



RSI GROUP

GENUINE ITALY

SUSTAINABLE ENOGASTRONOMIC ESCORTED REGULAR TOURS WITH GUARANTEED DEPARTURES

2012

SELECTED IN COOPERATION WITH



Slow Food® Italia

COMMISSIONABLE PUBLIC RATES

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UPDATE 23/06/2011

TOUR CONCEPT

It is often said that real understanding of a country's culture comes from sampling the country's food; this is particularly true for a country such as Italy, that elevated food to a "form of art", a land that, more than having "a" cuisine has a multitude of different ones, each one rooted in the traditions, climate and produce of a region or, most often, of a small area.

Because the true hearth of Italy, more than the well-known cities of great historical and artistical relevance, are the thousands of small towns and villages spread throughout the country, each and every one with its history, culture, ancient churches and palaces, monuments, and, naturally, local produce, food, wines and culinary traditions.

This is why a thousand **mouth-watering dishes** await travellers visiting Italy, hundreds of **gastronomy specialities**, a host of truly tasty typical products, and a real wealth of **excellent wines**, thanks to an agricultural system that is careful about preserving the traditional flavours and nutritional values.

The following tours were born wishing to offer travellers the opportunity to **experience the true Italy**, visiting the country's **most interesting tourist destinations** - such as Rome, Florence, Venice, Naples etc. - but also having the chance to discover some of the less-known but not less interesting destinations, all seen through the magnifying glass of the local enogastronomic specialities.

In a nutshell: these tours' purpose is that of putting together **the best sightseeing with the best food and wines** that Italy has to offer, for **an unforgettable travel experience**.

Slow Food, that since its founding had always stood for the **pleasures of the table**, for the importance of **genuine, good-tasting food**, was the natural choice of a partner in order to develop such a concept and make it real.

Thus the tours were born, merging RSI Travel knowledge of our country with Slow Food Italy recommendations for quality food, wines and places to eat: wonderful sightseeings, masterpieces of art, rare, tasty food specialities - the Slow Food Presidia, truly excellent wines, the best "trattorie" - small, often family-run restaurants and eateries - that offer traditional dishes - the Slow Food Osterie d'Italia, cooking lessons, accomodation in charming hotels and all the necessary services.

Unique, top quality enogastronomical and cultural tours of Italy that simply cannot be compared with the usual, more generic similar tours available on the market, **a brand-new RSI Travel offer, an exclusive for the worldwide market**.



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1) TOUR OF PIEDMONT - 5 nights / 6 days

Pollenzo, La Morra, Carmagnola, Barbaresco, Cherasco, Monforte d'Alba, Asti, Mongiardino Ligure, Grinzane Cavour

Guaranteed departures, no minimum of passengers required

Tour language: English

Departures in other languages available with a minimum of 10 passengers

TOUR FEATURES

A tour to discover the rich enogastronomical traditions and historical heritage of the Piedmont region, an unforgettable experience involving all the senses. Pleasurable days spent among rolling hills covered with vineyards, elegant palaces dating back to the former Italian Kingdom, ancient cellars, tiny streets and traditional fresh produce markets, imposing castles and antique shops, savouring some of the best foods and excellent wines that Italy has to offer.

SLOW FOOD PRESIDIA AND OTHER RECOMMENDED PRODUCTS

Participants will have the unique chance of sampling several Slow Food Presidia products - high-quality, traditional foods and beverages at risk of "extinction" - and other local delicacies from Slow Food recommended quality producers, such as:

- the wines of the Barolo vineyards
- the Carmagnola Grey Rabbit
- the wines of the Barbaresco hills
- the Montebòre cheese
- the wines of the Pollenzo Wine Bank
- the wines of Barbaresco vineyards

HIGHLIGHTS

The Montébore cheese dates as far back as the 15th century. Its shape is reminiscent of a tiny wedding cake, with tiers of decreasing size, one atop the other. Legend has it that the shape was modeled on an ancient tower in the town of Montébore. It has a strong milky and buttery flavour with lingering notes of chestnut and herbs and can be eaten fresh, slightly aged or grated.

The Barolo wine has been called the "king of wines" but also the "wine of kings." It is one of the world's best wines and is made from only the very best Nebbiolo grapes, grown near the town of Alba. A robust red, full bodied and very dry. The aroma is similar to ripe strawberries, tar, roses, violets and truffles. Barolo can be "hard" when young and it needs to be aged in order to become "mellow." As a matter of fact, Barolo is not Barolo until it has aged for at least 3 years, while Barolo "Riserva" must age at least 5 years. It becomes better with additional aging and is often left to age for between ten and twenty years after the vintage year.

