
Abruzzo

Abruzzo

Addò c'è gguste, nen g'è pperdènze

Abruzzo is situated between the Apennines and the Adriatic coast – in the **centre** of Italy.
The region is especially **mountainous and hilly**. In the east there is the level zone of the coast. In the Apennines there are desolate meadows and woods without much vegetation. The landscape in the hills is full of green meadows and rich water-courses.
The **climate** of Abruzzo is mediterranean and mild thanks to the sea.
Winter months for **skiing** on the Gran Sasso or Terminillo. From March to October to enjoy the landscape. The long and sandy **beaches** are beautiful from June to September.



Curiosities & Useful Hints

- Five protected areas, including Abruzzo National Park, cover a third of the region – here you can find some of the cutest bears!
- There are over 80 miles of winding coastline and 20 ski areas for skiing for all skill levels at surprisingly inexpensive prices
- Abruzzo is dotted with castles and medieval towns giving it the nickname “Abruzzoshire”
- Some of the most popular renaissance-style hill towns are Castel del Monte and Santo Stefano di Sessanio which reside in Gran Sasso National Park
- Still to this day, Gran Sasso is home to Mussolini’s refuge, important for Italian history
- In Abruzzo there is a saint to be invoked for any occasion or need
- Sulmona in Abruzzo is the hometown of the Latin poet Ovid as well as famous for the confetti, not just any confetti, the best in Italy! (sugared almond confections)
- You know what Madonna and Dean Martin have in common? They are both from Abruzzo!
- L’Aquila, chef town of Abruzzo, is where you will find the famous 99 spouts fountain
- Main cities: L’Aquila (regional capital) then Teramo, Chieti and Pescara







Abruzzo in numbers

- Distances: **Pescara Airport** – Pescara city centre approx. 10 minutes
  Perugia Airport – L'Aquila city centre approx. 2 hrs
  Rome Fiumicino Airport – Different locations in Abruzzo from 1 hr to 2 hrs

- Largest room number in Abruzzo in one property – **550 rooms** in Montesilvano

- Largest conference centre in Abruzzo– **25** meeting rooms and **1500** people in **Silvi Marina** area

- Largest room number in L'Aquila in one property only, chief town in Abruzzo – **94 rooms**

- **Gala Venues –** different gala venues available throughout the territory, largest can accomdoate upto **200** people

- **238** meeting rooms available in the whole region.









What to do in Abruzzo

- Trekking, mountain bike and many other sports in the National Park of Abruzzo, UNESCO heritage
- Rafting and kayaking on the many rivers
- Cooking classes
- Wine tasting of some of the most international reknown wines, amongst which Montepulciano D'Abruzzo, Sangiovese and Trebbiano d'Abruzzo
- Visit of Sulmona and walk through Sulmona confetti shops
- Skiing on the mountains of Terminillo, Gran Sasso and Ovindoli
- Truffle hunting, followed by cooking classes based on truffle
- Bike tour in one of the cities of the region, like L'Aquila
- Horse riding







Regione | **Abruzzo**

Polenta con spuntature e salsicce

Although polenta was born in the Dolomiti and was not typical of the Region, Abruzzo has taken the dish and mixed it with spare ribs and sausages, making it its own regional tasty dish!

difficulty**: medium**

timing**: 30 min**

cooking**: 4 hrs**

doses**: 4 people**

lacto free

Ingredients:

For Polenta:
500g/17.6 oz corn flower
3 l of water
15g/0.5 oz of salt

For the sauce:
8 sausages
800 gr/28.2 oz rack of pork ribs
1 of each: onion, carrot and celery
½ glass of red wine

Directions:
- Chop the onion, celery and carrot and place them in a saucepan. Add all the meat and leave for 10 minutes
- Pour in the red wine and when it is consumed add the tomato pulp. Cover with a lid and cook for at least three hours.
- Pour the water and salt into a large saucepan and at the time of the boiling, add the polenta whisk to avoid lumps, continue the same way for 40 min.
- Once the polenta is done, serve on a plate with the tasty sauce made with sausages and pork ribs

