

## MARCHE & UMBRIA TRAVEL ITINERARIES



A WIDE SELECTION OF PROGRAMS ABLE TO SATISFY ALL NEEDS, FROM TRADITIONAL TRIPS TO THE MORE UNUSUAL.









## **ABOUT US**

ATR Srl Viaggi del Gentile organizes trips of all kinds, we are a dynamic and active company specialized in Incoming, we offer hospitality proposals in the Marche and Umbria regions. Our itineraries are aimed both at tourists who visit these regions for the first time and at those who want to learn more about it. Our website www.incomingmarcheumbria.it offers a wide choice of religious, food and wine, wellness, relaxation, art, culture and nature proposals. The strength tour organization lies in the ability of its staff to offer efficient and highly specialized services trying to contain costs as much as possible.





ATR SRL - VIAGGI DEL GENTILE
TOUR OPERATOR - INCOMING TRAVEL AGENCY
P.le XX Settembre,20 - 60044 - Fabriano (AN)
Tel. +39 0732 5345 +39 0732 619703
info@incomingmarcheumbria.it.
www.incomingmarcheumbria.it

## **OUR ITINERARIES**

### ART AND NATURE

- Weekend between Villages and Flavours
- Historical train from Ancona to Fabriano and Pergola
- Exploring the hidden Marche
- Between villages, the hills of Infinito and the Conero Riviera
- Villages of water
- The Renaissance Marche Tour of the Raphael's places

## **RELIGIOUS PATHS**

- From Loreto to Assisi between Marche and Umbria
- Walking in the footsteps of San Silvestro and San Francesco
- The places of nature and spirit

## FOOD AND WINE

- Beers in Marche and more...
- The wine tour between Marche and Umbria
- Following the path of the olive oil in Umbria
- The flavors of the Marche

### WELLNESS AND NATURE

- Walking through the Sibillini Mountains
- Umbria between history and relax

## **EXPERIENCES**

- Handmade fresh pasta workshop
- Course on paper and its creative techniques
- Looking for the precious white truffle
- Visit to an ancient water mills
- Parachute jump tandem
- Workshop for the creation of a silver jewel

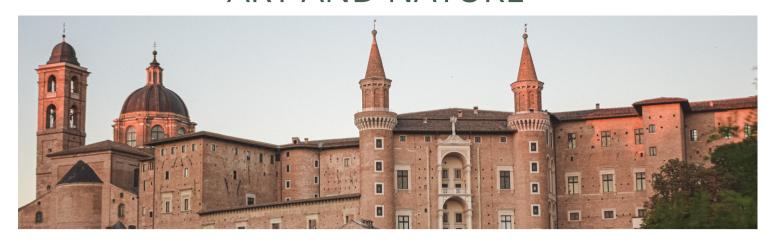












## Weekend between Villages and Flavours Programme

Duration 3 days/ 2 nights

#### **DAY 1: MONDAVIO - CORINALDO**

Arrive in Mondavio, one of the most beautiful villages in Italy. Visit the Rocca Roveresca in Renaissance style overlooking the surrounding hills. Continuation to Corinaldo famous for the "Piaggia", the staircase of a hundred steps, which is the heart of the historic center, the House of Scuretto, the famous "Pozzo della Polenta" that gave rise to the historical re-enactment "La contesa del Pozzo della Polenta". Do not miss the Sanctuary that houses the relics of Santa Maria Goretti, and the Goldoni Theatre built between 1861 and 1869. Hotel accommodation dinner and overnight.

#### DAY 2: MONASTERY OF FONTE AVELLANA - ACQUALAGNA

Breakfast at the hotel and visit of the Monastery of Fonte Avellana. Located on the slopes of Mount Catria its origins are placed at the end of the tenth century, when some hermits chose to build the first cells of a hermitage that over the centuries will become the current monastery. Today the complex consists of a large square which gives access to the eruption church with elevated presbytery and the crypt of the eleventh century; that's the most ancient part of the architectural complex, together with the cloister and the scriptorium dating from the twelfth century. In the afternoon continuation to Acqualagna where we can immerse ourselves in the exhibition market of agri-food products and make us enticed by the delicious and undisputed protagonist, the white truffle typical of this area. Return to the hotel, dinner and overnight.

#### **DAY 3: URBINO**

Breakfast at the hotel, transfer to Urbino with its historic center declared World Heritage Site by UNESCO. Walking through the city you can see all the most important buildings: the Monastery of Santa Chiara, the Church of San Domenico, the Mausoleum of the Dukes in the Church of San Bernardino, Boghi Palace and the symbol of the city, Palazzo Ducale. End of services.



## Historical train from Ancona to Fabriano and Pergola Programme

Duration 2 days/ 1 night

#### **DAY 1: FABRIANO**

Arrive in Fabriano, visit of the Paper and Watermark Museum where are illustrated the historical phases of handmade paper. Free lunch. Continue with a guided tour of the medieval historic center with the Church of San Filippo, the loggia of San Francesco, the Oratory of Charity in which are preserved frescoes by Filippo Bellini depicting the seven works of Mercy, the Crypt of San Romualdo, the Church of S. Onofrio or Scala Santa, the Gentile Theatre, the main fountain called "Sturinalto", the Palazzo del Podestà, the oldest Gothic civil building of Marche and the Cathedral dedicated to San Venanzio. Dinner in restaurant with characteristic menu. Accommodation in hotel for overnight.

#### DAY 2: HISTORICAL TRAIN FABRIANO - PERGOLA

Breakfast at the hotel, visit of the Museum of the Steam Train, set up in the first station of Fabriano (1878) that will lead us on a journey through the life of the Italian railways. At the end, departure with the historical train of the Italian Subappennina Railway, that from Fabriano arrives in Pergola. The Italica Subappennina Railway was born as an alternative ridge to the Adriatic coast line, it was supposed to start from Sant'Arcangelo di Romagna to cross the Valmarecchia, until connecting Urbino to Fermignano and Pergola, ending on the Rome-Ancona near Fabriano. The only part entered in service, however, was the Urbino - Fabriano. A unique journey aboard a historic train from Fabriano to Pergola, which crosses the Marche Apennines between medieval villages and cities of art, in a breathtaking natural landscape. The train ride, in addition to lunch in a restaurant, includes a visit to the Gilded Bronzes Museum of Cartoceto, the only group of gilded bronzes in the world that has come from the Roman age to our days. The complex represents a probable family group, originally composed of two pairs of cloaked and veiled female figures, and two knights in military dress of high rank, with richly decorated horses. Not to forget also the visit to the Mines of Zolfo of Cabernardi, one of the main mining centers of the Marche, a suggestive itinerary through which the visitor can know a unique reality and appreciate a distant history, but indissolubly linked to the territory of the Marche. End of services.



