



**Benvenuti**

**Welcome**

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

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**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 p.m., if necessary also a little longer.

### **Arrival 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 and other busy roads.. 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, long camper vans or cars with lowered bottoms.** Together with your booking confirmation you receive a description how to get to La Rogaia. These are the geo coordinates of La Rogaia: 43.19438 ; 12.25486

### **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.

### **Important!**

**When planning your trip, please note that we can take you to the train from 9:00 a.m. at the earliest and 12:30 p.m. at the latest (the times apply to the departure from La Rogaia and to the next train station, Passignano sul Trasimeno).**

If you absolutely have to catch a flight or connecting train very early, i.e. before our possible departure time, you would have to order a taxi in advance (i.e. not at short notice). This is possible, for example, at Radio Taxi Perugia (telephone 075 500 4888).

### **Arrival by plane**

There are flights with Ryan Air to Perugia (at only 35 km distance from La Rogaia) from London Stanstead and from Bruxelles. 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.

### ***Here is another important note for air travellers:***

When traveling by plane, it can happen that check-in baggage does not arrive. Experience has shown that the delivery of luggage to La Rogaia takes place with a long delay or not at all. ***We therefore strongly recommend that you carry all important things such as medication (in sufficient quantities for the entire holiday, toiletries, tablets, laptops, charging cables, etc.) in your hand luggage.***

### **Arrival: What you should bring to La Rogaia**

If you would like to go **trekking or hiking** you should bring good shoes and eventually also walking sticks. Trekking paths in Umbria can be quite steep

For **swimming**: Bathing suits and towels for swimming in the lake or pool. If you want to visit the thermal spas in Southern Tuscany please also bring bath robes and thongs.

We recommend to **bring a torch light**. We decided to not install too many outdoor lights in the garden so that you can enjoy the clear starry skies at La Rogaia.

If you are sensitive to **insect bites** we recommend to bring an insect repellent for the skin In the bedrooms you will find electric appliances for liquid insect killers. You can purchase refills at the shop at Castel Rigone.

### **Departure**

On the day of departure we ask that you leave your room by 11 a.m.

### **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 emergency.

### **Books, maps and guides**

You will find a detailed map for hiking in the area of Passignano s.T. included in the information folder in your apartment. For other destinations in Umbria we can give you more hiking maps. You may 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.de/en/car\\_rentals.html](http://rogaia.de/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 and a slide. 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.

### **Cleaning of apartments/ rooms**

The apartments and rooms will be cleaned before you arrive and after your departure. (see also below). 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 touring and mountain bikes at Passignano.

### **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 no automatic coffee makers, but Italian style “caffettiere”. Three apartments (“Il Peperino”, “La Nostalgia” and “La Grapo” have dishwashing machines, the other apartments not.

If you urgently require a micro wave oven e.g. for heating baby food please let us know.

There are no washing machines in the apartments. 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.

### ***Bathroom equipment***

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. In every bathroom there is a hairdryer and liquid soap but no other courtesy products such as shampoo or conditioner etc.

### **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 (Tango weeks, painting classes, sculpting classes, cooking classes)** we offer breakfast and dinner. We serve breakfast as 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 (see below).

Please note, that La Rogaia is a an agriturismo (farm holiday place) and not a restaurant. This means that there is no “à la carte” dinner, but that our cook prepares one meal for all, like an Italian mamma does for her family.

Before your stay at La Rogaia you can choose whether you want vegetarian or non-vegetarian food. During the stay, a daily change from non-vegetarian to vegetarian or vice versa is not possible. Usually there is once a week an all vegetarian meal and once a week a fish meal (of course no fish for the vegetarians).

We also offer gluten-free food and try wherever possible to consider any other medically relevant allergies or food intolerances. Please understand, however, that we serve the typical Umbria cuisine and therefore cannot cater for everyone’s preferences, aversions or minor food incompatibilities.

***Please note:***

***No catering is offered at the olive harvest, the culinary activity week and the creative writing workshop, apart from the dinners listed in your booking confirmation.***

*It is not possible to book extra meals (breakfast or dinner). There is the possibility for self catering in the apartments.*

**Buying groceries:**

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 7:30 p.m. and also on Sundays from 9:30 to 12:30 a.m.

At La Rogaia you can buy our own organic extravergin **olive oil, red and white wine, jams, honey and depending on the season vegetables from our garden.**

At La Rogaia you can also buy glass bead jewellery. 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. Have a look at [http://www.rogaia.com/en/travel\\_insurance.html](http://www.rogaia.com/en/travel_insurance.html)

### **Petrol stations**

The next petrol stations are in 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”. It’s size is 4 x 10 mtrs and it is about 1.5 mtrs deep. The pool is surrounded by a mediterranean garden and a terraces. Next to it there is a sloping lawn.

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

### **Water temperature of Lake Trasimeno:**

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

### **Rubbish**

Please select 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 a box for paper.

- Glass goes into the glass box next to the rubbish bin.
- Organic waste (only raw vegetables and fruit, 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 next to the rubbish bin

- For the remaining 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 Rogaia. There are no public waste bins along the road.

### **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 shut 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.

### **Special programs**

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

- **Guided walks around Lake Trasimeno**
- **Massages**
- **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**
- **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 before your trip to La Rogaia. We will send you further information and will arrange the special 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. **Internet access:** We have internet access (WiMax technology) which can be used by our guests via a WiFi system.

### **Rogaia Network. Password: amira1998**

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 and we are also not able to give you technical support in case you have difficulties.*

## Water

The water from the tap at La Rogaia comes from our own well, runs through a filter system and has certified potability.