TYPICAL RESTAURANTS FROM THE "OSTERIE D'ITALIA" SLOW FOOD GUIDE

Tour participants will taste the delicious, authentic dishes of the regional cuisine eating at restaurants selected among those recommended by Slow Food in the "Osterie d'Italia" guide, small "trattorie" that still use fresh, local produce and traditional recipes for their dishes:

- Agriturismo-Caseificio Vallenosta

WINERIES AND MORE

Tour participants will also have the opportunity to sample wines and/or local typical products at wineries, bakeries, pastry shops, farms, fresh produce markets and more, such as:

- the wines of the Piedmont Regional Enoteca of Grinzane Cavour winery
- the Baci di Cherasco and other typical Piedmontese chocolate sweets

POINTS OF INTEREST: ART, HISTORY, CULTURE & NATURE

During the tour the participants will not only discover delightful food and wines but also the most interesting monuments, works of art, churches and natural landscapes of the region:

- the wonderful hills surrounded by **the Barolo vineyards** in La Morra



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- **Asti**, rich in medieval palaces and merchants houses, many with monumental towers
- **Grinzane Cavour**, thus named in honour of Camillo Benso, Conte di Cavour, one of the leading figures of the Risorgimento (the Italian unification), and its imposing castle

ITINERARY

Day 1) Arrival

Arrival at the Milan Malpensa airport and collective transfer at scheduled time to the Albergo dell'Agenzia hotel in Pollenzo, near Bra. The transfer departure time is scheduled at 16.00 hrs. Time to settle in, meet tour escort and welcome dinner in the hotel restaurant which will be dedicated to the products of the Slow Food Presidia of Piedmont and where there will be an introduction to the tour. During the evening, there will also be an introduction to the Slow Food philosophy and the activities carried out by the association and the Terra Madre Foundation. Overnight.

Day 2) La Morra, Carmagnola

Morning departure for a tour of the wonderful Barolo vineyards with the first stop at the La Morra scenic viewpoint, where you can admire the hills and surrounding vineyards. Visit to the Montezemolo wine cellars and taste their extraordinary wines accompanied by some of the typical local produce of Langa. Departure for Carmagnola and a visit to the Agripiemonte farm where one of the Piedmontese breeds is raised: the Carmagnola Grey Rabbit (Slow Food Presidium). Return to the hotel and overnight.

Day 3) Barbaresco, Cherasco, Monforte d'Alba

Morning departure for Barbaresco to visit the cellars of the Barbaresco Producers, historically the most important in the territory, which boast several top class historical vineyards and a range of quality wines. Introduction and tasting of a selection of Barbaresco wines. Departure for Cherasco to visit the old historical centre, free time to wander around the little streets which house the traditional workshops which produce the delightful 'Baci di Cherasco' (dark chocolates with hazelnuts). Afternoon transfer to Monforte d'Alba to visit the cellars of Ugo Chiola; introduction and tasting of his exclusive wines accompanied by local products. Return to the hotel and overnight.

Day 4) Asti, Mongiardino Ligure

Morning departure for Asti to see the city; visit the Torronificio Barbero nougat museum and plant, with a tasting of the typical chocolate sweets and nougats. Departure for Mongiardino Ligure and a break at the country farmhouse Caseificio Vallenostra to taste the Montebòre cheese (Slow Food Presidium) and join in a cooking class dedicated to the Piedmontese agricultural tradition, followed by dinner. Presentation of the initiative: adopt a sheep. Return to the hotel and overnight.

Day 5) Pollenzo, Grinzane Cavour

Morning in Pollenzo, stroll through the centre, a visit to the Banca del Vino Slow Food (Wine Bank) for a wine tasting. Afternoon departure for Grinzane Cavour to visit the Piedmont Regional Enoteca, situated inside the Grinzane Cavour Castle, taste some of the Piedmont DOC and DOCG wines, especially those from Langa and Roero, in addition to some grappa and other local liqueurs. Return to the hotel and overnight.

Day 6) Departure

Early morning collective transfer for the Milan Malpensa airport. Arrival at the airport at 10.00 hrs.

Guaranteed Departure Dates 2012

- April 22nd
- May 13th
- June 24th
- September 2nd
- October 7th
- November 18th



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Commissionable Public Rates per Person – double/triple occupancy:

- **1.339 Euro** (April, May & June departure dates)
- **1.509 Euro** (September, October & November departure dates)
- **239 Euro** Single Room Supplement

The price includes:

