

Umbria

TRAVEL GUIDE



Oliver's Travels

YOUR GREAT ESCAPE

Umbria is Italy at its very best. Rolling hills carpeted in green are broken only by rows of immaculate vineyards and serene olive groves. Picture-perfect towns and quiet cobbled-street villages sit atop the peaks, offering staggering views across the valleys below. There are museums, castles, cathedrals and art galleries galore. And don't even get us started on the food and wine! This is the land of truffles, rich cheese and to-die-for porky products such as salami, sausages and porchetta. Lively festivals abound, and the region's colourful history is evident at every turn. It is a place where you can do as much or as little as you like; go wine tasting, hiking or museum-hopping, or simply sit back and soak up the views.

UMBRIA REGION !!!! 101

CURRENCY	EURO	TIME ZONE	GMT
ELECTRICAL	TWO PIN	HIGHEST TEMP.	24° C
LANGUAGE	ITALIAN	LOWEST TEMP.	10° C
EMERGENCY	112	PEAK SEASON	JUNE - AUGUST





TRANSPORT TALK



BY WHEELS

The most flexible way of exploring Umbria is by car, as you can travel door to door at your own pace. The most popular car rental firms are [Hertz](#), and [Europcar](#) operate out of Airports and in large towns, such as, Perugia.



BY BIKE

There are plenty of bike routes across Umbria for you to explore. You will find many places to hire a bike, check out our **'Best Activities'** on page 7 to find out more.



BY TAXI

You can find taxis in airports and at taxi ranks dotted all over the major towns and cities! Make sure to wait at the ranks as they will not stop if they are hailed!



BY WATER

There are many boat routes to various destination around Umbria, such as, the [Islands of Perugia](#).



BY AIR

Umbria has a regional airport, the Aeroporto Internazionale dell'Umbria – Perugia "San Francesco d'Assisi" between Perugia (12km) and Assisi.



BY BUS OR TRAIN

If you plan on travelling by train, the [Trenitalia](#) website will be your go-to resource. Buses, although slower, are often a good option for hard-to-reach destinations.

HIDDEN GEMS AND ACTIVITIES

Lake Trasimeno

Lake Trasimeno is Umbria's largest lake and offers a true slice of unspoilt Italy. Three islands dot the shimmering waters and small ferries drop adventurous visitors off on the tranquil shores where they can swim from the beaches, relax in rustic cafes, explore ancient castles and walk amid abounding nature.

Monte Subasio

Towering 1,290 metres above sea level, **Monte Subasio** can be seen from all around Umbria. On its slopes are the ancient, pink-hued towns of Assisi and Spello, where buildings were constructed using rocks hewn from the mountain itself. Whether you want to hike or go truffle hunting, the Monte Subasio Natural Park offers a wealth of opportunities to explore the outdoors.

Bevagna

Unlike its lofty hilltop neighbours, the laid-back town of **Bevagna** stands on lower plains. Its strong Roman heritage is evident in its mosaics and amphitheatre, and there are two beautiful Romanesque churches as well as a number of excellent, family-run restaurants and cafes to be discovered in its leafy little piazzas.

Montefalco

The hilltop town of **Montefalco** sits at the heart of Umbria's wine country and is the home of the region's flagship red, Sagrantino di Montefalco. A number of wine-related events take place here throughout the spring, summer and autumn months including harvest festivals and winery open days.