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

<b>Month</b>	<b>Average temperature max.</b>	<b>Average temperature min.</b>	<b>Hours of sunshine per day</b>	<b>No of days with precipitation</b>
<b>January</b>	7,2	1,7	3,1	9
<b>February</b>	8,8	2,4	3,4	8
<b>March</b>	11,9	4,5	3,3	9
<b>April</b>	16,1	7,6	6,7	9

<b>May</b>	20,5	11,3	8,2	8
<b>June</b>	24,9	14,9	8,5	7
<b>July</b>	27,9	17,5	10,1	5
<b>August</b>	27,8	17,4	9,2	5
<b>September</b>	24,0	15,0	7,7	6
<b>October</b>	18,3	11,0	5,5	8
<b>November</b>	12,7	6,9	3,8	10
<b>December</b>	9,0	3,7	3,0	11
<b>Entire year</b>	<b>17,4</b>	<b>9,5</b>	<b>6,0</b>	<b>95</b>

### **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.

**Please note that it is essential to discuss your personal needs with us to ensure that the right facilities are in place for you. Please call us at 0039 075 845457 - we are happy to give you advice !**

## **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 ASL / *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

Strada delle Fratte, 2, 06132 Perugia PG, Tel 075 5170245

#### *Pediatrician*

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**

Dispensario at Castel Rigone (open on Mo, Tue, Wed Thurs and Sat 830 to 13, on Fri 15.30 to 19.30). Pharmacies also at 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 mainly extra virgin organic olive oil.**

**These are the goods that you can buy at La Rogaia:**

- La Rogaia olive oil
- Red wine, white wine, sparkling wine from Magione
- Liqueurs and Grappa
- Honey and jams
- Preserves and chutneys
- Vegetables from the garden, according to the season

Bread and goat cheese only upon request.

**We also sell handmade 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**

### **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. Open from Monday to Saturday from 8 a.m. to 1 p.m. and from 4:30 to 7:45 p.m., on Sundays from 9:30 to 12:30 a.m.

#### *Passignano*

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, fish, bread. Daily Mon - Sun 8.30 to 20.00.

CONAD Supermarket along the road to Chiusi (Centro Commerciale Pesciarelli). Open Mon - Sun 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 16<sup>th</sup>-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), Cortona, Città di Castello*

## **Shopping**

### **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**

*Passignano sul Trasimeno*

Le Pagine sul Lago

Via Guglielmo Marconi 19

*Perugia*

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 Castiglione 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

### **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.

## **Recommended Restaurants**

### **Around Lake Trasimeno**

#### **Castel Rigone**

##### Il Semplice

Small Restaurant with genuine food.

Via Trasimeno 3, situated along the road to Passignano on the right hand side.

Mon to Sat only in the evenings from 7 pm, on Sundays also from 12 am to 3 pm.

Tel 0039 346 393 8224

##### RigonHermann

Garden restaurant with Umbrian specialties and sometimes live music along the road to Passignano on the right-hand side in a small park. Tel 0039 368 646 238

##### Ristorante Da Lidia 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.

### **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

## **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.

## **Above Tuoro**

### Lo Scoiattolo

Terrace with panoramic views of Lake Trasimeno. Typical Umbrian cuisine, including game specialities.

Closed on Tuesdays

Località Gosparini 17, 06060 Lisciano Niccone PG

Tel 0039 338 599 5685

## **San Feliciano**

### Rosso di Sera

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

## ***Monte del Lago***

### Al Borgo

Umbrian specialities. From the terrace nice view over the lake.

Via dei Porticcioli, 06063 Monte del Lago PG

Tel 0039 335 126 6011

## **Castiglione del Lago**

### La Cantina

Amidst the historical town, From the terrace nice view over the lake.

Via Vittorio Emanuela 93, Castiglione del Lago

Tel 0039 075 9652463

## **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

### 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

#### Trattoria Pappa e Ciccìa

Tiny restaurant with authentic home made food.

Via del Popolo, 16, 06012 Città di Castello PG, Tel: 0039 075 852 1386

#### Da Fez

Do not want to spend much? We recommend the bistecca with several side dishes, also pitta.  
Closed on Wed and Sun.

Via Mario Angeloni, 2, 06012 Città di Castello PG, Tel: 0039 075 855 3560

## **Perugia, Todi, Assisi and Eastern Umbria**

### **Perugia**

#### Dal mi Cocco

Legendary rustic restaurant. Eat as much as you can. Always full be sure to make a reservation. Specialities from Perugia. Tel 0039 075 5732511.

#### Bottega dei Priori

Old fashioned restaurant, right in the historical town.

Via dei Priori 21, 06123 Perugia

Tel: 0039 329 647 9929

### **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 from the terrace. Via del mercato Vecchio 1. Tel 0039 075 894 4799

### ***Spello***

#### La Bastiglia

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

#### Il Trombone

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

### ***Campello sul Clitunno***

#### Parco del Clitunno

Who likes fresh fish: This is the place to go. You are dining 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 agriturismo 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 (momentarily closed for renovation)

## **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

#### 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.

**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 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

## **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 caffes 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**

Siena counts among the most beautiful towns in the world. Have a cappuccino at the Campo (mainsquare), 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 whole 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 Sienese 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 19<sup>th</sup> 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 8<sup>th</sup>-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. Gregorian chants during Sunday and feast day mass. 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 20<sup>th</sup> 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 60.

### 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](http://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:

The Centro di Equitazione Marana offers horseback riding in the wooded hills between Monte Tezio and Colle Umberto. The horses have even made it to La Rogaia! Driving time to the riding stable from La Rogaia is just under half an hour.

Address: Castelvecchio 18, 06133 Colle Umberto (PG)

Tel 0039 349 225 3081

### 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)

## **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 ...