UMBRIA La Dolce Umbria - 4 giorni

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**Day 1: Perugia** Arrival in **Perugia**, one of the most beautiful and significant cities in Italy. Powerful Etruscan center and then important medieval city. Italian city symbol of the food of the Gods, the chocolate.The gateway to the acropolis is the **Rocca Paolina**, a unique historical-architectural complex, "container" of the medieval city hidden inside. Crossing it with the escalators, among historical remains and contemporary attractions, you climb to the heart of the city, where the people of Perugia and also the students love to hang out. A charming route starts from the thirteenth-century **Fontana Maggiore** in the historical center, full of museums, churches, monuments, palaces, medieval towers as well as significant modern and contemporary testimonies.The visit starts from **Piazza IV Novembre**, in the heart of Perugia, with the **Palazzo dei Priori**, which hosts the **Umbrian National Gallery**. In the upper part of the square dominates the **Cathedral** of S. Lorenzo. The tour continues towards the Etruscan Arch, the **Gallenga Palace**, the **Church of S. Maria Nuova**, the **Church of S. Maria di Monteluce** and the **Church of S. Bevignate**.Transfer to the hotel, accommodation, dinner and overnight. **Eurochocolate** is an event dedicated to the culture of chocolate, which takes place in Perugia in the month of October, dedicated to the Italian and international chocolate tradition.

**Day 2: Torgiano and Bettona** Departure for **Torgiano**, a fortified village at the junction of the rivers Chiascio and Tevere, surrounded by hills rich in vineyards and olive trees. Within the walls, along Corso Vittorio Emanuele II, starting from Via Mazzini there is the Oratory of Misericordia, which is followed by the Pieve di San Bartolomeo. Continuing along the street there is the Town Hall. Then follows the baroque Palazzo Graziani Baglioni, which houses the **MUVIT - Wine Museum**. Going up Via Garibaldi, in an ancient building, used until a few decades ago to mill olives, is the **MOO - Museum of Olive and Oil**. In Piazza della Repubblica, is the **MCCA- Museum of Contemporary Ceramic Art**.

**Torgiano Rosso Riserva** was the first wine in Umbria to obtain the DOCG (Denomination of Controlled and Guaranteed Origin), it is a rich and complex wine, suitable for long ageing.

In the afternoon visit of the village of **Bettona**, starting from the mighty Etruscan and medieval walls and then going through the small streets and squares to discover the Town Hall and the Palazzo del Podestà, home of the famous Municipal Art Gallery. Return to the hotel for dinner and overnight.

**Day 3: Assisi and Spello** Departure for a visit to **Assisi**, the city where St. Francis, patron saint of Italy, and St. Clare were born, lived and died. The magnificent **Basilica of St. Francis**, since 1230, contains and preserves the mortal remains of the Seraphic saint. Formed by two superimposed churches, linked to two different construction phases: in both cases, the interior decoration is extraordinary. The lower church was started in 1228, the most renowned artists of the time, from Giotto to Cimabue to Simone Martini, worked on the decorations of the basilica. The upper church has a simple "hut" facade. The upper part is decorated with a central rose window, with the symbols of the Evangelists embossed on the sides. It contains the most complete collection of medieval stained-glass windows in Italy. The decoration depicts the figure of St. Francis. The extraordinary final result is due to the essential contribution of outstanding artists such as Cimabue and Giotto, whose experimentation has made the Basilica of Assisi one of the most important places for the evolution of Italian and European art between the thirteenth and fourteenth centuries. Visit of the Cathedral of San Rufino, the Church of Santa Chiara, San Damiano.

**The Crucifix of San Damiano** is the cross-shaped figure in front of which Francis of Assisi was praying when he received the Lord's request to repair his house. The original cross is currently displayed in the basilica of St. Clare in Assisi.

Lunch in a restaurant in Assisi: **"toasted" grilled bread,** seasoned with a slice of garlic and covered with a generous dose of fresh oil and a pinch of salt. The **Capocollo** is a sausage made from the neck and shoulder of the pig. During the Easter holidays in Umbria, it is served with a so-called **Easter pizza**, a savory cheese pie. **Strangozzi** with truffles, a rectangular long pasta with a base of wheat flour and water. **La rocciata di Assisi**, a horseshoe-shaped cake that looks a lot like strudel. It is prepared by rolling out the dough and covering it with a mixture of dried fruit mixed with oil and vin santo and then rolling it up and baking it in the oven.

In the afternoon visit to the town of **Spello**, a lovely village on Mount Subasio famous for its "**Infiorate**": the passionate people of Spello work all year round to prepare the wonderful Infiorate (carpets and paintings) which are presented to many Italian and foreign visitors during the Corpus Domini period. Also, the Cappella Bella, painted by Pinturicchio in the Church of Santa Maria Maggiore, deserves to be visited. At the end of the visit return to the hotel for dinner and overnight.

**Day 4: Perugia and chocolate** Visit the **factory** and the **Historical Museum of Perugina**, the famous factory that has made Perugia a chocolate icon. At the end of the tour small tasting and shopping in the nearby shop. **The Perugina "Baci**": created by Luisa Spagnoli's idea to mix with chocolate the hazelnut pieces that were thrown during the production of sweets. The result was a strange chocolate with an irregular shape, which resembled the image of a closed fist, and was named "Cazzotto" (Punch) because of this. Giovanni Buitoni, unconvinced that it was a good idea to give chocolates as a gift called "cazzotto", wanted to rename them with a more suitable name. Thus was born the "Bacio" Perugina.

Return back home.