AMA CME Abroad



Duration
8 days

Activity Level
Moderate

Journey Type
Land
Solo-Friendly

Umbria ~ The Green Heart of Italy

October 26 – November 3, 2027

Starting from $5,045/pp

Discover Umbria on a 7-night sojourn to Italy's lush, green heartland! Unpack once in a deluxe hotel in Perugia and set out daily to discover medieval towns and storied historical landmarks amid Umbria's breathtaking hills and valleys. You'll visit Orvieto, Assisi and Gubbio; including a pilgrimage to the revered Basilica of St. Francis of Assisi. Plus, enjoy Perugina chocolate, Umbrian olive oil, wine and a cooking experience!





Day-by-Day Itinerary

Italy | Umbria ~ The Green Heart of Italy

Air Program: 9 days/ 8 nights (includes 1 air night)

Land Program: 8 days/ 7 nights

Breakfasts: 7 | Lunches: 4 | Dinners: 2 | Receptions: 2 B | L | R | D denotes included breakfasts, lunches, receptions and dinners.

A special note about air: If you have purchased only the Land Program, please book flights that arrive on Day 2, the first day of the Land Program. The date is listed at the top of your Reservation Confirmation.

This itinerary is subject to change due to operational conditions.

Activity Level ratings indicate each excursion's physical expectations. To make the best personal choice, please evaluate each excursion's rating and your ability to meet the tour's physical demands. Excursions on this program require: walking on cobblestones, unpaved paths or uneven surfaces, up and down steep hills at times, and getting on/off motor coaches.

- Mild: Walk under 1 mile on mainly flat terrain; navigate under 50 stairs; stand under 1 hour
- Moderate: Walk 1–3 miles on flat/uneven terrain; navigate 50–100 stairs; stand 1–2 hours
- Active: Walk 2+ miles on flat/uneven terrain, including up and down inclines; navigate 100+ stairs; stand 3+ hours

Depending on the excursion, more leisurely alternatives may be available.

Day 1 | Depart gateway city

AHI FlexAir passengers depart for Rome, Italy. Please check your luggage from your gateway city to your arrival city. Your claim checks should have the following airport code: FCO.

Day 2 | Rome, Italy / Perugia

Sina Brufani Perugia

R | D

Arrive at Leonardo da Vinci International Airport. Proceed through immigration to the baggage claim area and retrieve your luggage. After completing customs, AHI FlexAir passengers traveling on flights that qualify for the group arrival transfer and Land Program passengers who have purchased seats on the group transfer should exit the baggage claim area and proceed to the designated meeting spot, where an AHI Travel representative will meet you. The meeting location will be provided with your final documents.

Transfer to the deluxe Sina Brufani Perugia hotel. Located in the heart of medieval Perugia, the former castle boasts sweeping views over the lush Umbrian valleys. Please note that if you arrive before check-in time, your room may not be immediately available.

Welcome Reception and Dinner. This evening, meet and mingle with your fellow passengers at the Welcome Reception and Dinner at the hotel.

Day 3 | Perugia

Sina Brufani Perugia B | L

Enrichment: History of Perugia and Umbria. Discover the fascinating history of Perugia, the capital of Umbria, well known as the chocolate capital of Italy's central region. Gain insight into these two regions, lauded for their medieval towns, vineyards, wine, olive groves and olive oil mills. Known as the "Land of the Saints," Umbria is renowned for its profound spiritual heritage, marked by its sacred sites and peaceful atmosphere..

Perugia City Tour. Take a guided walking tour of Umbria's capital city, brimming with medieval pageantry. You'll begin in the heart of the city at the 14th-century Piazza IV Novembre and admire the stunning 13th-century Fontana Maggiore, decorated with intricate carvings.

