



**Small Group**  
***Cooking Holidays and***  
***Classes 2017***

**The Authentic Culinary Vacations in Italy**

**[www.cookinumbria.it](http://www.cookinumbria.it)**

# Welcome in Umbria



**Let's Cook in Umbria** offer unforgettable holidays in central Italy that combines Italian food, art, and our local culture: You will have accommodation in a real farmhouse surrounded by Umbrian hills, discover the secrets of our traditional cooking and enjoy of the artistic richness of our wonderful region!

Simplicity, fantasy and attention are the mainly ingredients in our holidays, and they are the base of the pleasure of cooking together. The programs are very flexible and people interested can ask for changes, i.e. the length of the vacation, the number of cooking lessons and the number and type of excursions.

There is so much to do and see in Umbria, so let's get started, shall we? I have listed a number of our COOKING PROGRAMS, we have lots to offer – and we think you'll like what you see!

Hoping to see you soon here in Umbria.

*Raffaella*

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**To book:** [info@cookinumbria.it](mailto:info@cookinumbria.it); tel +39 075 5899951



## Our Culinary Vacation concept

Our **Small Group Culinary Vacation** are a fantastic way to see the Umbria Region and learn about Italian culture and traditions whilst meeting like-minded people and indulging in some wonderful cuisine.

Our numerous tours ensure there is always something to suit you, whatever your budget and tastes. Some tours visit the famous sights, whilst others cover special interest areas.

The maximum group size is 8 people and you will meet a wide range of people: solo travelers, couple and families from all over the world.

Our Programs are flexible, you can spend as much or as less time as you wishes.

Solo travelers will be in good company in our vacations. They will have a single apartment accommodation at no extra charge.

In Our program you will have breakfast every day, lunches from cooking classes and you will dine in your apartment or in typical Italian restaurants.

Reservation: ***info@cookinumbria.it***

# One Day Cooking Class



**The cooking lesson is available year round on request any day of the week.**

The **maximum** number of participants is **8 people** so you will have a guaranteed space in the class.

**From 105 euro per person**

Our **cooking classes** begin at 10.00 a.m. and include the preparation of a multi-course meal, which you enjoy with our **wine** at the end of the lesson. Recipes vary according to the **seasons**, utilizing only the freshest ingredients available, the majority of these come from the vegetable garden of the farmhouse!

## **RATE**

The rate is **105 euro** (for a group of **2** people traveling together)

The rate is **98 euro** (for a group of **3/4** people traveling together)

The rate is **95 euro** (for a group of **5/6** people traveling together)

## **THE RATE INCLUDES:**

- ✓ **Cookery class** of approximately 4 hours,
- ✓ **Four course meal** from the cooking lesson;
- ✓ Umbrian **wines** during meals, **liquors** for after dinner/lunch;
- ✓ **Certificate** of participation;
- ✓ Folder with all the **recipes**;
- ✓ **Apron** of **Let's cook in Umbria**



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# One Full Cooking Day



**Our Full Cooking Day includes** cookery class/lunch **in the morning** and gourmet tour **in the afternoon**. This is a great way to indulge yourself with good taste, while exploring this great region of Umbria.

## OUR FULL DAY TOURS:

- **Cooking & Ceramic and Wine Tour**
- **Cooking & Chocolate and Wine Tour**
- **Cooking & Truffle Hunting Tour**
- **Cooking & Wine Tour**

## RATE

**230 euro** per person, based on two people traveling together.

**180 euro** per person, based on three people traveling together.

**165 euro** per person, based on four people traveling together

**140 euro** per person, based on five/six people traveling together

## THE RATE INCLUDES:

- ✓ **Cookery class** of approximately 4 hours,
- ✓ **Four course meal** from the cooking lesson;
- ✓ Umbrian **wines** during meals, **liquors** for after dinner/lunch;
- ✓ **Certificate** of participation;
- ✓ Folder with all the **recipes**;
- ✓ **Apron** of **Let's cook in Umbria**
- ✓ **Tour as described** in the itinerary



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# Three Day Culinary Tours

Take a cooking break !

