

Umbria - The green heart of Italy

Perugia is the bustling provincial capital of Umbria, with good airport links to London. Famous for the Chocolate Festival, held very October, with tempting chocolate sculptures, a spa and free tastings.

Travel south, along the sunny Vale of Spoleto, to the medieval town of Spoleto. This is an ideal place to soak up the atmosphere of small town Umbria. Take time to explore the town's peaceful winding streets before visiting the Duomo and Roman Theatre. No visit to the town is complete without a walk out to the Ponte delle Torri, built in the fourteenth century, and defended by towers (hence the name) this functioned as both a bridge and aqueduct. Spoleto explodes into life for the cultural Festival dei Due Mondi (Festival of Two Worlds), which lasts for a fortnight and takes place at the end of June and beginning of July. To the west of Perugia is Lake Trasimeno. Italy's fourth-largest lake, it is one of Umbria's quiet jewels. Its shallow depth makes it wonderfully warm in summer, an ideal spot for watersports.

Gubbio, in the northeastern corner of Umbria, is possibly the most perfect medieval town in Italy. Set against the forest-clad mountains of the Apennines, this picture perfect town, with its orange tiled roofs and pink stonewalls is a feast for the eyes. Assisi lies to the east. Birthplace of St Francis, this hill town is one of Umbria's gems. The wondrous Basilica Di San Francesco, housing one of the greatest collections of art outside a gallery, must be seen. Wander the town's picturesque, narrow, steep lanes and for the best view over the town, follow signs to the Rocca Maggiore, the large fortress towering above Assisi.

Take a drive east from Spoleto to the Velnerina, this forgotten corner of Umbria is a beautiful wilderness, where wolves still roam the summit ridges.

It is worthwhile making a trip to Orvieto in the southwest. Its Duomo is one of the greatest Gothic buildings in Italy. Once you have marvelled at this striking black and white charm, descend underground to explore the town's labyrinth of caves, tunnels and storerooms, built into the soft volcanic rock below Orvieto.

Getting There

Fly direct from the UK to Perugia with Ryanair or to Rome or Florence and Pisa with a selection of carriers including Meridiana, Easyjet, BA and Alitalia

Combine With

The neighbouring regions of Tuscany, Le Marche and Abruzzo, or the Lakes to the north or a citybreak in Rome to the south,

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Umbria, "The Green heart of Italy" is bordered by Tuscany and Le Marche. Its central location makes it an ideal base for holidays in Italy. It is beautifully unspoilt, with rolling hills, cool streams and verdant woods topped with classic pink hued hill towns, all bathed in the magical Umbrian light. Gastronomes will relish the rustic food, flavoured with local truffles. The green countryside and cultural splendours ensure holidays in Umbria have much to offer. If you want to experience the untouched Italy, then a holiday in Umbria is the one for you.

Our Recommended Hotels in Umbria
The Folly

