

Activity Holidays

Learn a new skill, develop an existing one or share your hobby with friends on our **Special Interest Holidays**

Current holiday titles are:

- Dressmaking & Sewing Techniques
- Italian Dinner Parties Made Easy
- Curtain-Making and Soft Furnishings
- Tasting Umbrian Food & Drink
- Cycling Undiscovered Umbria
- Umbria Sights, Culture, Arts & Crafts
- Walking Scenic & Historic Umbria



Local Wine-tasting Tour

Giro d'Italia 2007

"Thank you for a wonderful sewing holiday - your friendly professional approach was just right. We learnt so much to take home with us and enjoyed the cosy, warm atmosphere of La Serena!"
 Philippa & Liesl, UK

All Participant Prices (€750 per person) include:

- 4 nights luxury accommodation at La Serena
- Four breakfasts, lunches and dinners
- Escorted trips and outings
- Tutor or Leader Fees
- Materials as appropriate

Non-participating companions are also welcome to stay at La Serena and join certain trips for €450 per person.

Bring a few friends and we will tailor an Activity Holiday just for you. Choose your own dates, duration and itinerary - and have lots of fun!



For individual holiday brochures & availability:

Visit: www.laserenaumbria.com

Email: holidays@laserenaumbria.com

Call/Fax: +39-075-878-7429



La Serena is 30 minutes from **Perugia Airport**, with car-hire from **Avis, Europcar, Hertz & Maggiore**.

Rome, Pisa and Ancona airports are only 1.5 to 2.5 hours by car or train. Car hire available from nearby **Chiusi or Perugia railway stations**. Ask us for details...



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Steph & Derek Mather
La Serena

Loc. Monticelli
 06072 Castiglione della Valle
 Perugia, Italy



Italian Country Guest House Activity Holidays 2010



A holiday with a difference in your Luxury Home-from-Home



Stay in beautiful rooms,
 Enjoy delicious meals,
 Delight in your favourite activity or hobby
 - with your own friends or meeting new people

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Italian Dinner Parties Made Easy

Cooking for groups of people can be daunting. Learn how easy it is to cook delicious Italian dinners for parties of any size, with a proven planning method that can be used for any meal.



- Learn about the La Serena Catering method for successful, delicious dinner party meals that are always on-time!
- Practice techniques to make a variety of tasty Italian dishes.
- Explore local markets, shops and suppliers, learning how to select the best quality seasonal ingredients.
- Experience different styles of Umbrian cooking at local trattorias and restaurants.
- Cook a meal together and enjoy eating the results!

Dates for 2010

March 3-7
December 1-5

Umbrian Food and Drink

The love of good food, olive oil, wine (and grappa!) is, quite simply, part of the Umbrian way of life! We'll take you on a culinary journey through the region and you'll soon discover why.



- Visit specialist shops sampling the famous Umbrian 'salumi' (cheeses and cured meats, etc.).
- Meet local wine producers, tasting the delicious, relatively unknown Umbrian wines.
- Explore the sweeter side of Umbria with delicate pastries and the famous Perugina Chocolate Factory.
- Olive oil tasting and trips to Olive and Oil Museums.
- Experience different styles of Umbrian cooking at local trattorias and restaurants.

Dates for 2010

March 24-28
November 10-14

Walking Scenic & Historic Umbria

Umbria is walking paradise – lakes, mountains, ancient woodlands, beautiful valleys, abundant fauna & flora. Join us for all this walking pleasure – with no fear of getting lost!



Dates for 2010

May 19-23
October 20-24



- Enjoy a variety of guided walks in stunning locations.
- Choose your walks according to your own preferences, fitness level and time available - we have lots to choose from.
- Experience the beautiful and diverse landscapes of Historic Umbria - in good company!

Cycling Undiscovered Umbria

Umbria is a cyclist's paradise too. Enjoy all the views, exploring kilometres of quiet roads, lanes & tracks. Cycle with a small group at your own pace - enjoying good company too!



Dates for 2010

May 12-16
October 27-31



- Enjoy a variety of guided cycle rides - road, mountain or hybrid.
- Choose the type of ride, distance and difficulty-level according to your priorities, fitness level and time available.
- Experience the beautiful and diverse scenery of Undiscovered Umbria!

Umbria Sights, Culture, Arts & Crafts

Umbria has so much to offer: mediaeval towns and villages, museums and churches, wine trails, markets, plus numerous exhibitions and displays..

- almost too much choice!



Dates for 2010

April 28-May 2
November 3-7



- Explore local towns, villages, museums, galleries, craft displays, traditional shops or other Umbrian sights.
- Choose what you would like to see according to your own preferences and time available.
- Learn some of the region's history and culture and how these effect Umbrian life today.

Dressmaking & Sewing

Making your own clothes and accessories is very rewarding – and often easier than you think! Whether you are a beginner or more advanced, you will learn new techniques and swap ideas for your own stunning and unique outfits.



- Learn new techniques, or enhance your existing skills, such as adapting patterns, achieving a good fit, speed-tailoring.
- Choose the techniques you want to learn according to your priorities, skill-level and time available.
- Explore different methods for successful garment construction.
- Visit nearby fabric shops, both modern and traditional to Umbria - to buy gorgeous quality dress fabrics.
- Experiment with different machine and hand-stitches.

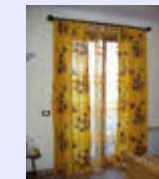
Dates for 2010

March 10-14
December 8-12

Curtains & Soft-Furnishings

Making your own curtains, blinds, cushions, table mats, etc., is not just easy, it saves you loads of money too! Discover how you can on this holiday and enjoy finding some lovely Italian fabrics.

Your route to your own designer home!



- Learn how to make curtains, blinds, cushions or home accessories of varying types and styles.
- Choose the topics you want to cover according to your desired projects, skill-level and time available.
- Discuss ideas on selecting window-dressing styles and effects
- Visit nearby fabric shops, both modern and traditional to Umbria - to buy gorgeous quality household fabrics.
- Try out your ideas on samples to learn the techniques and to take home.

Dates for 2010

April 21-25
November 24-28