

Italy

Girlfriend Getaway

Hiking/Cooking classes

Active Journeys



A taste of Umbria



This trip will satisfy anyone with a taste for adventure. Enjoy a week in Italy walking through the gorgeous undiscovered Umbrian region . Here you will have two half -day cooking classes, enjoying the meals you create under the tutelage of your Italian chef. Starting in the charming town of Assisi, we will walk around the area and spend some time learning about local produce and cuisine. We spend two nights in Assisi, exploring the rolling hills, vineyards and Mount Subasio Regional Park .

In Spoleto, (for 3 nights) we will visit charming authentic (not touristed) medieval villages. Here we have our first cooking lesson and olive oil tasting.

Then on to Norcia for the last part of the journey again combining discovery walks with another cooking lesson. Here we slow down our pace again. Enjoy the town, the swimming pools, take a leisurely stroll on your own, or join the group for some amazing hikes, where you will find the landscape dotted with monasteries and abbeys from days of old.

Come and discover the irresistible beauty of the Umbrian countryside; impressive vineyards, olive groves and gorgeous panoramic views. These are also some of the most historic and picturesque medieval towns, villages and monuments in Europe. Paired up with the company of like-minded women,

Tour Details 2010:

Dates: May 1-8

Oct 9-16

Length: 8 days/7 nights

Cost: \$2650

Single Supp: \$450

Grade: Moderate

Starts: Assisi

Ends: Norcia

Fast Facts

- Enjoy one week in Umbria centered in only three hotels
- 2 half day cooking classes (meals included) wine tasting also
- Land of truffles, wine and cheese!
- Learn about local cuisine and wine
- Accommodation, breakfasts and most dinners are included
- Enjoy the company of like-minded women

ITINERARY

Day 1: Arrive Assisi (Dinner included)
Arrive in Assisi on your own. Free time to visit the town where S. Frances comes from.

Day 2: Transfer to top of Monte Subasio (breakfast only)
Five hour walk through the Mount Subasio Regional Park, mostly downhill. Afternoon at leisure in Assisi.

Day 3 Transfer to Campello Alto (Dinner included)
Three hour walk to Bovara di Trevi and visit an ancient olive mill. Olive oil tasting, with coffee and cake. Transfer to Spoleto, check in to hotel. Three hour afternoon cooking lesson with tasting/dinner of what has been prepared.

Day 4 Transfer to watershed near sacred wood of Monteluco (Breakfast only)
Short transfer to the watershed near the sacred wood of Monteluco, for a five hour hike. Then we walk to Pontuglia in the Val Nerina where we stop to taste some local specialties before being transferred back to Spoleto.

Day 5 Bus to Forca d’Ancarano (Dinner included)
Transfer to the Forca d’Ancarano. Five hour walk to the ancient abbey of St. Eutizio. Transfer back to Spoleto.

Day 6 Cooking lesson Dinner on your own
Three hour morning cooking lesson ending with lunch where you taste what has been prepared. Afternoon optional walk through the Norcia valley or relax at the hotel spa.

Day 7 Transfer to Piano Grande (Dinner included)
Transfer to the Piano Grande. Five hour walk along the watershed from Rifugio Perugia to Castelluccio. Afternoon transfer to Norcia.

Day 8 End of Tour
Transfer from Norcia to Spoleto train station.



What to Expect

What will the weather be like?

The daytime temperature will be warm and sunny. In September, you can expect high 70's (high 20's C), and cooler evenings. Sunscreen is a must during the day, as is a sweater for the cooler nights. Traditionally it does not rain, but it is recommended to bring some rain gear in case.

How many hours of walking a day?

Be prepared to walk between 4 to 6 hours daily, rarely on flat terrain. Umbria is all hills. You are either going up or down almost all the time; however, these are shorter rolling ascents and descents.

How fit do I need to be?

The fitter the better, and some hiking experience is recommended but not required. Settling into three locations, this allows you the option of taking a day off, not walking, or only doing half the route if you want.

What are the hotels like?

We use 3* accommodations, with twin-bedded rooms, all with private facilities. The last property is considered a luxury hotel with spa services and an elegant décor.

What are the cooking schools like?

We use the hotel in Spoleto which is well known for its fine cuisine. The head chef does do private cooking lessons in a professional working kitchen. The second class is located in Norcia, where it has a classroom atmosphere with individual stations. Everyone participates in the preparation of their own meals, great fun.

Extra services

Hotels in Rome range from €120 per night to a deluxe 5* property at €450 per night.

We also have a small selection of rural farmhouses where you can spend a few days or a week, car rental recommended.

We can organize rail passes for Italy only, or for multiple country rail passes. If you require only 2 segments (to/from) then it is less expensive to purchase locally.

Getting There

Arrive on your own to Assisi. On the last day we will provide a bus transfer from Norcia to the Spoleto train station.



How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire booking process.
- Download the reservation form from our website and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent immediately.
- Deposit of \$400 is required immediately, and final payment is due 60 days prior to departure. Terms & conditions are outlined on the back of our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or directly a travel insurance provider.
- Ensure that you are in proper health for the trip chosen. Contact us for more information on vaccinations, inoculations, and fitness requirements.