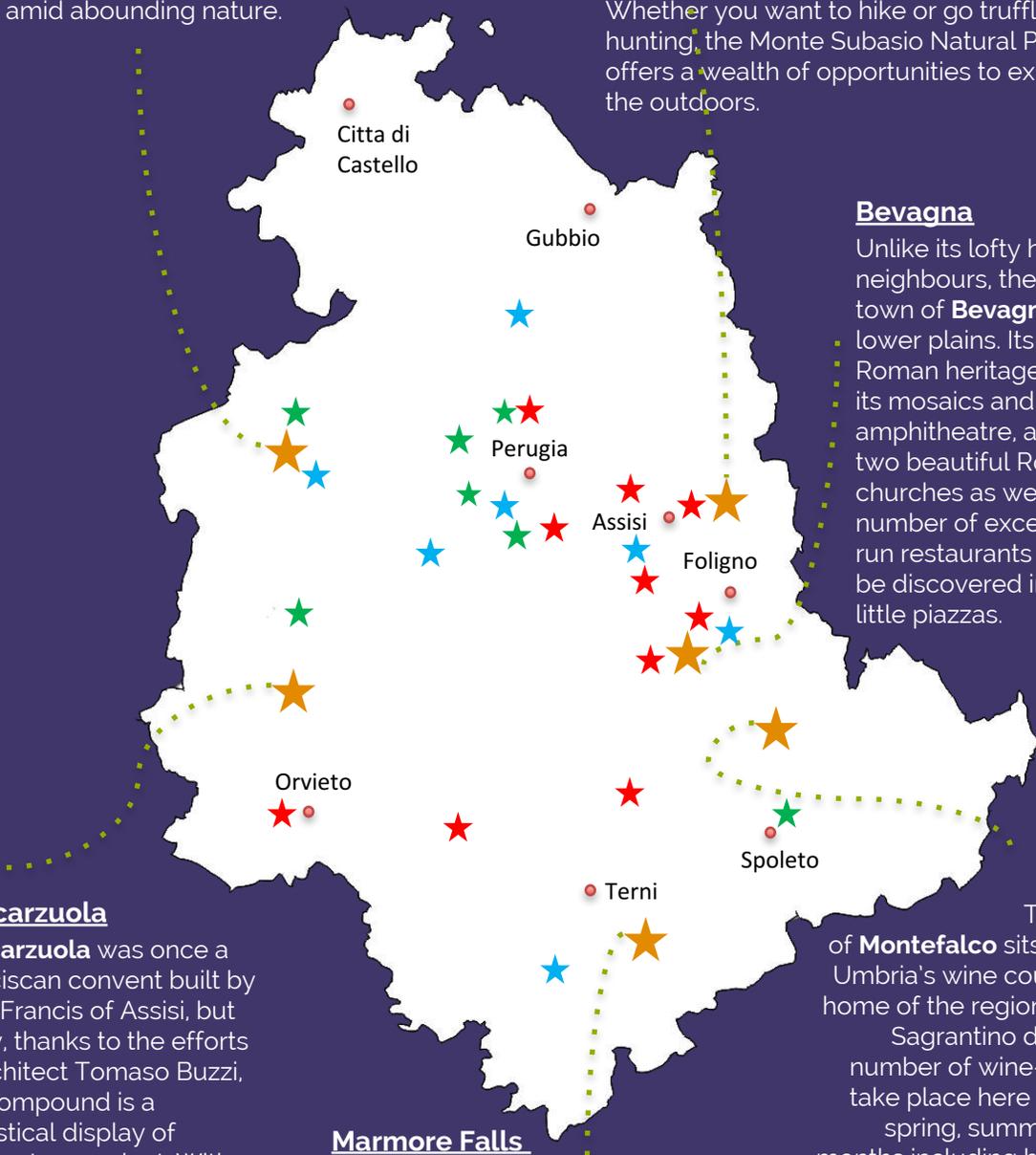
La Scarzuola

La Scarzuola was once a Franciscan convent built by Saint Francis of Assisi, but today, thanks to the efforts of architect Tomaso Buzzi, this compound is a fantastical display of architecture and art. With elements of surrealist, classical, medieval and Renaissance architecture, it is a fascinating jumble of pools and stairs, bridges and theatres.

Marmore Falls

The **Marmore Falls** are one of Italy's highest waterfalls, and the largest man-made waterfalls in all of Europe. Created by the Romans, they measure a dizzying 165 metres and the flow is controlled by a nearby hydroelectric power plant. Time your visit to coincide with the opening of the gates and watch as the water gushes out with force and tumbles through the densely wooded slopes.

- ★ Hidden Gems
- ★ Picks for Kids
- ★ Best Activities
- ★ Foodie Delights





TOP PICKS FOR KIDS

Enjoy wet, watery fun



Nothing screams fun in the sun more than swooshing down thrilling rides and landing with a splash in big turquoise pools. [The Aquapark di Tavernelle](#) offers something for all ages, from tiny tots up to daredevil adolescents.



Get lost in a fairy tale



Fuel the imaginations of your little ones with a trip to the [Osteria di Pinocchio](#), a restaurant designed especially for children. While parents tuck into a meal in the main restaurant.



Picnic with donkeys



At [La Mulattiera](#), children can have the opportunity to meet and spend the day with some of these laid-back and altogether lovely creatures, either by riding or simply walking alongside them.



Indulge in chocolate



Few children can resist the temptation of an afternoon surrounded by chocolate, so why not take them on tour of the [Casa del Cioccolato](#) (house of chocolate), they will discover the history of Italian chocolate making.



