My Gorgeous Places & Suggestions in Umbria

V. D.F. (July 19, 2019)

Where to sleep and eat when you are in Umbria. Just few ideas

Umbria is known for its landscapes, traditions, history, artistic legacy, and influence on culture. From Castel Ritaldi to Pietrafitta to Bevaglia... enjoy this ancient and magic region.

Albergo Diffuso and Agriturismo

Torre della Botonta

Via Albornoz Castel Ritaldi (Perugia) +39 349 0804889

◗ torredellabotonta.com [2]

A short distance from Perugia [3], Montefalco [4] and Assisi [5], Torre della Botonta is on the Italian registry for eco-sustainable hotels. The hotel is located in a castle built in 1376, and it has retained the original shape and beauty of the ancient buildings it has been built over: the old bank, the city hall, the public kiln, the watchtower and the city wall. Its seven rooms are named after natural fabrics: Hemp, Silk, Linen, Jute, Cotton and Wool. While you can find illustrated books about the area in each room, don't expect a TV. Once you've arrived you'll feel like a bona fide villager.

Abbazia dei Sette Frati

Vocabolo Abbadia Sette Frati 49Pietrafitta (Perugia) +39 320 8443933

◗ agriturismoabbaziasettefrati.it [6]

The Abbazia dei Sette Frati (Abbey of the Seven Friars) is located just outside the town of Pietrafitta [7], a short distance from Perugia and Lake Trasimeno [8]. It's an exquisite work of early 13th century architecture inspired by the Benedictine order. Today the agriturismo mainly produces extra virgin olive oil and saffron, although in every corner you'll find vegetable patches, flower gardens, orchards and woodland. Guests can partake of all it produces.

L'Orto degli Angeli

Via Dante Alighieri, 1Bevagna (Perugia)

+39 0742 360130

◗ ortoangeli.it [9]

Located in the center of Umbria, this hotel is in a strategic position for those looking to travel throughout the region. At the outset of the 1700s, a Roman family related to the great architect Lorenzo Bernini [10] moved to Bevagna and rebuilt an estate with an elegant 17th century palazzo overlooking the remains of a Roman temple and theater. Since then, the site has undergone few changes, and the heirs to the estate have turned it into an extraordinarily beautiful hotel.

What To Eat & Drink

Lenticchia di Castelluccio

Just before entering the small village of Castelluccio, amid the remarkably beautiful Parco Nazionale dei Monti Sibillini [11], the best lentils in Umbria are cultivated. Castelluccio lentils have thin, soft shells and are an excellent source of protein, vitamins, fibers and mineral salts.

Where:

Most restaurants in Umbria feature a plate of Castelluccio lentils on the menu, used in soups, pasta minestrones, vegetable purees or served as side dishes along with game. They can be purchased online at www.lenticchiaigpcastelluccio.it [12]

Cipolle di Cannara

Cultivated since at least the 1500s, "la cipolla di Cannara [13]" is one of the most important products in Umbria. The onion has a very unique flavor due to the clay terrain it grows in.

Where:

Perbacco. The osteria is famous for its homemade pastas and a menu that revolves around Cannara onions. Specialties include an excellent onion quiche made with parmesan cream. Cannara, Via Umberto I, 14 (Tel: +39 742 720492).

Umbrichelli Pasta

This Umbrian – more specifically Orvietan – pasta has become a symbol of “cucina povera.” The pasta is made from durum wheat and flour. Basta. The wide, irregular spaghetti is hand-rolled and usually served with sausage or black truffle.

Where:

You can find them in little local trattorias as well as in chef Gianfranco Vissani’s Michelin-star restaurant (www.casavissani.it/en [14]).

Sagrantino di Montefalco

The most famous wine in the region is also one of the most cherished in Italy. Legend has it the old grape variety was first used by Franciscan monks to produce a “passito” (a sweet wine made with dried grapes) that they named Sagrantino. Today approximately two and a half million bottles are produced every year. Sagrantino di Montefalco [15] is a very intense ruby red wine with hues of violet and a delicate bouquet with hints of blackberry.

Where:

Spiritodivino. The company’s two wine bars in Montefalco and Bevagna have a tasting menu featuring delicious plates to pair with the most important wine in the region. For more information: www.spiritodivino.net [16]

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