us for a hiking, culinary and sightseeing trip through the amazing Umbria and Tuscany regions of Italy. The hikes themselves are not long and are relatively easy, the focus of the trip is to combine nice countryside hikes with a taste of the culture, history, scenery and culinary flavors of an amazing part of Italy.

## **HIGHLIGHTS**

- Walk through idyllic Italian countryside and visit vineyards and olive groves
- Sample some of Italy's most mouthwatering pasta, wine and other local delicacies
- Visit stunning lakes, amazing castles, cathedrals and quaint hamlets & villages

## DETAILED ITINERARY:

### Day 1:

Arrival in Italy and transfer by private coach to the hotel in Umbria.

Welcome drink and dinner in Hotel.



### Day 2: Perugia/ Urban Trekking

Urban trekking to discover Perugia. Led by a local hiking guide we'll discover the most important monuments of the town and the most typical and hidden corners of the capital city of Umbria. A trek of approximately 10 km (about 4 hours including stops), off the beaten track to learn about the Etruscan origin of the city, the medieval alleys and the huge cathedral.



### Day 3: Montefalco – Bevagna

Departure by coach to Montefalco, the wonderful terrace of Umbria famous for wine and for the frescos of Benozzo Gozzoli of the little church of Saint Francis. Here we'll start our walk to Bevagna through vineyards and olive groves (3-4 hours, 10km).

Arrival in Bevagna, the town of roman origin, preserving beautiful roman mosaics and some workshops where we'll see how paper, leather, candles and more things were prepared during the middle ages. We'll visit an amazing square and then in the afternoon a wine estate where we'll taste some delicious wines.



## **Day 4:** Lake Trasimeno / Tuscany

Before saying goodbye to Umbria we'll discover the beauty of its famous lake, the biggest in central Italy.

Panoramic tour by coach along the coast. Arrival in Castel Rigone, a fantastic little hamlet on the dominant hill over the lake.

Here we'll start our hike as far as Passignano sul Trasimeno, a fishermen's village. The hike will last about 3 hours. Arrival in Passignano and transfer by coach to a typical organic farm where oil and wine are produced. Here we'll learn how real "handmade noodles" are prepared according to the traditional recipe.

Lunch with a rich "antipasto", handmade noodle with meat sauce, dessert (plus wine). In the afternoon transfer to Tuscany. Arrival at the hotel in San Quirico d'Orcia, where a fantastic wine tasting session with local delicacies awaits us.



## **Day 5:** San Quirico d'Orcia/ Bagno Vignoni

We begin the morning with a walk to the wonderful Bagno Vignoni, a tiny old thermal village along the old Francigena way (the pilgrims' route that takes us from Canterbury to Rome). We'll walk along vineyards down the hill through the old Vignoni Alto (10 km) where a medieval castle dominates the valley where people still live. Arrival in Bagno Vignoni, where we'll explore the centre including the famous thermal "pool". In the afternoon back to our hotel on foot.

## **Day 6:** Pienza

Departure by private coach to Pienza, the town of Pope Piccolomini. Time for visiting the cathedral and the Palazzo of Pope. Pienza is also known as the town of Pecorino cheese. We'll visit a very typical cheese factory to discover the tradition of cheese making and to taste this precious local produce. Cheese tasting with wine included. Afternoon at leisure. Farewell dinner in Hotel.



## **Day 7:** Departure by private coach to the airport

## **COST**

£795 (For payment before [August 5<sup>th</sup>](#))

£895 (For payment after [August 5<sup>th</sup>](#))



## **Recommended flights:**

Monday, October 14, Ryanair FR4952, 7:30 – 11:05, STN London Stansted - PEG Perugia Santegidio

Sunday, October 20, Ryanair FR4953, 11:30 – 13:00, PEG Perugia Santegidio - STN London Stansted



## **What's included:**

- Coach travel according to the program including transfers from / to airport on arrival and departure (for recommended flights)
- 6 nights in twin room in 3\* hotel in Perugia and in 3\* hotel in Tuscany (3 nights in Umbria and 3 nights in Tuscany)
- 6 breakfasts
- 1 dinner in Hotel in Umbria (3 course set menu)
- 1 dinner in Hotel in Tuscany (3 course set menu)
- 1 lunch in organic farm near Lake Trasimeno (organic food of the area and own products of the farm including a glass of wine)
- 1 wine tasting session at the San Quirico d'Orcia Hotel
- 1 cheese and wine tasting session in Pienza
- Hiking guide for all hiking excursions as mentioned in the program

## **What's excluded:**

- Lunch and dinner where not specified
- Flights to Italy
- Tips / other items not mentioned in the what is included section

**MINIMUM NUMBERS APPLY FOR THIS TRIP, PLEASE DON'T BOOK YOUR FLIGHTS UNLESS YOU GET THE CONFIRMATION FROM US**

## TO REGISTER\*

Please make payment to

<p style="text-align: center;"><u><a href="#">CKAC</a></u></p> <p style="text-align: center;"><u><a href="#">account number: 41764527</a></u></p> <p style="text-align: center;"><u><a href="#">sort code: 40-09-25</a></u></p> <p style="text-align: center;"><u><a href="#">ref: Your name / trip name</a></u></p>
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Then email us at: [admin@curiouskatsadventures.com](mailto:admin@curiouskatsadventures.com) your

- (1) Full name
- (2) Mobile / WhatsApp Number

OR

<p><u><a href="#">REGISTER VIA PAYPAL ⇒</a></u></p>
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PLEASE NOTE THAT REGISTERING VIA PAYPAL WILL INCUR ADDITIONAL PAYPAL TRANSACTION FEES

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