- 5 nights in the Albergo dell’Agenzia 4* hotel in Pollenzo
- Buffet Breakfast Daily
- 2 meals based on traditional regional dishes, including a selection of regional wines:
 - 1 Slow Food welcome dinner at the hotel
 - 1 dinner at “Osterie d’Italia” typical Slow Food restaurants
- 7 guided tastings of Piedmontese Slow Food wines and Presidia products
- 1 Cooking lesson dedicated to the Piedmontese agricultural cuisine
- 1 Slow Food Gift
- 1 Slow Food - Terra Madre presentation kit
- Arrival and departure collective airport transfers in Italy at scheduled times on day 1 & day 6
- Travel in state-of-the-art, luxury motorcoaches
- Baggage Handling for the full duration of the tour
- Professional Tour Directors and licensed local guides as per itinerary
- VAT

Options:

- additional dinners at the hotel Albergo dell’Agenzia di Pollenzo
- Private transfers from/to the airports

Hotel:

Hotel Albergo dell’Agenzia 4*, Pollenzo (Cuneo)

Note:

- if a change in hotels, restaurants, wineries or other businesses becomes necessary for any reason, the hotels or other businesses substituted will be equivalent of those shown
- the tour is operated in English; departures in other languages available with a minimum of 10 passengers



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2) TOUR OF TUSCANY - 6 nights / 7 days

Florence, Siena, San Gimignano, Castellina in Chianti, Gaiole in Chianti, Greve in Chianti, Montepulciano, Pienza, Montalcino

Guaranteed departures, no minimum of passengers required

Tour language: English

Departures in other languages available with a minimum of 10 passengers

TOUR FEATURES

A tour to explore a region of sprawling vineyards, rolling hills, charming old cities, masterpieces of art and gourmandise: visit the magnificent Florence, the "Cradle of the Renaissance", Siena, famous for the Palio horse race, the Chianti area, Montepulciano and Montalcino, known all over the world for their prestigious wines, San Gimignano with its tall towers; visit wineries and cellars, sample excellent wines, rare cold cuts, Pecorino cheese and olive oil, shop for delicacies in the many food shops.

SLOW FOOD PRESIDIA AND OTHER RECOMMENDED PRODUCTS

Participants will have the unique chance of sampling several Slow Food Presidia products - high-quality, traditional foods and beverages at risk of "extinction" - and other local delicacies from Slow Food recommended quality producers, such as:

- the Certaldo onion
- the Pienza Pecorino cheese
- the wine of Nobile di Montepulciano, Brunello and Bolgheri vineyards
- the Florence's oldest ice cream parlours, "Perché no!",

HIGHLIGHTS

The Garfagnana Biroldo is an old-fashioned blood sausage made from boiled and deboned pig's head and blood, seasoned with wild fennel, nutmeg, cloves, cinnamon, star anise and sometimes garlic. Garfagnana Biroldo is soft and balanced on the palate, the blood and spices not dominating the lean head meat but offering delicate, lingering aromas.

The Orbetello Bottarga. The art of preserving fish was probably introduced by the Spanish, who smoked eels and dressed fish as early as the 16th century. Bottarga (from the Arabic botarikh, meaning "salted fish roe") has always been produced here, from the roe of the gray mullet. Amber in color and very tender, it is excellent sliced thinly with a drizzle of extra-virgin olive oil and lemon.

The Carmignano dried figs. The figs are split open and laid out on cane mats, steamed with sulfur and then dried directly in the sun for four or five days. After resting for a month in a cool, dry place (during which time a sugary coating forms on the skin), the figs are layered in figure-eight-shapes. Aniseeds are placed between each pair of figs. The figs are eaten either as an accompaniment to Prato mortadella or as a dessert with Vin Santo wine.

TYPICAL RESTAURANTS FROM THE "OSTERIE D'ITALIA" SLOW FOOD GUIDE

Tour participants will taste the delicious, authentic dishes of the regional cuisine eating at restaurants selected among those recommended by Slow Food in the "Osterie d'Italia" guide, small "trattorie" that still use fresh, local produce and traditional recipes for their dishes:

- Osteria i Diavoletti
- Osteria Tripperia Il Magazzino
- Osteria dell'Acquacheta
- Osteria Al Ponte

WINERIES AND MORE

Tour participants will also have the opportunity to sample wines and/or local typical products at wineries, bakeries, pastry shops, fresh produce markets and more, such as:

- the Nobile di Montepulciano and other wines of the Montepulciano vineyards
- the Brunello and other wines of the Montalcino vineyards
- the aromatic herbs of the Chianti area



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POINTS OF INTEREST: ART, HISTORY, CULTURE & NATURE

During the tour the participants will not only discover delightful food and wines but also the most interesting monuments, works of art, churches and natural landscapes of the region:

