



Benvenuti

Welcome

**Informations for your holidays at
Agriturismo Villa La Rogaia**

Annette Greifenhagen and Wolfgang Sandt

wish you a pleasant vacation

La Rogaia from A to Z

Useful information for your holidays at La Rogaia

Arrival

Time of arrival

It is possible to arrive to La Rogaia between 4:30 p.m. and 8 p.m. on the day of arrival (usually Saturday). Please understand that your room/ apartment is not ready for you before 4:30 p.m. If for some reason you can only arrive after 8 p.m. please let us know. The pool is closed for cleaning on Saturdays from 10 a.m. to 4:30 p.m., if necessary also a little longer.

Arriving by car

La Rogaia is situated amidst woods and meadows, 4 km away from the next village, Castel Rigone. The last part of the road to our house (i.e. 2.5 km) is a country road. Driving on country roads might be unusual for you but it is surely the least dangerous part of your trip in comparison with driving on highways etc. The country road is suitable for all cars and small vans when driving slowly and with caution, especially when you have a lowered car. It is not suitable for motorcycles or campervans. Together with your booking confirmation you receive a description how to get to La Rogaia. On our website you can also find a detailed map.

Arrival by train

We can pick you up from the next train station at Passignano sul Trasimeno on the day of arrival in the afternoon. Please let us know about your date and time of arrival at least one week before. If you like to go for trips in Umbria and Tuscany during your stay at La Rogaia however we recommend to come by car or to rent a car. There is no public transport to and from La Rogaia. The next train station is about 10 km away (Passignano sul Trasimeno). Without a car from La Rogaia it is only possible to walk, hike or mountain bike. The hike to the next village (Castel Rigone) takes about 45 minutes.

Arrival by plane

There are flights with Ryan Air to Perugia (at only 35 km distance from La Rogaia) from London Stanstead 3 times a week. Florence Airport is 1 1/2 to 2 hours drive or train ride away. Pisa, Rome, Ancona, Pescara or Forli are all at a distance of 2 1/2 to 3 hours drive or train ride. Budget airlines from European destinations fly into Perugia, Pisa, Roma Ciampino, Forli and Ancona. For budget airlines please check the links on our website.

BBQ

There is a BBQ for our guests in the garden. Please contact us before using it for the first time. We will then supply you with a water hose to be used in case of fire emergency.

Books, maps and guides

If you need a detailed map for hiking in the area of Passignano s.T. or other destinations in Umbria please ask us for maps. You can also check our private book case for travel guides and other books (novels, crime stories etc.) in English.

Car Rental

The closest car rental to La Rogaia is at Magione (at 12 km from La Rogaia, Green Heart Travel, Tel 075 843904) or at Perugia train station (about 30 km away). If you arrive by plane to Florence, Rome, Pisa, Ancona etc. we recommend to book a rental car directly from the airport and to drive to La Rogaia. For good value car rental check: http://rogaia.com/en/car_rentals.html

Children

Children are always welcome – we have children ourselves. We have a cradle for babies, a cot for toddlers and a high chair. In the garden there is a paddle pond, a swing, a slide and a trampoline.

If your baby is used to eat ready made baby food you should bring it. In Italy you will only find comparatively little choice in ready made baby food.

Churches

There is a Roman catholic church at Castel Rigone. Masses are held every Sunday morning at 10 or 11 am, every Saturday at 5:30 pm and a rosary on most weekdays at 5:15 pm. At the entrance of the church you will find a schedule of all services of the week.

Cleaning of apartments/ rooms

The apartments and rooms will be cleaned before you arrive and after your departure. Also during our seminars and classes there is no daily room service. For cleaning of the apartments/ rooms during your stay you will find all the necessary equipment. If you prefer to have your apartment cleaned during your stay we can do this on Saturdays only. For this extra cleaning we charge EUR 30.

Cycling

Cycling directly to and from La Rogaia is only possible with a mountain bike (because of the gravel road). You can rent bikes and E-Bikes at Passignano.

Departure

On the day of departure we ask that you leave your room by 11 a.m. If you wish to be taken to the train: the earliest possibility is the morning train leaving Passignano at about 7:55 a.m.

Domestic animals

Your dog or cat is welcome – as long as he/ she is friendly with us, our other guests and our own domestic animals. We have several cats and half tame foxes (no rabies!), who come close to the house. If your dog likes hunting or roaming please do not leave him off the leash. Please bring your own dog's food bowl and sleeping basket or blanket. If your dog has relieved nature in our garden we ask that you remove it at once. Dogs are not allowed in the pool area!

Equipment of the apartments

The kitchens of our holiday apartments are equipped with all you need for cooking and eating. However there are neither dishwashers nor washing machines. If you require a micro wave oven e.g. for heating baby food or an automatic coffee maker please let us know. If you need to do some laundry you can use our washing machine. We also decided not to have TV- or Hifi-Sets or telephones in the apartments. Our guests usually appreciate the luxury of quietness and seclusion during their stay at La Rogaia.

Sheets and towels

In your rooms / apartments you will find 2 towels per person and a sufficient number of kitchen cloths. We change towels once a week, sheets every 2 weeks. Also during the seminars and courses at our house we do not change towels during the week. Please bring your own towels to be used at the pool or beach.

Fire

In summer there is great danger of bush fires. Therefore please be very careful about open fire (i.e. BBQ, candles on the terrace, cigarettes etc.) NEVER throw away your cigarette butts in the garden or out of the car when driving .

Food

During our classes and seminars we offer breakfast and dinner. We serve breakfast al buffet from 9 to 10 a.m. After 10 a.m. our kitchen is closed until dinner time. Dinner is usually served at 8 p.m. We do not offer lunch. You can buy food at the little supermarket at Castel Rigone.

