

**T&S TASTE & SLOW ITALY**  
food-wine and cultural tours

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## THE EXCLUSIVE OPTION: LOW CONTACT TRAVEL AROUND ITALY....

The perfect occasion to live an exclusive travel in a  
perfect position among Rome, Florence and Perugia

TASTE AND SLOW ITALY a brand of TRASIMENO TRAVEL SAS - Via Novella 1/F 06061, Castiglione del Lago,  
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# ITINERARY

## DAY 1 | Monday, transfer to TUSCANY

Arrival in Rome airport and private transfer to the province of Grosseto – Tuscany coastal countryside.

However you could have a stop to visit something really exclusive and less known as **Ostia Antica** archeological site. It is really a new opportunity, only few travelers have had that great occasion to visit Ostia with our native **private** guide.

**Our unconventional tip:** During the transfer we suggest you to taste a local great street food the “porchetta” a whole pig roasted with scents and herbs, sliced front of you and served with bread and sometime with a glass of red wine. Typical street food of Central Italy Lazio, Tuscany and Umbria. You can find this delicious and strong food in many kiosks along the road. But we can suggest you the best places. The gluten intolerance can be solved, don't worry: they can serve you only porchetta without bread.

Really native experience... generations of Italians grown up with porchetta, even us of Taste and Slow Italy...

Check in in a comfortable 4 stars hotel, our partner in Maremma countryside

Dinner at leisure. We will be glad to suggest the best options in local restaurants



## DAY 2 | Tuesday, TUSCANY ARCHIPELAGO MINICRUISE

Breakfast and departure for an enchanting experience

A full relaxing and slow day tour minicruise on the **Tuscan Archipelago**.

Departure ferry from Piombino harbor to Portoferraio **Isola d'Elba** or **Isola del Giglio** or even Isola di **Montecristo**; for a tour around these enchanting Mediterranean Islands. The guide is optional

Lunch and Dinner at leisure

## DAY 3 | Wednesday, CAPALBIO and a SINGULAR GARDEN

Private transfer to the Tuscan Maremma

Meet your private guide to visit a magic garden in Tuscan Maremma.

Along the Aurelia road to Monte Argentario, looking towards the right, we suddenly have the illusion to be in a dreamlike place.

**The Tuscan hills are illuminated with thousands reflections of lights and colors**, especially when the sun will direct its rays.

Curious and fantastic shapes appear to our eyes and draw our attention: this is the "Tarot Garden", in the municipality of **Capalbio**.

This magic place is the result of the imagination and creativity of the French sculptor Niki de Saint Phalle. Niki fell in love with this area and decided to realize the dream of her life here. She invested energy and enthusiasm by funding her own work. Construction began in 1979 also supported by her husband the famous artist Jean Tinguely, his first and main collaborator.

The garden owes its name to the fact that there are twenty-two Tarot figures represented through cyclopean sculptures that reach up to fifteen metres in height. The statues, with its soft and sinuous typical shapes in the style of Gaudi, are entirely covered with bright and colorful Murano glass mosaic tiles, glass and ceramics. The overall effect is that of a kaleidoscopic vision: a dream.



**After the visit:** we suggest you to reach **Orbetello** for a particular lunch in the restaurant of the local fishermen cooperative of Orbetello Lagoon. Enjoy a tasting of fresh fish and of the typical Bottarga – a certified Slow Food product.

**After the lunch** you could visit Capalbio.

*The medieval village of Capalbio stands on a hill surrounded by a lush Mediterranean vegetation, and by a natural environment of great value. The territory was already inhabited by the Etruscans. The historical center of Capalbio, with its castelled outline, draw people’s attention from miles away, and even today is surrounded by a double wall circuit with paths on different levels (most of them still walkable). The Rocca Aldobrandesca stands out on the top of the village.*

**Or in alternative... After the Tarot Garden,** we suggest you to have your lunch at leisure, or buying some street food and spending your afternoon in one of local “cala” (a cala is an **hidden Beach**). As Cala Violina or Cala Le Donne or Cala Martina.

We can give you some tip to reach some smaller and very isolated cala by easy wild small routes on the coast wood.

In this case do not forget a snorkeling equipment. The water is rather clean and transparent.