## Exploring the hidden Marche Programme

Duration 3 days/ 2 nights

#### **DAY 1: FERMO**

Arrive in Fermo, a city with a Roman imprint. Visit of the famous complex of Roman cisterns, date back around the first century AD, unique in Italy by extension, consisting of thirty rooms arranged on three levels that collected rainwater and distribute it all the city. Inside you can see the construction techniques of the imposing masonry, traces of the waterproof plaster, the air wells for purification and pipes, note that some rooms were used until the eighties for their perfect state of preservation. A truly charming visit. Hotel accommodation, dinner and overnight.

#### **DAY 2: ANCONA - OSIMO**

Breakfast at the hotel, transfer to Ancona. Visit the Doric city with the Cathedral of San Ciriaco, the Port, Piazza del Plebiscito, the Passetto Park, the Romanesque Church Santa Maria delle Piazza, the Arch of Trajan and the Mole Vanvitelliana close to the port, particular for its pentagonal walls, designed by Carlo Vanvitelli as a warehouse for incoming goods, as a defense structure for the city but especially as Lazzaretto. Visit of underground Ancona, under the modern unexpected places. Visit to the underground Cisterns of the Fountain of Calamo, one of the symbols of Ancona. This is also called Fountain of the Thirteen Cannelle because of thirteen vents from which it flows water. The exact date of its construction is not known, but in 1426 it was already equipped with tanks, the ancient large underground cistern that received the water from the aqueduct coming from Monte Conero, currently can be visited through a passage that opens to the right of the fountain. Continuation to Osimo. Visit to the Caves of Cantinone; a tunnel of 300 meters under the covered market, used since the time of the ancient Piceni. On the sandstone walls you can still see the signs of man's work done with rudimentary tools. The bas-reliefs and the figures that can be admired in the Grotte del Cantinone are purely religious, probably here the friars came down to find themselves in prayer or to stay alone in absolute silence, far from the noise of the surface. But if the Caves of the Cantinone preserve religious symbols, in those of Piazza Dante we find reliefs with a strong esoteric connotation, due to characters historically linked to the Carboneria and the Masonic lodges, such as the Count Cesare Gallo. Free time to visit the town: the Cathedral of San Leopardo and Santa Tecla, in Romanesque-Gothic style, the Basilica of San Giuseppe da Copertino, and the Palazzo civico located in Piazza Boccolino. Return to the hotel, dinner and overnight.

#### **DAY 3: PIAGGE - URBINO**

Breakfast at the hotel, transfer to the town of Terre Roveresche for the visit of the Hypogeum of Piagge. It is an underground environment located near the entrance of the medieval castle of Piagge. The underground environment has a cruciform plant, and there are also geometric motifs in the walls and in the vaults. The layout of the place, the plan and the depictions allowed us to hypothesize that the function was hosting initiation rites, orders of chivalry or esoteric rites. Transfer to Urbino, the Ducal city. Visit the historic center with the birthplace of Raphael, the Piazza del Mercantale, Piazza of the Republic, the Duomo and finally the Ducal Palace that houses the works of the Galleria Nazionale delle Marche. End of services.



## Between villages, the hills of Infinito and the Conero Riviera Programme

Duration 4 days/ 3 nights

#### **DAY 1: ANCONA**

Arrival in Ancona, capital of the Marche. Visit of the city with the Cathedral of San Ciriaco, the harbour, Piazza del Plebiscito, the Passetto Park, the Romanesque Church of Santa Maria della Piazza, the Arch of Trajan and the Mole Vanvitelliana. Hotel accommodation for dinner and overnight.

#### **DAY 2: ANCONA - RIVIERA DEL CONERO - MINICRUISE**

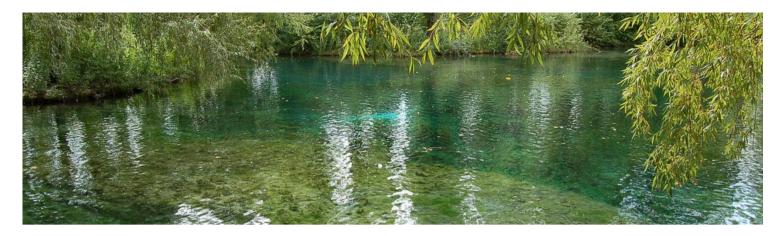
Breakfast at the hotel, departure for the town of Portonovo, with a visit to the Romanesque Church of Santa Maria di Portonovo, located right on the bay and surrounded by the green of the Conero Park. Continuing with the visit of the pretty cities of Sirolo and Numana, we will embark on a mini cruise from where you can admire with a different perspective the beautiful beaches and coves of the Conero, with the green of the promontory that plunges into the blue sea. Free time available. Return to the hotel, dinner and overnight.

#### GIORNO 3: ANCONA - RECANATI - OSIMO - OFFAGNA

Breakfast at the hotel, departure for Recanati; visit of the house and the Library of Leopardi. The Palazzo Leopardi in Recanati overlooks the pitch that took its name from a famous opera by Giacomo "Il sabato del Villaggio". The entire first floor, above the old cellars, is occupied by the famous Library, while the rest of the building is the private home of the family: to access it is a large 18th-century staircase halls. The library houses more than 20,000 volumes, most of them collected and ordered by Monaldo Leopardi, Giacomo's father. In the afternoon transfer to Osimo. Do not miss the Cantinone Caves; a tunnel of 300 meters under the covered market, used since the time of the ancient Piceni, the cathedral of San Leopardo and Santa Tecla, in Romanesque-Gothic style, the Basilica of San Giuseppe da Copertino, and the Palazzo civico located in Piazza Boccolino. Continue towards Offagna, one of the most beautiful villages in Italy. The village that stands close to the Conero Riviera is characterized by its ancient fortress, a splendid example of military architecture of the period between the Middle Ages and the Renaissance. Inside there is the Museum of the Fortress which contains an exhibition of remains related to weapons and hunting. Return to the hotel for dinner and overnight.

