

THE UMBRIAN TABLE – HARVEST 2006
AN ITALIAN FOOD AND WINE ADVENTURE
November 5-15, 2006

Your Hosts: Michael and Karin Rostance and Richard San Marzano

DEPARTURE DAY - Sunday, *November 5* – **Depart Minneapolis** – If you wish to travel with us on your way to Italy, we will depart the Twin Cities on this day (flight to be determined). Many of our clients travel before or after the group portion of the journey and make plans accordingly.

DAY 1 – Monday, *November 6* – **Arrive in Rome and transfer to Spoleto** by motor coach. Check-in at the four-star historic residence, *Palazzo Dragoni* for 9 nights. In the evening, **welcome drinks** are served in the sitting room. Then we proceed to a local *osteria* for our **welcome dinner of traditional Umbrian specialties**.

DAY 2 – Tuesday, *November 7* – **Spoleto and First Cooking Workshop**. Morning orientation stroll around this “little piece of heaven fallen to earth”, the ancient hill town of Spoleto. We visit the *Duomo*, famous for its façade and Fra’ Lippi’s monumental fresco. We shop in the ancient market square. **First cooking lesson** taught by a local chef that afternoon in the hotel kitchen. This will be a very hands-on lesson. Our **dinner** in the magnificent dining room will feature the fruits of our labor. *Lunch is at your leisure*.

DAY 3 – Wednesday, *November 8* - **Spello and Handmade Pasta Lesson**. Morning departure for **Spello**. Perched on the southern slopes of Monte Subasio, Spello is a town little changed since the Middle Ages. Roman influences abound. Serpentine streets wind upward to the church of Santa Maria Maggiore which contains frescoes by Pinturicchio of the life of the virgin. There are wonderful little shops featuring local ceramics, olive wood utensils and other regional arts and crafts. *Lunch is at your leisure*. In the afternoon we will **make fresh pasta** during our **second cooking lesson**. Chef Pier Luigi Mari will show us how to make fresh pasta in the traditional way. We will make several types including a stuffed variety. **Dinner in the evening** will feature our home-made pasta. We will dine in the hotel’s lovely “breakfast room”. The panoramic view from this room will astound you!

DAY 4 – Thursday, *November 9* – **Ponte delle Torri and an Exploration of Monteluco**. In the morning, we will wind our way up to and across the magnificent viaduct/ aqueduct, *Ponte delle Torri*, the bridge of towers, to the sacred forests of *Monteluco*. We will hike on the ancient pathway known as the *giro dei condotti* following in the footsteps of the *Umbrii*, the Romans, and pilgrims from every age. We will explore the heavily wooded hills, which have been protected by law for more than a thousand years. If you keep a sharp eye out, you may sight fresh porcini mushrooms, wild thyme or other autumn herbs and wild flowers. **Dinner in the evening** at another of Spoleto’s wonderful restaurants.

DAY 5 – Friday, *November 10* – **The Valnerina and a cooking lesson in the country**. In the morning we will explore *La Valnerina*, one of the most scenic mountain valleys in all of Europe. Wonderfully preserved hilltop towns and medieval villages are just some of the jewels in this treasure trove of natural beauty. Great but little known works of art can be found here as well. In the afternoon we will visit *Senora Angela* at a marvelous country *trattoria* for our **third cooking lesson**. Angela and her daughter will share the secrets of their local cuisine, and there is a good chance that we will do some hands-on gnocchi making. A rustic, truly authentic **lunch** follows our cooking lesson. *Dinner in Spoleto at your leisure*.

DAY 6 – Saturday, *November 11* – **The Roman house, archeological museum, art restoration, the feast of St. Martin**. In the morning we will walk to the Roman house. Its well-preserved tile floors, many artifacts and excellent design will give you greater respect for the artistry of the ancient Romans. From there we walk to the Roman theater, which is still used for performances, and to the adjacent archeological museum. For those with a greater curiosity, we will visit an art restoration laboratory to study the techniques used to preserve the great treasures of the past. *Lunch is at your leisure*. That evening we will **celebrate the feast of St. Martin** at the *osteria* of our good friend Filippo. This traditional feast, with both pagan and Christian roots, features plate after plate of traditional Umbrian antipasti lovingly prepared by Filippo’s mother. Fresh chestnuts in various forms are always part of the dinner. Music and dancing are definitely encouraged. Don’t be surprised when the local folks drop-in to party. Plan to stay up late this evening.