Accommodation, cooking classes and half day Tours: Small group culinary holidays in Central Italy



**Let's Cook in Umbria** offers package itineraries for **small groups** from **2** up to **8 people** in **Central Italy**. Our **tours** include visits to well-known cities in **Umbria** and **Tuscany** but also to many less frequented towns and villages off the usual tourist itinerary. Every day is packed with cooking classes in the farm and **tours**.

We want our travelers to experience the fun of cooking and travel in a land known for its **"food culture"** .

## OUR 3 DAY COOKING HOLIDAYS:

- **Wine Tours in Umbria and Tuscany**
- **Chocolate, Ceramic Tours and Truffle hunting**
- **Artistic Umbria: Todi and Spoleto**
- **Cooking and Trekking in Umbria**
- **Deruta ceramic, Assisi and Wine Tour**
- **The Mystic Umbria: Assisi and Valnerina**

## EXAMPLE ITINERARY\*

### Day 1 – Arrive in Perugia

Arrival at the country farm "La volpe e l'uva" (Perugia, Central Italy, Umbria). Check-in your apartment at 4:00pm.

### Day 2 – Cooking + Wine Tour in Montefalco.

Hands-on cooking class starts around 10:00am. You will prepare a four course lunch that you will eat at the end of the class, accompanied by our wines. The wine tour take place from 15.00 to 19.00. It is a wine tour in a winery that produces Sagrantino di Montefalco DOCGS. You will have a guided tour of the vineyard, cellars finishing up with a test of local Umbrian specialties and the wines. You will also visit the medieval cities of Bevagna and Montefalco.

### Day 3-Cooking + Tuscany: Pienza and Montepulciano.

Hands-on cooking class starts around 10:00am. You will prepare a four course lunch that you will eat at the end of the class, accompanied by our wines. In the afternoon(14.00) you will go to visit the so called " way of the wines" in Tuscany: you will visit the beautiful villages of Pienza and Montepulciano. Professional guide in the excursion.

## Day 4 – Departure

*\* Please note the itinerary is an example. It will depend on the program you will choose.*

### RATES

#### Solo travelers

Participating guest, single occupancy **720 euro**

#### Group of 2 people

Participating guest, double occupancy in 1 apartment **690 euro**

#### Group from 3 to 4 people

Participating guest, double occupancy in 2 apartments **600 euro**

#### Group from 5 to 6 people

Participating guest, double occupancy in 3 apartments **580 euro**

#### Group from 7 to 8 people

Participating guest, double occupancy in 3 apartments **550 euro**

**Non-participating guest, double occupancy 450 euro**

### THE RATE INCLUDES:

- ✓ **Accommodations** in the apartment of the farmhouse “la volpe e l’uva”
- ✓ **breakfasts** (in your apartment you will find coffee, milk, biscuits, jams, butter and sugar)
- ✓ **2 cooking classes** (preparation of 4 course meal),
- ✓ **2 Four course meal** from the cooking lesson;
- ✓ Umbrian **wines** during meals, **liquors** for after dinner/lunch;
- ✓ **Certificate** of participation;
- ✓ Folder with all the **recipes**;
- ✓ **Apron** of **Let’s cook in Umbria**.
- ✓ **2 Tours** as indicated in the itinerary

**Extra:** In the program “ 3 Day Deruta Ceramic – Chocolate Tours and Truffle Hunting in Umbria”

Guide in the truffle hunting (directly payment):

60 euro per person ( from 2 to 3 people traveling together)

45 euro per person (from 4 to 6 people traveling together)

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# Four Day Culinary Tours

Take a cooking break !

Accommodation, cooking classes and half day Tours: Small group culinary holidays in Central Italy



**Let's Cook in Umbria** offers package itineraries for **small groups** from **2** up to **8 people** in **Central Italy**. Our **tours** include visits to well-known cities in **Umbria** and **Tuscany** but also to many less frequented towns and villages off the usual tourist itinerary. Every day is packed with cooking classes in the farm and **tours**.

