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Pocket Guide
Love in Umbria

Umbria - Perugia, Orvieto, Spoleto and Assisi

We had a once-in-a-lifetime chance to do something

crazy, so We decided to sell everything in California, leave behind Silicon Valley and the University of California and move overseas to a small, isolated valley where time seems to stand still. We bought and reconstructed a ruined farmhouse, but rebuilding a farmhouse is only a small part of the bigger picture. The real stories and photos are about Umbria outside my window - the land, the seasons, the storms, the food and wine, the history, culture and art, the festivals and traditions, and above all, the people. Join one couple on their amazing journey to a new land as they learn that the small moments in life can change you forever. About the Author Nina Hansen Machotka has worked as a technical writer and marketing communications writer for 30 years. She published *How Not to Kill the Woman You Love: Your Guide to Surviving Her Menopause* in 2010, and she plans to write several novels. Nina resides in Umbria, Italy, with her husband, the painter and writer, Pavel Machotka. Cover design by Ideablast and P. Machotka Cover art by Whitney Triggs Publisher's website: <http://sbprabooks.com/NinaHansenMachotka>

Umbria Outside My Window

Readers will delight in this tale of an urbanite who leaves her magazine job to move to Collelungo, Italy, population: 200. There, in the ancient city center of a historic Umbrian village, she sets up house with the enticing local gardener she met on vacation only weeks earlier. This impulsive decision launches an eye-opening series of misadventures when village life and romance turn out to be radically different from

what she had imagined. Love lost with the gardener is found instead with Marcus, an abandoned English pointer that she rescues. With Marcus by her side, Justine discovers the bliss and hardship of living in the countryside: herding sheep, tending to wild horses, picking olives with her adopted Italian family, and trying her best to learn the regional dialect. The result is a rich, comic, and unconventional portrait about learning to live and love in the most unexpected ways.

Umbria

A fine selection of hand-picked accommodations is packaged neatly into each pocket-sized guidebook. As with all Charming Small Hotel Guides (see page 11 for the complete series), the offerings in these new editions include a selection of the finest places to stay, chosen for their ambience, location and overall charm. Most are shown in color, and all have candid evaluations written by an independent team of inspectors. Amenities, locations, prices, contact information, pet policies and seasonal opening times are all included. Color photos, maps.

Pictures in Umbria

A complete guide to the art and history of this part of Italy

Florence, Tuscany and Umbria

Eating Your Way Through Tuscany & Umbria

Umbria, "the green heart of Italy," may not completely match Tuscany's geological variation, but it comes close. This small, hilly and fairly untouched region occupying Italy's core (Narni is the country's geographical center) is crammed full of walking, rafting, caving, hang-gliding and climbing opportunities, not to mention a rich artistic and architectural heritage left over the centuries by Etruscans, Umbrians, Romans and then by scholarly monks. Umbria has played a strategic role in Italy's busy history. Numerous archaeological finds have unearthed a human presence in Umbria dating back to Palaeolithic and Neolithic periods; flints and arrowheads have been found on several river plains and around the shores of Lake Trasimeno; burial chambers close to Spoleto date to the time between the Bronze and Iron Ages. The main settlers, however, arrived around 1000 BC. This tribe, thought to be of Indo-European origin, became known as the Oscan-Umbrians and is credited with establishing the towns and cities of Terni, Todi, Spoleto, Assisi, Gubbio and Citt di Castello. The Umbrians arrived soon after, building an astonishing legacy of tombs, monuments and cultural artifacts, and leaving almost as suddenly with the arrival of the Romans about 309 BC. To the Etruscan remains - the necropolis and Tempio Etrusco at Orvieto, the extraordinary Eugubine Tablets in the Museo Civico at Gubbio, traces in Todi, Betton and Perugia - the Romans added amphitheaters, arches, aqueducts, temples and walls, from Citt di Castello to

