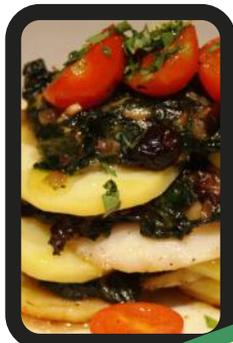




## Italian Food & Wine Holidays

Cooking and Tasting your way around Umbria!



Make new Friends or Come with Your own Group

[www.laserenaumbria.com](http://www.laserenaumbria.com)  
 email: [holidays@laserenaumbria.com](mailto:holidays@laserenaumbria.com)  
 tel/fax: +39 075 878 7429

## Absorb yourself in 'La Cucina Italiana' and stay in the welcoming luxury of La Serena!

Discover the food, wine and people of Umbria, a region rivalling Tuscany for its natural beauty and culinary riches. Join in the fun: prepare delicious meals with Chef Derek and eat your creations, sampling delightful local wines..



Outdoor Cooking too!

Derek shares his secrets for serving perfectly prepared group dinners - always on time and panic-free!



Time for relaxation

Our kitchen has lots of room for 'hands-on' practice, yet also has the atmosphere of a cosy home kitchen.

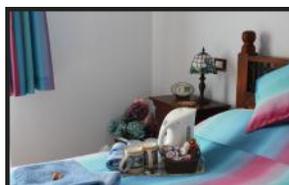


Our well-equipped kitchen

### An example 5-day all-inclusive Holiday Schedule

<b>Day 1</b>	Arrive at La Serena & enjoy a welcome drink with Steph & Derek. After an introduction to your holiday activities, relax with your group, ready for a traditional Italian 4-course dinner at La Serena, watching Chef Derek at work!
<b>Day 2</b>	Enjoy a sumptuous buffet breakfast, join Derek in preparing antipasti (starters) and Steph in the art of dolci (desserts). Lunch, tasting all the delicious food you have made! Then take a trip to local shops to explore food shopping Umbrian-style. Dinner at a local restaurant.
<b>Day 3</b>	After breakfast, with Derek, make primi piatti (entrées) for your own lunch. After lunch enjoy a cheese tasting at La Serena, followed by a wine-tour to local cantine (wine cellars). Dinner at a local Trattoria or with an Italian family with.
<b>Day 4</b>	After breakfast, enjoy a tour of local prodotti tipici producers with lots of sampling! After lunch, make your own 3-course dinner with Derek & Steph, learning about Derek's proven dinner-party planning process! Dinner enjoying your own cooking and discussing ideas with Derek.
<b>Day 5</b>	After a leisurely breakfast, say reluctant goodbyes and head for home. If you are continuing your holiday in Italy, Steph & Derek will help you with ideas, transport and other information.

Activities subject to change according to the group's desires and availability / seasonality



Coffee & tea in your room



Luxury double or twin rooms



Bathrooms with free toiletries



Dinner on the Sun Terrace



or Lunch by the Pool!



For the latest availability, prices & reservations:  
 ☆ visit our website [www.laserenaumbria.com](http://www.laserenaumbria.com)  
 ☆ email us at [holidays@laserenaumbria.com](mailto:holidays@laserenaumbria.com)  
 ☆ or call us on +39 075 878 7429



## We involve you as much as you want at every stage of the cooking & tasting(!) process.

At La Serena, we pride ourselves in our 'personal touch'. Each Food & Wine Holiday is specifically designed for every group, whether individuals, family, friends or work colleagues. We recommend small groups of up to 6 cooks. Non-participating partners or guests are also welcome!



La Serena is easily accessible from:

- Perugia Airport & Train Station (30 mins or less)
- Chiusi Train Station (30 mins)
- Roma Ciampino or Fiumicino Airports (1.5 hours)
- Florence, Ancona or Pisa Airports (2 to 2.5 hours)

Car hire is available at all these Airports and Train Stations. Detailed driving and train directions available via email or as downloads from our website.



For the latest availability, prices & reservations:  
[www.laserenaumbria.com](http://www.laserenaumbria.com)  
 email: [holidays@laserenaumbria.com](mailto:holidays@laserenaumbria.com)  
 tel/fax: +39 075 878 7429

Steph & Derek Mather  
 La Serena, Voc. Capannella  
 06072 Castiglione della Valle  
 Perugia, Italy



Ingredients all Prepared

*"Derek, thank you for cooking such a superb meal for our dinner party evening.*

*All the breakfasts and dinners were also scrumptious!!"*

Heather, Bob & friends



Having Fun in the Kitchen

### Your 5-day Holiday includes:

- fun-filled practical or demonstration sessions with Chef Derek, including ingredients
- delicious breakfasts, lunches & dinners every day (most dietary needs catered for)
- house wines with lunch and dinner
- excursions, including transport, as described in the example holiday timetable
- four nights twin or double room en-suite accommodation with lots of lovely extras

- tea, coffee, snacks & soft drinks available all day (honesty bar for others)
- use of all La Serena facilities - see [www.laserenaumbria.com](http://www.laserenaumbria.com) or our Guest House brochure for full details
- exclusive, personalised apron, certificate & cooking notes
- Steph & Derek's knowledge of all things Umbrian!

### Extend your Holiday to 8 days with more time to:

- discuss other cooking ideas & techniques with Derek
- try out more dishes & recipes yourselves
- experience other excursions, including:
  - ☆ fishing on Lake Trasimeno, or truffle-hunting in ancient forests
  - ☆ olive-harvesting & fresh olive-oil tasting
  - ☆ professional cake & pastry demonstrations
  - ☆ shopping for delicacies to take home
  - ☆ experience other local arts & crafts, ceramics, lace, historic and modern art...
  - ☆ explore historic localities, Perugia, Assisi, Panicale, Todi...



Antipasti 'with a twist'

### The only extra items are:

- Flights to Perugia, Rome, Pisa or Ancona
- Transfers to/from airport or station
- Travel insurance for personal safety
- Spending money!

We can arrange economical transfers from Perugia airport or station and Chiusi train station.



Your Main Course

*"Derek & Steph made a lovely Italian gourmet dinner for the 8 of us, rounded off by a 60th anniversary cake! It couldn't have been better!!"*

Bill, Jill & family



Enjoying the fruits of your labours!

*"We enjoyed creating superb meals from local ingredients, then eating them with excellent local wines!! Derek's friendly and relaxed approach really helped us learn lots of tips. He was very generous with his help and knowledge."*  
 Colin, Louise, Wayne & Roger