DAY 7 - Sunday, *November 12 - Flea market, olive oil mill and private dinner.* In the morning we will explore the flea market. On the second Sunday of every month, merchants and bargain hunters from all over the region roam the streets and crowd the squares of Spoleto. The market offers a chance to shop, to meet friends and acquaintances, to stroll on a sunny afternoon and to enjoy lunch at one of the many fine local restaurants. All of the regular retailers are open as well. This is the perfect time to finish your gift shopping. *Lunch is at your leisure.* Later in the afternoon we will visit an **olive oil mill** that has been operated by the same family for generations. They produce one of the finest olive oils in all of Italy. You will see them press the olives in the traditional way, learn about the growing and harvesting of this natural treasure, and taste the fresh oil just moments after it has been pressed. After the oil tasting, we will **share dinner with the family in their dining room.**

DAY 8 – Monday, *November 13 – Foligno, wine tasting.* Morning departure for enchanting *Foligno.* This Roman Garrison town has a lively city center and a charming central *piazza.* We will tour the beautiful *Palazzo Trinci,* a gothic-Renaissance palace, decorated with amazingly colorful secular and mythical frescoes. The palace was a center of civic and religious power for centuries. Foligno offers a grand selection of shops, and there will be ample time for treasure hunting. *Lunch in Foligno at your leisure.* In the afternoon we visit a winery near *Montefalco.* There we will sample some of the greatest **wine** in Italy, *Sagrantino di Montefalco DOCG.* Our host will be one of Umbria’s best and most interesting wine makers. **Dinner in Spoleto.**

DAY 9 – Tuesday, *November 14 – Spoleto, ancient church, farewell dinner.* In the morning we will visit one of the oldest churches in Europe. Remnants of Roman roads and structures line our route. This will be our final walk through “down town” Spoleto. Afterwards, enjoy a cappuccino, a glass of wine and the passing parade of life in your new home town, Spoleto. Our final evening together features a suitably memorable **farewell feast** at yet another wonderful local restaurant.

DAY 10 – Wednesday, *November 15 – Departure day.* Early check out from Palazzo Dragoni and transfer to the Rome airport. For those continuing their travels, rental cars, bus and train connections are readily available.

Included in the Program

- 9 nights at the historic residence, Palazzo Dragoni
- Breakfast daily. Lunches or dinners as listed
- 3 Cooking lessons
- Private Wine tasting
- Entrance fees to museums, churches, historical Sites on the itinerary
- Olive oil tasting
- Qualified bi-lingual guides
- Pre-tour gatherings with food and wine with Michael and Karin
- Transfers to and from Spoleto (specified dates only)
- All transportation for trips on the itinerary
- Gratuities, hotel taxes and service charges

Price per person, Double Occupancy (does not include items of a personal nature)

\$3259 US if paid by check or money order

\$3379 if paid by credit card

Single Supplement add \$300 US

Non-refundable Deposit - \$750 due at enrollment and not later than September 1

Balance due – September 26, 2006

Due to the special nature of this trip, all monies paid are non-refundable

This will be our 10th visit to Umbria. It is a region of great character, history and beauty. Our previous travel companions agree. References are available by request. This program fills quickly. We urge you to make reservations soon. With the gap between the dollar and the Euro widening, this program is a great value.

We book our flights and make other travel arrangements through Brian Nystedt at New Departures Travel, 625 Second Avenue South #408, Minneapolis, MN 55402. Telephone: 612-305-0025. While you may book your flight on your own, or through another travel agency, Brian is familiar with our programs and our clients’ needs. He can assist you with all of your travel arrangements.

Informational gatherings with regional food and wine are scheduled for March 7 and March 21st. To attend, enroll in the program, or to get more information contact Michael and Karin Rostance – The Umbrian Table – 709 W. 35th St. Minneapolis, MN 55408. Call 612-822-2782 or email at michael@historicalItaly.com. Our website is www.historicalItaly.com. To attend the meeting RSVP 48 hours in advance.