

# The Heart of Umbria

Nestled in the heart of Italy, rolling, green Umbria easily matches next-door Tuscany for its pretty scenery, rich history, rustic gastronomy and time-honoured way of life. Yet sitting out of the spotlight, this gentle landlocked region is perhaps more likely to surprise and delight visitors.

From our fantastic hotel in Spoleto, this 7-night tour captures the real soul of the region, from the UNESCO-protected city of Assisi to magical hill towns like Gubbio and gems like medieval Bevagna. Meals at old-world trattorias and culinary tastings deepen the experience, giving you a true flavour of Umbria's traditionally earthy cuisine and classic wines.



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#### Where is Umbria?



### Where are we staying?

# Hotel dei Duchi \*\*\* Spoleto

Selected for its classic Umbrian charm, friendly and helpful staff, and commitment to local sustainability, the 4-star dei Duchi matches these attributes with a fantastic location in Spoleto's centre. Set in a wooded valley just outside the city walls, the hotel is a short walk from Spoleto's main piazza, Duomo and Roman theatre, making it ideal for leisurely strolls into town.

Guests can admire panoramic views of the Roman theatre from the first-floor terrace, unwind in the lounge and bar, and enjoy first-class regional cuisine at the restaurant. The attractive rooms feature garden or park views, satellite TV, private bathroom, air-conditioning, and Wi-Fi, thus ensuring a comfortable space to relax after sightseeing.





## What are we doing each day?

#### Day 1 Fly to Rome

On arrival we meet our tour manager ahead of our transfer to the ancient hilltop town of Spoleto, which overlooks olive groves, vineyards and the distant green Apennines. After checking in at the delightful 4-star Hotel dei Duchi, we settle in before savouring a delicious evening meal at the hotel restaurant.

Meals included: Dinner

#### Day 2 Spoleto

We begin with a morning guided tour of Spoleto, which stands on the old Roman Flaminia road and whose Roman remains and medieval buildings crouch under a 14th century fortress. We take in sights like the Roman Arch - once the entrance to the forum - the 12th century Duomo and the Roman aqueduct, a symbol of the city. This afternoon brings free time to relax and enjoy your surroundings in your own way before we head out this evening to a superb trattoria in town. Here, we feast on fresh, locally sourced Umbrian cuisine while soaking up the trattoria's traditional and convivial atmosphere.

Meals included: Breakfast, Dinner

#### Day 3 Gubbio & Cheese Tasting

Today is devoted to Gubbio, a Gothic town in the Apennine foothills in northeast Umbria, famous as the place where St Francis of Assisi tamed the wolf. We explore its medieval lanes as we hear how, in the 13th century, St Francis calmed the wolf in what was hailed as a miracle by the populace. Principal sights include Gubbio's sumptuous Palazzo dei Consoli, Duomo, and the Fontana dei Matti (Fountain of the Madmen), whilst legend has it that anyone who makes three turns around this 16th century fountain and is then baptised with its waters will go insane. Discover how the legend has given rise to the claim that Gubbio's citizens are mad – and why it might just hold a grain of truth! On the journey back to Spoleto, we visit an authentic local cheese farm which uses a purely artisanal process and we'll have the opportunity to sample some exceptional cheese.

This evening, enjoy dinner at the hotel.

Meals included: Breakfast, Dinner

#### Day 4 Orvieto

We travel to the hilltop gem of Orvieto for a guided walk, hearing about its Etruscan past, riding its funicular and admiring its incredible Duomo, whose façade is carved with Bible scenes. After seeing the sights, you have time at leisure to explore alone, perhaps pausing for a chilled glass of Orvieto Classico wine. A highlight is lunch at a wonderfully authentic restaurant, which is not just renowned for its home-made food but its access to Etruscan catacombs. We descend into these ancient caves during our visit — truly something to remember. Before returning to Spoleto, we visit tiny Narni village. This evening is free to enjoy independently.

Meals included: Breakfast, Lunch

#### Day 5 Perugia, Bevagna & winery

Today we start our fascinating day with a journey to Umbria's elegant capital city of Perugia. Centre of culture and art, its medieval upper town is a maze of ancient streets, buzzing piazzas and inviting shops. Here we can view the stunning Palazzo de Priori, with its splendid artworks, and the Maggiore Fountain! A short drive takes us to the medieval village of Bevagna, where we'll have time to explore its enchanting centre including Piazza Silvestri with its spectacular monuments and churches. Next, we continue to one of Umbria's most authentic wineries for an intriguing tour and wine tasting with Francesco, the owner and winemaker, learning the history of the winery with an explanation of their unique, artisanal set up. We sample a selection of delicious wines accompanied by some handpicked local delicacies.