Lunch and Dinner at leisure



## DAY 4 | Thursday, TRANSFER TO PERUGIA PASSING THROUGH CIVITA DI BAGNOREGIO

Meeting with your private driver and transfer to Perugia.

Traveling to Perugia we suggest you a morning stop in **Civita di Bagnoregio**, one of the most impressive towns of the area.

Perched on top of a hill among the valleys formed by Chiaro and Torbido streams, Civita appears clinged to the edge of a cliff where it dominates the wide desolated valley made up of particular slopes called calanchi.

Dated back to the **Etruscan period** and rebuilt it in the **Medieval** time, it is nowadays an enchanted place, where time seems to have stopped. The small number of all year round inhabitants and the complete absence of cars makes **the atmosphere inside Civita even more unreal**.



At lunchtime, we suggest a nice family small farm where the owner will be proud to show you his beautiful wine cellar and his traditional oil mill. Delicious **light lunch in the farm**, based on traditional and local recipes, good quality wines and excellent Extra virgin olive oil produced by this nice family that has been active for generations!

Finally reach Perugia centre around 16:30 and check in in a nice and central 4 stars hotel.

Now an exclusive cultural local adventure: **the “slow craft street adventure in Via dei Priori”**.

We will escort you to visit the **local artisans ateliers of Perugia and their life and artistic enchanting stories**: ceramics, sculptures, gold, wood craft and finally a co-working atelier in an ancient palace, where a group of different local young artisans are developing incredible craft projects. They will lead you in their dreamlike world. The tour will last around 3 fascinating hours.

**The final will be the incredible.** An *aperitivo* in a place you absolutely cannot image. A day adventure to tell friends and colleagues next party at home...

Dinner at leisure



## DAY 5 | Friday, HIDDEN TREASURE IN PERUGIA, A PLACE FULL OF MYSTERIES

This morning we will visit Perugia center in a particular way. **Perugia is full of Medieval streets and squares with some ancient Etruscan** architectural contaminations; it is full of multicultural life.

The tour will start in the central Piazza Grande (now also known as Piazza IV Novembre). Perugia historical city center walking tour.

Piazza IV Novembre has been the center of civil and religious power in the city since it was established by the Etruscans, before the Romans. In the center of the square stands the impressive Fontana Maggiore, the city symbol and one of the finest Medieval fountains in Italy. It was completed in the late 13th century. A walk around the lower basin takes you past paneled scenes from the Old Testament, the story of the founding of Rome, an astrological calendar that appears to relate to local farming practices, and a representation of the seven arts.

The 14th-century Palazzo dei Priori, leads off from the left of the fountain along the main street Corso Vannucci.

Visit of the **Rocca Paolina** and **Saint Peter's church** in Perugia.

Rocca Paolina is an amazing place to visit. An ancient underground town commissioned by Pope Paolo III in the 16<sup>th</sup> century.

In San Pietro we will see the baroque architecture and a singular canvas: Trionfo dell'Ordine dei Benedettini, paint by Antonio Vassilacchi called "l'Aliense". This painter was the protagonist of an absolute outrage to the Church power, doing a sharp revenge to affirm his own freedom of expression: a genuine Renaissance "bohemian" guy.



**Our tip:** this can be an occasion to do a nice competition among the participants to understand what is hidden in the canvas, starting to observe the canvas until someone will perceive an hidden image!

Despite its fascinating characteristic this canvas is almost unknown, but this painting is documented as the biggest canvas ever painted in the Middle Ages. It represents the triumph of the Benedictine Order, it depicts saints, popes, cardinals, bishops and abbots founders of Religious Orders that surround St. Benedict of Norcia. It occupies the entire top of the entrance wall of the church. Why this canvas is so special to deserve to be mentioned in a tour? The countless characters larger than natural dimensions make us imagine the magnificence of the painting, but the strange detail is that the subject was severely imposed to the painter, so he took a revenge worthy of a great artist and a precursor of contemporary digital techniques.

The best place to observe it is towards the main altar, but if you do not know what is hidden on it you only see the numerous characters. In reality all these outline a single image. It appears an evocative figure.

We must also consider that this canvas was not for the priest nor the people, the rule of reciting the Mass watching the people was approved recently, but not in 1592 indeed. The picture is quite descriptive and hearing its story is really impressive.