If you would like to pick up groceries on your way to La Rogaia before arriving: The grocery store at Castel Rigone is open on Saturdays from 8 a.m. to 1 p.m. and from 4:30 to 8 p.m. and (from April to October) also on Sundays from 9:30 to 12:30 a.m. For opening times of other supermarkets please see list further on.

At La Rogaia you can buy our own organic extravergin **olive oil, red and white wine, jams, honey, legumes, saffron and depending on the season vegetables from our garden.** Goat cheese and whole meal bread upon order.

At La Rogaia you can also buy **handmade candles, lavender and rose soap, essential oils and scented potpourris.** Have a look at our show case in the “camerone” on the ground floor of the main building of La Rogaia.

Garden furniture

There are garden chairs and sunshades for every apartment and at the pool. Before leaving the house please close the sunshades and do not leave outside the cushions.

Insurance

We cannot take responsibility for accidents that occur during your stay at La Rogaia. We recommend a travel insurance for your trip to Italy.

Petrol stations

The next petrol stations are at 12 km from La Rogaia, in Magione or Passignano. You can fuel your car there at any time with selfservice and payment at a cash machine. There is no petrol station at Castel Rigone.

Pool

Our pool is situated next to our little house with the apartments “La Pipo” and “La Grapo”. Its size is 4 x 10 mtrs and it is about 1.5 mtrs deep. The pool is surrounded by a mediterranean garden with several little terraces. Next to it there is a sloping lawn. For ecological reasons we try to use as little chemicals as possible for the treatment of the pool. Therefor the water

temporarily can be slightly turbid, especially during very hot weather. This however does not disturb the use of the pool. **Pool times:** From 9:30 a.m. to 1 p.m. and from 4 to 7:30 p.m. You may use the pool for swimming also beyond these opening times but please do not be noisy in order to not disturb the persons living in the apartmemnts “La Pipo” and “La Grapo” next to the pool area. The pool is closed for cleaning on Saturdays from 10 a.m. to 4:30 p.m., if necessary also a little longer.

Depending on the weather we usually keep the pool open from mid May until mid September.

Water temperature of Lake Trasimeno:

	March	April	May	June	July	August	September	October
In C °	12,3	17,4	19,6	24,2	26,2	27,9	23,3	19,7

Rubbish

Please separate your rubbish: paper, glass, plastic, organic, and all the remaining waste. Next to the upper entrance of the large house you will find a black bin for the remaining waste, a green bin for plastic, a box for glass and for paper.

- Glass goes into the glass box next to the rubbish bin.
- Organic waste (only raw vegetables and fruit, no cooked foods, no meat, no bread, no paper) goes into the green organic composter at the entrance of the vegetable garden.
- Plastic (empty and clean plastic bottles, cups, bags, but no tetrapaks and no alluminum) goes into the green plastic rubbish bin.
- Please collect paper in your apartment or bring it to the paper box
- For the remaianing waste please use plastic bags. Please tie them before throwing them in the black bin.

Please throw all your rubbish into the waste bins at La Rogaiia. There are no public waste bins along the road. **Please do not bring your waste directly to the garbage containers at the entrance to the property.** We first have to tie up everything in large bags.

Security

As we are situated in a remote place and there is almost always someone at the house burglary is not very likely. Nevertheless you should always lock your apartments at night and when you are going out. Please also shut the windows when you leave the apartment, not only

because of possible intruders but also because of rain, wind and thunderstorms. We recommend to never leave valuables in the car and not to park your car along the road when going for a walk. It is better to hide it a bit in a side way or to park in a town or village center.

Smoking

We ask you to not smoke inside the apartments, especially not in the bedrooms. Please go outside for smoking and use the ashtrays. Be very cautious nor to cause a bush fire!

Special programs

During your stay at La Rogaia you can book the following special activities:

- **Guided walks around Lake Trasimeno**
- **Massages**
- **Candle light dinner at Castel Rigone**
- **Vespa rentals and tours**
- **Sightseeing with guide**
- **Italian language classes**
- **Sculpting, painting and drawing lessons**
- **Dance lessons**
- **Truffle hunt and truffle tasting in the Upper Tiber Valley**
- **Horse riding at Passignano**
- **Wine tasting at several wineries in our area**
- **Dinner on site (for groups of min 10 persons)**

If you are interested in one of the above activities please get in touch with us so we can give you further information and arrange the program for you.

Telephone and Internet

Telephone: There are no telephones in the apartments. In urgent cases you can use our phone or be called at 0039 075 845457.

Mobile phones: There is good coverage for cell phones in the garden, less good coverage in the apartments. There is also EDGE or UMTS signal in the garden so you can use your smartphone or access the internet via a connect card to your laptop.

Internet access: Since 2013 we have an internet access (WiMax technology) which can be used by our guests via a WiFi system. Upon arrival you will find the password for the Rogaia-

network on the inside of the front cover of the information folder. The signal however is not equally strong in all apartments. There is good coverage in the garden, the common room and in the apartments “La Grapo” and “La Nostalgia”. Due to the technical limitations of the WiMax technology the speed is subject to changes and sometimes there is no signal at all. Therefor we cannot guarantee a continuous use of the internet.

There are **Internet Cafes** at Perugia.

Water

The water from the tap at La Roggia comes from our own well, runs through a filter system and has certified drinking quality. If you prefer fizzy mineral water you can use the drinking water fountain at Castel Rigone, close to the theatre, along the road top Magione. This is an ecological and cheap solution. However you have to bring your own bottles.