Pass by Etruscan- and Roman-period walls and see the Gothic-style Prior's Palace, a masterpiece of medieval architecture. Then, relish a traditional Umbrian lunch together at a local osteria. (Moderate)

Perugian Chocolate Tasting. Cap off your excursion with a visit to a local chocolate shop. Perugia is renowned for its irresistible Italian Baci chocolate. Learn about the city's chocolate-making history and indulge in tastings of a variety of chocolates, truffles and other sweet treats. (Mild)

Free Time: Enjoy some free time in Perugia to explore further on your own for the remainder of the day and evening, including dinner at leisure. Find a local trattoria to savor Perugia's cuisine, known for its simple, hearty and flavorful dishes that showcase local ingredients such as olive oil, truffles, pork, legumes and grains.

Day 4 | Perugia | Orvieto

Sina Brufani Perugia B | L

Continuing Medical Education Seminar. Meet for this morning's enriching session.

The Hill Town of Orvieto. Venture to picturesque Orvieto, the Umbrian jewel perched atop a volcanic tuff cliff. Set out on a guided walk up and down the hilly, cobblestone streets to the town square, lined with shops, cafés and restaurants. Peek into the town's charming alleys as you stroll while admiring breathtaking vistas over the Umbrian countryside's rolling hills. Arrive at the Duomo di Orvieto, one of Italy's most stunning cathedrals, which is considered a masterpiece of Italian Gothic architecture. As you approach, admire the façade adorned with intricate mosaics, sculptures and reliefs. Step inside to marvel at the Chapel of San Brizio's frescoes that depict the Last Judgement and see a relic of the Eucharistic Miracle of Bolsena housed in the Chapel of the Corporal. Then, enjoy some free time in Orvieto to explore on your own. (Moderate – Active)

AHI Connects | Oleoteca Bartolomei Olive Oil Mill and Museum: Continue to the Oleoteca Bartolomei Olive Oil Mill and Museum on the San Martino farm just outside Orvieto. The Bartolomei family has been producing olive oil here for generations. Engage with family members to learn about their traditional and modern production techniques, see historical tools and artifacts, including ancient presses and storage jars, and learn about the olive oil-making process from beginning to end. The mill produces delicious olive oil from its Moraiolo, Frantoio, Leccino and Pendolino olive groves. Best of all, sit down to a delicious lunch and olive oil tasting on the property! (Moderate)

Return to the hotel in Perugia, relax after a full day and have dinner on your own.

Day 5 | Perugia | Cortona | Montepulciano

Sina Brufani Perugia B

A Day in Tuscany. Begin your day in the Etruscan city of Cortona and the gateway to Tuscany. Take a guided walk past historic palazzos and charming piazzas and step inside the 11th-century Cortona Cathedral, a remarkable example of religious architecture with Romanesque- and Renaissance-style elements. Stop for a coffee break and continue to the Museum of the Etruscan Academy, housed in the historic Palazzo Casali in the heart of Cortona. On a guided tour, view the extensive collection of ancient Etruscan, Roman, medieval and Egyptian artifacts and archeological finds while gaining insight into the Etruscan civilization, the history of Cortona and its cultural heritage.

Continue to "The Pearl of the Renaissance," Montepulciano, to appreciate Renaissance Italy's classical antiquity, architecture, art and literature that influenced the entire Western world. Walk to the town's Renaissance-style Piazza Grande central square, admiring the architecture, the Town Hall, the Duomo and historic palaces, churches and cathedrals. Continue your stroll down the hilltop town's delightful winding streets lined with shops, cafés and artisan shops, stopping to chat with the artisans. Also, be sure to peek inside the historic underground wine cellars; Vino Nobile di Montepulciano, one of Italy's finest red wines, is produced in this region. (Moderate)

Return to the hotel in Perugia and enjoy the remainder of the evening, including dinner, at leisure.

Day 6 | Perugia

Sina Brufani Perugia B | L

Continuing Medical Education Seminar. Gather for an enriching session.

Winery Cooking Demonstration. You're in for a treat today! Visit a nearby Perugian winery for an interactive Nonna Marcella cooking class. Learn the secrets of traditional Umbrian recipes, such as homemade pasta and cakes, while the dishes are prepared. Then, relish an unforgettable taste experience as you savor the delicious cuisine with paired wines for lunch. (Mild)

Return to the hotel for the evening and dinner at leisure.