#### **GIORNO 4: ANCONA - LORETO**

Breakfast at the hotel, transfer to Loreto, visit the Piazza della Madonna with the imposing Apostolic Palace in which some rooms are used as a Museum-Pinacoteca, the Sanctuary of the Holy House one of the most famous Marian sanctuaries. If you want to relive the spiritual experience of the pilgrims who for centuries have reached the Sanctuary, do not miss the climb along the famous Scala Santa di Loreto. Lunch with fish from the Adriatic Sea. End of services.



## Villages of Water Programme

Duration 4 days/ 3 nights

#### **DAY 1: PERUGIA**

Late morning arrival in Perugia, city of chocolate and delicious "kisses". Visit the city starting from Piazza IV Novembre with the Fontana Maggiore and the Palazzo dei Priori and the Cathedral of San Lorenzo. Transfer to the hotel for dinner and overnight.

#### DAY 2: SPOLETO - CAMPELLO SUL CLITUNNO - TEMPIETTO SUL CLITUNNO - PERUGIA

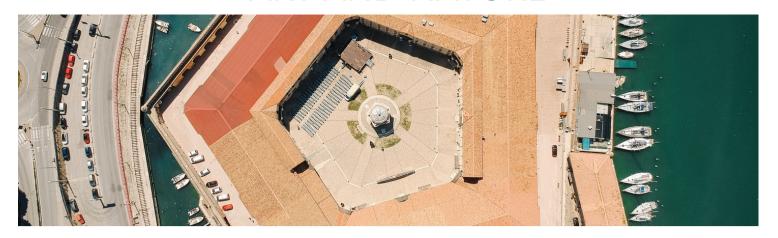
Breakfast at the hotel. Departure for Spoleto ancient capital of the Lombard dukes that thanks to the richness of the historical and artistic heritage offers a lot to visitors. Visit of its historic center starting from the Piazza della Libertà, with the Roman theater, the Arch of Druso, S. Ansano, market square and the town hall; Piazza del Duomo and the Archbishop's Palace. Entrance and visit to the Rocca di Albornoz, imposing fortress that rises on the Sant'Elia Hill and that, in a strategic position, dominates the whole city, inside we can also admire the National Museum of the Duchy of Spoleto. Free lunch. In the early afternoon continue to Campello sul Clitunno fortified village, composed of two nuclei: Campello Alto, developed around the Castle, and Campello Basso, where is the church of the Madonna della Bianca. The real jewel of this territory is represented by the Clitunno Springs whose mirror of crystal clear water, fed by underground springs, is surrounded by a dense vegetation of weeping willows and poplars that give a romantic atmosphere to the place. Not far from the springs is located the church of San Salvatore better known as the Tempietto sul Clitunno, small chapel shaped temple of early Christian origin, consisting of a cell preceded by a classic pronaos. Inscribed on the UNESCO World Heritage List, the site includes the most important Lombard monuments existing on the Italian territory. Return to the hotel for dinner and overnight.

#### DAY 3: LAKE OF PIEDILUCO - MARMORE FALLS - PERUGIA

Breakfast at the hotel, transfer to the area of Terni, to reach the Lake of Piediluco, an alpine lake in the heart of Umbria. The medieval Piediluco is located in the narrow strip of land that lies between the lake and the mountains and is dominated by the remains of the imposing fortress dating back to the eleventh century, now in part in ruins. Free lunch. Continuation to the famous Falls of the Marmore, a site of natural beauty, nestled in the heart of Valnerina, inside of the Nera River Park. In the area of the Marmore Falls there are six routes to practice, all extremely naturalistic and scenic. You can go hiking and do activities in the paths surrounded by greenery and admire the waterfall capable to excite, with three jumps of various elevations that reach 165 meters. Return to hotel for dinner and overnight.

#### **DAY 4: RASIGLIA**

Breakfast at the hotel, transfer to Rasiglia, the small Venice of Umbria. The medieval village is famous in fact for its springs: walking through the picturesque alleys of the center is impossible not to be enchanted by the waterways that cross the town, making it unique and fascinating. End of services.



# The Renaissance Marche - Tour of the Raphael's places Programme

Duration 4 days/ 3 nights

#### **DAY 1: PESARO**

Arrive in Pesaro. Visit of the city considered the homeland of the great composer Gioacchino Rossini and home to the "Rossini Opera Festival", as well as his birthplace transformed into a Museum. Visit to the Civic Museums of Pesaro, which collect paintings, majolicas and Renaissance ceramics. In the Cathedral, the Church of Santa Maria Assunta, built in the Romanesque period, is preserved a double stained polychrome mosaic floor. Hotel accommodation, dinner and overnight.

#### **DAY 2: URBINO - URBANIA**

Breakfast at the hotel, departure for Urbino, birthplace of Raphael and UNESCO heritage, guided tour of its historic center with the birthplace of Raphael, the Piazza del Mercatale, Piazza della Repubblica, the Duomo, the Oratory of San Giovanni, Palazzo Ducale, which houses the works of the Galleria Nazionale delle Marche. Transfer to Urbania, visit to the Ducal Palace, home to the Civic Museum, the Library and the Art Gallery that preserves the famous globes of the Flemish cartographer Gerardo Mercatore. Visit the Crypt of the Church of the Dead, decorated with a wonderful Gothic portal, which inside houses the particular cemetery of the Mummies where there are several mummified characters, each with its own story. Return to the hotel, dinner and overnight.

#### **DAY 3: OSIMO - RECANATI - LORETO**

Breakfast at the hotel, departure for Osimo. Do not miss the Cantinone Caves; a tunnel of 300 meters under the covered market, used since the time of the ancient Piceni, the cathedral of San Leopardo and Santa Tecla, in Romanesque-Gothic style, the Basilica of San Giuseppe da Copertino, and the Palazzo civico located in Piazza Boccolino. Continue to Recanati; visit the house and the Library of Leopardi. The Palazzo Leopardi in Recanati overlooks the pitch that took its name from a famous opera by Giacomo "Il sabato del Villaggio". The entire first floor, above the old cellars, is occupied by the famous Library, while the rest of the building is the private home of the family. The library houses more than 20,000 volumes, most of them collected and ordered by Monaldo Leopardi, Giacomo's father. In the afternoon transfer to Loreto, visit the Piazza della Madonna with the imposing Apostolic Palace in which some rooms are used as a Museum-Pinacoteca, the Sanctuary of the Holy House one of the most famous Marian sanctuaries. Return to the hotel, dinner and overnight.