Todi and from Perugia to Orvieto. Hikers seek out the Apennines, which in Umbria's eastern margins, become more rugged and soar to great heights in the savage peaks of the Monti Sibillini. Close by lie Piano Grande's prairie-like expanse, and the plush green of the Valnerina, home to the Marmore Falls (the highest in the country) and an eerie labyrinth of canyons cut out over centuries by the Nera River. Water sports are best at Lake Trasimeno, the largest body of water on the Italian peninsula. This guide is based on our much larger Adventure Guide to Tuscany & Umbria, Here, we zero in on Umbria alone. This history-rich region offers some of Italy's classic landscapes - pole-straight cypress trees lining dusty farm roads, rolling hills that stretch as far as the eye can see, fields of vibrant sunflowers, medieval villages perched on rocky spurs above crashing surf. Visit them all with this comprehensive guide that helps you explore the very best places. A largely untouched coastline and protected wild areas only add to the appeal of this top vacation destination. Regional chapters take you on an introductory tour, with stops at museums, historic sites and local attractions. Places to stay and eat; transportation to, from and around your destination; practical concerns; tourism contacts - it's all here! Detailed regional and town maps feature walking and driving tours. Then come the adventures - fishing, canoeing, hiking, rafting, llama trips and more. Never galloped along a beach on horseback, trekked up a mountain, explored ancient sites? Also includes extensive lists of recommended outfitters, with all contact details - e-mail, website, phone number and location. Adventure Guides are about living more intensely, waking up to your surroundings and truly

experiencing all that you.

The Rough Guide to Tuscany & Umbria

Tuscany and Umbria

Art and History of Umbria

A Holiday in Umbria

How should we understand the ways in which the regions of Italy were affected by Roman imperialism? This book, which is the first full-scale treatment of ancient Umbria in any language, takes a balanced view of the region's history in the first millennium BC, focusing on local actions and motivations as much as the effect of outside influences and Roman policies. Through a careful reading of all the types of evidence it provides an important challenge to traditional treatments emphasising the 'Romanization' of the region, arguing that this is a poor explanation for the complexity of local societies in the late Republican period. Instead it proposes that other trends, particularly the organization of states, help to explain the fascinating plurality of identities that are evident in the imperial period and allow us to appreciate the diversity of local societies that emerged in both mountain and lowland areas of Umbria.

The Rough Guide to Tuscany and Umbria

Walking and Eating in Tuscany and Umbria

Berlitz Pocket Guide Tuscany and Umbria is a concise, full-colour travel guide that combines lively text with vivid photography to highlight the very best that this bountiful region has to offer, from its exquisite Renaissance cities to hilltop villages and peaceful, verdant landscapes. Follow in the footsteps of St Francis of Assisi, climb the leaning tower of Pisa, go hiking in the Apennines, wander through the medieval alleyways of Siena and San Gimignano - the Where To Go chapter details all the key sights. Handy maps on the cover help you get around with ease. To inspire you, the book offers a rundown of the Top 10 Attractions in Tuscany and Umbria, followed by an itinerary for a Perfect Tour of the region. The What to Do chapter is a snapshot of ways to spend your spare time, from shopping for leather goods in Florence to catching one of the many music festivals the region is renowned for. You'll also be armed with background information, including a brief history of the region of Tuscany and Umbria and an Eating Out chapter covering its mouth-watering rustic cuisine and famous wine, Chianti. There are carefully chosen listings of the best hotels and restaurants, and an A-Z to equip you with all the practical information you will need.

The Rough Guide to Tuscany and Umbria

The new, full-colour Rough Guide to Tuscany and Umbria is the ultimate travel guide to some of

Europe's most popular tourist destinations. Covering the region more comprehensively than any other guide, it's packed with up-to-date and expert information on all the attractions, from the great museums of Florence and Siena to the tiny rural hill-towns, as well as guiding you to the best of the beaches, forests, mountains and vineyard-clad hills. It also it gives you the lowdown on the best hotels and restaurants for all budgets, and illuminates the sights with background information on history, folklore, art, architecture and festivals. Dozens of photographs and easy-to-use colour maps complete a guide that has long been established as the best you can buy. Make the most of your time on Earth™ with The Rough Guide to Tuscany and Umbria.

