

A SLOW ITINERARY  
BY EVA BLUE LAB

# THIS IS UMBRIA

A CURATED JOURNEY THROUGH  
STILLNESS, HILLS AND HERITAGE

[EVABLUELAB.COM](http://EVABLUELAB.COM)

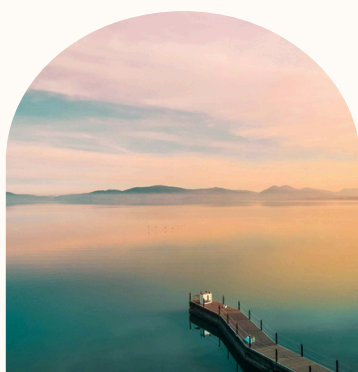




## SIGNATURE EXPERIENCE (ONE WEEK)

**Included:** transport to and from airport, accomodation in exclusive farmstay, all meals & private transport

**What to expect:** daily guided cultural visits to main landmarks, cities and towns, culinary experiences, immersive activities and workshops.



## TAKE IT SLOWER (TWO WEEKS)

**Included:** transport to and from airport, accomodation in exclusive farmstay, all meals & private transport

**What to expect:** enjoy all of the content of the one-week program, plus more time to relax in your private farmstay, extra cultural visits and activities



## LIKE A LOCAL (ONE MONTH)

**Included:** transport to and from airport, accomodation in exclusive farmstay, all meals & private transport

**What to expect:** live like a local. Soak in the surroundings and learn the nitty and gritty about the Umbrian culture. Make Umbria your disconnected retreat for a month and head to the neighboring Tuscany.



SIGNATURE EXPERIENCE

# DAILY ITINERARY



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## Day 1

### Arrival

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Your journey begins with a private transfer from either **Rome (Fiumicino or Ciampino)** or **Florence (Amerigo Vespucci) airport**. You'll be greeted by our team and accompanied to your exclusive countryside farmstay in the heart of Umbria.

Upon arrival, take time to **relax, settle in, and enjoy the tranquil surroundings**. Spend the afternoon by the pool, explore the estate, or simply unwind before dinner. **Meals are freshly prepared with local ingredients** and served in a refined yet welcoming atmosphere — the perfect introduction to your Umbrian retreat.

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## Day 2

### Perugia

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Today is dedicated to exploring **the historic heart of Perugia**, rich in art, tradition, and craftsmanship. With a local guide, you'll visit key landmarks and hidden corners, then continue to the **iconic Perugina Chocolate Factory** for a hands-on experience making your own Baci chocolates.

In the afternoon, discover the region's artisanal legacy with **visits to the Glass Museum and the Giuditta Brozzetti Textile Workshop**, housed in a 13th-century church.

Lunch is at **Osteria a Priori**, known for its authentic Umbrian flavors. The day ends with a peaceful dinner back at the farmstay.

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## Day 3

### Assisi

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The day begins in **Bevagna, a medieval gem** where you'll explore cobbled streets, visit the Casa del Mercante, and join a traditional candle-making workshop.

Late morning, head to **Cantina Carapace, a sculptural winery** by Arnaldo Pomodoro, for a light lunch and tasting of Lunelli-Ferrari wines.

In the afternoon, **discover Assisi**, with a guided visit to the Basilica of St. Francis and its Giotto frescoes, followed by a quiet stroll through its timeless alleys.

Dinner is served at **Locanda del Cardinale**, where history and fine dining come together.

SIGNATURE EXPERIENCE

# DAILY ITINERARY



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## Day 4

### Cooking Class & The Lake

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Start the day with a slow morning at the farmstay — swim, rest, or take a quiet walk among the olive trees. By midday, join a **cooking class at Agriturismo San Lorenzo della Rabatta**, where you'll prepare traditional dishes alongside local hosts and enjoy them for lunch. A little surprise will help you take the memory home.

In the afternoon, unwind before heading to **Passignano sul Trasimeno** for a golden-hour aperitivo and one of Italy's most **stunning sunsets**. Dinner follows in a hidden spot among the Umbrian hills.

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## Day 5

### Orvieto

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Today is a **full immersion in Orvieto**, one of Umbria's most scenic hill towns, dramatically perched on volcanic rock and rich in history.

The guided visit starts at its crown jewel: **the Duomo di Orvieto**, a Gothic masterpiece with golden mosaics and frescoes by Luca Signorelli that inspired Michelangelo.

After a stroll through the historic center, enjoy lunch in a refined trattoria. The afternoon is free to **browse artisan boutiques, explore underground tunnels, or relax with a gelato**.

Return to the farmstay in the evening for a peaceful dinner in the quiet Umbrian countryside.

