

APRIL 15-21, 2024

SEPTEMBER 21-27, 2024

AUTHENTIC ITALY



CASA ERICA
travel + retreats



LOVE AND
UNDERSTAND
THE ITALIANS,
FOR THE
PEOPLE ARE
EVEN MORE
MARVELOUS
THAN THE
LAND.

E.M Forster

Thank you for your interest in our Authentic Italy Retreat.

We can't wait to show you the "real" Italy,
the one you won't find among the crowds,
the one that will allow you to slow down
and truly enjoy la dolce vita.

Italy is a land of beauty - its cheerful people, spectacular
art, excellent food, all set against the backdrop of
breathtaking landscapes, what's not to love?

The Authentic Italy retreat uncovers it all for you, allowing
you to enjoy their country in a way the Italians do, with
joy, peace, simplicity, and community. Spend some time
with us and you'll go home having experienced a different,
more nourishing way of life -
lively yet gentle, and rich in beauty.

Heather Deyo

AN ALL-INCLUSIVE BESPOKE EXPERIENCE



Lodging

Single or double room lodging will be included in the cost of your retreat for the entire 7 days and 6 nights.

Meals & Wine

From dining at local restaurants to wine tastings and dining on-site at the monastery, food and wine is included.*

Transportation

Both car and train transportation are covered during the duration of your retreat.

Tickets & Admission

Access to all planned events, sites, experiences and attractions are included.



*For lunch in Orvieto and Florence you'll be on your own.
Dining recommendations provided if desired.

EXPLORE

Our time in Italy will truly be a unique adventure. While our final schedule will unfold as we balance weather, unique opportunities that become available, and the wishes of our group, here are a few of our guests' favorite experiences. We incorporate most of these into every retreat. The itinerary will be finalized 30 days from the retreat start.



EXPLORE ORVIETO

TOUR OF THE DUOMO AND THE ANCIENT CITY STREETS. SHOPPING, ART, HISTORY, AND MORE...



COOKING CLASS

COME LEARN THE ANCIENT ART OF PASTA MAKING FROM A LOCAL CHEF ON THEIR FAMILY'S LAVENDER FARM



TENUTA LE VELETTE VINEYARDS

OWNED AND OPERATED BY THE SAME FAMILY FOR SEVEN GENERATIONS, WE'LL TOUR THE WINE CELLARS AND EXPERIENCE A DELICIOUS PAIRED WINE TASTING.



FLORENCE

EXPLORE THIS MASTERPIECE OF A CITY. SEE MICHELANGELO'S DAVID AND VISIT THE CITY'S FAMOUS LEATHER AND FOOD MARKETS.



WARM SPRINGS

WEATHER PERMITTING, WE'LL SPEND SEVERAL HOURS SOAKING IN THE HEALING WATERS. DEPENDING ON TIMING WE'LL ENJOY LUNCH ON SITE.



EXPLORATION & GENTLE HIKES

EXPLORE THE LOCAL LAKE REGION, TAKE A GENTLE HILE THROUGH THE VALLEY, AND SEE THE GORGEOUS HILLTOP VILLAGES OF UMBRIA.



D'AMICO WINERY

A TOUR OF THE PRIVATE SCULPTURE GARDENS, AND TOUR AND TASTING AT ONE OF UMBRIA'S MOST EXCLUSIVE WINERIES.

THE TEAM



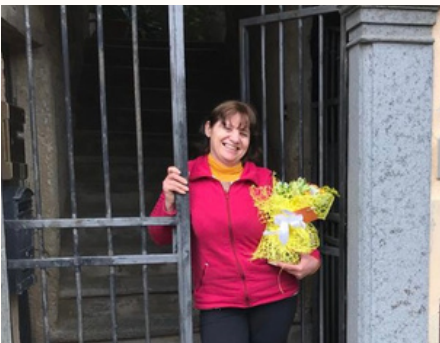
Heather Deyo

Founder of Casa Erica Travel and proud owner of the Casa Erica property in Lubriano, Heather is delighted to share the magic of Italy with curious travelers.

MAGDA PETREA

Retreat Coordinator

With many years in hospitality under her belt, Magda is an invaluable part of the Casa Erica team. She's a pro at the details, and can come up with a solution for (literally!) anything. She speaks five languages and is always ready to help our guests.



NADIA LECINI

Resident Chef

Nadia has been crafting world class meals for our guests for decades. She is an expert at crafting seasonal fare, and cooks with many ingredients from the Casa Erica garden. Even among the highly rated chefs of the area, Nadia is considered to make the best pastas and desserts in town!