Tuscany and Umbria: The Collected Traveler

A visual and gastronomic tour offers a culinary history of such hill towns as Deruta, Perugia, and Assisi; and includes recipes for such fare as Penci with Sausage, Lemon and Nutmeg Sauce, and Lorella Puccetti's Lentils with Seafood. Original. 20,000 first printing.

Umbria

Ancient Umbria

Offers a wide variety of half-day and full-day walks, incorporating the scenery and culture of the Italian regions of Tuscany and Umbria, and includes

information about local food and wine, overnight itineraries, easy-to-follow maps, the best restaurants and accommodations, transportation, and more. Original.

Fodor's Florence, Tuscany & Umbria

A listing of excellent small trattorias and resturants in Tuscany and Umbria. This listing is based on our eating enjoyment in more than 13 years of travel in the regions.

A Lenten Journey in Umbria and the Marches

The new, full-color Rough Guide to Tuscany and Umbria is the ultimate travel guide to some of Europe's most popular tourist destinations. Covering the region more comprehensively than any other guide, it's packed with up-to-date and expert information on all the attractions, from the great museums of Florence and Siena to the tiny rural hill-towns, as well as guiding you to the best of the beaches, forests, mountains and vineyard-clad hills. It also it gives you the lowdown on the best hotels and restaurants for all budgets, and illuminates the sights with background information on history, folklore, art, architecture and festivals. Dozens of photographs and easy-to-use color maps complete a guide that has long been established as the best you can buy. Make the most of your time on Earth™ with The Rough Guide to Tuscany and Umbria.

In the Emilia and Marche, and some towns in Umbria and the Campagna of Rome

Il progetto Ceramica Made in Umbria ha come obiettivo quello di promuovere la ceramica artistica in quanto comparto produttivo dell'Umbria, ma allo stesso tempo continuità storica, familiare e fisica dell'appartenenza ad una comunità locale.

A History of Painting in Italy, Umbria, Florence and Siena, from the Second to the Sixteenth Century

The Rough Guide to Tuscany and Umbria is the most complete guide with detailed coverage of all the best attractions Tuscany and Umbria have to offer. Discover the vibrant regions of Tuscany and Umbria; with full accounts of Tuscany and Umbria's major centres of Florence, Siena, Lucca, Pisa, Assisi and Orvieto, complete with coverage of the many smaller towns and villages of Tuscany and Umbria. Fully updated and expanded, guide features detailed coverage of the regions' many sublime landscapes, from the wooded hills and vineyards of Chianti, to the mountains of the Alpi Apuane and lucid accounts of the regions' artistic and cultural attractions. Find detailed practical advice on what to see and do in Tuscany and Umbria, whilst relying on up-to-the-minute recommendations of the best hotels in Tuscany and Umbria, authentic restaurants and bars in Tuscany and Umbria, plus all the insider tips for the best shopping and entertainment options in Tuscany

and Umbria, whatever your budget. Explore all corners of Tuscany and Umbria with the clearest maps of any guide. Make the most of your holiday with *The Rough Guide to Tuscany and Umbria*.

The Jews in Umbria

This unique guide to one of today's hottest tourist destinations combines fascinating articles by a wide variety of writers, woven throughout with the editor's own indispensable advice and opinions—providing in one package an unparalleled experience of an extraordinary place. This edition on Tuscany and Umbria features:

- Articles, interviews, recipes, and quotes from writers, visitors, residents, and experts on the region, including Frances Mayes, Mario Batali, Erica Jong, Barbara Ohrbach, Faith Willinger, and David Leavitt.
- In-depth pieces about Florence and the hill towns of Tuscany and Umbria that illuminate the simple pleasures of local cuisine, the dazzling art treasures of the Uffizi, the civilized wilderness of Tuscan back roads, the many varieties of olive oil, the endearing quirks of the Italian character, and much more.
- Enticing recommendations for further reading, including novels, histories, memoirs, cookbooks, and guidebooks.
- An A-Z Miscellany of concise and entertaining information on everything from biscotti to Super-Tuscan wine, from the history of the Medicis to traveling with children.
- Spotlights on unusual shops, restaurants, hotels, and experiences not to be missed.
- More than a hundred black-and-white photographs and illustrations.