#### **DAY 4: MACERATA - ANCONA**

Breakfast at the hotel, transfer to Macerata, whose historic center still retains examples of Renaissance architecture. Visit of the city characterized by the famous Sferisterio, splendid example of neoclassical architecture, built in 1823 originally used for the game of the ball with the bracelet, adapted to concert venues and opera house, venue of the second largest opera season in Italy. Continue the visit with Piazza della Libertà with the Town Hall and the Civic Tower with the astronomical clock, Palazzo Bonaccorsi. Continue to Ancona, capital of the Marche. Visit the city with the Cathedral of San Ciriaco, the harbour, Piazza del Plebiscito, the Passetto Park, the Romanesque Church of Santa Maria della Piazza, the Arch of Trajan and the Mole Vanvitelliana. End of services.

## **RELIGIOUS PATHS**



## From Loreto to Assisi between Marche and Umbria Programme

Duration 3 days/ 2 nights

#### **DAY 1: LORETO- RECANATI - FABRIANO**

Arrive in Loreto, meeting with the guide and visit of the Piazza della Madonna with the imposing Apostolic Palace in which some rooms are used as a Museum-Pinacoteca, the Sanctuary of the Holy House one of the most famous Marian sanctuaries, an incessant destination for pilgrimages, then visit of a well-known farm in the surroundings where you can taste the famous "Rosso Conero D.O.C" and Verdicchio accompanied by tastings of typical local cold cuts. In the afternoon transfer of the group to Recanati, visit of the house and the Library of Leopardi. The Palazzo Leopardi in Recanati overlooks the pitch that took its name from a famous opera by Giacomo "Il Sabato del Villaggio". The entire first floor, above the old cellars, is occupied by the famous library, while the rest of the building is the private home of the family. The library houses more than 20,000 volumes, most of them collected and ordered by Monaldo Leopardi, Giacomo's father. At the end transfer to Fabriano for dinner and overnight.

#### DAY 2: FABRIANO - GENGA - FRASASSI CAVES

Breakfast at the hotel, transfer to Genga and visit the Frasassi Caves, a spectacular underground world characterized by a succession of salt, tunnels and crystallized lakes that have given rise to truly unique scenery of extraordinary beauty. The erosion of sulphurous water on the rock has given rise to a huge underground kingdom, rich in stalactites and stalagmites, divided into environments with fairy-tale names: The Cave of the Wind, The Giants, The hall of the thirteenth century, The Hall of the Candles, The Hall of the infinite. At the end visit of the unique gem Valadier temple, set in an incredible natural scenery, inside a cave. Lunch in characteristic restaurant. In the afternoon return to Fabriano, guided tour of the historic center starting from the Duomo (rebuilt in 1617 and dedicated to San Venanzo), Pojo, the Gentile Theatre, the Oratory of Charity, Sant'Onofrio and the Crypt of San Romualdo. At the end of the day visit to the Paper and Watermark Museum, where the historical phases of handmade paper are illustrated, an art that has lasted here for seven centuries. Dinner and overnight stay.

#### **DAY 3: FABRIANO- ASSISI - RETURN**

Breakfast at the hotel, transfer to Assisi city jealously guarded by a wall, built in the Middle Ages and remained almost intact, located at the foot of Mount Subasio. To see: the Temple of Minerva transformed into a Christian church, the cistern that is next to the Cathedral, The Cathedral of San Rufino, the Gothic Church of Santa Chiara consecrated in 1265, the Basilica and the oratory of San Francesco, the Piazza del Comune, Borgo S. Pietro, the Rocca Maggiore. Lunch in characteristic Restaurant. End of services, departure for places of origin.

## **RELIGIOUS PATHS**



# Walking in the footsteps of San Silvestro and San Francesco Programme

Duration 3 days/ 2 nights

#### **DAY 1: FABRIANO**

Arrival in Fabriano and visit to the Museum of Paper and Watermark where we can see all the steps for the processing of the handmade paper. Then transfer to hotel for dinner and accommodation.

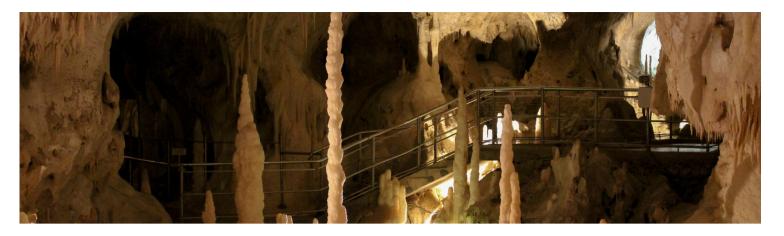
#### DAY 2: FABRIANO - HERMITAGE OF SAN SILVESTRO - VALLEREMITA DI FABRIANO

Breakfast at the hotel and departure for an excursion that will immerse us in a spiritual atmosphere in the places of San Silvestro and San Francesco d'Assisi. Visit at the Hermitage of San Silvestro, where the path begins. Situated at 890m on a wide green platform overlooking the city of Fabriano, the surrounding valleys and hills are a real comfort for the spirit. Founded by San Silvestro Guzzolini in 1231 near the Source Fonte Vembrici as the seat of the new monastic order, it has been the subject of many renovations over the centuries. Many interventions then carried out between seventeenth and eighteenth centuries, the period on which is attributable the current appearance of the hermitage. "Chiesa inferiore", built in the thirteenth century, is dedicated to St. Benedetto, it is characterized, inside by the presence of an efficient restoration laboratory of the ancient book, and an historical library that counts 70,000 volumes. We will then continue our journey towards the Hermitage of Santa Maria of Valdisasso. While climbing the paths lined by tall trees there is an unadorned and severe building. Once inhabited by Benedictine nuns, in the thirteenth century was abandoned and donated to a community of Franciscans: tradition says that San Francesco stayed here. The Hermitage kept the famous "Polittico of Gentile da Fabriano", now replaced with a copy. There will be lunch during the excursion and at the end of the excursion we will stop at the "Aula Verde" of Valleremita. Free time before returning to the hotel for dinner and accomodation. (About 9.5 km of walking path, 5 hours in total, excluding stops, E difficulty and 400 mt of altitude difference)