Recommended wine: Montepulciano d'Abruzzo




Lazio

Lazio

Vale più un bicchiere de Frascati, che tutta l'acqua der Tevere

The region, with undulated hills, stretches from the western buttresses of the **Apennines to the Tyrrhenian Sea**.
Lazio has four very ancient **volcanic** distincts, where the craters of extinct volcanos now form the lakes of Bolsena, Vico, Bracciano, Albano and Nemi.
While a visit to Rome is a must for any traveler, the surrounding Lazio region will surprise you with its **varied landscapes and history.**



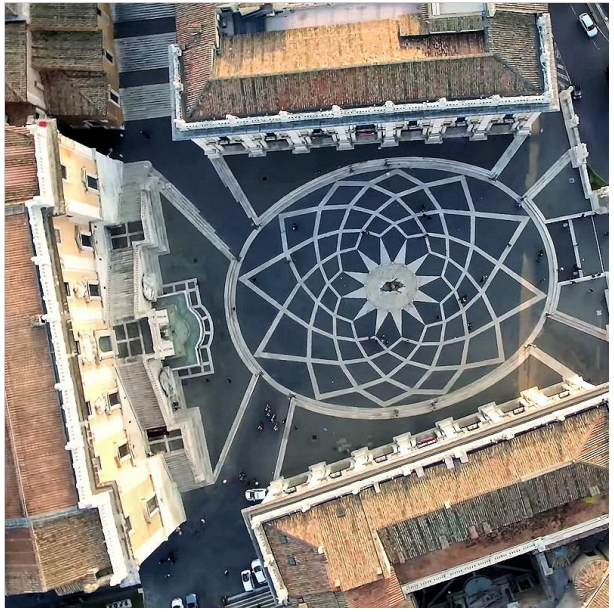
Curiosities & Useful Hints

- Incredibly Lazio borders with other 5 Italian regions
- Lazio “hosts” the smallest city state in Italy… The Vatican State
- Lazio is the home to four UNESCO World Heritage Sites. Those include Villa d’Este at Tivoli, the Etruscan necropolises of Tarquinia and Cerveteri, the Villa Adriana at Tivoli and Rome and Vatican
- The Tiber River runs through Lazio and is the third longest river in Italy. It is named after the mythical king Tiberinus who drowned in it
- It has more than the famous seven hills – which city?
- If we are being truthful, the Spanish Steps are mainly French, in that they were funded by a donation from a French diplomat and there is also a case for them being Italian, as they were crafted by two Italian architects
- In Rome there are more than 280 fountains and 900 churches scattered around the city
- Between 107 and 110 AD, the Roman Emperor Trajan built the first shopping mall in the world, also known as the Trajan’s Market or Mercato di Traiano
- The provinces of the region are: Rome (regional capital), Frosinone, Latina, Rieti and Viterbo









Lazio in numbers

- Distances: **Fiumicino Airport** – Rome city centre approx. 35 min
  Ciampino Airport – Rome city centre approx. 35 min
- Largest room number in the region in one property – **782 rooms** in Rome
- Largest conference centre in Lazio – **30** meeting rooms and **6000** people in **Rome**
- Largest room number in **Rome** in one property only, chief town in the region – **782 rooms**
- **Gala Venues –** there are several private venues, historical palaces or unusual venues which can be rented for gala dinner – the largest can accomodate up to 2000 people seated
- **2171** meeting rooms available in the whole region.