Assisi and Umbria Revisited

A regional guide to two of our favorite destinations: Tuscany and Umbria. An invaluable companion in planning your own vacation to this wonderful part of the world with its architectural treasures, historical cities, medieval hilltowns, vineyards and enchanting destinations. Features over 200 hotels, villas and bed & breakfasts-from affordable to decadent.

Florence, Siena, and other towns of Tuscany and Umbria

Lists and describes points of interest, hotels and restaurants, museums, shopping, sports, recreation, and entertainment in Florence and the towns of Tuscany and Umbria

Umbria

Just east of Tuscany, Umbria is lush with rolling hills and rustic small towns - and delicious, healthful, traditional Italian cooking. In her most intimate and personal cookbook to date, popular cooking-show host Mary Ann Esposito, beloved for her long-running series "Ciao Italia," takes us through this delightful, unspoiled region - cooking, eating, and making friends along the way. With 60 authentic recipes along with anecdotes, profiles, and cooking tips, this companion to "Ciao Italia" is a "traveling cookbook" that transports us to the unforgettable foods of Umbria and the people who prepare them. You'll visit bustling food markets, glorious street festivals, aroma-filled

home kitchens, family-run vineyards, top-secret truffle fields, and a heavenly chocolate museum. You'll also find information on mail-order sources, web sites, and Umbrian restaurants. Everyone who loves Italy will savor the bounty of Umbrian specialties on these pages, including hearty gnocchi, sizzling vegetables and pork sausages alla griglia (on the grill), delectable black truffles, simple ragus, healthful lentils and farro, hearty country breads, and Perugian chocolate desserts. So pull up a chair, pour a glass of Sangiovese, and come along to Umbria - and bring your appetite!

Homes of the First Franciscans in Umbria

Illustrates the political and socio-economic history of the Jewish community in Umbria from the second half of the thirteenth century, when Jewish settlement in the region became permanent and continuous, to the expulsion of the Jews in 1569 by decree of Pope Pius V.

Fodor's Florence, Tuscany and Umbria

Enjoy a journey to the forest-rimmed convent where *The English Patient* was filmed and learn traditional cuisine under cookbook doyenne Lorenza de'Medici. With this completely updated Fodor's guide you can cheer on Palio horsemen from a luxurious room overlooking Siena's square or climb a footpath to Michelangelo's marble quarries and stay overnight at a hiker's hut in the hills. Explore Florence, city of the lily, the city that gave birth to the Renaissance and

changed the way we see the world. For centuries its wondrous art has captured the imagination of travellers, and it continues to do so today. This new edition features coverage of the latest local trends and top spots and has a jam-packed 'Smart Travel Tips A-Z' chapter, plus Great Itineraries, Fodor's Choice, and web addresses. In addition, it lists the latest sights and activities and up-to-date options for hotels, restaurants, shopping and nightlife.

Umbria

Cinque Terre, Florence, Umbria

This is a guide to a two weeks trip in the center of Italy: Parma to Assisi passing through the Cinque Terre, Portovenere, Lerici, Carrara, Lucca, Pisa, Pistoia, Florence, Siena, Volterra, San Gimignano, Montepulciano, Passignano sul Trasimeno, Perugia and then Assisi. There are extensive descriptions and color photos of the attractions. It is ideal for use on your smart phone, it contains many reviews for the best recommended restaurants that are at the location described. There are active links to the review pages, you can use them if you have an active Internet connection, but, if you don't, you have the basic information ready: the name, address and telephone number are included in the guide together with the review.

