



Tour Information



Umbrian Culinary Experience





Passports

You may need to renew your British Passport if you are travelling to an EU country. **Please ensure your passport is less than 10 years old (even if it has 6 months or more left on it) and has at least 6 months validity remaining from the date of travel.**

For more information, please visit: [passport checker](#)

Visas

If you're a tourist, you do not need a visa for short trips to Italy. For all other passport holders please check the visa requirements with the appropriate embassy.

For further information, please check here: [travel to the EU](#)

Italian Consulate-General: "Harp House", 83/86 Farringdon Street, London EC4A 4BL.

Tel: (0)20 7936 5900. Fax: (0)20 7583 9425.

Email: consolato.londra@esteri.it

Website: <https://conslondra.esteri.it/en/>

Open Mon-Fri 0900-1200



Tickets

You will be sent an e-ticket, which shows your flight reference number, with your final departure documents. You will need to quote / show this reference number at the check-in desk and you will be issued with your boarding pass. Online check-in is available 24 hours prior to departure.

Your Group Scheduled or Club Class ticket is non-transferable and non-refundable. No refund can be given for non-used portions.

Please check that the details on your documentation are accurate and that all names are spelt correctly and match the names on your passport. Your flight ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



Baggage allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With British Airways your ticket includes one hold bag of up to 23kg plus one cabin bag no bigger than 56 x 45x 25cm including handles, pockets and wheels, and a personal bag (handbag or computer case) no bigger than 45 x 36 x 20cm including handles, pockets and wheels.

For more information please visit

www.britishairways.com

Transfers

On arrival in Rome, transfer by coach to Trevi (approx. two hours) and the Hotel Antica Dimora Alla Rocca.

Special Requests

If you haven't done so already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.

Border Control

You may have to show your return ticket and money.

At border control, you may need to show a return or onward ticket, show you have enough money for your stay, use separate lanes from EU, EEA and Swiss citizens when queuing.



Accommodation

Antica Dimora Alla Rocca, Trevi

Located on a quiet square in the centre of the lovely old town of Trevi, the Hotel Antica Dimora Alla Rocca is housed in the old romantic Palazzo Valenti built in 1650 by local Giovanni Battista di Filiberto. This charming four-star hotel offers an atmospheric restaurant located in vaulted cellars, bar, sun terrace and outdoor swimming pool.

Bedrooms are spacious and comfortable, with wooden ceilings and antique furniture, and include private bath/shower, hairdryer, TV, telephone, wi-fi, air-conditioning, safe, and mini-bar.

Unfortunately, rooms at the Antica Dimora Alla Rocca do not include coffee/tea making facilities, so we recommend you bring a travel kettle if required.

For more information, please visit the hotel's website:

<http://www.hotelallarocca.it/>



Food

Italian food rivals French in the hearts and taste buds of many gastronomes and the regional cuisine, of which the locals are very proud, wonderfully reflects the climate and local produce. Delicious pizza, pasta and risotto dishes are present everywhere throughout Italy with provincial specialities and sauces.

In Italy's only landlocked province, cooking is simple, rustic, rooted in tradition and ancient rituals, and based on excellent local and seasonal agricultural produce. Dishes are hearty, rich, flavoursome, and include plenty of fresh vegetables (peas and beans, wild asparagus, tomatoes, potatoes, onions, spinach, aubergines), excellent olive oil, and simple fresh bread (*Torta al testa*, similar to focaccia). Lentils are a staple of the Umbrian diet (try the lentil and sausage stew *Lenticchie con Salsicce*), and truffles are a local delicacy – the region's pasta speciality is spaghetti with black truffle sauce.

Farmers raise cows, sheep, goats, pigs and chickens, but the region has a love of wilder meats, such as wild pigeon and game (deer, wild pigs, venison). Pork sausages or dishes made from more unusual parts of pigs are also common, and include *Capocollo* (spicy, garlic flavoured sausage), *Barbozzo*

(cheek of mature pigs), *Mazzafegati* (spiced pig liver sausage), and *Sanguinaccio* (black pudding).

The region also boasts excellent freshwater fish (carp, trout, eel, whitefish, and perch), from the Tiber River and Trasimeno Lake.

Umbrian desserts are generally related to local festivities or religious ceremonies and include the Easter *Ciaramicola* (ring shaped pink cake), Christmas *Pinoccate* (pine nut based) and *Panpepato* (spiced fruit cake), *Torciglione* (almond-based), *Biscottini delle Monache* (little nun's biscuits), *Rocciata di Assisi* (spiral pastry, similar to a strudel), and *Macaroni Dolce* (sweet pasta). Also famous is chocolate from Perugia.

Strong Italian espresso coffee is served after the meal and will be black, in small cups, unless a *cappuccino* is requested.

Table service is common in most restaurants and bars. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.



Drink

The world's largest wine producer, Italy is home to some of the oldest viticulture regions. The wines are named according to their grape variety or after their village or area of origin. Excellent wines are produced throughout Italy and Sicily, with local wines offering great value and quality.

