

# La Mia Umbria Tour con Antonella

AUGUST 27th - SEPTEMBER 9th 2011

Antonella Nichinonni, Founder and co-director of *Forum Italiano Centro Linguistico* is delighted to be once again offering the opportunity to be immersed in the Italian language and to experience firsthand the vibrancy and colours of Umbrian culture together with the robust flavours of its gastronomic traditions. This is a holiday package for the discerning traveller.

Antonella herself, together with local guides, will take you on a journey of discovery as you connect with the spirit of her native region of Umbria and its warm and hospitable people. Numbers are limited to small groups in order to make this unique experience personal as well as individual.

In this irresistible 13-day package commencing on August 27<sup>th</sup>, and finishing on September 9<sup>th</sup>, Antonella will take you on a journey of pure indulgence and relaxation as you explore Umbria from the north to the south. The first week's accommodation is in the rustic "Le Burgne", nestled in the Umbria hills close to the Tuscan border, and the second week is followed by seven days in the exclusive and idyllic "Borgo della Marmotta" farm resort.



## Highlights

- An Unforgettable Vespa tour with the Vespa Club of Citta' di Castello and Umbertide, to discover some of Umbria's most picturesque and enchanting little villages
- Experience firsthand the local renaissance festival in Citta' di Castello with refreshing "aperitivos" in the main piazza
- Cooking classes with the local "casalinghe"
- Truffle hunt and olive oil tasting
- Tasting tour of the Montefalco wine region
- Traditional bread making in a wood-fired oven
- Chocolate making course at the Perugia chocolate factory, home of the famous "Baci chocolate"
- Literary Interlude with a Medieval expert followed by dinner in Poreta (Spoleto)
- Music festival evening at Borgo della Marmotta farm resort
- Visit Casigliano di Strettura ("paese di Antonella" Antonella's village )
- Bike or walking tour through picturesque countryside to a medieval village to make "strengozi" pasta with local casalinghe and lots of "festa" PARTYING and relaxing in this unique idyllic setting of olive groves



- Relax in the picturesque surroundings of the exclusive B&B "Borgo della Marmotta farm resort" and in Citta' di Castello in "Casale Le Burgne", where you eat only local produce including fresh cheese produced by the nearby organic Bufala Mozzarella farm.
- Start the morning with a walk through the countryside or a swim followed by a hearty "Umbrian breakfast" and sit by the pool overlooking the valley while you enjoy your Italian class.
- Lunch is a showcase of traditional Umbrian dishes made with farm grown and local produce.
- The afternoons include the passeggiata, aperitivo and an array of activities to savour the real Umbria and put your Italian speaking skills to the test with the locals.

## Inclusions

- 13 nights accommodation (7 twin share, 6 single room)
- 13 breakfasts; 7 lunches
- 13 dinners (some with wine included).
- All transfers by air-conditioned coach, (excludes Fri 9th Sept)
- Language tuition (30 hours for Beginners; more for Intermediate and Advanced levels).
- Two cooking classes with local "casalinghe"
- Truffle hunt (caccia di tartufi)
- Chocolate making course at the home of Perugia chocolates.
- Rustic wood fired bread making with Vantaggi in Strettura (winners of the 3rd best bread in Italy, bakers for 7 generations)
- Olive oil tasting
- Wine tasting in Montefalco
- Vespa tour with Vespa Club of Citta' di Castello



## Not included

- Airfare, taxes & insurance
  - Entry to museums
- COST: \$7,500 (numbers limited so early bookings advised)

Contact: **Antonella**  
0416 153 632  
ralder@optusnet.com.au



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