

UMBRIA

Is a region of central Italy. It includes **lake Trasimeno** and **Marmore Falls**, and is crossed by the River Tiber. The regional capital is Perugia. Umbria is known for its landscapes, traditions, history, culinary delights, artistic legacy, and influence on culture. The region is characterized by hills, mountains, valleys and historical towns such as the university centre of Perugia, Assisi, a World Heritage Site associated with St. Francis of Assisi, the Basilica of San Francesco and other Franciscan sites, works by Giotto and Cimabue, Terni, the hometown of St. Valentine, Norcia, the hometown of St. Benedict, Città di Castello, main center of the early Renaissance situated in the Tiber High Valley, Gubbio, the hometown of t. Ubaldo, Spoleto, Orvieto, Todi, hometown of the Franciscan mystic Jacopone da Todi, Castiglione del Lago, Narni, Amelia, and other small cities.



Umbria is bordered by Tuscany to the west and the north, Marche to the east and Lazio to the south. Partly hilly and mountainous, and partly flat and fertile owing to the valley of the Tiber, its topography includes part of the central Apennines. In antiquity, the plain was covered by a pair of shallow, interlocking lakes, the Lacus Clitorius and the Lacus Umber. They were drained by the Romans over several hundred years. The eastern part of the region, being crossed by many faults, has been often hit by earthquakes: the last ones have been that of 1997 (which hit Foligno, Assisi and Nocera Umbra) and those of 2016 (which struck Norcia and the Valnerina). Umbria is referred to as *Il cuore verde d'Italia* or **The green heart of Italy**.



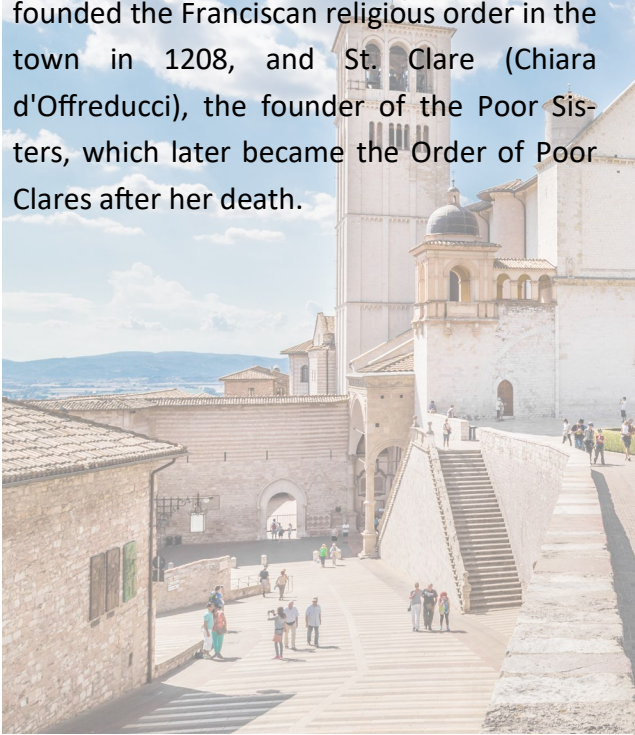
Perugia

is the capital city of both the region of Umbria in central Italy, crossed by the river Tiber, and of the province of Perugia. The city is located about 164 kilometres (102 miles) north of Rome and 148 km (92 miles) southeast of Florence. It covers a high hilltop and part of the valleys around the area. The region of Umbria is bordered by Tuscany, Lazio, and Marche. The history of Perugia goes back to the Etruscan period; Perugia was one of the main Etruscan cities. The city is also known as the universities town, with the University of Perugia founded in 1308, the University for Foreigners and some smaller colleges such as the Academy of Fine Arts "Pietro Vannucci" public athenaeum founded in 1573, the Perugia University Institute of Linguistic Mediation for translators and interpreters, the Music Conservatory of Perugia, founded in 1788, and other institutes. Perugia is also a well-known cultural and artistic centre of Italy. The city hosts multiple annual festivals and events, e.g., the Eurochocolate Festival (October), the **Umbria Jazz Festival** (July), and the International Journalism Festival (in April), and is associated with multiple notable people in the arts. The famous painter Pietro Vannucci, nicknamed Perugino, was a native of Città della Pieve, near Perugia. He decorated the local Sala del Cambio with a beautiful series of frescoes; eight of his pictures can also be admired in the National Gallery of Umbria. **Perugino** was the teacher of Raphael, the great Renaissance artist who produced five paintings in Perugia and one fresco.. Another famous painter, Pinturicchio, lived in Perugia. Galeazzo Alessi is the most famous architect from Perugia. The city's symbol is the griffin, which can be seen in the form of plaques and statues on buildings around the city.