Water is scarce, especially during the summer. Sometimes our wells and cisterns dry out and we have to bring water with a tank truck. Please do not waste water: Use the save water push button when flushing the toilet and do not take endless showers. For washing vegetables but also your dishes please use the wash bin. With this used water please water the plants in front of your apartment.

Weather

Climate of Western Umbria

Month	Average temperature max.	Average temperature min.	Hours of sunshine per day	No of days with precipitation
January	7,2	1,7	3,1	9
February	8,8	2,4	3,4	8
March	11,9	4,5	3,3	9
April	16,1	7,6	6,7	9
May	20,5	11,3	8,2	8
June	24,9	14,9	8,5	7
July	27,9	17,5	10,1	5
August	27,8	17,4	9,2	5
September	24,0	15,0	7,7	6
October	18,3	11,0	5,5	8
November	12,7	6,9	3,8	10

December	9,0	3,7	3,0	11
Entire year	17,4	9,5	6,0	95

Wheelchair friendly holidays

Two of our holiday apartments (Il Peperino and La Nostalgia) are accessible for wheelchairs: ground floor access, wide doorways, ample space in all rooms, specially adapted kitchen and bathroom facilities, easily accessible terrace and balcony. The apartments provide suitable accommodation for other family or group members, as they can host up to 8 persons. Two of our smaller apartments (La Grapo and La Pipo) have ground floor access as well but are less spacious. The paths around the house are partly paved with cotto tiles or natural stone plates, partly cemented and partly covered with gravel. Some paths are going up or downhill. The minimum width of the garden paths is 0.65 yd.

In case of emergency

For more emergency phone numbers see list in this folder

Hospitals and doctors

Passignano

Small emergency room (Primo soccorso). Follow the road signs to *Ospedale*

Perugia Ospedale Silvestrini

Large hospital with all departments. Emergency room (Pronto soccorso). Drive on the raccordo towards Perugia, take exit Madonna Alta, follow the signs to Ospedale Silvestrini, go directly to “Pronto Soccorso”.

Perugia Checkup (Centro Medico)

Private medical studio with almost all specialties

Via del Discobolo 14, Perugia, Drive on the raccordo towards Perugia, Exit Ferro di Cavallo,
Tel 075 5170245

Pediatrician

At Passignano: Dott.ssa. Cappellani, Mobile phone 0039 368 3738488

Or at Ospedale Silvestrini Pronto Soccorso, Perugia (see above)

Dentists

Dott. Sergio Spennacchioli (at Pila close to Perugia) Tel 0039 075 388 444 or mobile 0039 3494958406

Dott. Cesarini (Magione) Tel 0039 075 843027

Pharmacies

At Castel Rigone (closed on Wednesday afternoons), Passignano, Magione or Umbertide.

Car mechanics

Passignano

Rameschi Auto (Volkswagen), in the Zona Industriale along the road towards Tuoro. Tel 0039 075 829 178.

Magione

Fratelli Parretta (Citroen), on the right hand side along the road towards Perugia. Tel 0039 075 843196

La Rogaia is a small farm producing extra virgin organic olive oil.

These are the goods from our own production or from other organic farms that you can buy at La Rogaia:

- La Rogaia olive oil
- Red wine, white wine, sparkling wine from Magione
- Liqueurs and Grappa
- Home-made whole-meal bread*
- Goat cheese*
- Honey and jams
- Preserves and chutneys
- Lentils, chickpeas, beans, spelt, polenta
- Saffron
- Vegetables from the garden, according to the season

* Bread and cheese only upon request.

**We also sell handmade soaps, candles and jewellery.
Have a look at our show case in the common room downstairs.
There you will also find a price list for all products.**

Shopping

Please inquire for our own olive oil, whole meal bread, honey and some vegetables (see above)

Food stores

General opening times of shops (if not otherwise indicated)

Mon – Sat 8.00 – 13.00 and 16.30 - 20.00

At Passignano smaller shops are closed on Monday mornings, at Magione on Thursday afternoons.

Castel Rigone

Marcello's Supermarket (Disk-al-Baffetti) opposite to the church, with fresh vegetables, bread, meat. In summer also open on Sundays from 9:30 to 12:30 a.m.

Passignano

Emisfero Supermarket in the town center at the central parking lot.

CONAD and COOP Supermarket along the road towards Tuoro.

EUROSPIN discount on the main road at the Western end of the town.

Magione

COOP supermarket at the roundabout when driving from Castel Rigone to Perugia. Open Mon - Sat 8.30 to 20.00. In summer on Sundays 9.00 to 12.30.

A & O: along the road to Perugia. Vast range of products, fresh fish, meat, bread. Open Mon - Sat 8.30 to 20.00. In summer on Sundays 9.00 to 12.30.

EUROSPIN Discount Supermarket along the road to Perugia. Cheaper products, fresh meat, bread. Open Mon - Sat 8.30 to 20.00. In summer on Sundays 9.00 to 12.30.

CONAD Supermarket along the road to Chiusi (Centro Commerciale Pesciarelli). Open Mon - Sat 8.30 to 20.00.

Umbertide

COOP Supermarket at the Eastern end of town. Vast range and very good quality, organic food. Open Mon - Sat 8.30 to 20.00.

Delikatessen

For Umbrian specialities (truffles, hams, sausages etc.) please ask us and we will put you in contact with a very good price good quality whole sale vendor.

Wine from Umbria and Tuscany

Close to La Rogaia you may not only taste the famous red wines Rosso di Montalcino and Nobile di Montepulciano. Umbria is producing high quality wines that can well take it up with their Tuscan neighbours, at definitely better prices. Our special recommendation: Come to “Cantine Aperte” (open wine day) on the last Sunday in May: Large and small wineries invite you to taste their wines along with porchetta (roast suckling pig) and music. They also offer guided tours through their cellars. This is Italian way of living at its best!