What to do in Lazio

- Cripts and catacombs – the other side of Rome

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- Visit Civita di Bagnoreggio, the dying city, with a winter population of fewer than 20 people
- Drive to the Roman Castles area in old vintage cars and end the tour in a farmhouse where Domenica, the cooker, will disclose the secrets of the Italian home made pasta during an interesting **team activity** (all in Italian language of course !!)
- Visit one of the many Art Galleries in Rome – the majority are nowadays museums open to the public but if you want to spoil your guests, we will take you to some very exclusive places
- The Peony Gardens in Viterbo are home to a wide variety of 200,000 Chinese tree peonies with 600 different variations, many of which are extremely rare and are endemic to these gardens.
- Assist to a private and exclusive Opera performance and raise your glass to La Traviata – even if they are not opera fans, this is a stunning experience for any event
- Do not miss the perspective gallery by Borromini; it is always a part of all our walking tours in Rome
- Lastly, taste some of our top wines on a private terrace overlooking Piazza Navona – what a view to end an incentive trip







Regione | **Lazio**

Saltimbocca alla romana

Saltimbocca translates as ‘jump in the mouth’ because this dish is so delicious it seems to leap off the plate straight to your palate

difficult**y: easy**

timing**: 10 min**

cooking**: 15 min**

doses**: 6 people**

Ingredients:
900g veal escalopes (pork escalopes give a similar result)
150g Parma ham
100g butter
Fresh sage leaves
Salt and pepper to taste

Directions:
- Tenderize the veal slices) by hitting them a few times with a meat hammer or rolling pin
- Lay a slice of prosciutto on each piece of veal, top with a fresh sage leaf, and secure with a toothpick
- Heat half of the butter in a large frying pan and when it melts, add the slices of veal. Start by placing the slice with prosciutto and sage facing downwards so it releases all the flavors as it cooks
- Cook on medium-high heat for a few minutes then turn the slice over to lightly brown the other side
- Once cooked, place them on a serving dish
- Add 1-2 tablespoons of water to the hot pan and the remaining butter. Stir and pour this succulent sauce over the cooked saltimbocca and serve them immediately.

Recommended wine: Montefiascone Est! Est!! Est!!!




Marche

Marche

Le bott del vin bon e i omm brèvi fnischn prest

On one side the **Apennines**, on the other the **Adriatic coast** and in the middle an expanse of gentle hills atop which sit century-old villages protected by medieval walls. The territory is montainous and **essentially hilly** for a third of the Region yet in contrast features low-lying, **sandy beaches**.
The dramatic **Conero Riviera**, with its natural white-pebble beaches backed by milky Dover-esque cliffs is stunning but it's inland where Marche really shines: Urbino with its vertical streets, Macerata with a famous open-air opera theatre… and much more



Curiosities & Useful Hints

- Rossini Opera Festival is an unmissable appointment for classical music lovers from all over the world
- Marche and its sagre (food festivals): there are feasts for snails, frogs, rabbits, veal, cheese, pasta and above all truffles
- Marche is a home to many famous people in the history of Italy, including Giacomo Leopardi, a great 19th century author, Maria Montessori, a revolutionary educator and even the ancestors of Lionel Messi, the best footballer in the world, who have emigrated from Recanati in the 19th century.
- In the old shops of Castelfidardo was born the accordion, a musical instrument still much in use in the folkloristic bands
- La Quintana di Ascoli is a fascinating festival which takes place every year in August – historical parade (part of the festival) sees the participation of approx. 1500 people all in historical costumes
- Marche is also the region where famous musicians like Rossini and Pergolesi and famous artists like Raffaello were born
- According to legend, the fortress of Gradara is where Paolo and Francesca kissed, as written in *Canto V* of Dante's *Inferno*
- Acqualanga is famous worldwide for its white truffle
- The provinces of the region are: Ancona (regional capital), Ascoli Piceno, Fermo, Macerata, Pesaro and Urbino.



