

Umbria

THE GREEN HEART OF ITALY



NO SINGLE
SUPPLEMENT
for Solo
Travelers

SPONSORED BY

ADA Continuing Education

ADA
Member Advantage™

September 8-16, 2026
Other dates available upon request

ADA® Continuing Education

Dear ADA Members,

Topics include:

- Successfully Interpreting Patients' Complex Medication Histories
- The Fall and Rise of Cannabis, Cannabinoids and Terpenes | Their Dental Considerations
- Dental Implications of Diabetes Mellitus | Medications Used to Treat It
- Illicit and Licit Drugs Used Illicitly | Substance Use Disorder Management

Recommended for dentists.

CE credits: 8

Cost: \$499 for CE course only; travel costs are separate.

Scan the QR code below to register for the CE course; travel costs are booked separately via AHI Travel.



Elevate your practice while visiting one of Europe's most captivating and inspiring destinations. As dental professionals, you must be equally aware of the medical considerations of agents commonly used in the practice of dentistry as well as the dental considerations of the medications frequently prescribed for the treatment of multiple systemic diseases.

In his dynamic, information-packed programs, Tom Viola draws from his 30+ years' experience as a pharmacist, educator, speaker and author to offer a complete overview of the principles of dental pharmacology. You and your fellow dentists will learn how to provide safe and effective treatment to your medically complex patients in 2-hour sessions each morning.

Don't miss this exceptional professional development opportunity in the heart of enchanting Umbria! Secure your spot today and be part of an unforgettable journey!

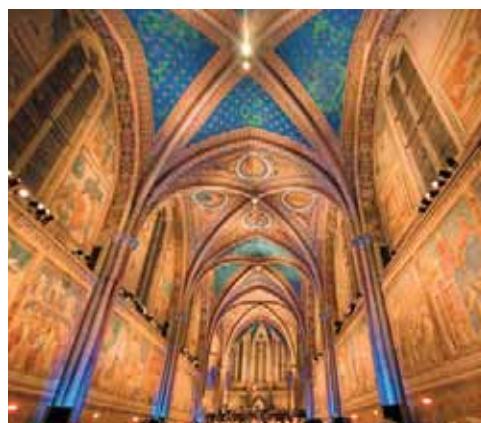
Sincerely,
Andrea Metzger
ADA Member Advantage

UNESCO World Heritage

1. Assisi, the Basilica of San Francesco and Other Franciscan Sites, Assisi



Basilica of San Francesco, Assisi





Discovery begins here



Uncover the hidden gem of Umbria, a region of breathtaking beauty where nature weaves its tranquil magic in a tapestry of lush rolling hills, ancient forests and endless vineyards. Explore the charming towns of Perugia, Orvieto and Gubbio and make a pilgrimage to the spiritual Basilica of St. Francis of Assisi and the patron saint's sacred tomb. Delve into Montepulciano's classical Renaissance antiquity and Cortona's ancient Etruscan civilization. Plus, indulge in outstanding wine, cuisine and chocolate!

Inspiring Moments

- Discover **Umbria's timeless wonder**, artistic treasures and emerald-carpeted hills and valleys.
- Experience Perugia's seamless blend of **medieval charm and dynamic culture**.
- Witness **stunning views from Orvieto**, perched atop a dramatic rock plateau.
- Explore **hilltop towns** where history, nature and tradition harmoniously exist.
- Spend a day in **Tuscany** to uncover Montepulciano's Renaissance architecture and Cortona's ancient Etruscan origins.
- Savor **Umbria's distinctive olive oil** during a tour and tasting with lunch at a family-owned olive mill.
- Join an interactive cooking class to relish **authentic Umbrrian dishes**.
- Visit the spiritual Basilica of St. Francis of Assisi, a **UNESCO World Heritage site**.



Day 1 | In Transit | Rome, Italy

Depart for Rome, Italy.

Day 2 | Rome, Italy | Perugia

Transfer to the Sina Brufani Perugia hotel.

