La Cucina Sabina
Umbria Itinerary

La Cucina Sabina's authentic luxury vacations include a culinary and cultural vacation in the heart of Umbria at a beautifully restored castle in the tranquil hillside overlooking the majestic town of Perugia. Located just 3km from Perugia, famously known for its chocolatiers, it's the heart of Umbria and close to historic Assisi and Spello. In the evenings, you will see the beautiful lights of the hilltop town of Perugia across the valley. We have curated this vacation to provide luxurious comfort and convenience into a foodie's dream vacation. We combine meals, cooking, culture, wine tasting, guided tours, shopping, picturesque excursions and adventure in an unforgettable experience! Join us as we tour iconic medieval and renaissance Umbrian towns, as well as off the beaten path charming villages. Whether your cooking interests are hands-on in our amazing demonstration kitchen, or simply enjoying great Umbrian food and wines, we have created an exceptional experience for you!

Day 1: Saturday

Arrivals in Umbria in the afternoon after airport, train station or hotel transfer pickups from Rome or Perugia – Check in to your rooms at the beautiful Castello di Monterone in the hillsides of Perugia. Relax, enjoy your surroundings, explore the castle, take a dip in the pool, enjoy the jacuzzi, sauna or stroll the picturesque gardens. In the evening, enjoy our Welcome Dinner in the Castle's dining room.

Day 2: Sunday

We visit the Chiesa del Carmine Winery and estate in the Umbrian countryside for a tour and tasting followed by lunch paired perfectly with the Estate's own wines. After lunch, we return to the Castello where the afternoon is free for you to enjoy the castle lounging by the pool, and relaxation. 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, with its historical back streets, piazzas, and the famous cathedral followed by lunch leaving time to visit many of the nearby shops. After lunch, we head back to the Castello for a hands-on cooking lesson and demonstration with dinner based on our lesson.

Day 4: Tuesday

Perugia is perhaps best known for its gastronomy, ceramics, 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 tour of Perugia, a bit of food tasting and a visit to an artisanal ceramic maker which includes a demonstration. One of the highlights of the day though, is experiencing a hands-on chocolate making class in a chocolate lab perched above the town square. Guests then enjoy lunch on their own and have free time for shopping. In the afternoon, we head back to Castello di Monterone for a bit of relaxation followed by dinner at the Castello.

Day 5: Wednesday

We begin our day with a drive through the countryside to a local Agriturismo, which is a combination farm and bed and breakfast, focusing on authentic and local farm-to-table cuisine. Here we'll have a hands-on lesson with the local chef when we'll create our lunch. A break in the afternoon at the Castello will be well deserved and then on to the town of Spello for dinner. 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. It's a tradition to compete for the most beautiful terraces and doorsteps!

Day 6: Thursday

When you're in Umbria, no culinary vacation is complete without hunting for truffles! After breakfast, we join a local guide at the Chiesa del Carmine Estate to hunt for truffles in the surrounding countryside. These delicious gems will be used in our lunch time cooking lesson. The lesson will take place in a beautiful demonstration kitchen created for cooking lessons. The afternoon will be left open for relaxing at the Castello. In the evening we take a drive to the beautiful town of Bevagna with its picturesque river meandering along the town's edge. After a stroll through town, we will enjoy a world class meal by a self taught, local restaurant owner and chef.

Day 7: Friday

What trip to Italy is complete without shopping for some of the best locally produced artisanal products in the world? For this we head to the area surrounding Lake Trasimeno. We'll visit a picturesque winery featuring some of the best varietals Umbria is known for. Here there will be a tasting and lunch. We'll also make a stop at a local cashmere producer for a full immersion into what is still an active and thriving Umbrian business. The visit will include a tour of the factory, explanation on how fine Italian cashmere is made followed by a visit to their showroom. Afterwards, there's time for packing, then we enjoy our grand finale "Arrivederci Dinner" at the Castello.

Day 8: Saturday

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

A Culinary Experience. An Italian Vacation!

For information, availability, booking or to speak directly with us, we can be reached at:
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