We want our travelers to experience the fun of cooking and travel in a land known for its **"food culture"** .

## OUR 4 DAY COOKING HOLIDAYS:

- ✓ •Wine Tours in Umbria and Tuscany
- ✓ •Wine, Chocolate, Ceramic, Olive oil and Assisi Tours
- ✓ •Mystic Umbria: Assisi, Valnerina and Orvieto
- ✓ •Artistic Umbria: Assisi, Todi and Spoleto
- ✓ •Wine, Chocolate, Ceramic and Truffle Hunting
- ✓ •Cooking and Trekking in Umbria
- ✓ •Cooking and Italian lessons

## EXAMPLE ITINERARY\*

### EXAMPLE ITINERARY\*

#### Day 1 – Arrive in Perugia

Arrival at the country farm "La volpe e l'uva" (Perugia, Central Italy, Umbria). Check-in your apartment at 4:00pm.

#### Day 2 – Cooking + Chocolate and Deruta Ceramic Tours

Hands-on cooking class starts around 10:00am. You will prepare a four course lunch that you will eat at the end of the class, accompanied by our wines.

The tour take place from 15.00 to 19.00. At first you will visit the Perugia's chocolate factory and the Chocolate Museum to learn about chocolate production. The museum explains the process of converting cocoa into chocolate, and introduces the history of the Perugina chocolate company. Than you will visit a ceramic laboratory in Deruta where the majolicas are completely handmade. Deruta ceramics are a milestone in the history of Italian pottery. They gained worldwide fame during the Renaissance thanks to their creative and qualitative excellence. Their high quality products keeps the tradition alive and evokes the classic decorations of the various periods of Deruta. The production cycle is completely carried-out

within the company and rigorously worked by hand in all its phases.

### **Day 3- Cooking + Wine and Olive oil Tour**

Hands-on cooking class starts around 10:00am. You will prepare a four course lunch that you will eat at the end of the class, accompanied by our wines.

The wine tour take place from 15.00 to 19.00. It is a wine tour in a winery that produces Sagrantino di Montefalco DOCGS. You will have a guided tour of the vineyard, cellars finishing up with a test of local Umbrian specialties and the wines. You will also visit the medieval cities of Bevagna and Montefalco. Our olive oil tours include visits to family-run oil mills in the most famous Umbrian oil regions with tasting of the local produce along with accompanying local food products.

### **Day 4 – Cooking + Assisi Tour**

Hands-on cooking class starts around 10:00am. You will prepare a four course lunch that you will eat at the end of the class, accompanied by our wines.

The excursion take place from 15.00 to 19.00. You will visit the mystical city of Assisi, a beautiful medieval town based on Mount Subasio, overlooking a peaceful Umbrian landscape. The tour will allow to get to know the main landmarks where st. Francis lived. You can see the st. Francis Basilica whose superior walls were frescoed by Giotto and Cimabue. You will also visit the Eremo delle carceri, one of the oldest Franciscan convents.

### **Day 5 – Departure**

*\* Please note the itinerary is an example. It will depend on the program you will choose.*

## **RATE**

### **Solo travelers**

Participating guest, single occupancy **1100 euro**

### **Group of 2 people**

Participating guest, double occupancy in 1 apartment **990 euro**

### **Group from 3 to 4 people**

Participating guest, double occupancy in 2 apartments **900 euro**

### **Group from 5 to 6 people**

Participating guest, double occupancy in 3 apartments **850euro**

### **Group from 7 to 8 people**

Participating guest, double occupancy in 3 apartments **800euro**

**Non-participating guest, double occupancy 690 euro**

**THE RATE INCLUDES:**

- ✓ **Accommodations** in the apartment of the farmhouse “la volpe e l’uva”
- ✓ **breakfasts** (in your apartment you will find coffee, milk, biscuits, jams, butter and sugar)
- ✓ **3 cooking classes** (preparation of 4 course meal),
- ✓ **3 Four course meal** from the cooking lesson;
- ✓ Umbrian **wines** during meals, **liquors** for after dinner/lunch;
- ✓ **Certificate** of participation;
- ✓ Folder with all the **recipes**;
- ✓ **Apron** of **Let’s cook in Umbria**.
- ✓ **3 Tours** as indicated in the itinerary