Meet and mingle with your fellow travelers at this evening's Welcome Reception.

Day 3 | Perugia

Enrichment: History of Perugia and Umbria.

Perugia City Tour. Take a guided walking tour of Umbria's capital city, brimming with medieval pageantry. Begin at the 14th-century Piazza IV Novembre, the city's historic and cultural heart. Marvel at the 13th-century Fontana Maggiore, a magnificent, two-tiered fountain adorned with intricate bas-reliefs and mythological statues depicting zodiac signs, biblical scenes and civic virtues. Pass by massive, ancient Etruscan and Roman walls and witness the Palazzo dei Priori, a palace with a striking Gothic façade, ornate portal, sweeping staircase and magnificent bronze Griffin and Lion statues.

Relish an Umbrian lunch at a local osteria.

Perugian Chocolate Tasting. Visit a local chocolate shop to learn about and sample Perugia's renowned Italian Baci chocolate.

Free Time: Enjoy time at leisure to explore Perugia and have dinner on your own.

Day 4 | Orvieto

ADA Continuing Education Seminar.

The Hill Town of Orvieto. Venture to this picturesque town and Umbrian jewel perched atop a dramatic volcanic tuff cliff. Take a guided walk along the hilly, cobblestone streets to the Piazza del Duomo, the lively town square lined

with cafés, wine bars and artisan shops. Peek into the town's charming alleys as you stroll while admiring the breathtaking vistas over the Umbrian countryside's rolling hills. Stroll around the Piazza del Duomo, the town's square in the heart of Orvieto. See the medieval Palazzo del Capitano del Popolo, with its striking tower, and the Duomo di Orvieto, a masterpiece of Italian Gothic architecture. Admire its stunning façade, with intricate golden mosaics, bronze doors, a large rose window and detailed bas-reliefs.

Free Time: Relish some free time in Orvieto.

AHI Connects | Oleoteca Bartolomei Olive Oil Mill and Museum. Just outside Orvieto, visit the Oleoteca Bartolomei Olive Oil Mill and Museum, where the Bartolomei family has produced olive oil for generations. Learn from family members about their olive oil-making process, which blends traditional and modern methods, see historical artifacts such as ancient presses and storage jars, and savor a delicious lunch and olive oil tasting on the property!

Day 5 | Cortona | Montepulciano

A Day in Tuscany. Begin in the Etruscan city of Cortona, taking a guided walk past historic

Oleoteca Bartolomei Olive Mill





Todi

palazzos and charming piazzas. Step inside the 11th-century Cortona Cathedral, stop for a coffee break and continue to the Museum of the Etruscan Academy for a tour. Admire the collection of ancient Etruscan, Roman and Egyptian artifacts while learning about Cortona's history and cultural heritage.

Continue to the charming, medieval town of Montepulciano to be awed by Renaissance Italy's classical antiquity. From the Piazza Grande central square, surrounded by historic palaces and churches, the Town Hall and the Duomo, take a leisurely walk down the hilltop town's winding streets. As you stroll, peek inside the town's mysterious underground wine cellars, dating back to Etruscan times.

Day 6 | Perugia

ADA Continuing Education Seminar.

Winery Cooking Demonstration. Visit a local Perugian winery to delight in a cooking demonstration. Learn the secrets of traditional Umbrian recipes as the chef prepares authentic dishes, such as homemade pasta and cakes. Then, indulge in the rustic, seasonal and flavorful cuisine with paired wines for lunch.

Homemade Umbrian pasta



Free Time: The remainder of the day and evening are yours to explore at leisure.

Day 7 | Assisi | Gubbio

ADA Continuing Education Seminar.

The City of St. Francis. Make a pilgrimage to Assisi, the birth and burial place of St. Francis, to visit the Basilica of San Francesco d'Assisi, a revered masterpiece of medieval architecture. Inside, discover luminous frescoes illustrating the life of St. Francis and, in a crypt beneath basilica's heart, view the sacred, holy tomb of St. Francis, a divine spiritual space.