#### **DAY 3: ASSISI - EREMO DELLE CARCERI**

Breakfast at the hotel and departure for Assisi, city symbol of peace which identifies with one of the most beloved and revered saints in the world, San Francesco and at the same time it is a delightful medieval town full of characteristic corners and typical cuisine. Then visit of "Basilica di Assisi" composed by two superimposed churches and crypt with the tomb of the Saint. In the "Chiesa Superiore" we can admire the life cycle of San Francesco, the work of the great Giotto, the stories of the Old and New Testament that cover the entire nave and other beautiful frescoes by Cimabue and Torriti. Free lunch and transfer to the "Eremo delle Carceri", located in the dense forest of "Monte Subasio". The Hermitage is a sanctuary built around natural caves and the chapel of "Santa Maria", where San Francesco and his devotees were isolated to pray. End of services

## **RELIGIOUS PATHS**



## The places of nature and spirit Programme

Duration 4 days/ 3 nights

#### **DAY 1: GENGA**

Arrive in Genga in the afternoon. Welcome by our staff. Hotel accommodation. Dinner and overnight

#### **DAY 2: GENGA - FRASASSI CAVES**

Breakfast at the hotel. Visit the "Speleopantological Museum" with its rich collection of fossils, including the famous "Ichthyosaur", dating back to about 150 million years ago. Stop at the adjacent Abbey of San Vittore alle Chiuse, a jewel of Romanesque art, nestled between the narrow Frasassi Gorge and the banks of the Sentino river. At the exit you can admire the famous Roman bridge on which stands a tower dating back to the thirteenth century. In the afternoon visit to the Frasassi Caves, spectacular underground world characterized by a succession of salt, tunnels and small crystallized lakes, which create a truly unique scenery of extraordinary beauty. The erosion of sulphurous water on the limestone rock has given rise to a huge underground kingdom, rich in stalactites and stalagmites, divided by environments with fairy-tale names: "The Great Wind Cave", "The Giants", "The Thirteenth Century Room", "The Hall of Candles", "The Hall of Infinity"... Time for the tasting and purchase of food and wine products typical of the area at the square of the ticket office Grotte. Return to the Hotel. Dinner and overnight.

#### DAY 3: SASSOFERRATO - MONASTERY OF FONTE AVELLANA

Breakfastat the hotel . Departure to discover the city of Sassoferrato, the ancient "Sentinum", which recalls the historic "Battle of the Nations" of 295 BC, between the Galli Senoni-Etruscan-Umbrian-Samnites and the Romans. Sassoferrato has one of the most important archaeological sites in the region, with remains of ancient roads and public buildings. The finds can be admired in the Sentinate Archaeological Museum, housed in the Palazzo dei Priori, together with the "Perottiana Hall", where a precious collection of sacred art has been set up. Visit of the medieval old town, with a lower part, the village, and a high, dominated by the castle and the remains of the fortress of Albornoz. Visit of the Abbey of Santa Croce dei Conti or of Tripozzo di Sassoferrato, with Greek cross plan and beautiful Romanesque-Lombard capitals inside, which houses the polyptych of Giovanni Antonio da Pesaro of the fifteenth century, portraying the "Madonna con il Bambino in Trono, Crocifissione e Santi". In the afternoon continue to the Abbey of Fonte Avellana, Camaldolese hermitage whose structure dates back to the tenth century and which in the course of history hosted famous people, including San Pier Damiani and Dante Alighieri. Possibility to buy natural spirits and liqueurs produced by Camaldolese monks still according to ancient tradition and for sale at the store in front of the Abbey. Return to the Hotel. Dinner and overnight.

#### **DAY 4: GENGA- FABRIANO - RETURN**

Breakfastat the hotel. Departure for the Aula Verde of Valleremita to discover this unspoilt place transformed into a true "school" of nature. Going up the paths lined by tall trees you can see an unadorned and severe building: the Hermitage of Santa Maria di Valdisasso. Once inhabited by Benedictine nuns, it was abandoned and donated in the thirteenth century to a community of Franciscans: tradition says that Saint Francis stayed there. The Hermitage kept the famous Polyptych of Gentile da Fabriano, now replaced with a copy. Lunch with box lunch during an excursion. Termination of services.



# Beers in Marche and more... Programme

Duration 4 days/ 3 nights

#### **DAY 1: FABRIANO**

Arrive in Fabriano, visit of the old town starting from the Duomo (rebuilt in 1617 and dedicated to San Venanzo), the Gentile Theatre, the Oratory of Charity, Sant'Onofrio and the Crypt of San Romualdo. Aftera tour of the medieval city, visit to the Museum of Paper and Watermelon where you can know all the stages of the processing of handmade paper. Visit of the IBeer agricultural brewery, with tasting. Dinner and overnight in the hotel.

#### DAY 2: FABRIANO - PERGOLA - CANTIANO - MONASTERY OF FONTEAVELLANA

Breakfast at the hotel, transfer to Pergola, one of the most beautiful villages of the Marche, for a visit to the Golden Bronzes Museum of Cartoceto, the only group of gilded bronze in the world from Roman times to our days. Free lunch. Transfer to Cantiano, a small village at the foot of Mount Catria, of medieval origin and orange flag of the Touring Club. It has a vast artistic and architectural heritage that deserves to be visited: the Collegiate Church of San Giovanni Battista, the Church of San Nicolò and the Church of Sant'Agostino of ancient origins. Visit with tasting of the Catria Brewery. On the way back visit the Monastery of Fonte Avellana, whose origins date back to the end of the X century, when some hermits chose to build the first cells of a hermitage that over the centuries will become the current monastery. Today the complex consists of a large square that gives access to the church with a raised presbytery on the crypt of the XI century; it is the oldest part of the architectural complex, along with the cloister and scriptorium dating back to the XII century. Return to the hotel for dinner and overnight.

