

The Umbrian Table – HARVEST 2008
An Italian Food and Wine Adventure
November 2 – 12, 2008

Your Hosts: Michael and Karin Rostance and Richard di San Marzano

DEPARTURE DAY - Sunday, November 2 - 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 3 – **Arrive in Rome and transfer to Spoleto** by motor coach. Check-in to the four-star historic residence, *Palazzo Dragoni* for nine nights. In the evening, **welcome drinks** are served in the sitting room. We then proceed to a local *osteria* for our **welcome dinner of traditional Umbrian specialties**.

DAY 2 – Tuesday, November 4 – **Spoleto and Homemade Pasta Lesson**. 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 tower and façade and Fra Lippi’s extraordinary fresco. We tour the center of town including the ancient market square. *Lunch is at your leisure*. In the afternoon we have our **first cooking lesson**, taught by a local chef, which will include hands-on pasta making for all who want to try. Our **dinner that evening** will be in one of the *Palazzo Dragoni*’s beautiful dining rooms. There we will taste the fruits of our afternoon’s labor.

DAY 3 – Wednesday, November 5 – **The Valnerina and a cooking lesson in the country**. In the morning we will take a scenic drive in *La Valnerina*, one of the most breathtaking mountain valleys in 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 **second cooking lesson**. A rustic and truly authentic **local meal** follows the lesson. *In the evening discover Spoleto at your leisure*.

DAY 4 – Thursday, November 6 – **Ponte delle Torri and historic churches of Spoleto**. In the morning we will wind our way up to the magnificent viaduct/aqueduct, *Ponte delle Torri*, the bridge of towers. Weather permitting we may walk along the path on Monteluco, following the footsteps of the ancient *Umbrii*, the Romans, and pilgrims from every age. We will also explore more of the wonderful churches of Spoleto, each with unique works of art from various eras. *Lunch is at your leisure*. **Dinner in the evening** at one of Spoleto’s many great restaurants.

DAY 5 – Friday, November 7 - **La Roca and an olive oil tasting and dinner in the country**. In the morning we will visit the castle that towers above Spoleto. A new museum has just been completed and the view is magnificent. Later we will travel to an olive mill that has been in the same family for several hundred years. We will **taste the new oil**, minutes from the press, learn how it is made, then follow with a **dinner with the family**.

DAY 6 – Saturday, November 8 – **Morning Departure for Bevagna. Palazzo Trinci and Shopping in Foligno**. In the morning we will travel to Bevagna. This scenic Roman town has a lovely city square and well preserved Roman and medieval buildings. **Lunch** at a wonderful *trattoria*. Weather permitting we will dine outside near the square. We then travel to **Foligno**, another, larger Roman town. The magnificent **Palazzo Trinci** features wonderful secular frescoes and some very interesting history and architecture. There will be time to do some shopping in the bustling Roman garrison town. *Dinner in Spoleto at your leisure*.

DAY 7 – Sunday, November 9 - Flea **Market, cocktails and a tour of private Spoleto home. Dinner.** In the morning we will explore the monthly bric-a-brac market. Merchants and bargain hunters from all over the region meet here for shopping and socializing. There is always the possibility you will find some surprising treasures. *Lunch is at your leisure.* In the evening we will have a tour of one of Spoleto's most beautiful homes. We will have cocktails and share conversation with one of the towns most well known residents. Later we will proceed to dinner, perhaps at the newly renovated home of our partner, Richard.

DAY 8 – Monday, November 10 – **Roman house, Roman theater and Wine Tasting in Montefalco.** In the morning we will walk to the Roman house in Spoleto. Its well preserved tile floors, artifacts and excellent design will give you a greater appreciation for the artistry of the ancient Romans. We will then stroll to the Roman theater, still used for performances today. There is a nice little museum there as well with interesting artifacts from all over the region. Later we will travel to Montefalco to visit the **Paolo Bea winery.** Here you will **taste** some of the best wine in Italy made by one of its most respected and innovative wine makers. **Dinner in Spoleto.**

DAY 9 – Tuesday, November 11 – **Ancient church, shopping and packing, farewell feast of St. Martin.** In the morning we will visit one of the oldest churches in Europe. The natural light, its use of Roman columns of different styles and eras and its simple beauty never fail to inspire awe. We will also visit the town cemetery with its often ornate mausoleums and touching photographs of loved ones, all well tended and decorated with flowers. You will have plenty of time to finish shopping and get your packing done that afternoon. In the evening we will celebrate the traditional feast of St. Martin. This celebration has both pagan and Christian roots, but mostly features plate after plate of traditional, seasonal antipasti cooked up by the mother of our host.

DAY 10 – Wednesday, November 12 – **Departure Day.** We board the bus early for the drive back to the airport in Rome. For those continuing their travel, 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.
- Two cooking lessons
- Private wine tasting
- Entrance fees to museums, churches, historical Sites on the itinerary
- Private olive oil tasting
- Qualified bi-lingual guide
- Pre-tour gathering with food and wine with Michael and Karin
- Transfers to and from Spoleto (specified)
- All transportation for day trips on the itinerary
- Gratuities, hotel taxes and service charges

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

\$3450 US if paid by check, cash or money order

\$3575 if paid by credit card (Visa, Master Card, AMEX)

Single supplement add \$300 US

A non-refundable deposit of \$600 is due at the time of enrollment (not later than March 15, 2008).

Balance is due by October 1, 2008

This will be our 12th visit to Umbria. It is a region of great character, history and beauty and largely unspoiled by mass tourism. Our previous travel companions agree. References are available by request. We travel with a small group and can fill quickly. We hope you will reserve your place soon. With the gap between the Euro and the dollar widening, our program remains an exceptional value!

*We book our flights and make other travel arrangements through **Bryan Nystedt at New Departures Travel.** Brian is familiar with our programs and our client's needs. He can assist you with all your travel arrangements. If you would like to contact him, the number is 612-305-0025.*

To contact the Umbrian Table: Michael and Karin Rostance. 4654 Upton Ave. South, Minneapolis, MN 55410. TEL: 612-822-2782. Email: michael@historicity.com. Website: www.historicity.com.

We look forward to sharing this unique travel experience with you!
Michael and Karin