Assisi

It is generally regarded as the birthplace of the Latin poet Propertius, born around 50–45 BC. It is the birthplace of St. Francis, who founded the Franciscan religious order in the town in 1208, and St. Clare (Chiara d'Offreducci), the founder of the Poor Sisters, which later became the Order of Poor Clares after her death.



The Basilica of San Francesco d'Assisi (St. Francis). The Franciscan monastery, il Sacro Convento, and the lower and upper church (Italian: Basilica inferiore and Basilica superiore) of St Francis were begun immediately after his canonization in 1228, and completed in 1253. The lower church has frescoes by the late-medieval artists Cimabue and Giotto; the upper church houses frescoes of scenes in the life of St. Francis previously ascribed to Giotto, but now thought to be by artists of the circle of Pietro Cavallini from Rome. The Basilica was badly damaged by a 5.5 earthquake on 26 September 1997, during which part of the vault collapsed, killing four people inside the church and carrying with it a fresco by Cimabue. The edifice was closed for two years for restoration.

Santa Maria Maggiore (St. Mary the Greater), the earliest extant church in Assisi.

The Cathedral of San Rufino (St. Rufinus), with a Romanesque façade with three rose windows and a 16th-century interior; part of it is built on a Roman cistern.



Basilica of Santa Chiara (St. Clare) with its massive lateral buttresses, rose window, and simple Gothic interior, begun in 1257, contains the tomb of the namesake saint and 13th-century frescoes and paintings.

Basilica of Santa Maria degli Angeli (St. Mary of the Angels), which houses the Porziuncola.

Chiesa Nuova, built over the presumed parental home of St. Francis

Santo Stefano, one of the oldest churches of Assisi.

Eremo delle Carceri, a small monastery with church at a canyon above the town, where St. Francis retreated and preached to birds

Church of San Pietro (St. Peter), built by the Benedictines in the 10th century and rebuilt in the 13th century. It has a rectangular façade with three rose windows; the Gothic chapel of the Holy Sacrament houses a triptych by Matteo di Gualdo.



Orvieto

The ancient city populated since Etruscan times, was certainly a major centre of Etruscan civilization; the archaeological museum (Museo Claudio Faina e Museo Civico) houses some of the Etruscan artifacts that have been recovered in the immediate area. Orvieto was annexed by Rome in the third century BC. Because of its site on a high, steep bluff of tuff, a volcanic rock, the city was virtually impregnable. Sitting on its impregnable rock controlling the road between Florence and Rome where it crossed the Chiana, was a large town: its population numbered about 30,000 at the end of the 13th century. The city became one of the major cultural centers of its time when Thomas Aquinas taught at the studium there. The territory of Orvieto was under papal control long before it was officially added to the Papal States where it remained until 1860, when it was annexed to unified Italy.

The city of Orvieto has long kept the secret of its **labyrinth of caves and tunnels** that lie beneath the surface. Dug deep into the tuff, a volcanic rock, these secret hidden tunnels are now open to view only through guided tours. Their spectacular nature has also yielded many historical and archeological finds. The underground city boasts more than 1200 tunnels, galleries, wells, stairs, quarries, cellars, unexpected passageways, cisterns, superimposed rooms with numerous small square niches for pigeon roosts, detailing its creation over the centuries. Many of the homes of noble families were equipped with a means of escape from the elevated city during times of siege through secret escape tunnels carved from the soft rock. The tunnels would lead from the city palazzo to emerge at a safe exit point some distance away from city walls.

The Pozzo di San Patrizio ("**St. Patrick's Well**") is a historic well in Orvieto, built by architect-engineer Antonio da Sangallo at the behest of Pope Clement VII who had taken refuge at Orvieto during the sack of Rome in 1527 by the Holy Roman Emperor Charles V, and feared that the city's water supply would be insufficient in



the event of a siege. Antonio da Sangallo surrounded the central well shaft with two helical ramps in a double helix, accessed by two doors, which allowed mules to carry empty and full water vessels separately in downward and upward directions without obstruction. The cylindrical well is 53.15 metres (174.4 ft) deep with a base diameter of 13 metres (43 ft). There are 248 steps and 70 windows provide illumination. A Latin inscription on the well states QUOD NATURA MUNIMENTO INVIDERAT INDUSTRIA ADIECIT ("what nature stinted for provision, industry has supplied").