With optimal growing conditions, Umbrian wine is excellent. A famous white is produced from the *Grechetto* grape, mainly in the area around Orvieto, the region's major wine producer, responsible for 80% of Umbrian wines. And the delightful red *Sagrantino di Montefalco* is rapidly rising in popularity.

Apéritifs such as *Campari* and *Punt e Mes* are excellent appetisers, while Italian liqueurs include *Grappa*, *Stregga*, *Galliano*, *Amaretto*, *Sambuca* and *Limoncello*.

Meals included in the holiday are:

Breakfast – daily

Lunches – 2

Dinners – 5

Taking food into EU countries

Please note you are not able to take meat, milk or any products containing them into EU countries.



Destination

Umbria is an enchanting and unspoiled region with an enticingly old-world atmosphere and mystical, beautifying haze over its rolling hills. Whilst exploring gorgeous pastoral scenery, spectacular mountain landscapes and classic hill towns packed full of architectural gems and artistic treasures, you can revel in one of the regions cultural festivals and immerse yourself in the sensational regional gastronomy that rivals any in Italy. Throughout the tour you will enjoy a variety of local food and wine tastings, hunt for truffles and enjoy delicious meals. This is genuinely a tour that offers a true taste of all the variety that Italy has to offer.

Places of interest included in the tour:

Perugia and Baci Chocolate House

The well-preserved hill town of Perugia, the regional capital, is as close to a city as it gets in Umbria. Full of lovely museums, churches and 400 year old architectural treasures to explore, Perugia's two universities give the town a wonderfully vibrant atmosphere – a drink in one of the many pavement cafés on the *Corso Vannucci* is the perfect way to soak it up. Housed in the Gothic *Palazzo dei Priori*, often said to be one of the greatest public places in Italy, the *Galleria Nazionale dell'Umbria* is a must visit. Located just outside Perugia is the Baci Chocolate House, where you will have a tour of their museum before a tour through the factory. You will see where these iconic Italian chocolate kisses are made.

For more information about Perugia and Baci Chocolate House, please visit:

<https://www.italia.it/en/umbria/perugia>

and

<https://www.baciperugina.com/intl/world/blog/news/baci-perugina-chocolate-house>

Assisi and Spello

Assisi's fate as an attraction and pilgrimage site was sealed when St Francis, founder of the Franciscan order, was born here in 1182. A charming medieval hill town, little changed over the centuries, Assisi can be quite busy, but there are still pockets of tranquillity as you wander the old streets. The *Basilica di San Francesco* is a fantastic monument to 13th and 14th century Italian art with one of the

greatest collections outside of a gallery in the world.

Pink-stoned **Spello** sits above the Vale of Spoleto. Originally a Roman settlement, there is some old architecture to see, but the languid charms of this medieval town generally call for a leisurely stroll of the old streets.

For more information about Assisi and Spello, please visit:

<https://whc.unesco.org/en/list/990/>

and

<https://www.umbriatourism.it/en/-/spello-uno-dei-borghi-piu-belli-d-italia>

Trevi and Truffle hunting

This small town, enclosed in two circuits of medieval and Roman walls, was very important in Roman times, thanks to its location on the *Via Flaminia*. Highlights here include the *Palazzo Comunale*, the *Palazzo della Porta*, the Romanesque *Duomo of Sant'Emiliano*, many lovely old churches, and the *Museo Santa Francesco*, home to a collection of medieval Umbrian painting.

Today we will also visit La Cucina di San Pietro a Pettine, a family run truffle restaurant, for a truffle hunting experience followed by lunch. We will enter into the forest with expert truffle hunters and their trusted dogs searching for the precious truffle. You will be led by a local expert who will teach you all about the ancient tradition of truffle hunting which remains unchanged for centuries.

For more information about Trevi, please visit:

<https://www.umbriatourism.it/trevi>

Gubbio

The town of Gubbio climbs its way up the steep slopes of Monte Ingino, its Gothic splendour backed by the mighty Apennine Mountains. A powerful town in the early Middle Ages, Gubbio may appear austere due to the dark grey stone of its architecture, but its past is both turbulent and fascinating. Although most of the architecture is 14th and 15th century, you'll find *Roman remains*, a 12th century *Duomo* and the magnificent ancient *Umbrian Eugubine Tables* in the *Palazzo dei Consoli*. Take care around the *Fontana dei Matti* – it is said that anyone walking around it three times will end up mad!

For more information about Gubbio, please visit:

<https://www.timetravelturtle.com/visit-gubbio-umbria-italy/>

Spoletto and Olive Oil tasting

One of Umbria's most charming towns and in a spectacular setting, ancient **Spoletto** was once an important Roman city and capital of the Duchy of Spoleto. Perched in the foothills of the Apennines it is in the medieval hilltop Upper Town that you'll find some of Italy's oldest *Romanesque churches*, the *Duomo* and a variety of museums and galleries, whilst in the modern Lower Town there are *Roman ruins* and more lovely *churches*. We will visit on market day so you can take in the hustle and bustle of local produce being sold and see what delights are on offer. This afternoon enjoy an olive oil tasting. Umbria is not known for producing vast quantities of olives, but it does produce ones with a distinct taste that create a well-loved bitter and sharp noted oil.