Continue to the baroque, Renaissance-style Basilica of Saint Mary of the Angels to admire its harmonious proportions, with a light-filled central dome, elegant artwork, sculptures and frescoes. View the Chapel of Transit, where St. Francis died in 1226. At the basilica's center, discover the ancient stone Porziuncola chapel, where St. Francis experienced his divine calling and founded the Franciscan order in 1209.

Outside, stroll the tranquil Rose Garden, also *Perugian Winery*





referred to as the “Thornless Rose Garden,” a sacred place where St. Francis is said to have witnessed the Miracle of the Roses.

Medieval Gubbio. Set out to explore this picturesque city at the foot of Mount Ingino. Stroll to the Piazza Grande square and admire the Gothic 14th-century Palazzo del Popolo’s grand arches and bell tower. Stop for lunch and then continue to see the 13th-century Cathedral of St. Mariano and St. James.

Day 8 | Todi

ADA Continuing Education Seminar.

Historic Todi. Discover this charming town perched on a hill in the Tiber River Valley. Stroll to the medieval Piazza del Popolo square, the Prior’s Palace grand façade and the Gothic and Romanesque Todi Cathedral, towering over the piazza. Admire the symmetry of the Renaissance Cathedral of Saint Mary, with its centralized Greek-cross layout and massive central dome. Visit the San Fortunato Church to admire the contrast between the simple, elegant façade and the vast, majestic interior. Raise a toast to your Umbrian adventure at this evening’s Farewell Reception and Dinner.

Day 9 | In Transit

After breakfast, check out and depart for your gateway city. AHI FlexAir passengers are transferred to Leonardo da Vinci International Airport for their flight home.

Note: Itinerary may change due to local conditions.

Activity Level

We have designated activity levels for all excursions on this program. For more details, please call or visit our website.

Excursions on this itinerary require:

- walking on cobblestones, unpaved paths and/or uneven surfaces
- getting on/off motor coaches and boats

Included Features



Accommodations (with baggage handling)

- **7 nights** in Perugia, Italy, at the deluxe Sina Brufani, Perugia hotel.

Transfers (with baggage handling)

- Deluxe motor coach transfers in the Land Program.

Extensive Meal Program

- 7 breakfasts, 4 lunches and 3 dinners, including a Farewell Dinner; tea or coffee with all meals, plus wine with dinner.

Your One-of-a-Kind Journey

- **Small group:** Sized just right at 28 guests.

- **Enrichment by expert speakers** enhances your insight into the region.

- **Engaging excursions** showcase the local culture, heritage and history.

-  **AHI Connects:** Local immersion.

- Welcome and Farewell Receptions to mingle with fellow travelers.