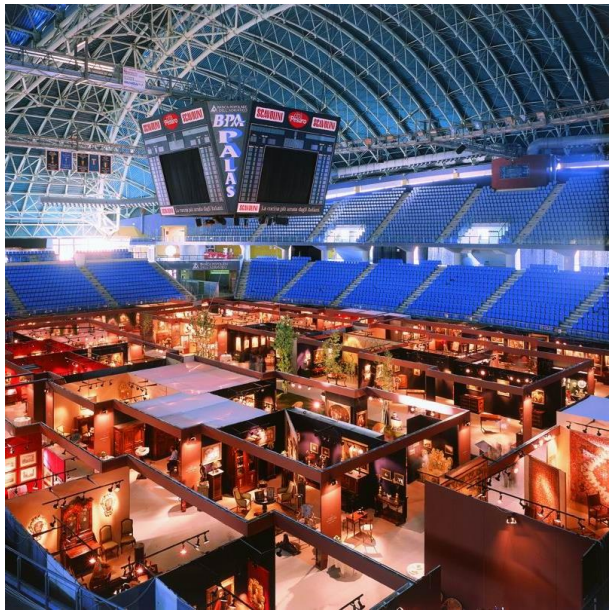




Marche in numbers

- Distances: **Bologna Airport** – Ascoli Piceno approx. 3 hrs
  Ancona Airport – Ancona city centre approx. 15 min
- Largest room number in the region in one property – **209 rooms** in Ascoli Piceno
- Largest conference centre in Marche – **20** meeting rooms and **1200** people in **Ascoli Piceno**
- Largest room number in **Ascoli Piceno** in one property only – **209 rooms**
- **Gala Venues –** there are several private venues and historical mansions which can be rented for gala dinner – the largest can accomodate up to **380** people seated
- **234** meeting rooms available in the whole region.









What to do in Marche

- Visit Urbino, UNESCO World Heritage Site and home to Raffaello
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- Go on an underground experience at Frasassi caves, one of the largest subterranean cave system in Europe
- Explore the city of a hundred towers Historical records show that there were around 200 towers in Ascoli, of which 50 still stand today
- Go truffle hunting in Acqualagna, a tiny town of 5000 inhabitants but where there are no fewer than 10 different truffle industries
- Birdwatching in the regional parks and natural reserves is a beloved group activity : here you can catch glimpses of golden eagles, peregrine falcons and eagle owls,
- Riviera del Conero is not only famous for its beaches but is also is rich in animal and vegetable species, making it highly attractive for scuba-divers







Regione | **Marche**

Bostrengo

Traditional winter dessert as per an old recipe

difficulty**: easy**

timing**: 30 min**

cooking**: 60 min**

doses**: 4 people**

Ingredients:

500g bread soaked in milk
300g boiled rice
300g raisins
200g sugar
50g whole flour
50g corn flour
300g nuts
300g dry figs
500g diced apples
2 eggs
30g butter
zest of 1 lemon or orange

Directions:

- Soak the bread into milk
- Cook the rice, drain it and add it to the bread
- Add the diced apples, the figs cut into small pieces, the two flours, the sugar, 2 eggs and the raisins (previously soaked into water)
- Mix the batter until very smooth and place it in a buttered baking tray
- Cook it for 60 minutes at 160°
- Cover it with icing sugar and once cold cut it into small squares

Recommended wine: Anisette or Mistra'




Toscana

Toscana

Non ti mettere in cammino se la bocca 'un sa di vino

The region stretches over the slopes of the **Apennines**, in front of the **Tyrrhenian Sea**.
The Tuscan **landscape** is mainly mountainous and hilly, with a flat area beside the sea (the Maremma).
In front of the coast there are the small enchanting **islands** of the Tuscan archipelago.