- **Florence**, the cradle of the Italian Renaissance, with the masterpieces of the Uffizi Gallery, the Santa Croce church, the Baptistry, the Duomo and Giotto's bell tower, the Piazza della Signoria and the Ponte Vecchio bridge
- **Siena**, where the famous Palio race is run in the ancient Piazza del Palio square
- **San Gimignano**, a UNESCO World Heritage site, with its wonderful medieval towers and the San Gimignano 1300 Museum
- **the Chianti area**, with its wonderful hills and vineyards, where some of the best Italian wines are produced
- **Montepulciano**, one of the most characteristic and intact medieval cities in Italy
- **Pienza**, the perfect example of a renaissance city, famous for its Pecorino cheese
- **Montalcino**, a beautiful art city which is famous for its Brunello, one of the best red wines of the world



ITINERARY

Day 1) Arrival

Arrival at Pisa airport and afternoon's collective transfer to the hotel Villa Il Palagio, near Florence. The transfer departure time is scheduled at 16.00 hrs. Time to settle in, meet tour escort and enjoy a welcome drink and an introduction to the Slow Food philosophy, the activities of the Association and the products of the Tuscany region. To follow, a typical traditional dinner with some excellent produce from the region including Slow Food Presidia products. Overnight.

Day 2) Florence

Morning departure for Florence. Walk through the historical centre of this amazing city and visit the Santa Croce church, known as the "Pantheon of Italian Glories" where many illustrious Italians such as Michelangelo, Galileo, Rossini and Machiavelli are buried. The visit also takes in the other religious buildings (the Baptistery, the Duomo and Giotto's bell tower) and the houses of power in the old city (the Piazza della Signoria). Break at one of Florence's oldest ice cream parlours, "Perché no!", that offers more than 33 different flavours and a precise selection of raw materials (including pistachios from Bronte, a Slow Food Presidium product, saffron and cardamom). There will be a short talk on how the ice cream is made with some small samples. Free afternoon to stroll along Florence elegant streets, visit the Uffizi Gallery or shop at the leather market, then traditional dinner at Osteria Tripperia Il Magazzino. Transfer to hotel and overnight.

Day 3) Siena, San Gimignano

Morning departure for Siena. Guided tour of the most important and most beautiful architecture in the city, including the Museum delle Contrade (each horse in the famous "Palio", runs for a different Contrada or district). Sampling of some delicious traditional desserts like the Panforte in one of the most famous pastry shops in town. Free time for shopping before departing for San Gimignano. On the way to San Gimignano along the ancient Via Francigena, lunch with some of the traditional local produce such as the Certaldo onion (Slow Food Presidium), and the organic extra virgin olive oil from San Gimignano at the little family-run farmhouse Il Castagnolino. Visit and have a talk on the techniques used in producing organic olive oil. In the afternoon visit the famous towers and the San Gimignano 1300 Museum: storyboards, multi-media exhibits, street scenes and a ceramic recreation of the city as it was back in 1300. Return to the hotel and overnight.

Day 4) Castellina in Chianti, Gaiole in Chianti, Greve in Chianti

Entire day given over to discovering the Chianti hills along the Via Chiantigena (an ancient road connecting Siena with Florence crossing over the hills of Chianti). Stop off at Castellina in Chianti for a talk on aromatic herbs harvested and dried following the ancient techniques of Duccio Fontani. Lunch at the Osteria al Ponte in Gaiole in Chianti. Set off for the wonderful city of Greve, to visit the little historical town centre and then head for the Podere Le Fornaci where there will be some sampling of organic cheeses (including baby goats cheese and fresh ricotta) made from the milk of the goats that graze in the Chianti hills. Return to the hotel and overnight.

Day 5) Montepulciano, Pienza

Morning departure for Montepulciano, one of the most characteristic and intact medieval cities in Italy which from a height of 605 metres above sea level offers amazing views over the surrounding hillsides. Visit the Enoteca Contucci winery for a tasting, then explore the wonderful town centre of Montepulciano where lunch will be hosted in the old Osteria dell'Acquacheta, with its rustic and familial atmosphere. Here, sample some of Tuscany's best recipes (such as the Pici all'Aglione). In the afternoon, head for Pienza, the perfect example of a renaissance city, famous for its Pecorino cheese. Visit a Pecorino cheese producer and learn something about the cheese-making process and sample the fare. Return to the hotel where there will be a tasting of a selection of local wines. Overnight.



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Day 6) Montalcino

Morning departure for Montalcino, famous for its Brunello, one of the best red wines in the world. Montalcino, however, is also a beautiful art city which, from upon high dominates 3,000 hectares of vineyards (1,500 for Brunello alone). A visit to the Mastio della Rocca which is home to the Enoteca La Fortezza where it will be possible to buy some local products and the exceptional honey, a local speciality, and sampling some wine. Free time. A visit to one of leading wine producers in the area for a tasting and a tour of the cellars: Azienda Casanova dei Neri. Return to the hotel and overnight.

Day 7) Departure

Early morning collective transfer for the Pisa airport. Arrival at the airport at 10.00 hrs.