Magione

“**Terre del carpine**” **Cantina Intercomunale del Trasimeno**, along the road to Perugia on the left hand side. Very reasonably priced open and bottled wines. Open Tue to Sat 9-12 and 14-17 Uhr. Closed on Mondays.

Pucciarella. Close to Villa di Magione. Very good red Sangiovese wines. From Magione take direction towards Perugia, turn left in front of „Mercatone Uno“ to Villa and Soccorso, drive through both villages. The winery is on the right hand side after the village of Villa. Geöffnet Mon – Sat 9-12 und 15.30 – 18 Uhr.

Torgiano:

Lungarotti. Umbria’s most well known wine producer. Large selection of red and white wines. Visit the wine museum in the cool cellars of a 16th-century mansion.

Montefalco:

Cantine Adanti and prize-winning **Paolo Bea** produce a delicious red Sagrantino wine and Passito di Sagrantino (sweet wine). **Arnaldo Caprai** has a fresh and fruity white wine.

Weekly Markets

From 8 – 12 a.m.

On Wednesdays in *Umbertide*

On Thursdays in *Magione*

On Saturdays in *Passignano, Perugia (Piazza Umbria Jazz) and in Cortona*

Shopping

Pharmacies

At Castel Rigone (closed on Wednesday afternoons), Passignano, Magione or Umbertide.

Antiques

Market in *Perugia*: Every last Sat and Sun of the month (Giardini Carducci)

Market in *Arezzo*: Every first Sat and Sun of the month

Shop in *Magione*: Rinaldini Lando (Import of Antiques from Eastern Europe and Asia). Sells also antique amphores and garden statues. Along the road to Perugia follow sign to the left

Books

Libreria „La Lungara“

Perugia, Corso Garibaldi 26

Bilingual books

Plants, flowers, terra cotta pots

Magione

Bottausci, along the road to Chiusi,

Camucia – Cortona

Along the Road to Cortona there are several garden centres (before entering Camucia). We recommend Garden Center *Felice Felici*.

Terontola Cortona

Right after the exit from the raccordo towards Bettolle at Castilgione del Lago: drive towards Terontola Cortona: on the right hand side Terra cotta pots..

Cashmere

Brunello Cucinelli s.p.a., at Loc. Solomeo, Corciano

Lamberto Losani, at Magione, along the road to Perugia

Home and kitchen wear

At Magione:

Mercatone UNO or Marino fa Mercato along the road to Perugia

At Corciano:

Gran Casa, along the road to Perugia,

Handmade Umbrian textile works (lace and embroidery)

Punto Ricamo di Lina Montagnoli, Via del Toppo,3, Perugia, Tel 0039 075 5053396

Historical Costumes

Renaissance dresses made to fit:

Cinzia Rosignoli. Viale Giovanni XXIII, 21, 06081 Assisi PG; Telefon: 0039 328 461 5819

Factory Outlet for fashion and shoes etc.

Valdichiana Outlet Village

At the exit Val di Chiana of A1. Open Tuesday to Sunday 10:00 to 20:00, Monday 14:00 to 20:00 . Tel 0039 0575 649926

Chocolate

Chocolate factory, museum of *Perugina*

in Perugia, San Sisto (exit Madonna Alta)

Via Pievaiola Tel. 075/5276796

Open Monday to Friday 9.00 to 13.00 and 14.00 to 17.30. Free entrance

Recommended Restaurants

Around Lake Trasimeno

Castel Rigone

La Posta

Small Pizzeria along the main road of the village in direction to Passignano on the left hand side (when coming from La Rogaia).

Ristorante Il Corte at Hotel Relais La Fattoria

In the old village centre of Castel Rigone. Take the road which leads uphill in front of the church. Traditional cuisine at reasonable prices. Very nice settings inside and on the terrace beside the pool, overlooking Lake Trasimeno. Tel 0039 075 845322

Between Castel Rigone and Umbertide (turning to the right at the end of the La Rogaia gravel road):

La Pineta

Beer garden and restaurant partly self service. Speciality: „Torta al testo“, The Umbrian answer to Calzone, filled with sausage and spinach or with rocket and stracchino cheese or with raw ham and cheese. In autumn game specialities. Good value. In summer open daily from 9:00, in winter only Sat and Sun.

Preggio

La Castagna

Tiny restaurant with simple Umbrian specialities. Try the omelette with nettles or the Zuppa di ceci e castagne. Tel 0039 075 9410 294

Passignano sul Trasimeno

Dal Pescatore

Right in the town centre you can dine under a wine pergola. They serve good fresh water fish from the Lake. Closed on Tuesdays. Tel 0039 075 8296 063

Onda Road

At the yacht harbour. Pizza from the wood oven. Sometimes Live music Closed on Tuesdays.
Tel 0039 075 829 058

Antica Molinella

When going from Castel Rigone to Passignano after the railway underpass turn right after about 200 m. Via s. Donato 2, Tel 0039 075 827950

Isola Maggiore at Lake Trasimeno

Da Sauro

Have a leisurely lunch in the shady garden at the lake front. We recommend „Regina in porchetta“ (carp with fennel). Tel 0039 075 826168. Open every day.

Tuoro

La Taverna di Bacco

Panoramic view of Lake Trasimeno, sitting in the garden. Traditional Umbrian food. Via Castelonchio. Tel 0039 340 5424040

Torricella

Il Giardino

On the road to Torricella right after the railway crossing to the right. Situated directly at the lake. Fish specialities, great desserts. Bring one of the cards from the folder and get 10 % discount. Closed on Tuesdays. Tel 0039 075 843646

San Feliciano

Rosso di Sera

Dirctly at the lake fron, with verandah and view of beautiful sunsets. Creative cuisine, of course fish from the Lake. Tel 075 8476277. Closed on Tuesdays.

