



**LEARN** about Umbrian food on native soil from Julia della Croce, author of *Umbria: Authentic Recipes from the Heartland of Italy*.

**TRAVEL** with Dr. Clarisse Schiller, Umbrian writer, teacher, and author, and with seasoned traveler Mary Wallace.

**STAY** in an enchanting country villa in a medieval hill town.

**VISIT** Assisi, Perugia, Trevi, and other beautiful Umbrian cities.

**SEE** the Val Nerina, a place of uncontaminated natural beauty rich with rivers, waterfalls, ancient abbeys, and medieval castles.

**PARTICIPATE** in a truffle “hunt” and taste the celebrated black truffles of Norcia, the famous truffle city at the foot of the Umbrian Apennines.

**TRY** the famous prosciutti, sausages, and pork products of the Umbria’s “norcini,” renowned sausage makers.

**TASTE** the genuine and delicious organic products of the Umbrian valleys, including the finest lentils and farro in the world.

**LEARN** about Umbria’s food and wines in on-site cooking classes and tastings.

**EXPERIENCE** the lively outdoor food and antiquarian markets.

**JOIN** Umbria’s famous folkloristic festivals when the streets become carpets of flowers, entire towns transform themselves into medieval villages in costume, the fountains flow with wine, and delicious local foods are offered in the streets\_

**EAT** in the best restaurants and trattorias for genuine regional food.

**TAKE HOME** famous Deruta pottery and other artisanal crafts.

## “LIVING UMBRIA” TOUR

*Umbria, the lush and mystical region that is Italy’s geographical heart, has drawn travelers since ancient times for its food, wine, culture, and natural beauty. The shadows of its mountains protect the land from parching in the hot months, making it cooler and greener than its neighbors, Tuscany to the west, and Rome and Lazio to the south. But if Umbria is more pristine than Tuscany, and wilder, it is in every way as spectacular. Its thousand valleys are specked with castles and villas. Rivers, lakes, and streams glitter everywhere and connect the ups and downs. The walled medieval cities, immortalized by Giotto, Lorenzetti, Perugino, and Pinturicchio jut out of tufa rock into the dreamy skyline.*

*We will drink deeply and eat deliciously at Umbria’s table, and explore her history, culture, folklore, traditions, crafts, as well as her artistic and natural beauty. We will get to know Umbria –both town and country– the way travelers rarely do.*

*Our home away from home will be a charming inn in the medieval town of Spello, near Assisi, Perugia, and other famous Umbrian hill towns.*

*Please join us for this rare and unforgettable adventure in the heart of Italy.*

*Julia della Croce*

*Clarisse Schiller*

*Mary Wallace*



### SILVER SPOON TRAVELS

1 Pine Street, Nyack, NY 10960  
(845) 353-0046

julia@juliadellacroce.com  
website: www.juliadellacroce.com

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**JULIA DELLA CROCE** is an award-winning cookbook author, teacher, journalist, and noted authority on Italian food. She has traveled widely throughout Italy for her researches and is passionate about its folk culture and traditional cuisines. Her eleven highly acclaimed books about the food of Italy include *Umbria: Authentic Recipes from the Heartland of Italy* (Chronicle Books, 2004). She will draw you into this enchanting region where you will share her passion for Umbria's splendid wines, genuine foods and enduring traditions.

**DR. CLARISSE SCHILLER** is a psychologist, writer, and author. Born in Austria, she is both Swedish and Italian in nationality, and speaks five languages. She teaches in Italy and throughout Europe and Russia and has published many articles about nutrition and mind-body health and wellbeing. For many years, Clarisse has lived in a beautiful old country house in Umbria surrounded by olive trees and nature, cultivating her own land. She has been leading tours to Italy for many years.

**MARY WALLACE** is an accomplished cook and seasoned traveler. She has spent much time in Italy and France as well as the rest of Europe, the Middle East and West Africa including 2 years in the Peace Corps. She has lived and studied in Rome and in Bologna. She holds a law degree and speaks four languages. The Italian people and its culture remain her very special love and interest.

*Julia, Mary, and Clarisse will take you on a delightful journey off the tourist track to Italy's historical and cultural treasures, and authentic cuisine. Besides seeing the legendary local sights, you'll visit the best vineyards, olive oil producers, and kitchens. Julia and Clarisse will talk to you about the local products and dishes, and you'll learn first-hand about Umbria's cheeses, olive oil, wine, and other artisanal foods. You'll learn how to cook the region's specialties at the source, and eat exquisite food in spectacular settings.*

## PROGRAM

### DAY 1 (arrival)

(this is an approximate program for an early Summer tour and will change to adapt for seasonal differences)

Meet one of our guides at Rome's Fiumicino airport (or Perugia Airport), and go by private motorcoach to our beautiful hotel in Spello, an old medieval town situated on a hill and surrounded by olive trees. This will be a scenic drive through the Roman countryside and southern and western Umbria.

Lunch followed by rest or nap until the shops open.

Passaggiata (stroll) in the town of Spello where we can visit interesting ceramic works, and see the beautiful medieval town and panorama of the surrounding countryside.

Cena di Benvenuto (welcome dinner) at the excellent restaurant located in our hotel, well known for its high quality and authenticity.

### DAY 2

Leave for Assisi, the city of Saint Francis, and visit the famous cathedral with the paintings of Giotto and Ligabue, where we will also have our cappuccino.

Go to the Azienda Agraria San Lorenzo, 12 kilometers (8 miles) from Assisi, a farm where we will have a tasting lunch of their artisanal products and home-made dishes, and drink from their own wine production.