Guaranteed Departure Dates 2012

- April 22nd
- May 20th
- June 24th
- September 16th
- October 14th
- November 11th

Commissionable Public Rates per Person – double/triple occupancy:

- **1.599 Euro** (All departure dates)
- **239 Euro** Single Room Supplement

The price includes:

- 6 nights in 4* charming hotels and historical residences
- Buffet Breakfast Daily
- 4 meals based on traditional regional dishes, including a selection of regional wines:
 - 1 Slow Food welcome dinner at the hotel
 - 2 lunches & 1 dinner at "Osterie d'Italia" typical Slow Food restaurants
- 6 guided tastings of foods and wines from the Tuscany region:
- Entrance fees to:
 - Church of Santa Croce, Florence
 - Contrade Museum, Siena
 - 1300 Museum, San Gimignano
- Guided visit of Firenze (h/d)
- Guided visit of Siena (h/d)
- 1 Slow Food Gift
- 1 Slow Food - Terra Madre presentation kit
- Arrival and departure airport transfers in Italy at scheduled times on day 1 & day 7
- Travel in state-of-the-art, luxury motorcoaches
- Baggage Handling for the full duration of the tour
- Professional Tour Directors and licensed local guides as per itinerary
- VAT

Options:

- additional dinners at the hotel
- Private transfers from/to the airports

Hotel:

Hotel Villa Il Palagio 4*, Rignano sull'Arno (Florence)

Note:

- if a change in hotels, restaurants, wineries or other businesses becomes necessary for any reason, the hotels or other businesses substituted will be equivalent of those shown
- the tour is operated in English; departures in other languages available with a minimum of 10 passengers



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3) TOUR OF UMBRIA - 5 nights / 6 days

Orvieto, Todi, Assisi, Bevagna, Montefalco, Poreta, Perugia, Lake Trasimeno, Magione, Castiglione del Lago

Guaranteed departures, no minimum of passengers required

Tour language: English

Departures in other languages available with a minimum of 10 passengers

TOUR FEATURES

A tour to discover Umbria, the so-called "Green Heart of Italy", a region not only with a lush nature but also full of ancient towns with cobblestone streets, stunning cathedrals and old fortresses, a place rich of tasty foods and good wines; starting point of the tour is Orvieto - whose cathedral is a gothic masterpiece - and Todi, then it follows the tracks of St. Francis in Assisi, moves to Perugia with its Etruscan walls, 16th century palaces and chocolate factories, touches the shores of the Trasimeno Lake, and much more.

SLOW FOOD PRESIDIA AND OTHER RECOMMENDED PRODUCTS

Participants will have the unique chance of sampling several Slow Food Presidia products - high-quality, traditional foods and beverages at risk of "extinction" - and other local delicacies from Slow Food recommended quality producers, such as:

- the baby Pecorino cheese
- the extra virgin olive oil of the Montefalco area
- the extra virgin olive oil of the Spoleto area
- the Roveja wild pea

HIGHLIGHTS

The Lake Trasimeno Bean is tiny, about the size of a grain of rice. Soft, buttery and flavourful, the dried beans are eaten boiled and seasoned with a little extra-virgin olive oil. The fresh beans (cornetti) are sautéed with tomatoes and garlic. Cultivated on the terraces around Lake Trasimeno, they were popular until the 1950s, but have nearly disappeared since then.

The Sagrantino di Montefalco wine is named after the grape from which it is made. Cultivated for centuries on the hills of Umbria, Sagrantino is considered autochthonous, although there are various theories as to its origin. Some believe it to have come from Spain, others say it was imported by the first Franciscan friars, and others claim that it was brought into Italy by the Saracens. The Sagrantino may not be made available for consumption before having been aged at least 30 months, of which at least 12 months in wooden casks.

TYPICAL RESTAURANTS FROM THE "OSTERIE D'ITALIA" SLOW FOOD GUIDE

Tour participants will taste the delicious, authentic dishes of the regional cuisine eating at restaurants selected among those recommended by Slow Food in the "Osterie d'Italia" guide, small "trattorie" that still use fresh, local produce and traditional recipes for their dishes:

- Trattoria l'Acquario
- Osteria La Lumera

WINERIES AND MORE

Tour participants will also have the opportunity to sample wines and/or local typical products at wineries, bakeries, pastry shops, farms, fresh produce markets and more, such as:

- the famous Sagrantino wine
- the wines and local fare of the Palazzo del Gusto, Enoteca Regionale dell'Umbria winery
- the Baci and other chocolate pralines at the Perugina Chocolate Museum
- the typical traditional cakes and pastries of Perugia and Orvieto



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POINTS OF INTEREST: ART, HISTORY, CULTURE & NATURE

During the tour the participants will not only discover delightful food and wines but also the most interesting monuments, works of art, churches and natural landscapes of the region:

- **Orvieto**, situated on top of a rock offering the most splendid of views, with the wonderful the Gothic Cathedral
- **Todi**, yet another splendid medieval little town full of ancient buildings and tiny streets
- **Assisi**, a spiritual place home of the Basilica of St. Francis
- **Perugia**, perched on a hill, undoubtedly one of the most beautiful ancient towns in Italy
- **Lake Trasimeno**, one of Italy's largest lakes and the characteristic towns and villages around it, such as Magione and Castiglione del Lago

ITINERARY

Day 1) Arrival

Arrival at Rome airport and afternoon's collective transfer to the hotel Posta dei Donini in San Martino in Campo, near Perugia. The transfer departure time is scheduled at 16.00 hrs. Time to settle in, meet tour escort and welcome dinner of traditional fare and Slow Food Presidia products from Umbria where there will be an introduction to the tour. During the evening there will also be an introduction to the Slow Food philosophy, the activities of the association and the Terra Madre Foundation. Overnight.

Day 2) Orvieto, Todi

Morning visit to Orvieto, situated on top of a rock offering the most splendid of views. Tour of the city, including the Duomo Gothic Cathedral and a visit to the Palazzo del Gusto, head office of the Enoteca Regionale of Umbria where there will be a guided tour and a light lunch consisting of a tasting of Umbrian wines accompanied by local fare. Before heading off there will be a short visit to the Adriano pastry shop to try Orvieto's typical cakes and desserts, including chocolates made with chillies and saffron. An afternoon visit to Todi, a splendid medieval town, where it is pleasant to wander around and discover the old monuments and craftshops. A visit to the Caseificio Montecristo in Pian di Porto to sample the baby Pecorino cheeses made with fresh milk. Return to the hotel and overnight.

Day 3) Assisi, Bevagna, Montefalco

Morning guided tour of Assisi, including the Basilica of St Francis. Continue on to Bevagna, an ancient medieval town that has held on to its characteristics. Free time. On to Montefalco, another splendid town situated on top of a hill, offering spectacular views over the hills. Visit the city and taste the Sagrantino wine at the Azienda Scacciadiavoli, then move to the ancient olive groves - 3,000 plants - belonging to the Romanelli family, to discover the many plant varieties and the extra virgin olive oil production techniques, along with a tasting. Return to the hotel and overnight.

Day 4) Poreta, Perugia

A morning visit to the Castello di Poreta; visit and sample the extra virgin olive oil and the Roveja, a small wild pea (Slow Food Presidium). Transfer to Perugia; perched on a hill, it is undoubtedly one of the most beautiful towns in Italy. A visit to the Perugina chocolate museum, famous for its Baci Perugina chocolates. Free time to discover the old city. Stop off at the historical Pasticceria Sandri pastry shop and the Bottega delle Erbe Aromatiche with over 6,000 different herbs and other products. Dinner with the dishes of the traditional Umbran cuisine at the Osteria La Lumera. Return to the hotel and overnight.

Day 5) Lake Trasimeno, Magione, Castiglione del Lago

Departure for Lake Trasimeno, one of the largest in Italy, to visit some of the characteristic towns around the lake. First stop at the Castello the Magione, visit the cellars and sample the local wines. Departure to Castiglione del Lago and second stop at the Azienda Madrevite. Visit the cellars and take a pleasurable stroll across the vineyards, then sample olive oil and typical products. Time to discover Castiglione del Lago, followed by dinner at the Trattoria l'Acquario, where traditional dishes, including the Fagiolina del Lago (Slow Food Presidium) will be served. Return to the hotel and overnight.

Day 6) Departure

Early morning collective transfer for the Rome airport. Arrival at the airport at 10.00 hrs.



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Guaranteed Departure Dates 2012

- April 15th
- May 20th
- June 10th
- July 22nd
- September 2nd
- October 7th

Commissionable Public Rates per Person – double/triple occupancy:

- **1.439 Euro** (All departure dates)
- **309 Euro** Single Room Supplement

The price includes:

- 5 nights in 4* charming hotels and historical residences
- Buffet Breakfast Daily
- 4 meals based on traditional regional dishes, including a selection of regional wines:
 - 1 Slow Food welcome dinner at the hotel
 - 2 dinners at "Osterie d'Italia" typical Slow Food restaurants
 - 1 light lunch at the Enoteca Regionale of Umbria winery
- 7 guided tastings of Slow Food wines and Presidia products from the Umbria region
- Entrance fees to:
 - the Chocolate Museum, Perugia
 - Duomo Cathedral, Orvieto
 - St. Francis Basilica, Assisi
- Funicolare (cable car), Orvieto
- Guided visit of Orvieto (h/d)
- Guided visit of Assisi (h/d)
- 1 Slow Food Gift
- 1 Slow Food - Terra Madre presentation kit
- Arrival and departure airport transfers in Italy at scheduled times on day 1 & day 6
- Travel in state-of-the-art, luxury motorcoaches
- Baggage Handling for the full duration of the tour
- Professional Tour Directors and licensed local guides as per itinerary
- VAT