Magione

Pappagloria

Right in the old centre of Magione. Tiny restaurant with Umbrian specialities. Via XX Settembre 28. Tel 0039 075 8472254. Closed on Mondays.

Il Delicato

Along the road to Perugia. Set menus at low prices. Via F. Longo , Loc. Bacanella. Tel 0039 075 843828. Mittwochs Ruhetag

Paciano

La Loggetta

Tiny restaurant at Paciano on the south side of Lake Trasimeno. Offering theme dinners (e.g. Renaissance dinner) or wine tasting at good prices. Tel 075 830144.

Citta della Pieve

Ristorante Il Felcino

at Fraz. Salci bei Fabro, Agriturismo with meat specialities from the own Chianina beef breeding. Tel 393 9905070

Locanda della Picca

Follow the road to towards the ospedale. Youngrestaurant with modern design, great views from the terrace. On summer weekends live music (jazz). Innovative Tuscan cuisine, Cocktails. Tel 0578 299403

Il Capriccio

Situated in the countryside with view over Lake Trasimeno. Fish specialities. Loc. S. Litardo 27. Tel 0578 298105. Closed on Tuesdays.

Montegabbione

Agriturismo Gatto Giallo

Typical Umbrian food. Meat barbecued at the open fireplace in the restaurant. Tel 0763-837546 und 3471045059

Upper Tiber Valley

Citta di Castello

Trattoria da Lea

Cosy little restaurant, typical Umbrian food.. Via San Florido 38. Tel 0039 075 8521678

Perugia, Todi, Assisi and Eastern Umbria

Perugia

Dal mi Cocco

Legendray rustic restaurant without menu. Eat as much as you can at EUR 13 per meal.

Always full be sure to make a reservation. Specialities from Perugia. Tel 0039 075 5732511.

I Castelli di Napoli

Pizzeria and Restaurant in the historical town centre, Via dei Priori 78/82. Tel 0039 075 5758019

Corciano Ellera

Il Battibecco

Not in a very romantic location (right beside the highway to Perugia) but with large green patio. Good for families, wheelchair friendly. Vast selection of traditional regional dishes and pizza. Good value. Very popular with Perugians, only few tourists. Tel 0039 075 5170328. Gets crowded after 20:30.

Todi

La Cantina del Mercataccio

In the town centre with panoramic view frm the terrace. Via del mercato Vecchio 1. Tel 0039 075 894 4799

Assisi

Il Maniero

In the countryside out of Assis, inside an old castle, views over olive groves. Refined Umbrian cuisine. Via Biagiano 11. Tel 0039 075 816379

Il Medioevo

Right in the historical centre, excellent meat dishes.

Via dell Arco dei Priori, 4, 06081 Assisi PG Telefon: 0039 075 813068

Spello

La Bastiglia

One of the most reknowned restaurants of Umbria and one of our personal favourites. A bit more expensive but definitely worth ist. Via Salnitriaria 15. Tel 0039 0742 651277

Il Trombone

In the town centre, garden terrace. Vic. Fontanello. Tel 0039 0742 651069

Foligno

Divinincanto

Out of Foligno in the suburb Sant'Eraclio. Tiny reaturant with creative cuisine. Largo Garibaldi 6, Sant' Eraclio. Tel 0039 0742 677039

Campello sul Clitunno

Parco del Clitunno

Who likes fresh fish: This is the place to go. You aree dinig next to trout ponds and get fish that was just caught. You can even catch your own fish. Ideal on hot summer days.. Loc. Fonti del Clitunno. Tel 0743 521052

Castelluccio di Norcia

Il Guerrin Meschino

Simple restaurant of an agritourism with specialities of the Castelluccio high plane. Lentils from their own farm. It is also possible to stay overnight there Tel 0743 721125 or 338 3742649

Close to the Marmore waterfalls at Arrone (province Terni)

Ristorante Rossi

Good food in a shaded patio. From Marmore waterfalls take the road to Arrone, the restaurant is situated right along the road. Tel 0744 388372

Restaurants in Southern Tuscany

Cortona

La Loggetta

Tuscan specialities served under the loggia overlooking the picturesque town piazza of Cortona. Piazza di Pescheria, 3, 52044 Cortona AR; Telefon: 0039 0575 630575

Locanda al Pozzo Antico

Refined restaurant with reasonable prices. Excellent food and cosy atmosphere. Via Ghini 14, Tel 0039 0575 62091

Trattoria Dardano

Simple trattorai with Tuscan specialities. Via Dardano 24. Tel 0039 0575 601944

Sorbello, Mercatale

Le Capannine

Small garden restaurant, organic food. Very delicious. But do not look out for locals: this restaurant is frequented at 95 % by English, Americans, Dutch, Germans ... Tel 057 638112

Montepulciano

Trattoria di Cagnano

In the town centre along the main road. Excellent fish and traditional Tuscan cuisine. Via dell'Opio Nel Corso, 30, 53045 Montepulciano SI, Telefono: 0578 758757

Chianciano Terme

La Torretta

Situated in a tower at the entrance to the old Chianciano. Creative cuisine, very good quality. Via Dante 2, Tel 0578 31073. Closed on Wednesdays.

Chiusi

Zaira

Famous restaurant with fish and game specialities, Etruscan cuisine. Tel 0578 20260. In winter closed on Mondays

Asciano (*on the way to Siena in the Crete*)

La Mencia

Game specialities and superb pasta in a small restaurant with patio. Tel 0577 718227. Closed on Mondays.

