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Impair Healthy Healing In People Over The Age Of 30!

Spoletto

By Paolo Mic

All of Umbria offers a glimpse into centuries long ago and Spoleto is no different. Here you will walk among the ancient Umbrian walls, the "cavea" of the Roman theatre, the Ducal Palace that was built by the Dukes of Longobard, the arch of Cruso Minore, and the Palazzo della Signoria built in 1300.

The most popular attraction in Spoleto is the Cathedral that was built on the site of an ancient church in 1067. The Cathedral is one of most magnificent sights to see with its own unique Romanic style, rose windows, and awesome mosaic.

If castles create wonderful fantasies for you then you must visit the Castle of Albornoz. During its time the highest tower was home to the nephew of the Cardinal Albornoz had many distinguished guests including princes and popes. The castle lost power in 1500 and in 1800 was a barracks used by the military. Today, restoration is under way to restore this magnificent castle to its rightful place in beauty and prestige.

The list of things to see while in Spoleto include the Cathedral, St. Gregorio Maggiore Church, Misericordia Church, Sant'Eufemia Church, S. Filippo Neri Church, Albornoz Fortress, Madonna della Stella Monastery, Ruins of the ancient city walls, Roman Theatre, New Theatre, Caio Melisso Theatre, Caliccola Palace, Campello Palace, and Ancaiani Palace and the Archaeological Museum.

Special events don the streets of Spoleto, which bring visitors from the world. The major events include the Patron Saint Ponziano on January 14, the Week of Studies of the early Middle Ages in April, and organ concerts in various churches during May through June, Festival of the Two Worlds, which is held in June and July, and Avant-garde Opera during September.

While you are enjoying all the sights and attractions of Spoleto you may find that you have worked up quite an appetite, now is the time to sit, relax and partake of some of the delectable meals that restaurants in Spoleto has to offer. Some of the most frequented include Dei Dulchi, La Macchia, and Paradiso.

Campello sul clitunno

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<http://www.bed-and-breakfast-in-umbria.it/eng/campello/campello.aspx>

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<http://www.bed-and-breakfast-in-umbria.it/eng/spoieto/spoieto.aspx>

Terni

<http://www.bed-and-breakfast-in-umbria.it/eng/terni/terni.aspx>

Montefalco

<http://www.tuttomontefalco.it/eng/index.php>

Umbria, The Green Heart Of Italy

By Paolo Mic

Umbria is often referred to as "the green heart of Italy". This expression was used for the first time from the poet Giosuè Carducci, in the ode "Alle fonti del Clitunno" (you can read the complete ode at blog.libero.it/bbumbria).

Fonti del Clitunno are the source of a small river called Clitunno; this place was famous in roman times too, since Pliny the Younger says about them: Have you ever seen the Fonti del Clitunno? If you haven't yet, and I think you haven't otherwise you would have told me, go and visit them. I've just been there and I regret not to have come earlier.

Nowdays we can say that the colour green can be used for the whole Umbria. If you reach the top of the city of Assisi, you will remain breathless: you will dominate the whole umbrian valley, from Spoletto to Perugia, a wonderful sight! If you want a nice look over the valley, you should also go to Montefalco, which is called "the balcony of Umbria" for its enchanting position on the top of a hill that raises in the center fo the valley of Clitunno, Topino and Tiber rivers.

Umbria has many hidden secrets: you could walk in a city and find a small beautiful church. with an old woman inside praying or water flowers, or you could be driving by car and find the rest of an ancient roman building, or find a group of old man playing cards on a table in the middle of a village. In the summer you will find many typical manifestations called "sagre". These usually last a week and offer traditional and typical umbrian food: there is the sagra della lumaca (snail) or the sagra dello strangozzo al tartufo (typical umbrian pasta with truffle), the sagra dell'oca arrosto (roasted goose) or the sagra della granocchia (frog!) or the sagra degli asparagi, the sagra della ciliegia (cherry) or the sagra della fragola (strawberry).

You shouldn't miss the enoteche (wine shops). Often they also offer someting to accompany the wines you are tasting, or other are small restaurants, that will delight you with home made pasta or wonderful cakes. They're often family run, and it wouldn't be strange if the owner will start talking to you about the

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wines and will end sitting with you, talking about his family and his life.

There are also some modern aspects in Umbria. For example Umbria Jazz is one of the most prestigious jazz festivals of the world, taking places in the old city center of Perugia in July. There are some places to do rafting and Monte Cucco is one of the best places for hang-gliding.

This is only a general look at Umbria, next time we will describe one of the beautiful umbrian cities. Come discover Umbria with us!

<http://www.bed-and-breakfast-in-umbria.it/index-eng.aspx>

Informations about Umbria

<http://www.tuttomontefalco.it>

About

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farm houses in Spoleto, Perugia

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