Day 7 | Perugia | Assisi

Sina Brufani Perugia B | L

Continuing Medical Education Seminar. Join this morning's session.

Assisi, The City of St. Francis. Set out for the walled town of Assisi, birthplace of St. Francis and one of Italy's most important pilgrimage destinations for Christians and Franciscans worldwide. Visit the UNESCO-listed Basilica di Santa Maria degli Angeli. At the center of the basilica is the Porziuncola, a tiny stone chapel with immense spiritual significance. Here, St. Francis experienced his divine calling and founded the Franciscan order in 1209. View the Chapel of Transit, where St. Francis passed away on October 3, 1226, and admire the beautiful frescoes. The much larger basilica, built between 1569 and 1679, features Renaissance and baroque styles represented by harmonious proportions and grandeur, with a light-filled central dome, a nave lined with side chapels, elegant artwork, sculptures and frescoes, some depicting scenes from St. Francis' life and the history of the Franciscan order. Stroll the adjacent Rose Garden, known as the "thornless rose garden," where, according to legend, St. Francis experienced the Miracle of the Roses. While you are here, pause to admire the backdrop of Mount Subasio and the sweeping views of the Umbrian valley's natural, serene beauty. Continue to the UNESCO-inscribed Basilica of San Francesco d'Assisi, the burial place of St. Francis, who founded the Franciscan Order. The basilica is a deeply spiritual site that embodies the teachings of St. Francis. Explore this masterpiece of medieval architecture and a treasure trove of religious art at your own pace. Discover the Basilica Superiore, the upper basilica, characterized by a light-filled Gothic style with tall ceilings and the extraordinary cycle of 18 frescoes by Giotto, illustrating the life of St. Francis. In the Basilica Inferiore, the lower basilica, note the Romanesque style of the arches and stonework and the darker, more intimate atmosphere conducive to prayer and reflection. Also, admire the remarkable works by Lorenzetti and Martini here—depicting the Passion of Christ and scenes from the Virgin Mary's life—as well as the luminous frescoes by Simone Martini. Then, at the spiritual heart of the basilica, in a crypt beneath the lower basilica, view the hallowed tomb of St. Francis, a reverent, holy space imbued with spiritual significance. (Moderate – Active)

Enjoy a group lunch in Asssi, followed by leisure time.

Free Time: You may choose to browse artisan shops offering locally made ceramics, olive wood carvings and religious art. Or, stroll through the charming side streets, lined with flower-filled stone houses and hidden courtyards.

Back in Perugia, relax over dinner on your own after a full and enriching day.

Day 8 | Perugia | Gubbio

Sina Brufani Perugia B | R | D

Continuing Medical Education Seminar. Gather for another enlightening session.

Medieval Gubbio . Visit this picturesque medieval city at the foot of Mount Ingino for an enjoyable guided walk and lunch at a local restaurant. You'll begin at the 13th-century San Francesco Church, dedicated to St. Francis of Assisi, and stroll to the Piazza Grande, a massive, elevated central square framed by impressive medieval buildings, including the 14th-century Palazzo del Popolo, or Palazzo dei Consoli. Considered a masterpiece of Gothic architecture—with its grand arches, crenelated walls and a bell tower—it stands as a symbol of Gubbio's historical importance and architectural splendor.

The historic Festa dei Ceri, the Race of the Candles, is one of Italy's oldest and most unique festivals that takes place at the Piazza Grande every May 15. During the energetic display of devotion, tradition and community spirit, teams race through the street carrying enormous wooden candles in honor of St. Ubaldo. You'll appreciate breathtaking panoramic views of Gubbio and the Umbrian valley from the piazza's high vantage point. Nearby, delight in the quirky, legendary Fontana dei Matti (Fountain of the Mad), which embodies the town's unique traditions and sense of humor.

Continue to the Duomo di San Mariano e San Giacomo. Constructed in the late 12th and early 13th centuries, the cathedral was built on the site of an earlier 12th-century Romanesque church, incorporating elements of the original church with architectural advancements and stylistic transitions of the time (Moderate – Active)

Farewell Reception and Dinner. Gather to toast your amazing Umbrian adventure with your fellow travelers at this evening's Farewell Reception and Dinner at the hotel.

