



A LUXURY ITALIAN VACATION VILLA.  
LESSONS IN AUTHENTIC ITALIAN COOKING.



## UMBRIA CULINARY VACATION TOUR

La Cucina Sabina curates authentic luxury culinary and cultural vacations throughout Italy. In the heart of Umbria and near the city of Perugia, we have created a single villa-based vacation to experience both luxurious comfort and convenience. Located amongst wine vineyards and olive groves on a large estate, Chiesa del Carmine has been painstakingly and lovingly restored to combine Italian elegance with modern and sophisticated amenities.

The villa has a 13th century church (Chiesa) as a part of the inn. It's perfectly situated for allowing casual walks and hikes in the countryside, visiting the winery on property, the truffle woods, ponds, lakes and wildlife. It has a stunning kitchen for cooking lessons as well as nearby golf course and beautiful pool. It's conveniently located within short drives of Perugia, renowned for chocolate making, Assisi, Spello, Umbertide, Deruta and great wine making areas. This is a foodie's dream vacation which combines food, cooking, culture, wine tasting, touring, shopping, picturesque excursions and adventure into an experience of a lifetime! Join us as we tour unique and less touristy places in Umbria, plus the classic medieval charm of small artisanal towns in the countryside. Whether your cooking interests are hands-on three course meals in a state of the art kitchen, observing, or simply enjoying delicious Italian food and great wines, we have created an exceptional experience for you.

This all inclusive vacation itinerary\* includes - 8 days/7 nights lodging in an exclusive and luxurious Umbrian villa, food, wine, restaurant meals, excursions, tours, guides, 4 cooking lessons and demonstrations, truffle hunt, winery visit and tasting, artisanal shops, plus ground transfers to and from Perugia and Florence airports, train stations or hotels. Towns visited include Perugia, Assisi, Spello, Umbertide, Deruta, Gubbio, Montone, Lake Trasimeno and more.

La Cucina Sabina combines food, culture and fun into an experience of a lifetime!

\*International flights are responsibility of the guest. One lunch is independent.



# DAY 1 - SATURDAY

## ARRIVAL

Arrivals in Umbria in the afternoon after airport, train station or hotel transfer pickups from Florence or Perugia – Check in to your rooms at the beautiful Chiesa del Carmine Estate and Resort located in the heart of Umbria. Relax, enjoy your surroundings, take a dip in the pool, pre-arrange a massage or stroll the picturesque rolling Umbrian countryside with its vineyards and olive groves. In the evening, enjoy our Welcome Dinner in the Villa's Grand Dining Room.

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# DAY 2 - SUNDAY

Visit the Estate's Winery for a tour and tasting followed by lunch paired perfectly with the Estate's own wines. The afternoon is free for you to enjoy the expansive estate with optional walks around the countryside, lounging by the pool, pre-arrange a massage or round of golf or just grab a yoga mat and unwind. In the evening, we head to nearby picturesque Montone, a quintessential Umbrian hilltop town, for a stroll followed by a sunset dinner overlooking the amazing Umbrian countryside with its famous burnt umber hues.





## DAY 3 - MONDAY

In the morning we head to Assisi, the town made famous by the monk bearing its name and founder of the Franciscan Order, St Francis of Assisi. A guided tour of Assisi is planned in the morning, then on to the town of Spello for lunch. Spello is a well preserved medieval walled town and known for the abundance of picturesque flowers throughout the town. Each corner in town is more beautiful than the last. After lunch, we head back to Chiesa del Carmine for a hands-on cooking lesson and dinner from our lesson.

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## DAY 4 - TUESDAY

Perugia is perhaps best known for its gastronomy and of course chocolates! In the center of Umbria are produced some of the finest chocolates in the world. After breakfast, we enjoy a guided food tour of Perugia, including sampling along the way. We'll enjoy lunch and also make free time for shopping as well. The highlight of the day is a hands-on chocolate making class in a chocolate lab perched above the town square. In the afternoon, we head back to Chiesa del Carmine for a bit of relaxation followed by dinner at the estate.

## DAY 5 - WEDNESDAY

No culinary experience in Italy is complete without a visit to a fresh market and authentic Pizza making.

We start our day with a visit to the fresh morning market in the nearby town of Umbertide for selecting our toppings for our pizza lesson later in the day. From there on to Gubbio, a Medieval town also boasting Gothic architecture, a Roman theatre and Renaissance basilica. We'll enjoy lunch in a local restaurant for authentic Umbrian cuisine. Dinner will be a pizza lesson this evening back at the estate.

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## DAY 6 - THURSDAY

When you're in Umbria, no culinary vacation is complete without hunting for Truffles! After breakfast, we join a local guide to hunt for truffles in the countryside surrounding the estate. These delicious gems will be used in our lunch time cooking lesson. The afternoon will be left open for relaxing around the estate, scheduling a massage, swim or hike. In the evening, we depart for our lakeside dinner above the shores of picturesque Lake Trasimeno.





## DAY 7 - FRIDAY

What trip to Italy is complete without shopping for some of the best locally produced artisanal products in the world? We explore the local town of Deruta, known worldwide for its fine maiolica ceramics. We'll also make a stop at a local cashmere producer for a full immersion into Umbrian culture. Lunch will be on your own in Deruta allowing you ample time to explore the artisanal shops.

After time for packing at the Estate, we depart for our grand finale "Arrivederci Dinner". We head to the beautiful Castello Monterone, just outside Perugia for an unforgettable evening with your friends and family.

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## DAY 8 - SATURDAY

After breakfast, we provide transfers to local airports, hotels or train stations in Florence or Perugia.

## PRICING OF VACATION PROGRAMS

Pricing: This all-inclusive vacation experience starts at \$3,800 per person/double occupancy and includes all taxes, fees, lodging, scheduled meals, wine, coffee, tea, lessons, tour guides, excursions, local transfers within Italy, and hotel/airport transfers on arrival and departures from Florence or Perugia. All accommodations are superior or above. There is a single supplement of \$900.

International and air/train within Italy are not included. Guests should arrange arrivals and departures to/from Florence or Perugia airport/hotels/train stations. Most international flights would be to/from Milan or Rome.

For booking or more information, in the US call 727.560.7430 or email [info@lacucinasabina.com](mailto:info@lacucinasabina.com) or visit our website: [www.lacucinasabina.com](http://www.lacucinasabina.com)



*Culinary experience, Italian vacation.*

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