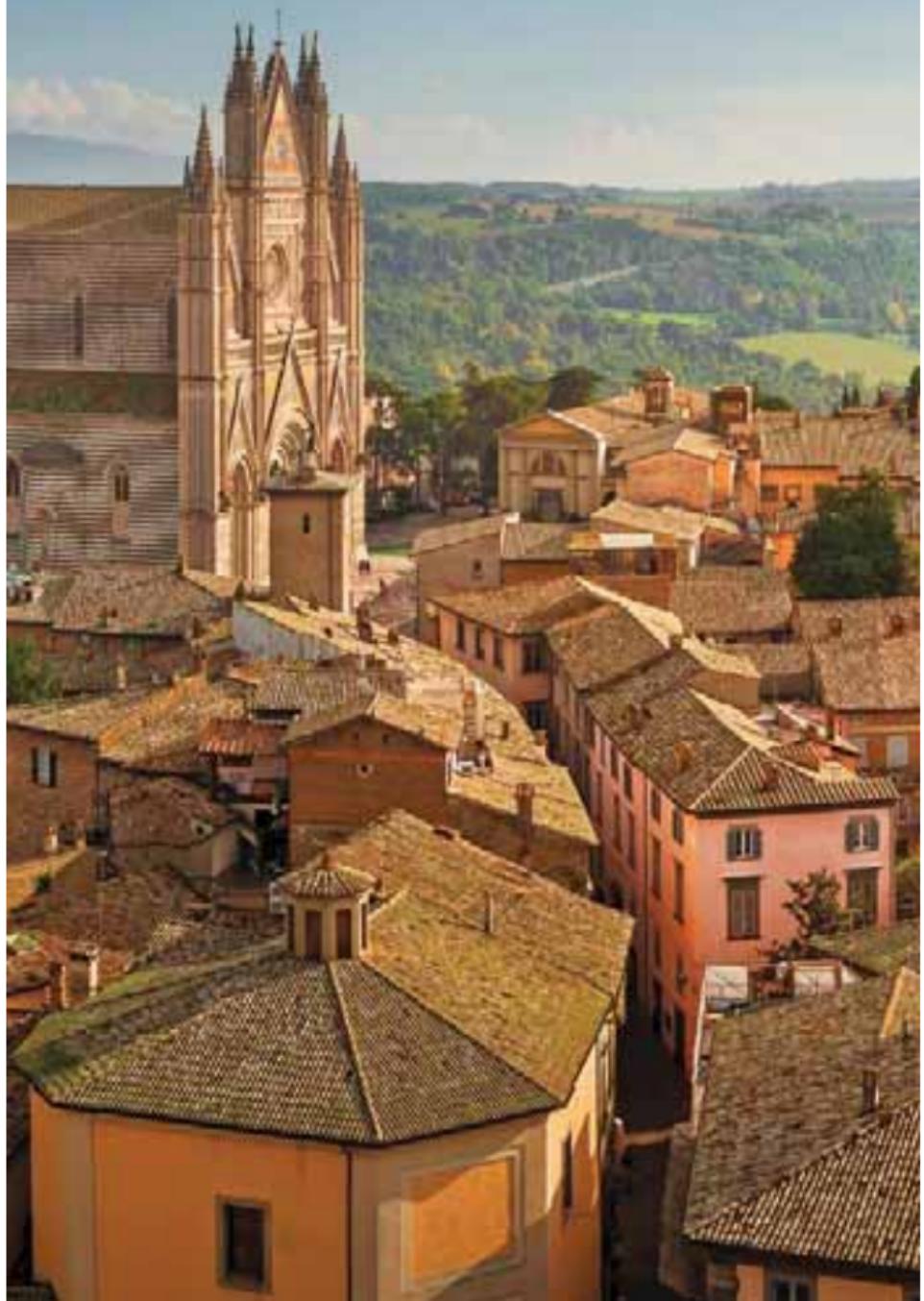
- A personal VOX headset to hear your English-speaking guide clearly.

- Tipping of guides and drivers.

-  **AHI Sustainability Promise:** We strive to make a positive impact wherever we travel.

Medieval streets of Gubbio





Orvieto Cathedral, perched atop a volcanic tuff cliff in the Umbrian countryside



Tuscan landscape near Montepulciano

2026 | Departure Details

Program Dates

Travel dates ↗ September 8-16, 2026

↗ Travel dates include any overnights required for international travel. These dates may vary depending on air schedules.

Tour dates* September 9-16, 2026

* Tour dates begin on the scheduled arrival date at your destination and end on the scheduled departure date from your destination.

Land Program

Full Price	\$4,745
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Special Savings	\$750
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Special Savings Price*	\$3,995
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***This Special Savings Price includes our \$250 Early Booking and \$500 Pay-in-Full discounts and is valid if you book by the date on the address panel and pay in full at booking.**

Deposit amount is \$750 per person.

Final Payment is due at least 120 days prior to departure.

Price includes applicable program taxes (such as VAT and port charges).

All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).

Special offers, promotions and discounts cannot be combined.

