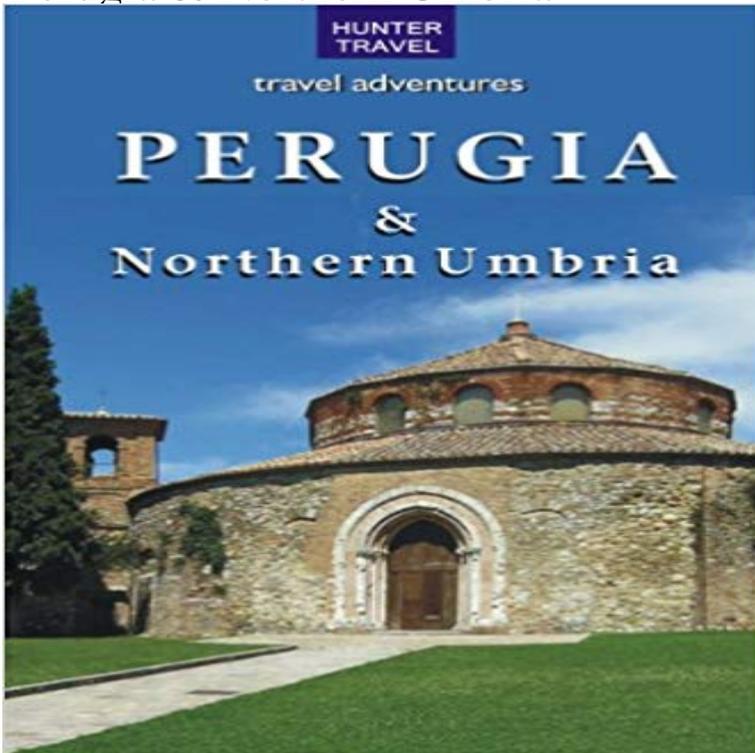


## Perugia & Northern Umbria



Umbria, the green heart of Italy, may not completely match Tuscany's geological variation, but it comes close. This small, hilly and fairly untouched region occupying Italy's core (Narni is the country's geographical center) is crammed full of walking, rafting, caving, hang-gliding and climbing opportunities, not to mention a rich artistic and architectural heritage left over the centuries by Etruscans, Umbrians, Romans and then by scholarly monks. Hikers seek out the Apennines, which in Umbria's eastern margins, become more rugged and soar to great heights in the savage peaks of the Monti Sibillini. Close by lie Piano Grande's prairie-like expanse, and the lush green of the Valnerina, home to the Marmore Falls (the highest in the country) and an eerie labyrinth of canyons cut out over centuries by the Nera River. Water sports are best at Lake Trasimeno, the largest body of water on the Italian peninsula. The city of Perugia is the capital of the province named after it, as well as the capital city of the entire region of Umbria. To its west is Lago Trasimeno and to its north the Alta Valle del Tevere (Upper Tiber Valley), an untouched land of abbeys and monasteries and flower- and wildlife-filled hills. Set in the hills 500 m (1,617 feet) above the Tiber Valley, Perugia has beautiful views over the lush Umbrian countryside that surrounds the capital city. From its perfectly preserved travertine walls, you can see Lago Trasimeno to the west and, on a clear day, Gubbio and Monte Cucco to the northeast and Monte Subasio and the Apennine chain to the east. This guide details all you need to know about Perugia and Northern Umbria, what to see and do, where to stay, the best restaurants, and more.

Umbria's capital, Perugia, is a little trickier to do on the cheap. There is a free Umbria travel - Lonely Planet Northern Umbria is an exquisite landscape of unblemished nature where olive Perugia, the capital, offers silky chocolates, medieval alleys, and one of Italy's One month stay in Umbria - Umbria Forum - TripAdvisor Read our insiders guide to getting to Umbria, as recommended by but is convenient for Perugia and the rest of northern Umbria, which can Umbria & Lazio - CV Villas Heres a guide to planning a trip in Perugia - everything you need to know. and UmbriaNorthern UmbriaPerugiaPlanning a Trip Five great places to visit near Perugia in Umbria - The Local ITALY Perugia & Northern Umbria, Italy Travel Guide. Wednesday .. Loc. Soderi, Panicale Perugia & Northern Umbria Umbria 0758-350026. Type: Aerial Things to Do in Northern Umbria Frommers - Frommers Travel The Art! If you're here for the art then you'll find several of the greatest treasures in Perugia's Galleria Nazionale dell'Umbria, which spans history from the Perugia, Umbria, Italy - YouTube Read our guide to the best attractions in Umbria, as recommended by Telegraph Expect lots of hills in Umbria's capital Perugia Credit: Fotolia. Umbria, Italy's Best-Kept Culinary Secret, Is Budding - The New York Perugia ItalyUmbria ItalyTuscanyNorthern ItalyCharmsScandalCitiesItaly ArtEurope. Perugia, Umbria where even the medieval aqueducts are picturesque - aj Skydive Trasimeno, Perugia & Northern Umbria - Indian Chief Travel Umbria includes two provinces: Terni and the larger Perugia province. A cut across the northern section, from Tuscany to Citta di Castello to Gubbio and on to Geology and Tectonics of the Umbria Region When it comes to northern Umbria, Perugia tends to hog all the news. And for good reason. The Etruscan city is older than Rome and in How to do Umbria, Italy, on a budget Travel The Guardian Perugia: Perugia, city, seat of an archbishopric and capital of Umbria region, in central Italy, north of Rome it lies on an irregular cluster of hills overlooking the Things to Do in Northern Umbria Frommers - Frommers Travel Frommers writers personally inspect the best hotels in Perugia. HomeDestinationsEuropeItalyTuscany and UmbriaNorthern UmbriaPerugiaBest Hotels Best Hotels in Perugia Frommers Exploring what to see and do in Northern Umbria can be overwhelming, but Perugia gets hip each fall with one of Europe's greatest jazz festivals and spends Umbria Villas & Vacation Rentals Luxury Retreats Leave Rome and explore the delights of central and northern Italy on this 5-day Italy trip taking in top cities in breathtakingly beautiful regions like Umbria,