Locanda Amordivino

Open fire place inside the restaurant where you watch your steak being grilled. Garden in summer. One of our favourites!

Corso Matteotti 126/128, 53041 Asciano (SI), Telefon 05771656607

Piazzè, *on the way to San Casciano dei Bagni (thermal spa, see below):*

La Vigna

Small traditional trattoria serving simple food. Home made pasta, pickled mushrooms, grilled meat.

Monticchiello (close to Montepulciano and Pienza)

La Porta

Tiny restaurant with terrace overlooking the Val d'Orcia. Noble Tuscan cuisine, exquisite wines, a bit more expensive. Reserve a table before going Tel 0039 0578 755163. Closed on Thursdays.

Florence

La Burrasca

In the historical centre, refined cuisine, reasonable prices. Via Panicale, 6, 50123 Firenze
Telefon: 055 215827. Closed on Mondays

La Beppa Fioraia

A garden restaurant in the middle of town, under the Piazzale Michelangelo, very popular with locals. Try the mixed antipasti („Gran Taglieri“), Via dell'Erta Canina 6/R. Tel 0039 055 234 7681

Trattoria Baldini

Traditional Florentine cuisine, mostly locals. Via il Prato 96r, Tel 0039 055 287663. Closed on Saturdays.

Restaurant in the Marche:

Close to the Frasassi caves

La Scaletta

Excellent restaurant with high quality food at reasonable prices. Try the goose ham for a starter or wild boar stew with herbs. Tel: 0039 0732 90061

Please take leaflets and calling cards of the restaurants mentioned above which are included in this folder

Recommended Trips and Sights in Umbria and Tuscany

Umbria is the green heart of Italy: dark green the woody slopes of the hills, light green the vineyards, silver green the olive groves. At the border to Tuscany this heart has a blue spot: the Trasimeno Lake, enclosed by endless rolling hills and picturesque little hill towns and villages. Less crowded than Tuscany to the West, Umbria still is a refuge for connoisseurs who seek for original country holidays and half-hidden retreats still largely untroubled by visitors. But yet Umbria is everything else but sleepy. Many Umbrian and Tuscan villages offer art, culture, food and views of which many a European city would be proud. There is the spiritual world capitol Assisi, Perugia with its internationally renommed jazz festival and the innumerable festas and festivals in almost every little village throughout Umbria.

Lake Trasimeno

Lago Trasimeno is the fourth largest lake in Italy. Umbrians call it “Il Mare Umbro“ (the Umbrian sea). It lies nestled in the rolling hills of Umbria, with quaint towns guarding it from the lake front or the surrounding hill tops. Trasimeno Lake invites you for swimming, water sports, walking in natural reserves or trips to one of its islands. Gourmet food lovers seek it out for the eel, carp, perch, trout and pike which make up the local stew, the “tegamaccio”.

Trips on the lake

Catch a ferry to one of the lake’s islands and visit Isola Maggiore to watch the fishermen mending their nets and women knitting lace. Visit the old romantic castle and the small church on top of the island where you may enjoy a fantastic panoramic view. Or go to Isola Polvese, a natural reserve with the ruin of an old monastery. At Oasi della Valle at San Feliciano you can watch rare local and migrant birds.

Around the lake there are many interesting little towns for shopping, museums and restaurants. Before dinner have an “aperitivo” in one of the lake front cafes at Passignano sul Trasimeno or Castiglione del Lago watching the “change of guard” when the swallows return to their nests and the bats begin to draw their circles in the air. In the surrounding hills you can visit our village Castel Rigone as well as Cortona, Citta della Pieve, Paciano, Panicale and Magione.

Isola Polvese und Isola Maggiore

Ships to the islands depart from Passignano, San Feliciano and Tuoro. See time table in the attachment.

Natural reserve *Oasi della Valle* (for bird watching) at San Feliciano. Tel. 075 8476007. Open daily from Tuesday to Sunday from 10 to 13 (June to September 9 to 13) and 15 to 18 (June to September until 20, December to March 14 to 17).

Interesting towns, art and culture in Umbria and Tuscany

Assisi, Perugia, Cortona, Arezzo, Siena, Montepulciano, Citta di Castello

The cities and hill towns of Umbria and neighbouring Tuscany are landmarks of European culture. Towns such as Perugia, Assisi, Siena, Arezzo, Cortona, Montepulciano, Gubbio or Citta di Castello offer the flair of the Italian way of life, sightseeing and cultural highlights from the Etruscans to the Arte povera, from the renaissance painter Piero della Francesca to the contemporary art of Alberto Burri.

Assisi

Assisi is the spiritual capitol of Umbria and a must on an Umbria itinerary. Its perfect medieval architecture takes us for a travel in time to spiritual and religious life in the middle ages. The Basilica San Francesco with its touching frescoes by Giotto and its solemn and dark crypta surely are a mystic place. The town itself was completely reconstructed after the devastating earthquake in 1997 and has come back to a new life. You should visit Assisi in autumn, winter or spring when the masses of pilgrims and tourists from all over the world have ceased. Grasp the spirit of this very special place walking through the ancient oak and chestnut woods to St. Francis' hermitage on the slopes of Monte Subasio.

Perugia

Perugia really comes to life on summer evenings, with shops open until 10 p.m., art markets in the streets and dinner al fresco at tables set outside the many restaurants. The main event is Umbria Jazz Festival in July attracting many international acts – past stars have included Stan Getz, Gil Evans and Wynton Marsalis. The streets ring with the sounds of marching bands

from New Orleans and the main piazzas become stages for free concerts. But also at other times of the year you will certainly not be stuck for entertainment in Perugia: Visit the duomo and national gallery with art from Etruscan to modern, be tempted by the famous Baci (kiss) chocolates by Perugino chocolate factory or just watch the Perugians in this young and lively university town.