Single supplement waived for solo travelers! This offer is limited, capacity-controlled and tends to sell out quickly.

Please note: Program-specific terms and conditions are available at <https://adace.ahitravel.com/destinations/1933A?schoolId=722>.

AHI FlexAir

Let us arrange your flights

Our experts are ready to assist you in booking flights. Our personalized air program offers the following advantages:

- **price guarantee** to protect you from fuel surcharge increases after ticket purchase
- arrival and departure **transfers** on group dates
- **flexibility** to change or cancel your reservation before departure on most flights (Fees may apply.)
- **assistance** in the event of schedule changes or delays

AHI Travel Expertise



Travel Consultants assist with the reservation process.

Travel & Air Coordinators offer their personalized assistance with flights, electives and special requests.

Travel Information provides pre-departure details and enrichment about your destination.

Your Travel Director, a seasoned, multilingual professional, manages daily logistics so you enjoy a seamless experience.

Handpicked Expert Guides and **Knowledgeable Lecturers** deepen your appreciation for the region and its history, culture and current events.

Accommodations



Sina Brufani | Perugia



Frequented by royalty, heads of state and celebrities, the luxurious Sina Brufani offers a refined atmosphere, impeccable service and sweeping views of Umbria's green valleys. The aristocratic interiors feature a classical decor with antique furnishings. Savor a cocktail at the Collins' Bar overlooking the Piazza Italia square and unwind in the Sina Wellness Club, a hidden gem beneath medieval vaults with a fitness area, sauna, Turkish bath and swimming pool.



Artisan ceramics of Gubbio



Etruscan sculpture



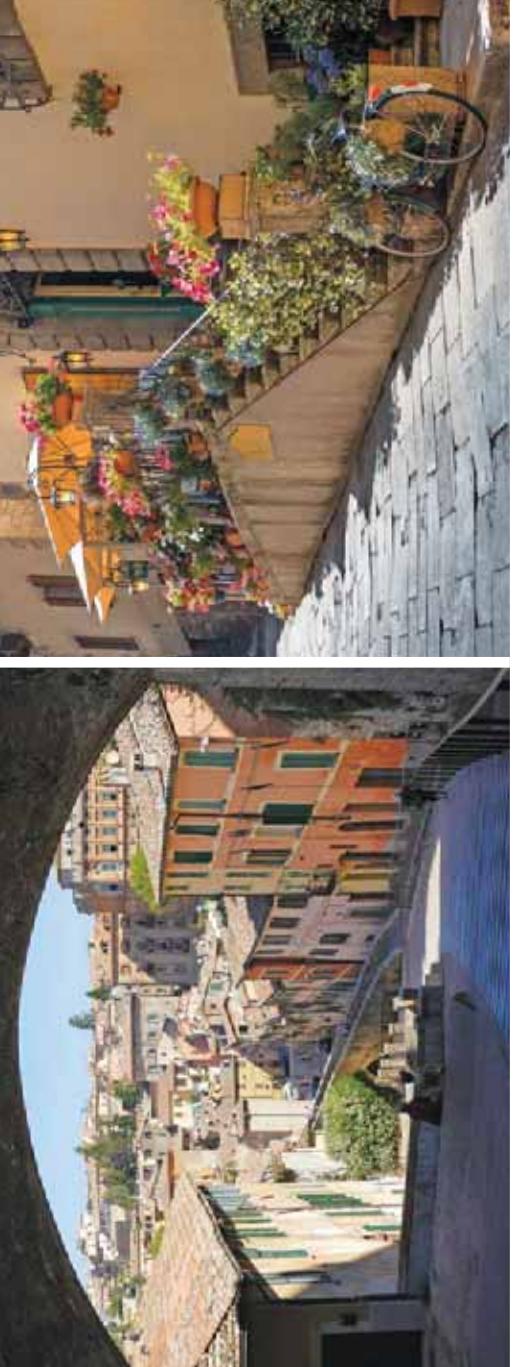
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