#### DAY 3: FABRIANO - GENGA - ARCEVIA

Breakfast at the hotel, transfer to the Frasassi Caves spectacular underground world characterized by a succession of salt, tunnels and small crystallized lakes. Not far away is the Abbey of San Vittore alla Chiuse, one of the most important Romanesque churches in the Marche region, a place of worship surrounded by greenery, where architecture and environment blend in total harmony, transmitting a sense of deep peace and tranquility and the temple of Valadier one of the most beautiful churches in the rock in Italy. Lunch in the restaurant, transfer to Arcevia where is concentrated a remarkable number of castles dating back to the XI-XII century. Within a radius of 15 km you can visit the Palace, the mighty walls, Loretello, the picturesque bridge with three arches, Montale from the walls equipped with towers, Piticchio, Castiglioni and Avacelli, overhanging on a cliff. Visit with tasting at the Birrificio dei Castelli. Transfer to the hotel for dinner and overnight.

#### **DAY 4: FABRIANO - URBINO - FERMIGNANO**

Breakfast at the hotel, transfer to Urbino birthplace of Raphael and UNESCO heritage. Visit the ducal city with the birthplace of Raphael, the Piazza del Mercantale, Piazza della Repubblica, the Duomo and finally the Palazzo Ducale that houses the works of the National Gallery of the Marche. Transfer to Fermignano, lunch on a farm. Visit of the Birrificio il Mulino Vecchio, which was born from an old water mill dating back to the late 1700s that dealt with the processing of cereals. Visit of Fermignano which boasts several attractions such as the Roman Bridge with three arches and the Medieval Tower of the Militia. End of services.



#### The wine tour between Marche and Umbria

### Programme

Duration 7 days/ 6 nights

#### DAY 1: ASCOLI PICENO - PORTO SAN GIORGIO

Arrival of the group in Ascoli Piceno. Guided tour of the city starting from Piazza Arringo, with the Bishop's Palace, the Duomo, the Baptistery, Piazza del Popolo and Palazzo Malaspina. Tasting and visit of Cantina Velenosi. In the early afternoon visit of the town of Ripatransone. At the end departure for Porto San Giorgio, accommodation, dinner and overnight.

#### **DAY 2: PORTO SAN GIORGIO - FERMO**

Breakfast at the hotel. Visit of Fermo. Typical lunch in the restaurant. Departure for the outlet area (Hogan; Prada, Nero Giardini, ...) arrive in the evening in Civitanova, stop for the visit of the winery Fontezoppa. Return to Porto San Giorgio for dinner and overnight at the hotel.

#### **DAY 3: PORTO SAN GIORGIO - RECANATI**

Breakfast at the hotel. Departure for Recanati, for the visit of the city of Leopardi, visit and stop at the Conti Leopardi winery. In the early afternoon transfer to the Conero area, with the visit of Sirolo and Portonovo. Arrive for dinner at the Moroder winery with wine tasting. Return to Porto San Giorgio for overnight.

#### DAY 4: PORTO SAN GIORGIO - GENGA - FABRIANO

Breakfast at the hotel. Transfer to Genga to visit the Frasassi Caves and Valadier Temple. Lunch in a characteristic restaurant, in the afternoon arrive in Fabriano to visit the medieval town and the famous Paper and Watermark Museum. Hotel accommodation, dinner and overnight.

#### **DAY 5: FABRIANO- ASSISI**

Breakfast at the hotel. Departure for Assisi city symbol of peace, which identifies with one of the most beloved and venerated saints in the world, Saint Francis of Assisi. Visit of the historic center with the Piazza del Comune, the Basilica of San Francesco which consists of two superimposed churches and a crypt with the tomb of the Saint, the Cathedral and the Roman area, Santa Chiara and Borgo San Pietro. Lunch in the restaurant. In the afternoon stop at the winery Saio Assisi where you can see the processes for the production of wine and oil. Return to Fabriano, dinner and overnight.

#### **DAY 6: FABRIANO - PERUGIA**

Breakfast at the hotel. Departure to Perugia the city of chocolate's kisses, the Etruscan city. Guided tour starting from the Rocca Paolina, the Fontana Maggiore, the Cathedral of San Lorenzo and Palazzo dei Priori, the Church of San Francesco al Prato and the oratory of San Bernardino. At the end visit to the estate of the Counts Faina with tasting of local products and wines. Return to Fabriano dinner and overnight.

#### **DAY 7: FABRIANO - URBINO - RIENTRO**

Breakfast at the hotel. Departure for Urbino, birthplace of Raphael, guided tour of its historic center with the Piazza del Mercatale, Piazza della Repubblica, the Duomo, the Palazzo Ducale and the National Museum. Lunch in characteristic restaurant. End of services.



### Following the path of the olive oil in Umbria

Programme

ONLY IN OCTOBER AND NOVEMBER

Duration 4 days/ 3 nights

#### **DAY 1: SPOLETO**

Arrive in Spoleto city known worldwide for the scenic Piazza Duomo, and for the imposing Rocca Albornoziana that, along with the Ponte delle Torri, are considered the most interesting monuments. Visit of the old town. Hotel accommodation, dinner and overnight.

#### **DAY 2: TREVI - SPELLO**

Breakfast at the hotel and departure for Trevi. Visit the charming town that preserves Roman and medieval testimonies, such as the mighty walls that surround the town. To remember the importance of the olive tree and the production of extra virgin olive oil in the local economy there is the Museum of the Civilization of the Olive. Inside there is also a selection of locally produced extra virgin olive oil bottles. Then stop in the small village of Bovara, where there is the olive tree of Sant'Emiliano, considered the oldest in Umbria. Free lunch. Transfer to Spello, a small jewel among the most beautiful villages in Italy. In its historic center, between the narrow alleys each house is embellished with colorful plants and flowers. The Towers of Propezio, the Door of Venus and the Consular Door deserve a mention for the architectural structure. Return to the hotel, dinner and overnight.