Options:

- additional dinners at the hotel
- Private transfers from/to the airports

Hotel

Historical Residence Alla Posta dei Donini 4*, San Martino in Campo (Perugia)

Note:

- if a change in hotels, restaurants, wineries or other businesses becomes necessary for any reason, the hotels or other businesses substituted will be equivalent of those shown
- the tour is operated in English; departures in other languages available with a minimum of 10 passengers

TOUR HOTELS

PIEDMONT

Hotel Albergo dell’Agenzia 4* - Pollenzo (Cuneo)

The Albergo dell’Agenzia arises from the idea of Slow Food and it’s particular suggested for the persons who are looking for the pleasure of good taste and ideal but surely welcoming and pleasant. The hotel is situated on the beautiful restructured neo-Gothic country estate of King Carlo Alberto of Savoy. The site also comprises the University of Gastronomic Sciences, the Wine Bank and Guido’s restaurant. The hotel itself welcomes guests to Pollenzo in an atmosphere that is once warm, friendly and why not smart.

TUSCANY

Hotel Villa Il Palagio 4* - Rignano Sull’Arno (Florence)

Villa il Palagio is at the same time an historical palace and a modern-style apart-hotel. The structure includes over 30 apartments which combine all the comforts and amenities of a luxury home with the discreet professional services and facilities of a world-class hotel. Villa Il Palagio consists of several buildings of different periods, such as, the Villa, the Oratory and the barn, nowadays converted into stylished apartments. Villa Il Palagio offers its guests a wide choice of luxurious two, three and four rooms independent apartments, with contemporary furnishing. A wide green park with an amazing outdoor swimming pool & bar enhance the enjoyment of Villa Il Palagio guests.

UMBRIA

Historical Residence Alla Posta dei Donini 4* - San Martino in Campo (Perugia)

In San Martino in Campo, near Perugia, the luxury hotel Alla Posta dei Donini provides exclusive comfort and excellent services. □The magnificence of this Villa welcomes you to frescoed rooms, surrounded by over 20,000 square meters of the most extraordinary botanical park in Central Italy. □In the heart of Umbria, a luxurious vacation awaits you in a lavish seventeenth century villa with its own pool, meeting rooms, restaurant and elegant rooms.

Note: if a change in hotels becomes necessary for any reason, the hotels substituted will be equivalent of those shown.



RSI GROUP

SLOW FOOD AND THE TERRA MADRE PROJECT

Slow Food is a global, grassroots organization with supporters in 150 countries around the world who are linking the pleasure of good food with a commitment to their community and the environment.

A non-profit member-supported association, Slow Food was founded in 1989 to counter the rise of fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world. A series of overlapping groups and entities make up the Slow Food network:

- more than 100,000 members in 153 countries
- 2,000 food communities in the Terra Madre network
- more than 10,000 small producers involved in Presidia projects

Members join one Slow Food Convivia, local chapters who are working autonomously to defend their culinary culture and to support a more sustainable food future, spreading the Slow Food philosophy and making it real. More than 1,300 Convivia around the world form the backbone of Slow Food.

Eight countries have national branches that have been established to coordinate Slow Food activities, organizing events and projects with a deeper knowledge of the needs of their members; after Italy, where the association was born, Slow Food branches were created in Switzerland, Germany, USA, France, UK, Japan and The Netherlands. Slow Food's headquarters plans and promotes the movement's development worldwide. The association is led by the Board of Directors, Slow Food's founder Carlo Petrini is the president.

The Slow Food Foundation for Biodiversity was founded in 2003 in partnership with the Tuscany Regional Authority to support Slow Food's projects that defend food biodiversity and traditions by working with groups of producers, with a particular focus on developing countries. Key projects are Presidia, Ark of Taste and Earth Markets.

Terra Madre is a project conceived by Slow Food, the philosophy of which evolved over the the organization's history and crystallized at its realization that "eating is an agricultural act and producing is a gastronomic act." Slow Food had always stood for the pleasures of the table, for the importance of good-tasting food, and for the defense of cultures facing growing homogenization as a result of today's so-called modern rationales regarding production, distribution, and economies of scale. It was where these "rationales" were leading that brought Slow Food to realize the need to protect and support small producers, and to change the systems that put them in danger by bringing together those players with decision-making power: consumers, educational institutions, chefs and cooks, agricultural research entities, NGOs, etc. It became clear that it is only through repeated, cumulative, local action, following a guiding global vision, that a significant impact can be achieved.