Dinner this evening will be in a local restaurant.

Meals included: Breakfast, Dinner

#### Day 6 Spoleto

Today is free to enjoy Spoleto at your own pace. You might want to explore the nearby Roman amphitheatre and aqueduct, now the Ponte delle Torri bridge. Or, simply enjoy the comforts of your hotel, perhaps interspersed with people-watching at one of Spoleto's piazza cafés. Dinner is at the hotel tonight.

Meals included: Breakfast, Dinner

#### Day 7 Spello & Assisi

This morning we discover Spello, a honey-stone hill town known for its annual 'Infiorata' flower festival. Soak up its charms on a walking tour, and visit the Church of Santa Maria Maggiore, whose Baglioni side-chapel is filled with frescoes by Pinturicchio. Next, we visit UNESCO-listed Assisi, the birthplace of St Francis and Umbria's jewel. Wander the flower-lined alleyways and hidden churches, and visit the Basilica of St Francis whose upper church boasts Giotto's magnificent fresco cycle of the saint's life. This evening, arrive at one of Spoleto's best-regarded restaurants to dine on antipasti, fish, and pasta prepared by local chefs with the freshest ingredients.

Meals included: Breakfast, Dinner

#### Day 8 Departure

We transfer to Fiumicino airport for our return flight to the UK. Meals included: Breakfast



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# Our handpicked highlights

#### If it isn't included, it isn't worth it

- Experience unadulterated Umbria with tours of its highlights and smaller villages that embody the region's authentic lifestyle
- Visit UNESCO-protected Assisi, crowned by the vast Basilica of St Francis, adorned with magnificent frescoes by Giotto
- Discover the medieval treasures and mysteries of Gubbio, famous for its 'madmen' fountain where St Francis tamed the wolf
- Taste some of the region's classic wines with our winemaker expert Francesco
- Indulge in local cheese tasting crafted from a purely artisanal process
- Soak in the charms and history of hilltop towns like Orvieto, Bevagna and Narni
- Indulge in fresh local fare during dinners at two of Spoleto's intimate trattorias





## Some of our unique artisan experiences

Umbria, the green heart of Italy with its earthy cuisine, medieval towns and natural environment has much to offer visitors. Magari Tours take you away from the well-known and busy tourist hot spots, to the outskirts of the ancient city of Spoleto, our base for the week. Mixing Roman and medieval remnants and delightful authentic experiences, our tour lets you get under the skin of this lush green region.



#### Labirinto di Adriano

One of Umbria's many incredible sights is the stunning city of Orvieto perched on a huge limestone rock-outcrop. Tucked away, down an alleyway in its historic centre is Il Labirinto, a welcoming and traditional restaurant where owners, Alessandra and Maurizio pride themselves in offering authentic Orvieto dishes such as 'umbricelli', home-made pasta. After we have enjoyed a wonderful lunch, a totally unique experience is a visit below the restaurant to the labyrinth tunnels built into the rockface in the ancient Etruscan era – an insight into a bygone way of life.



#### Il Tempio del Gusto

We have a culinary treat in store with a delicous seafood lunch at Il Tempio del Gusto in Spoleto, just a few minutes walk from our hotel and the Piazza del Mercato. In one of Italy's most charismatic and authentic medieval centres, the restaurant is located in an ancient stone-walled building with extensive underground wine cellars. We can look forward to chef-inspired dishes using the freshest Umbrian produce paired with delicous Umbrian wines and served with impeccable, yet friendly service from the third generation of family owners.



#### La Fonte di Bevagna

La Fonte di Bevagna is one of Umbria's most authentic agriturismo and wineries producing organic wine and their own top-notch olive oil. In a peaceful setting, La Fonte's original Umbrian farm-house is nestled in the middle of the Umbrian countryside, and at the head of the famous Montefalco wine valley. We will learn all about this unique artisanal set up with an intriguing tour and wine tasting with Francesco, the owner and winemaker. Afterwards, we will sample five delicious wines accompanied by a selection of cured meats, traditional cheeses, bread and olive oil – salute!