Visit Bevagna, a splendid old Roman town where master paper maker, Francesco Proietti, demonstrates his medieval paper-making techniques. Hand-made papers, cards, and prints can be purchased from his shop.

Dinner in a trattoria with open hearth cooking in Bevagna.



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# PROGRAM

## PROGRAM (cont'd)

### DAY 3

Leave for Val Nerina, Umbria's uncontaminated natural sanctuary, rich with rivers, waterfalls, springs, and medieval castles and famous for its harvest of black truffles.

Participation in a truffle hunt.

Lunch in Castelluccio, a unique "plateau" where we will taste the famous lentils of Castelluccio, well known to food connoisseurs around the world. Sample the spectacular charcuterie for which Umbria is famous. After lunch you can go for a walk in the beautiful surroundings.

Stop in the delicious town of Norcia, birthplace of Saint Benedictus, briefly visiting some of the medieval villages we pass through on our return drive.

Free evening to relax or explore and have a light dinner in town.

### DAY 4

A day in the capital city of Umbria - Perugia

Visit the typical open-air food market in the city center where we can learn something about the local products and artisans.

Then to the famous Sandri pasticceria (bakery) and an artisanal weaver who is still making weavings and tapestries in the ancient way. You can buy beautiful weavings, or just browse. Stop at a well-known Umbrian print maker. Have a quick snack in one of the nice old bars of Perugia or do some shopping in the old city.

Umbrian cooking lesson at Locanda Solomeo Country House, a beautifully restored villa c. 1920, in a hill town nearby Perugia. We will also see how to prepare some of the typical dishes of Umbria.

Dinner at Locanda Solomeo.

### DAY 5

This morning we will go with Clarisse to Lizori, a unique medieval hill town. Olive oil tasting and cooking lesson at Ristorante Camesana, famous for its superb fish cookery.

Lunch at La Camesana followed by a visit to this medieval town, hewn out of solid rock and perched on a high hill with far-reaching views of the Umbrian landscape. Lizori was demolished slowly through the years, particularly during World War II, and has been completely restored while leaving intact its anima, "soul," and historical character.

A visit to the Springs of Clitunno followed by a stop at the old Roman Tempietto (temple) del Clitunno. Clitunno's port once played a very important role in the shipping of food supplies by river from Umbria to ancient Rome.

Evening free. Ask us for suggestions, or make a request to be taken to places of your own choosing.

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## PROGRAM (cont'd)

### DAY 6

“In vino veritas”

Visit the famous Lungarotti Foundation Museum of Wine and Olive Oil.

Have lunch and a wine tasting in a small and most typical wine cellar.

Go to Deruta, the center of artisanal Umbrian ceramics and visit a ceramicist master. Stop at the Museum of Ceramics in Deruta. Purchase ceramics, or just browse.

Dinner at “La Malvarina” farmhouse, located between Assisi and Spello. The menu will be a lavish spread of typical local dishes and Umbrian products.

### DAY 7

Visit Spoleto and Montefalco. Olive oil tasting and teaching in a typical “frantoio” (olive oil mill).

Explore or shop in the old towns

Free afternoon

Farewell dinner

### DAY 8

Departure day

*\* Please note that this is a preliminary program. Minor changes may appear based on spontaneous activities or local events that Julia, Clarisse, and Mary would not want travelers to miss, such as sagra (food festivals), folk dancing, spontaneous displays and celebrations, etc.*

Photo Credits: John Rizzo from *Umbria: Regional Recipes from the Heartland of Italy*, (Chronicle, 2002) by Julia della Croce; Paolo Destefanis ([www.paolodestefanis.com](http://www.paolodestefanis.com)); Agriturismo Malvarina, Assisi.

## TERMS & CONDITIONS

### WHAT'S INCLUDED

Ground transportation from airport to hotel, hotel accommodations for 7 nights in double room, or single room (upon request at booking), most meals, all transportation to scheduled sites, hotel to airport. Three helpful hosts to insure a safe and enjoyable trip.

### WHAT'S NOT INCLUDED

Airfare and airport fees and taxes, any individuals' purchases, extra meals, or tips.

### MINOR CHANGES TO ITINERARY

As stated in the brochure, minor changes may appear based on spontaneous activities or local events that Julia, Clarisse, and Mary would not want travelers to miss, such as sagra (food festivals), folk dancing, spontaneous displays and celebrations, etc.

### CANCELLATIONS

As of ....., cancellation will result in a forfeiture of 75 % of the cost.  
Cancellation after ..... will result in NO REFUND.

### WAIVERS

SILVER SPOON TRAVELS is held harmless in the event of any and all damages or injuries sustained in situations arising outside its control. Participants waive and release Julia della Croce, Clarisse Schiller and Mary Wallace and their agents from all claims arising from such events.

# “LIVING UMBRIA”

# REGISTRATION FORM

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**NAME:** \_\_\_\_\_ **PASSPORT #:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

\_\_\_\_\_ **WORK:** \_\_\_\_\_

\_\_\_\_\_ **MOBILE:** \_\_\_\_\_

\_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**ROOMMATE:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**OTHER HELPFUL INFORMATION:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## COST

\$2,900 land arrangements including hotel, ground transportation and most meals, see brochure.  
(airfare not included).

**PAYMENT** \$1,000 deposit due \_\_\_\_\_

\$1,900 full payment due \_\_\_\_\_

## METHOD OF PAYMENT

Check \$ \_\_\_\_\_ payable to “Silver Spoon Travels”

Credit Card \$ \_\_\_\_\_ Credit Card Number \_\_\_\_\_

Mastercard  Visa Expiration Date \_\_\_\_\_

Name on card \_\_\_\_\_

Please mail completed registration and payment to:

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