Arezzo

Everyone knows Arezzo by now. Oscar winning movie „La vita è bella“ by Roberto Benigni took this pretty Italian town to Hollywood fame. Arezzo has a centre of seductive medieval and Renaissance charm. A famous antique market takes place on the piazza with shady arcades every first weekend of the month. The market is great fun also if you did not bring a thick wallet and a furniture van. Chief lure in Arezzo is Piero della Francesca’s cycle of The Story of the True Cross in the church of San Francesco. It has been recently restored and shines with new splendour. To see it you have to make a reservation calling at 0575 900404.

Siena

To many Siena counts among the most beautiful cities in the world. Have a cappuccino at the Campo (main square), crafted like a sloping scallop shell, and enjoy some of the world’s best people-watching. Wander through the streets with elaborate gothic palazzos of white marble and pink Siena brick. The hole place emanates a serene elegance not easily to be found elsewhere. One could spend weeks visiting museums and churches. If you did not bring so much time do not miss the Maestà (Virgin Mary in Majesty) by Duccio at the dome museum: Gothic transcendency on the gentle human features of a Sieneese young woman. And stepping out of the museum you might just meet this face in the streets of Siena.

Cortona

Ancient Cortona’s chief beauties are its views, picture-perfect medieval streets and a handful of small churches and museums that contain treasures out of all proportion to the town’s modest size. Discover the paintings by Fra Angelico and Luca Signorelli who was born at Cortona in the Museo Diocesano. Or join the locals in the cool of the evening (from 6 to 8 p.m.) as they take their customary passeggiata down the main street. Do a lap or two yourself then choose an outdoor table, sip an aperitivo and watch the passing fashion parade.

Montepulciano is one of Tuscany's loftiest towns, looking down over peerless pastoral countryside to the hill towns of nearby Umbria. It is known for its robust red wine, the *Vino Nobile di Montepulciano*. Visit the wine cellars along the main street which are partly from Etruscan times and taste this delicious wine together with Pecorino cheese from Pienza. On a rainy day have a piece of cake amidst the art-nouveau splendour of Caffè Poliziano and enjoy the still beautiful view over the endless rolling hills lying at the window.

Panicale is a quaint little hill town with a spectacular view of Trasimeno Lake and a marvelous fresco by Perugino, the divine Umbrian painter. Make sure you get to see the theatre, one of the smallest in the world. It was built in the 19th century by some noblemen to fight the boredom of a life in the province, a problem you are not very likely to suffer from when travelling in Umbria!

Citta di Castello

is the birthplace of contemporary artist Alberto Burri, member of the "Arte Povera" (poor art) movement. See his impressive megasized paintings and installations that need the space of an old tobacco factory (Ex Seccatoi Tabacchi). Tel: 075 855 4649 Opening times Tuesdays to Sunday 10-12 and 15 – 17, in summer until 18 hours.

A little to the north in the Alta Valle Tevere (upper Tiber valley), you will find more works by Piero della Francesca: at San Sepolcro his impressive "Resurrection" and at Monterchi his pregnant „Madonna del Parto“.

Walking, Hiking and Mountain Biking in Umbria and Tuscany, Italy

Discover the unspoilt nature of Umbria and Tuscany walking, hiking and mountain biking on hidden trails. At La Rogaia there are many possibilities for hiking right at your doorstep: Walk up to our village Castel Rigone, see the meadows full of rare orchids and the ruin of an old castle below La Rogaia, or take the panoramic trail above Lake Trasimeno. For biking tours starting from La Rogaia we suggest to bring a mountain bike (for the gravel roads). Umbria offers a myriad of opportunities: for mountain bike enthusiasts there are mountains and hills with different routes whatever your level, whilst touring and racing bikes can explore the array of scenic and spellbinding secondary routes with little in the way of traffic. If you cannot bring your own bike: At Passignano there is the possibility of renting bikes (bike rental, see above).

Old pilgrim routes in Umbria and Tuscany

Follow the traces of St. Francis of Assisi in Umbria walking from Assisi to Arezzo. This old pilgrims' trail almost touches La Rogaia and close to us you can visit „St. Francis' bed“ (a rock where he supposedly rested on his travels). You may discover old Franciscan monasteries such as Le Celle near Cortona or La Verna near Pieve San Stefano. This ancient monastery is situated on the top of a mountain shaded by old beech trees. Go there on a hot summer day to find an always cool, quiet and serene place.

In southern Tuscany an old pilgrims' trail leads from Monte Oliveto Maggiore to Pitigliano crossing the “Crete”, a landscape of austere beauty. From La Rogaia you can well enjoy day stages of this route. We particularly suggest to hike from San Quirico d'Orcia to Sant' Antimo. Charlemagne is said to have founded this exquisite 8th-century abbey south of Montepulciano: true or not, it is hard to imagine a more sublime Romanesque building at least in Italy, or one set in such peerless countryside. Do not miss out on the Gregorian plainsong graces: weekdays 7:00; 18:00 and 20:30; sundays 8:15; 11:00, 18:30 and 20:30). The church is open daily from 9:00 to 19:00.

Gardens in Umbria and Southern Tuscany

Garden lovers will find a lot of gardens and parks in the vicinity of La Rogaia which are definitely worth seeing. Italian formal gardens, lush flower and landscape gardens in the English style or parks with ancient stone oak and chestnut trees for extended walking.

The **medieval garden of Perugia** (Orto Medievale di Perugia) is part of the old monastery Abbazia di San Pietro and has been diligently restored. There is an interesting herbal garden and a section about mystical plants and garden layouts from the middle ages. Open on workdays only 8 bis 18.30 hours.

