



The International FarmerChefs Association
“Lucio Polegri” APS
In cooperation with Casale Polegri s.s.,
Farm, Winery and Cooking School
and
FarmerChef Lorenzo Polegri

Present:

WEEK AT THE FARM

(TUSCIA, UMBRIA AND TUSCANY)

...Discovering the most enchanting treasures of this beautiful area....



(The Farm)

Day 1 – Fiumicino/ Baschi

Arrival at Fiumicino Airport FCO – (morning) and transfer to Baschi
1 pm Light lunch at the Farm
4:30 pm/7:30 pm Free time
8:00 pm Dinner in Orvieto
Night in Baschi

Day 2 – Tuscany (Montepulciano/ Montalcino)

8:00 am Breakfast in Baschi
10:30 am/12:00 pm Workshop at Cantina Ercolani, visit to the Città Sotterranea and cellar.
Wine tasting of 5 of the best Nobile di Montepulciano wines!
12:30 pm/2:00 pm Pic Nic at Cugusi, the best Pecorino cheese producer in Italy
3:30 pm/5:30 pm Workshop at Cantina Prime Donne and tasting of the excellent Brunello di Montalcino
7:30 pm Dinner at Trattoria Cardeto in Baschi



(Cantina Ercolani)



(Cantina Prime Donne)

Day 3 – Baschi and Narni

7:00 am Breakfast in Baschi
8:00 am/10:00 am Visit to the farmers' market in Orvieto, tasting food and shopping for our cooking class!
10:30 am/12:30 pm Cooking Class at Casale Polegri and lunch.



(Orvieto, the Farmers' Market and Cooking class at the Farm and)



2.00 pm/4:00 pm **Visit to Narni Underground and its fascinating mysteries.** *The Visit to Narni Underground is one of the most intensive and suggestive experiences to live inside the territory of Narni; a guided tour of one hour and half, for adults,*

children and schools, inside of hypogeous places discovered under the former convent of San Domenico in Narni.



(Narni Underground)

5:00 pm / 7:30 pm
7:30 pm
Night in Baschi

Free time in Orvieto for shopping
Dinner in Canonica

Day 4 – Bolsena, the lake and Bunker Soratte

8:00 am
10:30 am/12:00 pm

Breakfast in Baschi

Tour of Bolsena and its lake, the largest volcanic lake in Europe! If the weather is good we'll be sailing! The origins of Bolsena date back to the 3rd century BC when the area was populated by the Etruscans who fled the destruction of Velzna (Orvieto), the fugitives founded the town, giving it the same name – **OR Guided tour of the 2WW bunker Soratte, an underground town and its secrets!** *The Soratte Bunker is an air raid shelter located under Monte Soratte near Rome, Italy. It was part of a subterranean bunker complex constructed between 1937 and 1943. It was the Headquarters used by the German Army from September 1943 to June 1944. In the 1960s, during the years of Cold War, the bunker was turned into a fallout shelter for the Italian government and President in case of a nuclear attack on Rome. It would have housed 50 members of the government and 50 NATO technicians.*

1 pm/2:30 pm
4:00 pm/7:00 pm
7:30 pm
Night in Baschi

Lunch with a view to the lake of Bolsena
Free time
Dinner in Castiglione



(Lake of Bolsena)



(Bunker Soratte)

Day 5 – Chocolate experience

7:30 am
9:45 am/12:00 pm
1:00 pm/2:30 pm
3:00 pm/5:00pm

Breakfast at the best Bakery in Baschi
Chocolate hands-on class with Max, the Master Chocolatier!
Workshop and lunch at Flea brewery
Visit to Vannucci, the famous Italian Chocolate factory

7:00 pm
Night in Baschi

Dinner at Casanova Farm



(Vannucci Chocolate Factory)



(Flea, the Brewery)



(Chocolate class with Max!)

Day 6– Bomarzo

8:30 am
11:00 am/2:00 pm
3:00 pm/5:00pm
7:00 pm
Night in Baschi

Breakfast in Baschi

Visit to Bomarzo and its Monsters' Park!

Free time

Dinner at Cantina di Arianna in Civita di Bagnoregio, the dying town!



(Bomarzo, the Monster's Park)



(Civita di Bagnoregio)

Day 7 – Montegiove and Baschi

8:30 am
10:00 am/12:00 am

Breakfast in Baschi

Workshop at Montegiove Castle, Winery and Chianina Cow Farm. *Since taking over the reins of the castle and estate, Lorenzo Misciattelli Mocenigo Soranzo the owner of the Castle, has aspired to cultivate the vineyards like his ancestors, which is the first step to creating the excellent wines the estate produces today. During the tour at Castello di Montegiove you will see a part of the castle, discover the ancient cellars from 1500 and listen to the spellbinding anecdotes that have coloured the history of the castle during its fascinating past. You will also see the chapel dedicated to Beata Angelina, founder of a community of nuns belonging to the Franciscan Third Order. The visit concludes in the Enoteca with a tasting of the wines produced in the Castle together with a small selection of locally made cheese, salame and bread*



(Monte Giove

1:00 pm

Lunch

5:00 pm/7:00 pm

Cooking Class at Casale Polegri

7:00 pm

Farewell dinner at Casale Polegri with Diploma ceremony

Night in Baschi

Day 8 – Transfer to Fiumicino Airport

Morning transfer to Fiumicino Airport

See y'all soon! Buon viaggio, ciao ciao! Till the next trip to.....