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## Day 6-7

### Shopping & Goodbyes

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The day begins in **Solomeo**, the hilltop village restored by fashion designer **Brunello Cucinelli**. More than a brand, Cucinelli has created a philosophy — blending craftsmanship, dignity, and community. Many artisans live and work here, in a town shaped by harmony with a renowned **cashmere outlet**.

Continue to **Castiglione del Lago**. Enjoy lunch in the historic center, then unwind by the water — **sunbathing, swimming, or simply embracing the slow Umbrian pace**.

In the evening, **celebrate your final night** with a memorable dinner in a beautiful local restaurant — the perfect toast to a week of unforgettable moments.



TAKE IT SLOWER

# TWO-WEEK ITINERARY



This two-week journey through Umbria includes the full Signature Experience—curated stays, guided visits, and exceptional local cuisine—**enhanced with personalized activities.**

Dive into **ceramic workshops in Deruta**, ride vintage cars through rolling hills, and explore **Spoleto**, renowned for its Roman theatre and renowned arts scene, and **Spello**, where flower-lined alleys and ancient stone walls capture the quiet soul of the region.







# LIKE A LOCAL

## One-month Itinerary

### ● Signature Experience

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Enjoy all the curated perks of our Signature Experience, including handpicked accommodations, guided cultural visits, and exclusive culinary moments designed to immerse you in the heart of Umbria.

### ● Personalized Activities

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This extended stay includes additional bespoke experiences tailored to your interests — from *ceramic workshops in Deruta* and *vintage car rides*, to *truffle hunting*, *horseback excursions* and *trekking on sections of the St. Benedict Trail*.

### ● Relax & Unwind

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With more time, you can revisit your favorite spots, shop for artisanal souvenirs, or simply slow down.

Wellness options include yoga & wellness sessions and private massages *upon request*, all set in your peaceful Umbrian countryside home.

Upon request, visits to the neighboring Tuscany region include Florence, Siena, Cortona, San Gimignano, the Chianti Wine area and more.





# OUR PRICES

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## Signature Experience

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€ 3,250 (pp)

including all the tours and activities specified in the Daily Itinerary

Meals and transport for one week

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## Take it Slower

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€ 6,000 (pp)

including all the tours and activities specified in the Daily Itinerary.

Meals and transport for two weeks

2 extra activities

2 extra cultural tours

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## Like a Local

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€ 14,500 (pp)

including all the tours and activities specified in the Daily Itinerary.

Meals and transport for one month

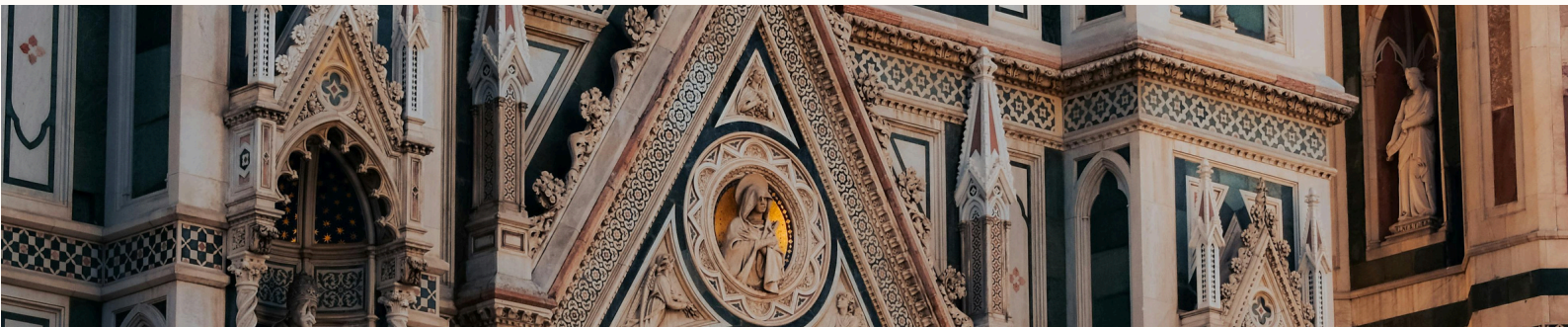
4 extra activities

2 extra cultural tours in Umbria

3 extra cultural tours in Tuscany

*\*Pricing varies based on selected customizations and the level of exclusivity, with options ranging from shared experiences to fully private VIP tours. Contact us for a personalized quote tailored to your preferences.*

*\*\*\* Prices exclude plane tickets, personal expenses and insurance.*





EVA BLUE LAB

THIS IS UMBRIA



# SLOW, TRUE, BEAUTIFUL

Ready to explore timeless hilltowns, hidden trails, and unforgettable flavors? Your Umbrian story starts here.

[info@evabluelab.com](mailto:info@evabluelab.com)  
[www.evabluelab.com](http://www.evabluelab.com)