#### **DAY 3: FOLIGNO - ASSISI**

Breakfast at the hotel, departure for Foligno. Visit the charming old town full of treasures such as the Palazzo del Podestà, the Duomo di San Feliciano, Palazzo Trinci seat of the Pinacoteca, and Palazzo Orfini. Visit of the Clarici oil mill, opened by Pietro and his son Domenico almost 150 years ago. Located a few steps from the center, in front of the former church of SS. Trinità in Annunziata, the oil mill is also a small museum that preserves tools, a laboratory and historical documents. Tasting of oil and typical products. Free lunch. Transfer to Assisi city symbol of peace, which identifies with one of the most beloved and revered saints in the world, San Francesco, and is at the same time a delightful medieval town full of characteristic corners and typical cuisine. Visit of the Basilica of Assisi composed of two superimposed churches and the crypt with the tomb of the Saint. In the Upper Church you can admire the cycle of the life of St. Francis, the work of the great Giotto, the Stories of the Old and the New Testament that cover the entire nave and other beautiful frescoes by Cimabue and Torriti. Return to the hotel, dinner and overnight.

#### **DAY 4: PERUGIA**

Breakfast at the hotel, transfer to Perugia, city of chocolate and delicious "kisses". Visit the city starting from Piazza IV Novembre with the Fontana Maggiore in the center, overlooked by the Palazzo dei Priori and the Cathedral of San Lorenzo. Nearby are the Palazzo del Capitano del Popolo and the old University. At the end of Via dei Priori there are the Church of San Francesco al Prato, the oratory of San Bernardino and the Temple of Sant'Angelo, the oldest church of the city, which is flanked by a tower from where you can admire the city from above. In the historic center you can also visit the underground of Rocca Paolina, symbol of papal power, accessing from Porta Marzia or Piazza dei Partigiani, not to be missed the Chapel of San Severo where the fresco of Trinità and Santi by Raffaello is preserved. End of services.



# The flavors of the Marche Programme

Duration 4 days/ 3 nights

#### **DAY 1: PESARO**

Arrive in Pesaro, visit of the city considered the homeland of the great composer Gioacchino Rossini and home to the "Rossini Opera Festival", as well as the birthplace transformed into a museum. The Civic Museums of Pesaro collect paintings, majolicas and Renaissance ceramics. The pride of the art gallery is The Coronation of the Virgin by Giovanni Bellini. In the Cathedral, built in the Romanesque period, is preserved a testimony of a glorious past, a polychrome stained glass double mosaic floor. At the end of the visit hotel accommodation, dinner and overnight.

#### **DAY 2: ACQUALAGNA - PERGOLA**

Breakfast at the hotel, transfer to Acqualagna for a very special experience: a truffle hunt with an expert truffle hunter and his dog. A walk through the woods and an accurate explanation of the search for the famous tuber. At the end tasting with typical products and truffles. Transfer to Pergola, a medieval town famous for its "golden bronzes". In the Museum set up at the convent complex of San Giacomo, is preserved the equestrian group known as "the Bronzes of Cartoceto di Pergola", consisting of two male figures on horseback and two female figures standing, which gave rise to various hypotheses of reading and interpretation by historians and scholars. Stop in a local winery to taste the famous "visciolata", a red wine flavored with visciole, that is a variety of cherries. Transfer to Fabriano, hotel accommodation, dinner and overnight.

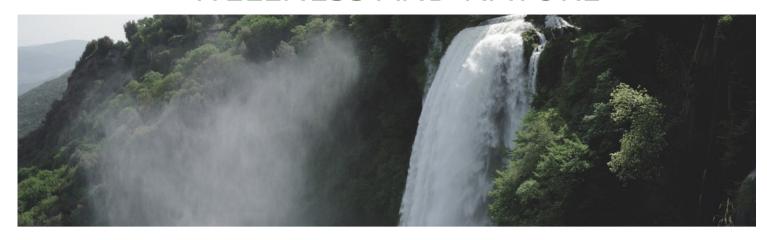
#### DAY 3: FABRIANO- GROTTE DI FRASASSI - SERRA SAN QUIRICO

Breakfast at the hotel, visit of the medieval historic center of Fabriano characterized by the main fountain called "Sturinalto", and the Palazzo del Podestà, the oldest Gothic civil building of the Marche. Visit the Paper and Watermark Museum where you can learn all the steps of the handmade paper. Free lunch, in the afternoon transfer to Genga to visit the karst complex of the Frasassi Caves, spectacular underground world characterized by a succession of salt, tunnels and small crystallized lakes. Continue to Serra San Quirico surrounded by imposing walls dominated by the fourteenth-century Torre del Cassero. The interior of the village, still characterized by paved stone streets, seems to have stopped in time. Stop in a winery in the area to visit and taste the famous Verdicchio dei Castelli di Jesi. Return to the hotel, dinner and overnight.

#### **DAY 4: JESI**

Breakfast at the hotel, transfer to Jesi: birthplace of Frederick II, G. B Pergolesi and Verdicchio, which boasts the title of "Exemplary City" UNESCO for the architectural integration of its various historical layers. Visit the city, which in addition to the city walls with gates, square, polygonal and cylindrical towers, has a wonderful main square where the Cathedral of San Settimio is located, while in Piazza Colocci, there is the Palazzo della Signoria. In Piazza della Repubblica stands the Pergolesi Theatre, originally called "della Concordia", built between 1790 and 1798 and dedicated to the famous composer Giovan Battista Pergolesi, born in Jesi in 1710. Transfer to San Paolo di Jesi to stop at an oil mill, with a visit and tasting of various types of olive oil and local products. End of services.

## WELLNESS AND NATURE



# Walking through the Sibillini Mountains Programme

Duration 4 days/ 3 nights

#### **DAY 1: ASCOLI PICENO**

Arrive in Ascoli Piceno, meeting with the guide and visit of the city starting from Piazza Arringo, with the Bishop's Palace, the Cathedral, the Baptistery, Piazza del Popolo and Palazzo Malaspina. Tasting with a visit to a local winery. In the afternoon naturalistic excursion in the outskirts of the city where you can admire the gorges, wonder of the nature, that extend to the feet of Mount Ascensione, determining a landscape with arid and lunar stretches; The Devil's Finger, a natural stone monument between Piagge and Colle San Marco; the Mountain of Flowers, divided by the other "twin" mountain of Campli by a deep canyon dug by the Salinello stream. In the evening transfer to the hotel and accommodation in private rooms, dinner and overnight.

