

Slow Travel

In any country there is more to do and see than can be shoe-horned into a week-long vacation.

Slow down.

Unpack your bags.

Experience a bit of Italy more fully.

You choose what is most important to you... food and wine, art and history, artisan crafts, nature, or peaceful relaxation.

Let Umbria seep into your soul.



The Wisteria Pergola



A Forking Delicious Experience

In mid winter of 2005, four women met for the first time, searching for others who shared a committed and passion for food.

Each of us has a specific food passion—catering, cooking lessons, event meals, food travel. Please read our food diaries and share in our passion for well-prepared food, wine (okay, champagne) and good company.

Though our paths have been different, and our interests diverse... the final conclusion was unanimous.

We are Forking Delicious.



Umbrian Adventure
Travel Slowly. Experience Fully.



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A Forking Delicious Experience





Experience the Italian countryside from your own Italian home.

Live your Italian dream. Come to the green hills and patchwork fields of Umbria.

Stay in your own 200-year old stone farmhouse. Serve appetizers under a wisteria-covered pergola. Cool off in a sparkling pool overlooking the patchwork fields. Wander among the olives and the lavender. Let a little bit of Italy seep into your soul.

It's your Umbrian adventure.

Centrally located, our houses are an easy drive or train trip from many Umbrian and Tuscan towns. Enjoy a half or a full day in one of the region's ancient hill towns. Explore by yourself or with a bilingual guide

Just a few sites within an easy day trip:

Florence. Perugia. Assisi. Cortona. Siena. Deruta. Gubbio. Spoleto. Montefalco. Orvieto. Montalcino. Spello. Norcia. Lake Trasimeno.

Spend a day visiting local craftspeople and food artisans. See our local basket makers, ceramicists, glass makers, and cloth makers at work. Indulge your foodie dreams visiting beekeepers, bread makers, cheese makers, truffle hunters, olive growers... Try your own hand at making cheese.

Take it slow. Visit a small town on market day. Sit in the piazza and sip cappuccino. Stop for a gelato.

Cook to your heart's content in your own farmhouse kitchen and enjoy a sunset dinner under the pergola. Or hire us to cook for you!

Additional Options

- Personal tour guides
- Wine and olive oil tastings
- Cooking lessons and event meals
- Massage therapy at the house
- Yoga by the pool
- Vegetable Garden and Kitchen Herb Garden

A magical place... at any time of year.

In spring, a serenade of cuckoos greet you from the woods.

In summer, the lavender blooms, sunflowers fill the fields and lightening bugs offer up a light show every evening.



Summertime in Umbria



In autumn, the new wine flows and the chestnut trees turn to gold.