DK Eyewitness Travel Guide: Umbria

Tuscany & Umbria

A visual and gastronomic tour offers a culinary history of such hill towns as Deruta, Perugia, and Assisi; and includes recipes for such fare as Penci with Sausage, Lemon and Nutmeg Sauce, and Lorella Puccetti's Lentils with Seafood. Original. 20,000 first printing.

Umbria

This history-rich region offers some of Italy's classic landscapes - pole-straight cypress trees lining dusty farm roads, rolling hills that stretch as far as the eye can see, fields of vibrant sunflowers, medieval villages perched on rocky spurs above crashing surf. Visit them all with this comprehensive guide that helps you explore the very best places. A largely untouched coastline and protected wild areas only add to the appeal of this top vacation destination. Regional chapters take you on an introductory tour, with stops at museums, historic sites and local attractions. Places to stay and eat; transportation to, from and around your destination; practical concerns; tourism contacts - it's all here! Detailed regional and town maps feature walking and driving tours. Then come the adventures - fishing, canoeing, hiking, rafting, llama trips and more. Never galloped along a beach on horseback, trekked up a mountain, explored ancient sites? Also includes extensive lists of recommended outfitters, with all contact details - e-mail, website, phone number and location. Adventure Guides are about living more intensely, waking up to your surroundings and truly experiencing all that you.

The Rough Guide to Tuscany and Umbria

The new, full-colour Rough Guide to Tuscany and Umbria is the ultimate travel guide to some of Europe's most popular tourist destinations. Covering the region more comprehensively than any other guide, it's packed with up-to-date and expert information on all the attractions, from the great museums of Florence and Siena to the tiny rural villages, as well as guiding you to the best of the beaches, forests, mountains and vineyard-clad hills. It also gives you the lowdown on the best hotels and restaurants for all budgets, and illuminates the sights with background information on history, folklore, art, architecture and festivals. Dozens of photographs and easy-to-use colour maps complete a guide that has long been established as the best you can buy. Make the most of your time, with The Rough Guide to Tuscany and Umbria.

Umbria

Produced in inimitable DK Eyewitness style, this new guide was written by Italians who have intimate insider knowledge of this delightful region. Umbria is broken down into Northern and Southern sections, and features such famous towns as Assisi and Orvieto, as well as the region's many wonderful and unspoiled national parks, art, and history. You'll find sights, markets, and festivals listed town by town, as well as walks, scenic routes, and thematic tours that will ensure you don't miss a thing. Illustrated food features highlight regional specialties and you'll find

an impressive selection of restaurants and hotels. Whether you are visiting the stunning hill-town of Perugia or taking a lesson in art history at Assisi, capture the flavors of Umbria with the Eyewitness Travel Guide.

The Cities of Umbria

Ciao Italia in Umbria

From Italy's preeminent publisher of guidebooks and maps comes this revised and updated edition of the definitive cultural guide to the "Green Heart of Italy." Touring Club of Italy's comprehensive guide to Umbria provides travelers with unparalleled information on the medieval cities and lush rolling hills of Umbria. Part of TCI's Heritage Guide series, this book features city overviews, 18 walking and driving tours with detailed maps, pictures from top photographers showcasing well-known art treasures and local traditions, and information on museums, galleries, theaters, shopping, and accommodations. Written by a uniquely qualified editorial board of specialists, many of whom are respected art and architecture historians, the guide covers the legendary museums of Perugia, Todi, Foligno, and Montefalco, modern art galleries in Citta di Castello, and specialized museums in Torgiano and Deruta. A section on the cuisine of Umbria and the world-famous wines of Orvieta, Torgiano, and Montefalco whets the reader's palate. A chapter on tourist information and an index give practical travel tips and help the reader locate

information instantly.

Ceramica Made in Umbria

Kb's Tuscany and Umbria

Marcus of Umbria

Berlitz: Tuscany and Umbria Pocket Guide

Love in Umbria

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