Day 9 | Depart for gateway city

B

After breakfast, AHI FlexAir passengers traveling on flights that qualify for a group transfer and Land Program passengers who have purchased seats on the group transfer depart for Leonardo da Vinci International Airport for your return flights home. Your Travel Director will provide the details.

Note: Itinerary may change due to local conditions.





What's Included

Program Overview

- Small group: Sized just right at 28 guests.
- 7 nights in Perugia, Italy, at the deluxe Sina Brufani, Perugia hotel.
- AHI Connects: Local immersion.
- AHI Sustainability Promise: We strive to make a positive, purposeful impact in the communities we visit.
- Complimentary travel mementos.

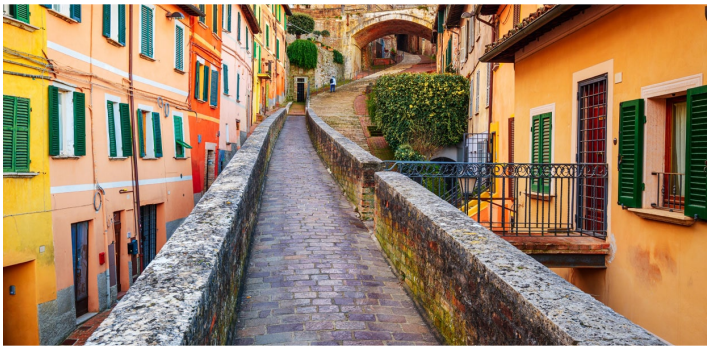
Meal Program

- 7 breakfasts, 4 lunches, 2 dinners and 2 receptions.
- Welcome and Farewell Receptions and Dinners to mingle with fellow travelers.
- Tea or coffee with all meals, plus wine with dinner.
- Opportunities to sample authentic cuisine and local flavors.

On-site Features

- Deluxe motor coach transfers during the Land Program with baggage handling.
- Enrichment by expert speakers enhances your insight into the region.
- Engaging excursions showcase the local culture, heritage and history.
- Free time to pursue your individual interests.
- Tipping of guides and drivers.
- A personal VOX headset to hear your English-speaking guide clearly.





FlexAir Travel Program

Need assistance booking your travel arrangements? Our experts are here to help. Our air program offers the following benefits.

Trip Transportation

- Assistance in the event of schedule changes or delays
- Arrival and departure transfers on group dates

Price Guarantee

- Price guarantee to protect you from fuel surcharge increases after ticket purchase

Travel and Hotel Accommodations

SINA Brufani Hotel

Sina Brufani is ideally nestled in the heart of Perugia, offering guests a prime location to immerse themselves in the city's rich culture and history. The hotel's attentive service ensures a welcoming experience, while the elegant rooms and unique swimming pool, set against ancient Etruscan ruins, provide comfort and charm. While some areas may benefit from modernization, the hotel's timeless style and overall cleanliness continue to impress. Dine at the hotel's restaurant or relax in the stylish lounges, where traditional elegance meets contemporary comfort. Wi-Fi is complimentary.



Tripadvisor

Pricing

$250 Full Payment Discount expires May 29, 2027
$250 Special Savings expires May 29, 2027

Trip Price (USD)

Base Price	**$5,045**
Special Savings (Expires May 29, 2027)	**-$250**
Full Payment Discount *	**-$250**
Special Price	**$4,545**
You Pay	**$4,545 per person**

Package rates are per person based on Double occupancy from Land Only. Prices include all service charges; port charges when applicable; U.S. government taxes and fees. The minimum deposit is $1000.00 per person. To view Program Terms and conditions please click here. Some airlines may impose additional charges if you choose to check any baggage. Please contact your airline or refer to its website for detailed information regarding your airline's checked baggage policies.

*Full Payment Discounts are only available at the time of booking with initial payment 150+ days prior to departure. This offer only applies to full payment at the time of reservation. Details on how to qualify for this savings will be included when your reservation request is confirmed.


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