LODGING

We base the retreats at our home, Casa Erica, a restored Jesuit monastery set in the beautiful, thriving little town of Lubriano, Umbria. Our property overlooks Civita di Bagnoregio, famously known as Italy's "Dying City."

We are an hour north of Rome, and two hours south of Florence, by train, and a 20 minute drive from Orvieto. Lubriano is a village of 800 people dating from the 12th century.



The town is built on top of Etruscan ruins. It was the regional hub for crafting the pottery vessels used to store herbs and medicines in medieval times, and remains rich in history and beauty.

We have several tiny grocery stores, a variety of charming and excellent restaurants, a post office, a hairdresser, a pharmacy, two coffee shops, and two beautiful Renaissance era churches.



COST

Single Occupancy
\$3500/pp

Double Occupancy
\$3000/pp

- A \$1000 non-refundable deposit is due upon registration
- \$1000 is due 90 days before the retreat, with the balance due 60 days before.
- We will send reminders on the appropriate dates.

FAQ'S

How do I get to Lubriano?

You'll be flying into Rome. We encourage our guests to spend at least one night in Rome before the retreat. On the day the retreat begins, we provide private car transfers from Rome to Lubriano at specific times.

What if I would like to extend my European vacation?

Many of our guests choose to travel before or after the retreat. We're an easy launch point for many other destinations and we're happy to offer suggestions. Our trusted travel partner, Odyssey Travel, will be happy to help with any planning and booking needs you may have.

Cancellation Policy

1. 90+ days before the trip - full refund given except for deposit
2. 45-89 days before the trip - 50% of total retreat cost refunded
3. There are no refunds for cancellation within 45 days of the retreat.
4. We recommend all our guests obtain trip insurance, to include retreat, air, and other costs, as soon as the deposit is made.

NEXT STEPS

01

REGISTER

Click the link at the bottom of the page to register for the retreat.

02

DEPOSIT

After registering, Heather will reach out with information on how to pay your deposit and establish your payment schedule.

03

BOOK YOUR FLIGHT

See the details provided at the end of this document to book your flight into Rome.

04

STAY CONNECTED

Keep an eye on your email, we'll be sending out regular updates and coordinating two group video calls in preparation for your retreat.



CONNECT

HEATHER DEYO

(904) 403-4891

heather@casaericatravel.com

WEBSITE

<https://casaericatravel.com/>

SOCIAL MEDIA

@casaerica_travel

SPRING
REGISTRATION

FALL
REGISTRATION

T R A V E L

We recommend that you fly into Rome (Leonardo da Vinci–Fiumicino Airport | FCO) airport. We provide private transportation from and back to Rome at specific times. Most guests choose to stay in Rome for a weekend or more before or after the retreat. While planning for Rome is not included in the retreat price, we can send you some recommendations upon request.

If you would like assistance booking your flight, please see the next page.

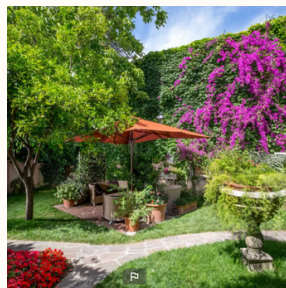
H O W T O B O O K Y O U R F L I G H T

You will be flying into FCO airport in Rome.
You will most likely need to connect to a larger airport such as New York, LAX, Atlanta, Charlotte, etc. in the US.
Flying to Rome from the US will require an overnight flight.

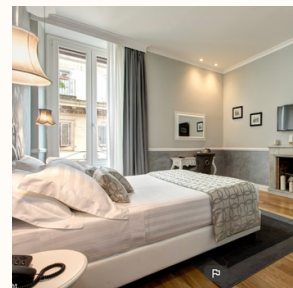
R O M E H O T E L S



PANTHEON
CAESAR RELAIS
Largo Ginnasi, 2,
00186 Roma
RM, Italy



THE INN AT THE
ROMAN FORUM
Via degli Ibernesei,
30, 00184 Roma
RM, Italy



RELAIS DE
L'OPERA
Via Palermo, 36,
00184 Roma
RM, Italy

T R A V E L

Our trusted partner, Odyssey Travel, is available to assist you with booking travel before and after the retreat. Our dedicated agent, Marion Taborda, can book your flight to and from Rome. Marion can also book hotels and tours, and can provide any support you may need to extend your European trip.

C O N N E C T

Marion Taborda

904-570-3000

Marion@odysseytravel.com