#### **DAY 2: PILATE LAKE - NORCIA - SPOLETO**

Breakfast at the hotel and departure for the Pilate Lake place of mysteries and legends of the Sibillini Mountains. Also known as "the lake with glasses", because of its particular shape with complementary and communicating reservoirs in periods of greater scope, this basin is the only natural lake of the Marche as well as one of the few glacial lakes of alpine type on the Apennines. Here you can get in direct contact with nature and walk the paths in freedom. In the afternoon transfer to Spoleto with a stop in Norcia enclosed by a wall of thirteenth-century origin with the shape of a heart, with eight doors and seventeen small medieval towers, with its ancient houses with earthenware roofs offers the natural scenery of the film cloak and sword. Accommodation in private rooms, dinner and overnight.

#### **DAY 3: SPOLETO - MARMORE FALLS**

Breakfast at the hotel, guided tour of the historic center with the Duomo, the Rocca Albornoziana, the Diocesan Museum and the Church of Sant'Eufemia that contains the works of Bernini and Filippo Lippi, The Church of San Salvatore, an early Christian building of the highest artistic and historical value; the Monastery of San Ponziano, a charming Romanesque architecture located just outside the city, and also the Church of San Pietro, just outside the walls. Lunch in the restaurant, in the afternoon we leave for the famous Marmore Falls, a site of natural beauty, nestled in the heart of the Nera Valley, within the area of the Nera River Park. In the area of the Marmore Falls there are six paths to practice, all extremely naturalistic and scenic. You can make excursions and activities in the paths surrounded by greenery and admire the waterfall capable of exciting, with three jumps of various elevations that reach 165 meters. Return to Spoleto for dinner and overnight.

#### **DAY 4: SPOLETO - SPELLO - RETURN**

Breakfast at the hotel and departure for Spello called the flower town, this little jewel is among the most beautiful villages in Italy. In its historic center, between the narrow alleys each house is embellished with colorful plants and flowers. The Towers of Propezio, the Door of Venus and the Consular Door are worth a mention for the architectural structure. Return to the hotel.

## WELLNESS AND NATURE



## Umbria between history and relax Programme

Duration 3 days/ 2 nights

#### **DAY 1: PERUGIA - ASSISI - TORGIANO**

Arrive in Perugia: the city of chocolate's kisses, the Etruscan city. Guided tour of the city with the Rocca Paolina, the Fontana Maggiore, the Cathedral of San Lorenzo and Palazzo dei Priori, the Church of San Francesco al Prato and the oratory of San Bernardino, the Temple of Sant'Angelo, the oldest church of the city which is flanked by a tower where you can see the city from above, the Palazzo del Capitano del Popolo and the old University, the Chapel of San Severo where the fresco of Trinity and Saints of Raphael is preserved. Lunch in a restaurant. In the afternoon transfer to Assisi the city of peace in its streets you can find a sense of peace and great spirituality, there are sculptures and depictions of Saint Francis and Saint Clare. Not to miss the majestic Basilica of San Francesco. In the evening arrival in Brufa di Torgiano accommodation at the Borgo Brufa Spa and Resort, dinner and overnight.

#### **DAY 2: TORGIANO BORGO BRUFA**

Breakfast in the hotel and full day dedicated to relax and wellness within the hotel with its 3000 square meters of wellness area, outdoor and indoor pools, sauna circuit, relaxation areas and three private SPA will be available throughout your stay. Possibility of treatments and massages. Dinner and overnight.

#### DAY 3: TORGIANO - CASTIGLIONE DEL LAGO - PASSIGNANO SUL TRASIMENO

Breakfast at the hotel transfer to Lake Trasimeno, a real natural paradise where you can visit Castiglione del Lago, located on a limestone promontory, where there are the remains of numerous Etruscan tombs; here you can admire the castle and the medieval walls of the Doge's Palace, connected by a local walkway to the Rocca del Leone, one of the most important examples of Umbrian military architecture; the medieval village of Passignano, where there is the fourteenth-century Torre di Ponente, possibility of boat ride to Isola Maggiore, still inhabited.



## **EXPERIENCES**

Handmade fresh pasta workshop with SFOGLINA SIMONETTA

The purpose of the lessons is to learn, directly the right manual skill and techniques for an ideal sfoglia processing and all fresh handmade pasta.

Where: Fabriano

Participants: minimum 6

**Duration:** 2 hours and thirty minutes



Course on paper and its creative techniques with SANDRO TIBERI

The workshop is divided into two parts, a theoretical and a practical, is aimed at those who want to deepen the topics related to the world of paper, to know the history, the techniques of making the composition, the differences between the various types and make a conscious choice. In the practical part will be realized sheets of paper with traditional techniques and particular creative techniques.

Where: Fabriano

Participants: from a minimum of 2 participants up to a maximum of 6

**Duration:** half day



Looking for the precious white truffle

Once in reserve the research for truffles will take place in the following ways: one person will guide the dogs, while a second one will stay with the group to explain and tell what they are doing and answer all the questions and curiosities.

Where: Montefelcino
Participants: minimum 4

**Duration: 2 hours and thirty minutes** 



Visit to the ancient Mulino Bravi, dating 1565

Visit of the mill that still function with water and it is dedicated to the production of soft wheat flour, Monococco spelt and Quarantino corn, deriving from organic agriculture. You can have the possibility to see the grinding process thanks to hydraulic force from which the finished product is obtained. There is also the opportunity to walk the path of the river.

Where: Cingoli

**Duration:** 2 hours and thirty minutes



Parachute jump tandem

Parachute jump tandem is the quickest way to experience parachuting and free fall. All you need is a bit of courage to fly and live, in this way an unforgettable moment!

Where: Terni

**Duration:** whole day



Workshop for the creation of a silver jewel with MAURO RAGNONI

Do you want to feel the thrill of creating a unique jewel with your own hands? We will start from the project, drawing your silver jewel and then we will move to the fusion. Once melted the silver will be cast in a bracket to become a ingot. We will then begin to shape and take form to the jewel using the techniques, and the most important process will be the polishing, to give sheen to your creation!

Where: Fabriano

**Participants:** up to 2 partecipants

**Duration:** 2 hours







ATR SRL - VIAGGI DEL GENTILE
TOUR OPERATOR - INCOMING TRAVEL AGENCY
P.le XX Settembre,20 - 60044 - Fabriano (AN)
Tel. +39 0732 5345 +39 0732 619703
info@incomingmarcheumbria.it. www.incomingmarcheumbria.it