Be your own captain



Motor boats can be hired from the lakeside [Acqua Dolce Sailing School](#) and you don't need any previous yachting experience or a special licence to drive one, so the whole family can take turns playing captain.



Discover your artistic side



The innovative [Arte al Sole](#) aims to change the way kids learn about the Italian arts through fun, educational and parent-free art courses. Private sessions include visits to local museums and trips to historical sites



MAP IT OUT: WHERE TO FIND THE BEST FOR KIDS



CROWD-PLEASERS: BEST ACTIVITIES

Go green



Set on a hill overlooking the rolling hills just outside of Perugia is the centuries old [Monte Vibiano](#) Castle. The family-owned castle is today a working farm and vineyard, where fine wines and rich olive oils are produced.



Discover



Breathe in the rich aromas of the wood barrels in the cool cellars of [Arnaldo Caprai Viticoltore](#), sample some of their finest reds and whites and be guided through traditional viticulture techniques with the very latest modern technology.



Head underground



[Narni's](#) utterly fascinating site is an amazing experience. Discovered deep underground in 1979, was a 12th-century chapel adorned with a network of secret tunnels leading beneath the large monastery of San Domenico.



Go truffle hunting



Spend a day ferreting out the truffles with [Umbria Con Me](#) accompanied by an expert truffle hunter and his dogs. Wander the valleys gathering truffles to take back to the farmhouse ready for tasting alongside some local wines.



Feel the buzz



There is something charmingly retro and undeniably Italian about the [Vespa](#) motorbike. It's hard not to feel stylish while sitting atop and tootling along the winding road that hugs the shore of Lake Trasimeno.



Play a round



Just north of Perugia, the [Antognolla golf course](#) has been designed to take in the best of the region's natural features. Umbria couldn't be more perfect for a sweeping green golf course, with its rolling hills, gentle valleys and tufts of forest making an ideal setting for 18 holes.



MAP IT OUT: WHERE TO FIND THE BEST FOR GROUPS





BEST FOODIE DELIGHTS



SAIO Assisi

Few wineries can boast of such a fine location as [SAIO Assisi](#). Rows of vines to the ancient town of Assisi. Soak up the vino with some locally produced savoury treats, such as salty Umbrian flatbread, extra virgin olive oil, salamis and cheeses.



Life... Italian Style



You will be greeted with Jennifer who is from [Life... Italian Style](#) and is a private chef who will conjure up the most mouth-watering of meals and introduce you to the culinary delights of the region.



Fiorfiore Restaurant

Enjoy a leisurely dining experience on the spacious balcony of the [Fiorfiore Restaurant](#) (part of the Roccafiore Country Chic Resort). With views of vineyards and green pastures and the romantic hilltop town of Todi in the distance.



Cantine Giorgio Lungarotti



Spend a delightful day wine tasting at [Cantine Giorgio Lungarotti](#) just outside of the lovely town of Montefalco. The tours are catered to everyone, whether you're a wine novice or true expert.



Dishes to try

First, and foremost – **truffles**. On everything. Make sure to taste **local prosciutto crudo** – this dry cured ham is packed with flavour. One of the local delicacies in Umbria is **porchetta al finocchio**, also known as roast pork and fennel. Unlike chicken, pork can be quite tough – but not in this neck of the woods.

Trattoria del Moro Aronne



In the heart of historic Orvieto, and hidden down an unassuming side street, is a [restaurant steeped in tradition](#). For over a century, this little trattoria has been welcoming diners with open arms and an atmosphere of jovial familiarity.



MAP IT OUT: WHERE TO FIND THE BEST FOR FOODIES





We'd like to think we know travel pretty well. Since we first hatched [Oliver's Travels](#) in 2003 it's been essentially all we've talked about. You could call us obsessed.

Our extensive [blog](#), Oliver's Journal has got tons of information and inspiration on locations across Europe and the Caribbean. It's a one-stop shop for family-friendly holiday fun, the best group activities, foodie finds and a good dose of adventure. If you found this travel guide useful, (we hope you did!), you can find a whole host more on the blog, too!

At Oliver's Travels we don't do ordinary. From [family chateaux in France](#) and [luxury cottages in the UK](#), to Mediterranean [villas with pools](#) and [Caribbean beach villas](#), we have something for everyone, everywhere.



Oliver

Get in touch

0800 133 7999

Follow Us



www.oliverstravels.com

Oliver's Travels
YOUR GREAT ESCAPE