**Extra:** In the program “ 4 Day Deruta Ceramic – Chocolate Tours and Truffle Hunting in Umbria”

Guide in the truffle hunting (directly payment):

60 euro per person ( from 2 to 3 people traveling together)

45 euro per person (from 4 to 6 people traveling together)



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# Seven Day Culinary Tours

Take a cooking break !

Accommodation, cooking classes and half day Tours: Small group culinary holidays in Central Italy



**Let's Cook in Umbria** offers package itineraries for **small groups** from **2** up to **8 people** in **Central Italy**. Our **tours** include visits to well-known cities in **Umbria** and **Tuscany** but also to many less frequented towns and villages off the usual tourist itinerary. Every day is packed with cooking classes in the farm and **tours**.

We want our travelers to experience the fun of cooking and travel in a land known for its **"food culture"** .

## OUR 7 DAY COOKING HOLIDAYS:

- ✓ **Umbrian Flavors**
- ✓ **Authentic Umbria**
- ✓ **7 Days Cooking and Italian Lessons**

## EXAMPLE ITINERARY\*

### EXAMPLE ITINERARY\*

#### Day 1 – Arrive in Perugia

Arrival at the country farm "La volpe e l'uva" (Perugia, Central Italy, Umbria). Check-in your apartment at 4:00pm.

#### Day 2 – Cooking + Assisi Tour

Hands-on cooking class starts around 10.00 am. You will prepare a four course lunch that you will eat at the end of the class, accompanied by our wines. The excursion take place from 15.00 – 19.00. You will visit the mystical city of Assisi, a beautiful medieval town based on Mount Subasio, overlooking a peaceful Umbrian landscape. Assisi is essentially known for the fact that it's the place of birth of St. Francis in and that of Santa Chiara. Professiona Guide in the excursion.

#### Day 3 – Cooking +Chocolate and Deruta ceramic Tours

Hands-on cooking class starts around 10:00am. You will prepare a four course lunch that you will eat at the end of the class, accompanied by our wines. The tour take place from 15.00 to 19.00. At first you will visit the Perugia's chocolate factory and the Chocolate Museum to learn about chocolate production. The museum explains the process of converting cocoa into chocolate, and introduces the history of the Perugina chocolate company. Then you will visit a ceramic laboratory in Deruta where the majolicas are completely handmade. Deruta ceramics are a milestone in the history of Italian pottery. They gained

worldwide fame during the Renaissance thanks to their creative and qualitative excellence. Their high quality products keeps the tradition alive and evokes the classic decorations of the various periods of Deruta. The production cycle is completely carried-out within the company and rigorously worked by hand in all its phases.

#### **Day 4 – Cooking +Wine Tour in Montefalco**

Hands-on cooking class starts around 10.00 am. You will prepare a four course lunch that you will eat at the end of the class, accompanied by our wines. The wine tour take place from 15.00 to 19.00. It is a wine tour in a winery that produces Sagrantino di Montefalco DOCGS. You will have a guided tour of the vineyard, cellars finishing up with a test of local Umbrian specialties and the wines. You will also visit the medieval cities of Bevagna and Montefalco.

#### **Day 5- Cooking + the Urban trekking**

Hands-on cooking class starts around 9.30 am. You will prepare a four course lunch that you will eat at the end of the class, accompanied by our wines. Urban trekking is an excellent way to discover the lesser-known parts of the beautiful cities oh Perugia. It is a way to slow down and experience the local life and it is the most sustainable of all forms of tourism. The urban trekking winds through the streets of the city to discover the tourist's excellences in Perugia.

