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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**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](http://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 Spoleto 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 wines and will end sitting with you, talking about his family and his life.

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There are also some modern aspects in Umbria. For example Umbria Jazz is one of the most prestigious jazz festivals of the world, taking place 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

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

farm houses in Spoleto, Perugia

### **Visiting the Tuscany Umbria border area of Italy**

**By Emma Cordingley**

Visiting the Tuscany and Umbria border Region

South eastern Tuscany meets its smaller neighbour Umbria, on Umbria's north eastern border. The border area of Tuscany and Umbria in Italy is a wonderful place to stay as the visitor is able to visit the many cities and towns of the two regions while staying in one of the most picturesque areas the world has to offer and enjoying one of its greatest cuisines. The area is largely rural, the main crops are sunflowers, maize, olives, vines and tobacco which is being phased out. Modernity has been slow to reach this area and the atmosphere is relaxed and friendly, many visitors feel as if they had stepped back in time 30 or 40 years. Staying in this area you are within 90% of UNESCO's world art treasures: Rome and Florence are within two hours drive and one must not forget the important art works of nearer towns such as Arezzo, Siena, Perugia and Assisi. Apart from their art treasures these towns are places everyone enjoys visiting. All have their own architectural delights and meandering lanes and interesting shops and restaurants. Also worth visiting are the Tuscan towns of ; Cortona and Sansepolcro and the Umbrian towns of Gubbio, Citta di Castello, Todi and Orvieto. Lovers of ceramics will also want to visit Deruta famous for its production of some of the world's finest majolica.

Wine lovers are also in for a treat as many great wines are found in this area. Although Chianti is not strictly on the Tuscany Umbria border it is only a short drive. The brunellos of Montalcino and Vino Nobile of Montepulciano are found in this area.

There is a wide choice of accommodation available for those wishing to come to this area of Italy. Agriturismi offering either self-catering apartments or B&B type accommodation have sprung up

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everywhere. A popular choice for the visitor to this area of Tuscany and Umbria is to rent a self-catering villa, farmhouse or apartment through a rental agency. With a rental agency one can be sure that the house or apartment has been properly scrutinised and is priced fairly to reflect its quality, situation and accessibility. Farmhouses, villas and apartments with or without swimming pools are all available. If one wishes to stay in a country property in this area car hire is almost essential. Public transport in the rural areas of Tuscany and Umbria although reliable, is sparse. Most villages have a bus service once a day, relying upon this creates a lack of flexibility. Many of the farmhouses and villas for holiday rental are on hillsides a good walk from a main road. Often vacation rental houses in Tuscany and Umbria are reached along gravel roads or "strade bianche" . City inhabitants are often alarmed at these gravel roads but after the initial drive along them the nerves are soon overcome. Please visit

[www.tuscanyumbria.com](http://www.tuscanyumbria.com)

to find a rental property for your holiday in the Tuscany or

Umbria regions of Italy.

Emma Cordingley, originally from the UK, has lived on the Tuscany Umbria border in Italy for 7 years with her husband and 2 daughters. With her husband she runs a vacation rental agency with villas, farmhouses and apartments for holiday rentals;

<http://www.tuscanyumbria.com>

and also walking

holidays

<http://www.tuscanyumbriawalks.com>



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