Thus Terra Madre was born: To give voice and visibility to the rural food producers who populate our world. To raise their awareness, as well as that of the population at large, of the value of their work. To sustain their ability to work under the best conditions, for all of our good and for the good of the planet. For these reasons, constructing a global network—with information-sharing tools, the means to learn from each other, and opportunities for collaboration in many ways—seemed invaluable. We must continue to have fertile lands, lands on which sprout and grow plants and animals appropriate to those environments, rather than needing to be pumped full of chemicals to make them thrive artificially. And we must also continue to have the people capable of stewarding these lands, to have their know-how, so we can have food that still carries the tastes of our youth.

The inaugural gathering of Terra Madre launched the network in 2004 in Torino, and was on an unprecedented scale. This first edition brought together 5000 producers from 130 countries and shone global media attention on their crisis. The second edition was in 2006, and incorporated an additional 1000 cooks, from renowned to modest, but all aware of their role relative to high-quality food producers. Also in attendance were 400 researchers and academics, seeking to bridge the theory of their work with hands-on practice.

www.slowfood.com



RSI GROUP

SLOW FOOD PRESIDIA

The Slow Food Presidia are sustainable food production initiatives which build the capacity of a group of producers in order to improve production techniques, develop production protocols and find local and international markets. To date, more than 300 Presidia have been created around the world, involving over 10,000 small-scale sustainable farmers. Each Presidium supports a quality product at risk of extinction; uses traditional processing and/or agricultural methods; and safeguards native breeds and local plant varieties.

The Slow Food Foundation for Biodiversity selects products for inclusion in the Presidia project by evaluating the following two aspects of the product:

- Is the product relevant to the gastronomic culture of the regions of production, linked to local identities, and produced in well-defined areas with specific geographic/climatic/cultural characteristics?
- Is the product of Taste, Environmental, and Social Quality?

The product must taste excellent – this is the only way to guarantee that anyone who tastes the product will experience the **pleasure of taste**, which is a fundamental aspect of the Slow Food philosophy. All told, there are at least three main elements that are important to evaluate while considering a product's taste quality: balance, origin, and complexity: **Balance** means harmony between the aromas and flavors typical to a product; **Origin** refers to the product's expression of particular taste qualities linked to its area of origin; **Complexity** refers to the positive development of the flavor of a product during the course of a tasting.

In general, a product must be as **natural** as possible. This does not mean 'organic', the product does not need to be certified, but sustainable, made in a way that does not damage the environment, animal welfare, and the health of consumers who eat it.

Social Quality is the most recent addition to the Slow Food approach to Presidia, linked primarily to the development of the first Presidia in Africa and South America. In these countries, it is enormously important to consider certain aspects of production linked to social equity in determining quality. The activities of the Presidia must respect indigenous people and promote the cultural identity of the producers. Discrimination linked to social position, nationality, gender, religious or political belief, ethnicity, etc. are not allowed, and the use of child labor is forbidden. One more aspect of Social Quality is a **fair price** for a product, and the Presidia to work to promote the commercialization of food products that can bring wider social improvement through a fair price for products.

In synthesis, a Presidium product must be **good, clean and fair**.

There are 193 Italian Slow Food Presidia from more than 1300 small producers: farmers, fishermen, butchers, shepherds, cheese-makers, bakers, pastry cooks, etc.

The **Ark of Taste** project was launched to rediscover, catalog and promote foods which are at risk of extinction, but have productive and commercial potential and are closely linked to specific communities and cultures. Today the Ark lists more than **900 unique foods** from 50 countries around the world that are threatened by industrial standardization.

The Foundation's most recent project is the creation of a network of **Earth Markets** – places where small-scale producers and farmers can sell their products directly to consumers. These farmers' markets are run according to certain Slow Food principles and are overseen by a community management group.



RSI GROUP

OSTERIE D'ITALIA TYPICAL RESTAURANTS' SLOW FOOD GUIDE

Osterie d'Italia Slow Food is a comprehensive region-by-region guide to the most interesting and typical small restaurants of Italy.

In this special guide, the experts at Slow Food identified the best local places to eat, providing over 1,800 profiles of traditional taverns, agritourism farms, wineries, trattorie and typical restaurants.

Consistently with the Slow Food philosophy, the recommended places to eat are those that have deep roots in the territory, that propose dishes which are typical of the local culinary tradition, that use only fresh, locally-produced quality ingredients to prepare their dishes, that offer good selections of wines, that are welcoming and with a friendly atmosphere.

Gaining the right of being listed in this guide is no easy feat and the quality must be always guaranteed, since the Slow Food experts monitor the respect of the afore-mentioned criteria at least once a year.