Spoletum

situated on the eastern branch of the Via Flaminia, which forked into two roads at Narni and rejoined at Forum Flaminii, near Foligno. An ancient road also ran hence to Nursia. The Ponte Sanguinario of the 1st century BC still exists. The Forum lies under today's marketplace. Located at the head of a large, broad valley, surrounded by mountains, Spoleto has long occupied a strategic geographical position. It appears to have been an important town to the original Umbri tribes, who built walls around their settlement in the 5th century BC, some of which are visible today



Gubbio

The historical centre of Gubbio has a decidedly medieval aspect: the town is austere in appearance because of the dark grey stone, narrow streets, and Gothic architecture. Many houses in central Gubbio date to the 14th and 15th centuries, and were originally the dwellings of wealthy merchants. To be visited Roman theater and mausoleum, the Dome Palazzo dei Consoli. The City is also famous for the Corsa dei Ceri, a run held every year always on Saint Ubaldo Day, the 15th day of May, in which three teams, devoted to Ubaldo, Saint George and Saint Anthony the Great run through throngs of cheering supporters clad in the distinctive colours of yellow, blue and black, with white trousers and red belts and neckbands, up much of the mountain from the main square in front of the Palazzo dei Consoli to the basilica of St. Ubaldo, each team carrying a statue of their saint mounted on a wooden octagonal prism, similar to an hour-glass shape 4 metres (13 ft) tall and weighing about 280 kg (617 lb).



Norcia

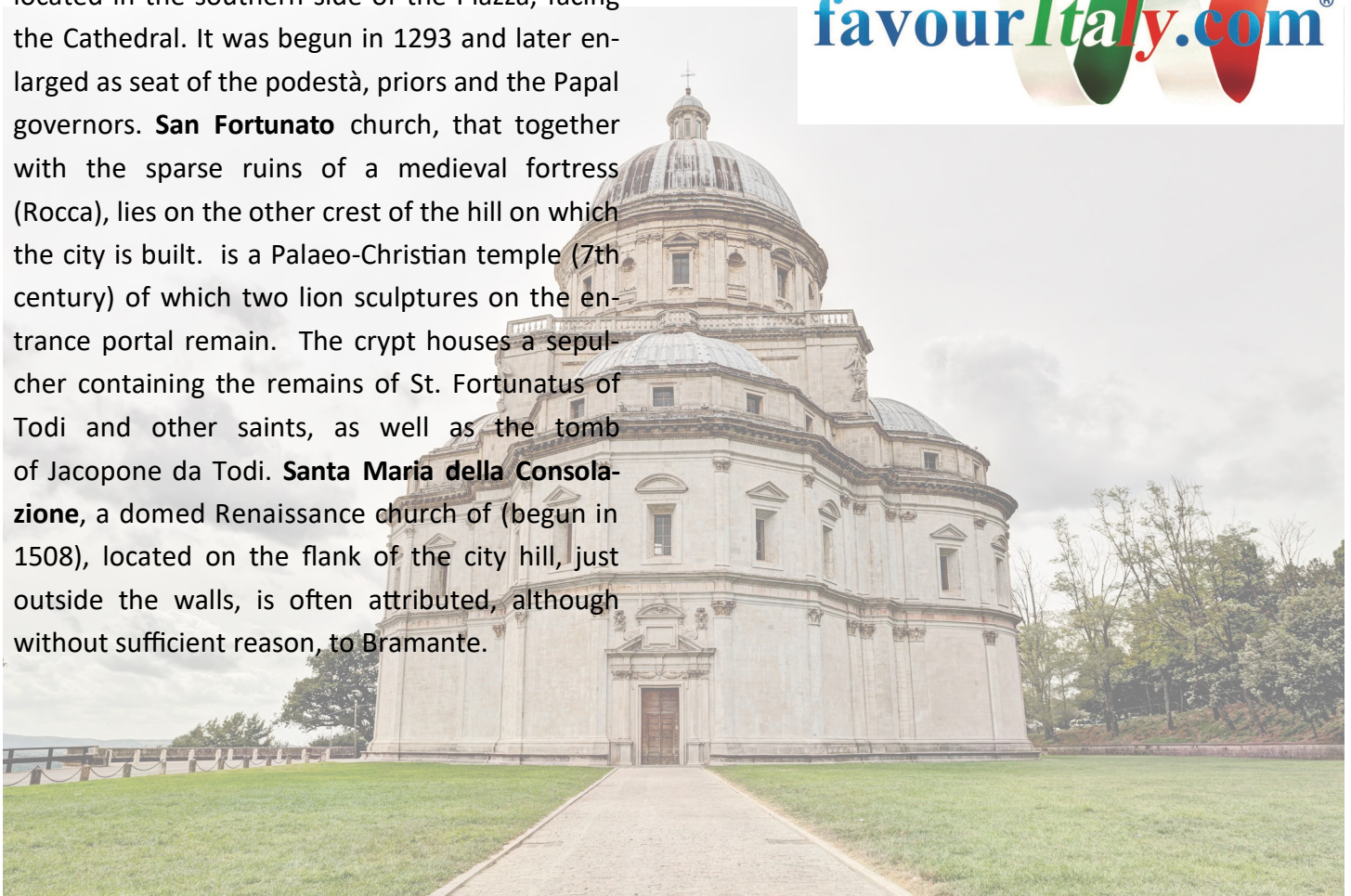
is a town and comune in the province of Perugia (Italy) in southeastern Umbria. Unlike many ancient towns, it is located in a wide plain abutting the Monti Sibillini, a subrange of the Apennines with some of its highest peaks, near the Sordo River, a small stream that eventually flows into the Nera. The town is popularly associated with the Valnerina (the valley of that river). The area is known for its air and scenery, and is a base for mountaineering and hiking. It is also widely known for hunting, especially of the wild boar, and for sausages and ham made from wild boar and pork. Such products have been named after Norcia; in Italian, they are called *norcineria*. St. Benedict, the founder of the Benedictine monastic system, and his twin sister St. Scholastica, were born here in 480. In the 8th century, an oratory was built so pilgrims could pray at St. Benedict's birthplace. Monks came to Norcia in the 10th century. Contemporary monks care for the Monastery of St. Benedict, built over the Roman ruins of the house of Sts. Benedict and Scholastica. The older core of Norcia is almost flat, which is relatively unusual among the towns of Umbria. It is completely enclosed by a full circuit of walls that has survived intact from the 14th century. They stood up despite many earthquakes, of which several were devastating (1763, 1859, 1979). After the earthquake of 22 August 1859, the Papal States, to which Norcia then belonged, imposed a stringent construction code forbidding structures of more than three stores and requiring the use of certain materials and building techniques. On 30 October 2016, a 6.6 magnitude earthquake with an epicenter near Norcia destroyed the basilica of St. Benedict Church as well as the town's cathedral, with only the facade remaining.