Lunch at leisure.... **But do not order the dessert !!!!** ... see next experience ...

## Chocolate tasting

Everyone knows the Perugina factory, currently owned by “Nestlé”, one of the biggest global companies producing food products. Well... we are not going to take you there!

Instead, we want to let you experience in a local **cioccolateria**, a small artisanal laboratory in Perugia with passionate experts who will make the visit for you as pleasant as ever! You will make by your own the famous **Bacio** (the chocolate Kiss), the most famous praline in the world, invented by the famous entrepreneur and designer **Luisa Spagnoli**.

You will live a guided laboratory with the **chocolate expert Giorgia** (or one of her **Choco Chefs**) and finally a nice tasting.

**After having put on the hygiene kit (headset, boot covers, disposable apron) we will enter the lab, and then... it is always a surprise...**

Dinner at leisure

## DAY 6 | Saturday – Assisi and visit to a singular cellar

**Late morning arrival at the Tili Family wine farm for an amusing (but absolutely professional) wine tasting** and light lunch in their enchanting cellar. This is an authentic “family run farm”. The owners will **involve** you introducing their **good and structured wines**, in particular:

- Assisi Rosso DOC
- Assisi DOC pinot nero
- Umbria Rosso IGT
- Assisi Bianco DOC
- Assisi Grechetto DOC

They are absolutely amazing and friendly, homelike experience. It is impossible to describe the visit, Maria Palma (the Owner and great entertainer) changes the “**exclusive welcome style**” each time...

After lunch (around 15:00) transfer to Assisi and meeting with your **private guide**. Assisi walking tour among the medieval streets and Franciscan churches **guided** visit, (duration around 2 h)

Assisi is already too well known, thanks to St Francis, Italy's premier saint and founder of the Franciscan friars order, which, with its various splinter groups, forms the world's biggest religious order. Basilica of St Francis, one of the greatest monuments to thirteenth- and fourteenth-century Italian art.

**Must to visit:** Basilica di San Francesco, the Lower Church and its Frescoes, the Upper Church and Giotto's frescoes on the life of St Francis.

Historically, however, Umbria is best known as the birthplace of several saints as St Benedict and St Francis of Assisi, St Claire, St Rita being the most famous, and for a religious tradition that earned the region such as la terra dei santi “the land of saints”. The landscape itself has contributed much to

this mystical reputation, and even on a fleeting trip it's impossible to miss the strange quality of the Umbrian light, an oddly luminous silver haze that hangs over the hills. Umbria has its own particular charm.

Dinner at leisure

## DAY 7 | Sunday, CASTIGLIONE DEL LAGO AND TRASIMENO LAKE

Meeting with your private driver. Leave Perugia and transfer to visit in **Castiglione del Lago** and its castle. An enchanting and magic place.



Check in, nice and 4 stars hotel in the village centre.

Lunch in a local restaurant specialized in lake fish recipes.

After lunch a nice experience with locals like a local with **our best wine local farmer Anna to taste the famous local Valli del Trasimeno DOC wines.**

Dinner at leisure in Castiglione del Lago.

## DAY 8 | Monday – SAN GIMIGNANO

Meeting with your private driver.

A full day at leisure in **San Gimignano**. You could avoid a guide, this village is enough impressive just visited on your own...

San Gimignano is famous for its **white wine**, the world renowned **Vernaccia**, and its skyscrapers, also declared World heritage Site by UNESCO! You will stroll around the narrow streets and admire the relaxing landscape.



**We would suggest you a local reliable enoteca (comfortable wine store) in San Gimignano** with a very good wine list (you have to try the famous Vernaccia!). I suggest you to try a “tagliere” of cold cuts, local cheeses, and a crust with sausage and leeks.

Lunch and Dinner at leisure

## DAY 9 | Tuesday – SAN GALGANO and THE SWORD ON THE STONE

Breakfast and ready for a dive into Medieval history.

An enchanting tour discovering the origin of the sword on the rock, right in Tuscany!!

A great tour among Medieval history and knights legends, and a real mystery... Still unsolved. You will be fascinated visiting that place.