The renaissance garden of “**La Foce**” close to Chianciano Terme was restored in the 20th century by an Italian-American couple. It is open only on Wednesday afternoons. Call for reservation: Tel 0578 69101

The park of **La Scarzuola** near to Montegiove is a bizarre architectural waxworks created in the last century by an architect from Milan on the ruins of a monastery. For reservation call Tel 0763 837463).

Villa Fidelia near Spello is a baroque garden with amuseum of Umbrian artists. Tel 0742 651726. Closed on Mondays. Open June to Sept 10:30 – 19:00 Uhr, October 10:30 - 18:00 Uhr.

Nature sights

Frasassi caves (in the Marche region)

The subterrenean complex of the Frasassi caves is one of the largest and most fascinating subterranean routes of the world. From La Rogaia it takes about 2 hours to get there (via Umbertide and Gubbio) but is really worth while. The tour through the caves takes 1 ½ hours. Bring a jumper as there is a constant temperature of 14°C.

Wellness

Massages

Have a massage with one of our massage specialists (**aroma oil massage or shiatsu**). A whole body treatment of 1 hour is EUR 50.

Spas

The ancient Tuscan spas are about one hours drive away from agritourism La Rogaia. Their rich thermal spring waters (about 40° C) are full of therapeutic gifts for the body and were already used by the ancient Etruscans.

San Casciano dei Bagni

Fonteverde is a modern spa of wellbeing amidst the Sienese hills. Bathe in warm pools outside or indoors and feel the massage of water jets that generate both tone and energy.

Entrance fee ca. EUR 15 per Person.

Fonteverdi Spa. Loc. Terme 1, San Casciano dei Bagni, Tel 0578 57241.

Rapolano Terme (San Giovanni Terme)

On the road to Siena, from La Rogaia in less than one hour. Entrance fee ca. EUR 15 per Person. Tel 0577 724030. www.termesangiiovanni.it

Bagno Vignoni

is an ancient spa in the Valle d'Orcia. The village houses overlook a large medieval thermal pool where already Saint Catherine of Siena bathed. Andrei Tarkowski's Film „Nostalgia“ was filmed here, with unforgettable images of the hot mists evaporating from the pool. There is a recently modernized spa and pool at the “Hotel Posta Marcucci” where you can relax lying in hot water and enjoying a fantastic panoramic view of the Valle d'Orcia. Open daily 9-13 and 14.30-18 Uhr . Closed on Thursday afternoon.

Around Monte Amiata there are also a few places where you can bathe in natural hot springs in the middle of woods and pastures. Please ask us for further directions.

Sports and leisure activities

Water sports at Lake Trasimeno

Swimming

Lake Trasimeno is a pleasant spot for Perugians and visitors to cool off in its clean waters. The lake is very shallow and gets warm and turbid in summer. Water quality is being regularly monitored by the authorities. Around the lake you will find nicely kept beaches with playgrounds for children.

Public beach at Passignano: close to the yacht harbour, large parking lot. Sandy beach, playground for children, coffee shop/ bar.

On the Eastern shore of the lake (*Torricella, Monte del Lago, San Feliciano*): Several public beaches along the road.

Surfing, Sailing and Canoeing

You can charter a sailing boat at Passignano sailing club which also offers a sailing school. At some of the beaches around the lake you can rent surf boards, canoes and kayaks (e.g. at "Spiaggia Albaia")

Hiking / Trekking

From La Rogaia you can venture out directly to explore the macchia with its stunning wild life (porcupines, wild boars, pheasants etc.), shrubs and flowers. Ask us for directions and for a detailed map.

You should wear hiking shoes and take a stick when you intend to go off the paths into the woods (beware of snakes).

Bicycling/ Mountain biking

For mountain bike riding directly from the house please ask directions from us. For trips around the lake we can supply you with a map.

Bike rentals: LAKE BIKE Store, Viale Roma, 30, 06065 Passignano Sul Trasimeno PG;
Telefon: 075 374 4793

Motor scooter rental: Umbria in Vespa, Localita' Case Sparse 42, San Savino, PG 06063,
Telefono: 075 843062

Horseback riding

Would you like to discover Umbria from horseback? There are several riding schools in our vicinity:

Centro Ippico La Molinella

Località San Donato, Passignano sul Trasimeno. Tel 0039 349 6635190 (Olivia) or 0039 3337044761 (David)

Equitazione Lilhoff

Run by a friendly English lady. They offer outdoor trips on horseback for an hour or longer (also at moonlight).

Località Baldelli 13a, Castiglione del Lago

Tel 0039 339 1304887 (Pat, speaks English)

La Rosa Canina at Casalini, Panicale. Tel 0039 075 83 50 660

Circolo Ippico di Valvasone at Magione offers pony-riding for children. Tel 0039 328 97 19 348 (Marina)

Let us know and we will arrange for you.

Golf

Golf Club Lamborghini at Panicale: 9-holes-golf course of the legendary car producer Lamborghini; golf school.

Paragliding

Monte Subasio above Assisi and Monte Cucco close to Gubbio are a paradise for the „silent knights of the air“. Contact for Monte Subasio Tel 339 2031462

River rafting and canoeing

On the rivers Nera and Corno (close to Norcia) or at the Marmora waterfalls you can discover unspoilt nature from a raft, canoe or kayak

Rafting Umbria

Via Fiume Corno, 5, 06046 Serravalle di Norcia PG; Telefono: 348 351 1798
Gaia Centro Rafting

Loc. Biselli di Norcia, 06046 Norcia PG, Telefon: 348 735 6565

Star watching

For all hobby astronomers: the clear nights at La Rogaia allow fascinating views of the starry sky above ...