



Umbria & Le Marche

Includes »

Perugia.....	549
Lago Trasimeno	558
Todi.....	561
Assisi.....	562
Spello.....	569
Gubbio.....	570
Spoletto.....	576
Norcia & The Valnerina.....	579
Orvieto.....	581
Ancona.....	586
Urbino.....	591
Pesaro.....	594
Macerata.....	595
Ascoli Piceno.....	597
Monti Sibillini.....	599
Sarnano.....	600

Best Places to Eat

- » Ristorante Vespasia (p580)
- » L'Antico Forziere (p559)
- » Ristorante I Sette Consoli (p584)

Best Places to Stay

- » Hotel Fortino Napoleonico (p590)
- » Palazzo Seneca (p580)
- » Palazzo Guiderocchi (p598)

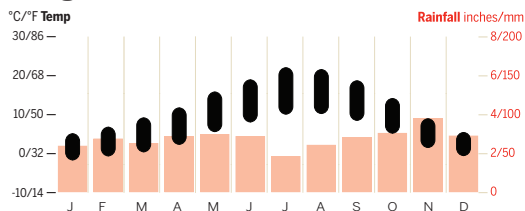
Why Go?

If you've fallen for Tuscany's charms, then Umbria and Le Marche will also entice, offering a similar landscape and attractions but in a less hectic form. The soft olive- and vine-clad hills, jagged mountains and ancient towns are all there, but without the incessant crowds. Both regions are proud of their agricultural traditions and have transitioned easily into Slow Food destinations.

Not everything is sleepy and bucolic, however. The Umbrian capital, Perugia, has a surprisingly vibrant student-fuelled nightlife, while Spoleto's annual festival brings together some of the finest dance and music performances. In summer, myriad sun seekers flock to Le Marche's coast. The mystical peaks of the Monti Sibillini offer all the hiking you could ever want, while labyrinthine medieval villages such as Todi, Gubbio and the religious centre of Assisi inspire visitors to put on their stoutest walking shoes and explore.

When to Go

Perugia



February Celebrate all things truffle at Norcia's Mostra Mercato del Tartufo Nero

May Head to Le Marche's beaches, as wildflowers bloom on the Piano Grande

June & July Indulge music passions at the Spoleto Festival and Perugia's Umbria Jazz

Umbria & Le Marche Highlights

- 1 See where the best 13th-century art, religion and history intersect at the **Basilica di San Francesco** (p562) in Assisi
- 2 Meander through fields of wildflowers or trek up the snow-capped peaks of **Monti Sibillini** (p599)
- 3 Spelunk your way through a glistening forest of stalactites at **Grotte di Frasassi** (p595), Europe's largest cave
- 4 Dine off the beaten path in one of any number of excellent fish restaurants in the stunning **Parco del Conero** (p590)
- 5 Enjoy some of Umbria's most towering views on a rickety ride up Monte Ingino aboard Gubbio's **Funivia Colle Eletto** (p570)
- 6 Cash in your golden ticket for a tour of the **Perugina Chocolate Factory** (p551)
- 7 Hike, cycle, swim or just do nothing (apart from a bit of fine eating and drinking, of course) at **Lago Trasimeno** (p558)