Curiosities & Useful Hints

- Do you know where the Italian language was born? In Tuscany of course!
- There are more UNESCO sites in Tuscany than in all of Australia or South Africa. For those looking for a cultural holiday, few places in the world have more richness than Tuscany
- The Tower of Pisa is not the only leaning tower. Believe it or not, there are other towers in Tuscany with a more or less pronounced slope including the church of San Nicola and the bell tower of the church of San Michele degli Scalzi
- Pinocchio is of Tuscan origin. Although many associate Pinocchio with the 1940 Disney movie, the original story was written by Carlo Collodi, from Florence, in 1826
- Tuscany is the European capital to Hollywood. The pure beauty and magnificence of the Tuscan countryside has served as a film set for a large number of films, including Twilight: New Moon and The Gladiator
- The Galleria degli Uffizi (Uffizi Gallery) boasts the world's largest collection of Renaissance art, largely collected by members of the Medici family during the 16th and 17th centuries.
- Don’t ask the chef to make a well cooked stake… otherwise it is not a Florentine steak!
- Main cities: Florence (capital), Siena, Pisa, Arezzo, Pistoia, Lucca, Livorno Grosseto, Massa Carrara







Tuscany in numbers

- Distances: **Florence Airport** – Florence city centre approx. 20 minutes
  Pisa Airport – Florence city centre approx. 1 hr and 15 minutes
  Pisa city centre 7 minutes
- Largest room number in Tuscany in one property – **430 rooms** in San Vincenzo, near Livorno
- Largest conference centre in Tuscany – **50** meeting rooms and **3500** people in **Fortezza da Basso**
- Largest room number in Florence in one property only, chief town in Tuscany – **329 rooms**
- **Gala Venues –** many options for venues, from Agriturismi located on the Tuscan hills to castles in the cty centre, largest number **600** people
- **1275** meeting rooms available in the whole region.









What to do in Tuscany

- Bike tours in the cities of Florence, Pisa and Siena
- Vintage car tour (or other cars) in the Tuscan hills ending with lunch in a local winery
- Market tour and shopping, followed by cooking class or lunch in a typical Tuscan restaurant
- Tour of the wineries and tasting
- Visit of UNESCO site San Gimignano
- Sailing on the coast of the Tuscan region
- Gourmet tour for food lovers in Florence
- Tour meeting the local artisans and learning by the experts
- Visit of the old pharmacy of Santa Maria Novella in Florence
- Hot air balloon on the Tuscan Hills
- Transfers by helicopter to the lovely villas in the Tuscan countryside







Regione | **Toscana**

Pappa al pomodoro

This dish originates from Siena, it was the poor dish, prepared with the bread from the previous days. Now It is used in the winter as soup, but also in the summer, enjoying it warm!

difficulty**: easy**

timing**: 15 min**

cooking**: 50 min**

doses**: 4 people**

lacto free

Ingredients:
800g/28.2oz tomato purea sauce
300g/10.5oz stale bread
1l of vegetable broth
2 cloves of garlic
35g/1.3oz of olive oil
Pinch of sugar, salt and pepper of preference and some basil

Directions:
- Prepare the vegetable broth and put it aside.
- Cut the bread in thin slices and place them on a baking tray, one next to the other (not on top). Then bake at 200°C for a couple of minutes
- Once taken out of the oven, leave them to cool. When warm, rub them over with the garlic
- Now take a non-stick frying pan with high sides and place the toasted bread inside. Pour the tomato puree and the vegetable broth inside so that the slices of bread are completely covered
- At this point add the sugar and cook over low heat for 40-50 minutes, to evaporate the liquid. Stir from time to time to allow uniform cooking and to reduce bread in “pappa”
- Add salt and pepper. When cooked, turn off the heat and garnish with basil leaves to give your tomato soup a fresh and intense flavor

Recommended wine: Poderi Arcangelo




Umbria

Umbria

L’acqua fa male, lu vinu fa cantà

The charm of **Umbria** derives from its fusion of art, nature, peace and calm, the inspirations behind its various localities that comprise **Renaissance** masterpieces and small **Medieval** towns embedded in the hills.
This region comprises mainly hills, mountains, hollows and plains and extends along the **Tiber’s** central basin.
You will find Umbria right in the **heart** of our beautiful Country!