#### **Day 6- Orvieto Tour**

The excursion take place from 9.30. You will visit the town of Orvieto with a professional guide. The city of Orvieto exists in symbiosis with the tuff cliff on which it stands, an extraordinary example of the integration of nature by the work of man. The Cathedral, dating back to 1263, is the most important architectural landmark of the city, with its splendid Gothic facing and the richness of the ornaments and internal chapels. In the ancient town we also find the St.Patrizio well, built in 1527.

#### **Day 7 – Departure \***

*Please note the itinerary is an example. It will depend on the program you will choose.*

#### **RATE**

##### **Solo travelers**

Participating guest, single occupancy **1400 euro**

**Group of 2 people** Participating guest, double occupancy in 1 apartment **1300 euro**

**Group from 3 to 4 people** Participating guest, double occupancy in 2 apartments **1150 euro**

**Group from 5 to 6 people** Participating guest, double occupancy in 3 apartments **1000 euro**

**Group from 7 to 8 people** Participating guest, double occupancy in 3 apartments **950 euro**

**Non-participating guest, double occupancy 1000 euro**

##### **THE RATE INCLUDES:**

- **Accommodations** in the apartment of the farmhouse “la volpe e l’uva” .
- **7 breakfasts** (in your apartment you will find coffee, milk, biscuits, jams, butter and sugar)
- **5 cooking classes** (preparation of 4 course meal),
- **5 Four course meal** from the cooking lesson;
- **Umbrian wines** during meals, **liquors** for after dinner/lunch;
- **Certificate** of participation;
- Folder with all the **recipes**;
- **Apron** of **Let's cook in Umbria**;
- **4 Tours** as indicated in the itinerary;
- **1 trekking** tour.

**To book:** [info@cookinumbria.it](mailto:info@cookinumbria.it); tel +39 075 5899951

# Cooking Vacations

## Accommodations, Cooking Classes and Italian Food: authentic Cooking Vacations in Umbria



**Every morning** our cooking teacher will guide you through different aspects of the Umbrian kitchen, sharing her secrets and teaching you new flavors. You will explore a complete menu that addresses the ingredients, techniques and traditions of central Italy cosine.

In the class you will use homegrown fruit and vegetables, the eggs of our chicken and our extra virgin olive oil. The lesson is followed by a **marvelous lunch** of the dishes prepared, along with the wine produced in the farmhouse!

**In the afternoon** you will have **free time** to enjoy the peaceful country farm and to visit the artistic umbrian localities. Raffaella will give you all the useful information about festivals, guided tours, transport, maps, activities and attractions.

### The Cooking Vacations in Umbria includes:

- ✓ **3/4/7 night accommodation** in the apartments of the farmhouse la volpe e l'uva and use of all facilities of the farm
- ✓ **2/3/4 cookery classes** of approximately 4 hours,
- ✓ **2/3/4 meals** from cooking lessons;
- ✓ **Certificate** of participation;
- ✓ Folder with all the **recipes**;

- ✓ Umbrian **wines** during lunch, **liquors** for after dinner/lunch
- ✓ **Apron of Let's cook in Umbria.**

#### ***THE RATE 3 DAY COOKING VACATION***

- ✓ **Group of 2 people** Participating guest, double occupancy in 1 apartment **370 euro**
- ✓ **Group from 3 to 4 people** Participating guest, double occupancy in 2 apartments **350 euro**
- ✓ **Group from 5 to 6 people** Participating guest, double occupancy in 3 apartments **320 euro**
- ✓ **Group from 7 to 8 people** Participating guest, double occupancy in 3 apartments **300 euro**