For more information about Spoleto, please visit:

<https://www.umbriatourism.it/spoleto>

Montefalco cooking class and wine tasting

The medieval walled hill town of Montefalco is at the centre of the eponymous wine region and our day here will include a visit to Antonelli San Marco, which has been owned by the same family since 1881. Here we will experience a true feast of local Italian produce. The day will start with a cooking demonstration where the chef will take you through five local dishes and how to make them. You will then get to enjoy those dishes for lunch. After which you will get to taste four of the wines that the estate makes, along with a guided tour of their impressive cellar.

Reading Suggestions

Paul Hoffman, *Umbria: Italy's Timeless Heart*.

A guide to this landlocked region's art, architecture and history – the story of a province frozen in time.

Valerie Martin, *Salvation: Scenes from the Life of St Francis*.

Valerie Martin delivers an interesting biography of Umbria's most famous resident, the intriguing St Francis.

Barry Unsworth, *After Hannibal*.

Set in a village near Perugia, this work of black comic fiction follows the lives and sorrows of a group of expats living in the area and is filled with vivid descriptions of the lovely landscapes of Umbria

Henry James, *Italian Hours, 1909*.

Published at the end of his life, Henry James portrays his love of Italy through this series of essays, written over nearly four decades.

Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.

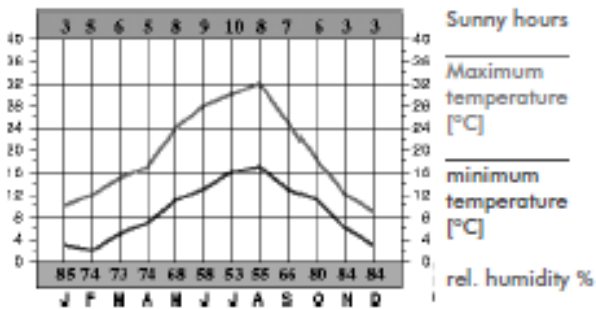
Grading

This tour has been graded as **Moderate**: Walking between sites, lots of standing for viewing.



The Basics

Climate – The weather in Umbria at this time of year is likely to be hot and dry, but there is always the chance of the odd thunderstorm. Our best advice is to come prepared.



Time – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

Language – Italian

Religion – Roman Catholic

National holidays – New Year's Day (01 Jan); Epiphany (06 Jan); Easter Monday; Liberation day (25 Apr); Labour Day (01 May); Republic day (02 Jun); Assumption of Mary (15 Aug); All Saints' Day (01 Nov); Immaculate Conception (08 Dec); Christmas day (25 Dec); St Stephens day (26 Dec).

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

Shops & Museums – Department stores are open 0830-1930 Monday to Saturday. Most shops are closed between 1230-1530. Please note that some museums close on Mondays.

Although very common in tourist towns in Italy, please note that street vendors selling all kinds of designer knockoffs are illegal and could land you with a hefty fine. Care should also be taken when buying antiques since Italy is renowned for skilled imitators.

Clothes & Shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good flat/grip walking shoes are recommended.

Camera – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – The guarantee of free mobile phone roaming throughout the EU, Iceland, Liechtenstein and Norway has ended. Check with your phone operator to find out about any roaming charges that might be applied after 1st January 2021. A new law means that you are protected from getting mobile data charges above £45 without you knowing. Once you reach £45, you need to opt in to spend more so that you can continue using the internet while you are abroad. Your phone operator will tell how you can do this.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

Global Health Insurance Card (GHIC)

Before you travel, make sure you've got a valid European Health Insurance Card (EHIC) or UK Global Health Insurance Card (GHIC) or travel insurance with health cover.

You may not have access to free emergency medical treatment and could be charged for your healthcare if you do not have an EHIC or GHIC when visiting an EU country, or travel insurance with full healthcare cover when visiting Switzerland, Norway, Iceland or Liechtenstein. If you have an EHIC it will still be valid while it remains in date. Your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) will be valid if you are travelling to an EU country.

For further information about the GHIC please visit:

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 7841 023807 or 00 44 7831133079

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

British Consulate Rome

Via XX Settembre 80/a

00187 Rome

Italy

Tel: +39 (0)6 4220 2431

Fax: +39 (0)6 4220 2334

Email: Italy.consulate@fco.gov.uk

Open Mon-Fri 0900-1200 and 1400-1500. Phone lines open 0900-1700. Outside these hours a consular Emergency Service is in operation and can be contacted on +44 (0) 207 008 1500

Travel Editions

3 Youngs Buildings, London EC1V 9DB

Tel: 02072510045

Email: tours@traveleditions.co.uk www.traveleditions.co.uk

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