EAT. PRAY. LOVE. Perugia & Assisi.
March 20-22, 2020

During this excursion, we will discover the wonders of the region of Umbria! “Baci” chocolates, pasta with truffles, roasted pork, local vegetables, and wines. This excursion brings us closer to nature as we will hunt for our own truffles and prepare our own pasta. We will also sample delicacies from the Perugina Chocolate Factory- the most famous chocolate in Italy, made in Perugia! With our time in Assisi, true to the message of St. Francis, we hope you experience a renewed appreciation for the outdoors and spiritual appreciation for this mystic medieval hilltop town.

**Friday: Rome – Città di Castello – Perugia**

7:00 a.m. Private coach departs Rome Campus

11:30 a.m. Learn how to hunt for prized truffles in the woodland around the village of **Città di Castello**. Learn how locals use their hunting dogs to find truffles and receive a certificate showing that you are now a truffle hunter! Afterwards, return to the farm house where you will have a beautiful multi-course included lunch based on black truffles.

3:00 p.m. Depart for **Perugia**

3:45 p.m. Arrival at La Volpe e L’Uva Agriturismo Farm House, our home for the weekend.

6:00 p.m. Cooking class this evening at the Agriturismo. Share a group dinner together with all of the local cuisine you learned how to cook!

**Overnight:** La Volpe e L’Uva Agriturismo, Strada Communale a S. Marino, 06125 Perugia
**Saturday: Perugia**

Breakfast in your apartments at the farmhouse.

10:00 a.m. Optional yoga class and traditional tea at Casa Yog (optional)

12:30 p.m. Group lunch prepared by our host Raffaela at the Agriturismo

Today you will visit the Perugina Chocolate Factory for a guided tour in English, along with a chocolate tasting of their most popular products!

Afterwards you will spend the day in Perugia and independently explore the historic center of the city.

7:30 p.m. Included group dinner in the city center of Perugia.

**Sunday: Perugia – Assisi – Rome**

Breakfast in your apartments at the farmhouse.

9:00 a.m. We will depart the agriturismo for Assisi. This city is the birthplace of the famous St. Francis of Assisi. Francis is the patron saint of animals, the environment and of Italy and today we will be following in his footsteps throughout this mystic hilltop village.

9:30 a.m. Special Mass in Assisi

10:30 a.m. We will start the pilgrimage walk in the footsteps of St. Francis with our Seminarians’ Friends from the North American Pontifical College. We will visit important sites in the life of St. Francis including the Church of St. Damian and St. Clare as well as the main piazzas of Assisi.

12:00 p.m. Free time for exploring, shopping, and lunch! Truffles, chocolates, honey, and beautiful Umbrian wines and oils are specialties of this area. Other things such as embroidered cloth, Tao crosses, and other religious articles are also present in the small shops.

You’ll also have time for independent visits of the Upper and Lower Basilica of St. Francis, including the famous frescoes by medieval masters, such as Giotto, Cimabue and Pietro Lorenzetti, as well as being able to visit the tomb of St. Francis.

3:00 p.m. Private coach departs for campus in Rome.

6:30 p.m. Arrive back in Rome in time for Sunday dinner on campus!

**What’s Included:** Private bus transportation throughout the entire weekend – 2 Nights Stay at Agriturismo with breakfast daily – 1 Excursion for Truffle Hunting with lunch – 1 Cooking Class with dinner (approx 4 hours) – Entrance and tour of the Perugia Chocolate Factory – an additional lunch at Agriturismo – an additional dinner in Perugia city center - 2 Metro Passes – gratuities.

**What’s Not Included:** Any meals not listed as “included”. Optional Yoga class. Personal expenses.

**Cost:** €360 per person

Itinerary subject to change.