Todi

According to the legend, said to have been recorded around 1330 BC by a mythological Quirinus Colonus, Todi was built by Hercules, who here killed Cacus, and gave the city the name of Eclis. Among the main sights to be seen there are:

Todi Cathedral (11th century) is a Gothic edifice on the Lombard plan, said to be erected over an ancient Roman building, probably a temple dedicated to Apollo. The "People's Palace" is a Lombard-Gothic construction already existing in 1213, and is one of the most ancient communal palaces in Italy. The "Captain's Palace", on two distinct levels: the first housed the Justice Hall (currently, seat of the Communal Council), with the Judges' offices in the lower. The latter now occupied by the City Museum, with findings and remains of Todi's history. Includes a saddle used by Anita, of Giuseppe Garibaldi's wife. The Priors' Palace is located in the southern side of the Piazza, facing the Cathedral. It was begun in 1293 and later enlarged as seat of the podestà, priors and the Papal governors. **San Fortunato** church, that together with the sparse ruins of a medieval fortress (Rocca), lies on the other crest of the hill on which the city is built. is a Palaeo-Christian temple (7th century) of which two lion sculptures on the entrance portal remain. The crypt houses a sepulcher containing the remains of St. Fortunatus of Todi and other saints, as well as the tomb of Jacopone da Todi. **Santa Maria della Consolazione**, a domed Renaissance church of (begun in 1508), located on the flank of the city hill, just outside the walls, is often attributed, although without sufficient reason, to Bramante.



Torgiano

in the Province of Perugia in the Italian region Umbria, located about 10 km southeast of Perugia. Probably founded by the Etruscans, Torgiano is situated on a hill overlooking the confluence of the Chiascio and Tiber rivers. Torgiano was the first winemaking area in Umbria to obtain the DOC mark in 1968. In 1990 the Vino Torgiano was also certified as DOCG (Guaranteed Denomination of Origin). The town is a member of the Strada dei Vini del Cantico. Remarkable site are the Wine Museum, which opened in 1974 and the Olive Oil Museum. Other well known products from Torgiano are olive oil, terracotta, lace and embroidery.



Deruta

is a hill town in the Province of Perugia. The local clay was good for ceramics, whose production began in the Early Middle Ages, but found its artistic peak in the 15th and early 16th century, with highly characteristic local styles, such as the "Bella Donna" plates with conventional portraits of beauties, whose names appear on fluttering banderoles with flattering inscriptions. The lack of fuel enforced low firing temperatures, but from the beginning of the 16th century, Deruta compensated with its metallic lustre glazes in golds and ruby red. In the 16th century Deruta produced the so-called "Rafaellesque" ware, decorated with fine arabesques and grottesche on a fine white ground. Deruta, with Gubbio, continues to produce some of the finest Italian maiolica.