#### ***THE RATE 4 DAY COOKING VACATION***

- ✓ **Group of 2 people** Participating guest, double occupancy in 1 apartment **550 euro**
- ✓ **Group from 3 to 4 people** Participating guest, double occupancy in 2 apartments **520 euro**
- ✓ **Group from 5 to 6 people** Participating guest, double occupancy in 3 apartments **490 euro**
- ✓ **Group from 7 to 8 people** Participating guest, double occupancy in 3 apartments **460 euro**

#### ***THE RATE 7 DAY COOKING VACATION***

- ✓ **Group of 2 people** Participating guest, double occupancy in 1 apartment **600 euro**
- ✓ **Group from 3 to 4 people** Participating guest, double occupancy in 2 apartments **580 euro**
- ✓ **Group from 5 to 6 people** Participating guest, double occupancy in 3 apartments **550 euro**
- ✓ **Group from 7 to 8 people** Participating guest, double occupancy in 3 apartments **500 euro**



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# Solo Travelers

With Let's cook in Umbria – Solo Travelers you will have the opportunity to meet other, like-minded people to share the holiday experience with, to make friends and, hopefully, to enjoy a truly memorable stay in the heart of Italy. And that's not forgetting fantastic food, the wines, the beautiful Umbrian cities and panoramic views!

Check the page "SOLO TRAVELER" in the site [www.cookinumbria.it](http://www.cookinumbria.it) to see our updated availability for single travelers!

If you want to be regularly informed about the availability for Solo Travelers send me a message ([info@cookinumbria.it](mailto:info@cookinumbria.it)) with the subject "Solo travelers" and you will receive every month our brochure for Solo Travelers



**To book:** [info@cookinumbria.it](mailto:info@cookinumbria.it); tel +39 075 5899951

# Accommodation

Cozy apartments surrounded by nature in the Umbrian Country style



It is a beautifully restored farmhouse set overlooking the **Umbria** Valley.

The **farmhouse** is surrounded by 10 hectares of olive groves, vineyards and fruit trees.

Five independent apartments have been restored around the ancient stone house, which dates back to the 17th century. There is a lovely swimming pool from which you can enjoy the panoramic view. All apartments have been comfortably furnished in farm-style teak furniture with great attention for detail.

The farm lies on a hill and offers absolute peace and quiet with spectacular views of the surrounding hills and Perugia



# What meals are included



## Breakfasts

In your apartment you will find everything you need for your breakfast: Coffee, milk, tea, cereals, bread, biscuits, eggs, jams made with fruit from the farm, fruit, yogurt. You will prepare your breakfast in your apartment respecting your time.

## Lunch

For **lunch** you will dine on your creations from the cooking classes accompanied by our delicious organic red wines completely made in the farm. The lunch will be in the Raffaella's home or in the garden of the Farm.

## Dinners

**Dinners** are not included.

The lunches from our cooking classes are very rich and the afternoon Tours often include tastings so our guests enjoy light dinner to be ready for the next cooking class. In the apartments the guests have a well-equipped kitchen and after each tour our driver can do a stop in a supermarket where it is possible to buy what they need for their dinner.

The guests can also ask the driver to bring them, after the afternoon Tour, in the historical center of Perugia and dine in a restaurant; the driver will come to pick up them after the dinner ( **no extra rate**).

On the day of the arrival the guests have several options:

- reserve a private dinner in the farm;
- send me a list of foods that they want to find in their apartment;
- reserve a private transfer to the Perugia city centre and dine in a restaurant.

**book:** [info@cookinumbria.it](mailto:info@cookinumbria.it); tel +39 075 5899951

## How to book

**Write us** on [info@cookinumbria.it](mailto:info@cookinumbria.it) or **phone us** +390755899951 for availability, and with any questions you have.

We can give you all the information you need and are happy to help.

You can book online at [www.cookinumbria.it](http://www.cookinumbria.it)

The deposit to confirm your holiday is 30%. This can be paid by credit card or bank transfer.

After booking you will receive written confirmation from us.

Full payment is required at your arrive



## Let's Cook in Umbria

**The authentic Cooking vacations in Italy**



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