Meeting with your private driver: transfer to **San Galgano abbey for your private guided tour.**



St. Galgano was born in 1148 in Chiusdino from a family of small local nobility, and died December 1181. Galgano lived as libertine knight and addicted to wildest entertainment, until something changed his life and turning it into a true Knight of God. It happened that one day dedicated to lust and debauchery, suddenly Galgano had a vision of the Archangel Michael. Galgano followed the Archangel, crossed a bridge and a flowery meadow, reaching Monte Siepi, finding a round building and the Twelve Apostles. This event converted him permanently.

The tradition tell a second episode. In a quiet day his horse led him back again to Monte Siepi, in the same place where he had previously met the Twelve Apostles. Galgano had no doubt, it was a sacred place and, as such, deserved a Cross. He decided to take his sword and drive it into the rock. Then he heard a voice that invited him to stay in that place, Galgano accepted the invitation, and began his real life as hermit. Four years after his death was sanctified by Pope Lucius III.

The atmosphere of the places where this legend is magical, fascinating, full of energy. The story of Saint Galgano is very similar to that of St. Francis, both abandon a world of entertainment empty and corruption, to devote himself to the next and to prayer.

There are several points in common with the legend of King Arthur and the Knights of the Round Table, in which the protagonist is just the sword in the stone, as well as the knight named Gawain, very similar to Galgano. Probably the author of the narrative of King Arthur had been in Tuscany and absorbed the legend.

Lunch and Dinner at leisure

## DAY 10 | Wednesday – All day around Trasimeno Lake and its Islands

All day at leisure around the lake and its Islands by ferry  
We will provide you all the most smart suggestion according to your personal preferences for that day (food, wine, nature, art, history...).

Lunch and Dinner at leisure

## DAY 11 | Thursday - Montalcino

Meeting with your private driver.

A singular half day "wine tour" in **Montalcino**

In the land of **Brunello di Montalcino wine**, a winemaker passionate about wine and classic music discovered -with the contribution of the University of Florence and Pisa – Agriculture department, that **grape grows better and healthier while "listening to" Mozart symphonies.**

In one of his vineyards he has installed a special wireless radio system so the grapes can "enjoy" Mozart classical symphonies.

The radio installation and technology was developed by **Bose**, the hi-tech American company that funded part of this visionary project.

Analyze the difference in the growth of the vineyards between those "listening to the music" and others that didn't have this privilege.

Enjoy a visit of the wine cellar with Brunello di Montalcino wine tasting.

Afterwards, take a walk in **Montalcino village.**

To the south of Siena, in the breathtaking Val D'Orcia Natural Park, Montalcino is a classic fairytale hilltop town, set within a full circle of fortified walls and watched over by a mighty castle of medieval perfection.

The town has scarcely changed in appearance since the 16th century. Once you get up to the top of the town, a magnificent spectacle unfolds for your eyes: rolling sunny hills dotted with yellow and red flowers, ancient oak trees, picturesque olive groves, scenic country roads winding through perfect vineyards and isolated cypress trees atop hills.

The town has been made incredibly rich and famous by its Brunello wine, one of the most appreciated Italian wines. Montalcino was already well-known for its fine red wines during the 15th century. However, the precious formula of the fantastic Brunello was the one that made it famous all over the world.

Lunch and Dinner at leisure

## DAY 12 | Friday – GOODBYE!!!

Breakfast and transfer from your hotel towards Rome Fiumicino Airport

## THE TOUR INCLUDES

- 11 nights in good level 4\* or 5\* Hotels double room
- Light lunch in Civita di Bagnoregio Day 4, and Assisi Day 6
- Lunch in Castiglione del Lago, Day 7
- Half Day tours as per itinerary
- Private guided tours as per description
- Ticket entrance fees, as per itinerary
- Experiences, tastings, as per itinerary

## Optional

- **Private driver and transfers**
- **Car renting**
- Medical, cancellation and baggage insurance
- Other tailored services (to book previously), the services requested on site will be quoted apart

## The Tour does not include

- Everything not mentioned in "the tour includes"
- Flight tickets
- Tourist accommodation taxes
- Medical-luggage and cancellation insurance
- Optional tours/experiences

### Information:

Our Advice Team will be glad to suggest you authentic Italian restaurants depending on your tastes for all tour!

**Taste and Slow Italy a brand of Trasimeno Travel S.a.s di Grillo Stefania & C.**

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