Curiosities & Useful Hints

- Umbria is one of the 5 regions in Italy that does not have a coast line, and the only one surrounded by other Italian regions.
- 70% of the territory of Umbria is covered by vegetation, for this reason, it is named by Italians “Green heart of Italy”
- It is really complex to catalog the dialects spoken in Umbria. It seems impossible that in such a small patch of land there could be so many, yet so it is. From the Perugino to the Castellano dialect, this has always generated a remarkable and fascinating linguistic wealth!
- Ever heard of the unsalted bread? Well it comes from Umbria and its story is fascinating! After the Salt War fought in 1540, the Papal State extended its borders to Umbria. To avoid paying the tax on salt imposed by the Pope, the Perugians began to produce bread without salt. A resolute demonstration of character, which has become a habit so long-lived as to become tradition!
- Everyone knows the famous Baci Perugina chocolates, but not many knew that their first name was “cazzotti” (meaning punches) for their shape, then Gabriele d'Annunzio thought about giving them a new name: from Cazzotti to Baci. A more inviting one, don't you think?
- A huge chocolate festival takes place every year in Perugia during the month of October, it’s name is Eurochocolate!
- In Umbria you will find some great quality truffle!
- Main cities: Perugia (regional capital) and Terni







Umbria in numbers

- Distances: **Perugia Airport** – Perugia city centre approx. 20 minutes
  Rome Fiumicino Airport – Different location in Umbria from 1 hr and 30 min. to 2 hrs

- Largest room number in Umbria in one property – **202 rooms** in Perugia
- Largest conference centre in Umbria – **5** meeting rooms and **300** people in **Umbria Fiere Centro Turistico**
- Largest room number in Perugia in one property only, chief town in Umbria – **202 rooms**
- **Gala Venues –** different gala venues available throughout the territory, largest can accomodate upto **400** people
- **346** meeting rooms available in the whole region.









What to do in Umbria

- Truffle hunting with experts and hunting dogs
- Trekking, mountain bike excursions and Jeep Tours
- Cooking classes
- Chocolate tasting in one of the most famous factories
- Tasting of olive oil produced in the region and wine tasting
- Rafting in the beautiful scenery of the Cascate delle Marmore
- Visit of the Medieval towns that make Umbria such a unique place and its UNESCO heritage
- Shopping of the well known Cashmere world from Umrbia
- Visit of the ceramic shops and artisans
- Yoga and Spa treatments surrounded by the green valleys







Regione | **Umbria**

Torta al Formaggio

This dish represents the Umbria territory, it is inherited from mother to daughter still today. This recepe is most used during the Easter time, in the morning, as Easter breakfast is a big tradition for Italians.

difficulty**: very easy**

timing**: 10 min**

cooking**: 40/45 min**

doses**: 1 medium cake**

Ingredients:
500g/17.5 oz self rising flour
50g/1.5 oz roman pecorino cheese
100g/3.5 oz butter
8-10g/0.3 oz salt
5 eggs
200 g/7oz parmesan
100g/3.5oz gruyere
100ml milk
Butter and flower for the molds

Directions:
- First melt the butter and leave to cool
- Beat the eggs with a whisk until they are foamy
- Continue to stir and add the following ingredients in the order given: grated cheeses, butter, salt, milk and finally flour. Stir until the dough is smooth and homogeneous
- Butter and flour the mold, shake off the excess flour.
- Then place the mixture in the mold. At this point, cut the gruyere cheese and stick it into the dough being careful not to put it too close to the edges to prevent it from sticking.
- Cover with a cloth and let rest until doubled in volume (3 hours)
- Bake it in a hot oven at 200 ° and after 15 minutes cover with aluminum foil. Continue cooking this way for another 30 minutes. Remove from the oven and let cool.

Recommended wine: Menfi Rosso



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