



SOUTHERN UMBRIA

unexpected treasures



UN'ESPERIENZA INDIMENTICABILE, DIETRO OGNI ANGOLO UN TESORO INATTESO

In the green heart of Italy there is another Umbria: alienating and welcoming, surrounded by sweet hills, showing by far the Apennines; crossroad of populations, traditions, stories and legends that are lost in the mists of time; rich in historical, artistic, mystical and archaeological traces, in woods and enchanted villages, in rivers and lakes, in eno-gastronomic excellence, in receptive structures where the well-being of both the soul and the body are a practice. Here nature and history embrace each other, outdoor sports and spirituality coexist.

It is Southern Umbria, located in the middle of Tuscia, Sabina and Valnerina. It is the land of the first Italic inhabitants, of the Umbrians, of the enigmatic Naharki. Here it is possible to cross the paths of Saint Francis and Saint Benedict, the traces of the Saint of lovers, Valentine, first bishop of Terni. Here is an intense and unforgettable journey.

It is going to be a great experience to cross the Valley of the Nera river and its jewel-towns, starting from Ferentillo, the village of the "Rocche" (Fortresses) and

mummies, the Templars and the abbey of San Pietro in Valle, of rock climbing; to marvel at Marmore Falls, the highest jump in Europe, with its paths, history and rafting canoes; to take a trip to the nearby Piediluco lake, a small pearl among the mountains and its lively village. These are the places of the "Grand Tour" poets and artists, of the Plenarist painters. Following the Nera river, you reach the ancient and also modern city of Terni with its museums, palaces, churches, traces of the Saint of love and the old city. A deviation towards the Medieval Stroncone is worthwhile: the Franciscan protomartyrs, the churches, the mountain of "Prati". A few kilometers away, along the ancient Flaminia Road, there is the wonderful Carsulae, one of the most important Roman archaeological sites in Central Italy; next to it there are the pleasant Martani mountains, its ancestral sanctuaries and hermitages. From there you can reach Acquasparta, center of the medieval Arnolfo Lands, the town of Federico Cesi's Accademia dei Lincei, where you can lose yourself among Renaissance palaces and thermal springs.

On the same axis, you arrive to San Gemini, the town of the famous and homonymous mineral waters, the luxuriant Parco della Fonte, the surprising Calori museum, the many narrow streets, squares, palaces and Medieval and Renaissance churches, the very popular Giostra dell'Arme. Walking along the ancient Amerina Road, here is Amelia, a notable center of the Umbrians, then a flourishing Roman municipality: it is the city of the bronze statue of Germanicus, the imposing walls, the extraordinary Roman, Medieval and Renaissance testimonies that characterize its ancient center. On the Flaminia Road, between the Nera and the Tiber rivers, Narni, the Roman and fairytale Narnia, dominates: a treasure chest of art and water, with an underground city, the city of Corsa all'anello and Saint Francis's Speco. Finally, the millenary Otricoli, Southern Umbria gateway, nestled on its hill, with the astonishing Roman archaeological area of Otriculum.

The journey to this part of Umbria could never end: an unexpected treasure is hidden behind every corner.



THE WAY OF WATERS

Southern Umbria is the land of waters in an emotional landscape. From the small and scenic Piediluco lake to the imposing Marmore Falls; from the verdant Nera river that rises in the nearby Sibillini mountains to the placid Velino, up to Tiber, passing through the river park of Rio Grande in Amelia; from the mineral waters and the springs of Amerino, San Faustino and Sangemini to the lake oasis. We cannot forget the Gorges of Nera, at Narni feet, with the mighty Augustus bridge, portrayed by famous Plenarists, and its turquoise waters. The waterway is dotted with wonderful villages and cities, abbeys and monasteries, ancient ruins and sanctuaries, mountains, valleys and hills, small museums, mysterious places, opportunities for sport and wellness, traces of past painters and poets. On the river banks ancient civilizations have arisen together with artistic testimonies; saints and pilgrims walked these paths, artists of all times drew inspiration. Here nature, history, art, traditions and good food are predominant.

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THE WAY OF ANCESTORS

Umbrians, Sabines, Romans, Naharki. A crossroad of ancient, proud and mysterious populations, of stories, legends and archaeological sites. The precious Ponte del Toro near Marmore Falls, the unique mummies of Ferentillo in Valnerina, the treasures of the Lombard San Pietro in Valle and the archaeological museum in Terni with the foundation stone of the city and the remains of the pre-Roman necropolis, the town amphitheater, the amazing Roman city of Carsulae and the nearby Umbrian-Italic sanctuary of Sant'Erasmo, on the top of a mountain. In this area there is the remote fossil forest of Dunarobba. Stroncone offers Saint Benedict in fundis's abbey and Saint Francis's convent. In Amelia you can admire the famous polygonal walls, the archaeological museum, where the statue of the Germanicus stands, the Roman cisterns and the precious Renaissance palaces; you can visit in Narni Alborno Fortress, Erosi museum and the mysterious Narni underground; in San Gemini the underground cisterns, Palazzo Vecchio, the Cathedral and Saint Francis's church; in Acquasparta the amazing Cesi palace; in Otricoli on the Tiber borders the fascinating Roman remains of Otricoli.

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THE SAINTS' ROADS

The great and less known saints left indelible traces in this part of Umbria. Francis, Benedict and Valentine above all. Their passage is imprinted in these woods, in the protomartyrs' paths, in the churches, in the abbeys and in the monasteries, in the hermitages and on the frescoes that decorate the interiors of places of worship.

Saint Francis and Saint Cristoforo's churches, Saint Valentine's basilica in Terni which preserves the remains of the universal saint of love, the Benedictine and Franciscan convents in Stroncone and Amelia, immersed in the quiet nature; in Narni the mystical Speco where the voice of the Poor of Assisi resonates, Saint Giovenale's Romanesque-Baroque cathedral, Saint Augustine and Saint Mary impensole's churches, Saint Pudenziana's small rural church and the Saint Cassiano's Benedictine abbey.

The whole Valnerina and Southern Umbria countryside are imbued with beauty, charm and spirituality.

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THE PATHS OF WELL-BEING AND SPORT

Southern Umbria is not only art, history and gastronomy. Here nature predominates and you can experience exciting practices in contact with nature: cycling and mountain biking in the Grand Rando tour that starts from Marmore waterfall and spreads over 300 km and in the Green way of Nera that laps the waterway among villages and castles ... up to Spoleto, Norcia and Assisi; rowing on Piediluco lake and rafting on the Nera river; trekking and climbing in Valnerina and on the Martani mountains; the wood paths in Stroncone and Narni, among the holm-oak woods of Amerini mountains in the "Cammino della luce", horse trails, the suggestive Nera gorges route in Narni and NarniAdventure indoor park. This territory offers mineral and thermal waters, country houses, resorts and wellness centers. The joy of the palate is magnificently combined with the care of the body: festivals, historical commemorations, where the typical cuisine of the places is exalted, follow one another throughout the year. Everything, in this part of Umbria, acquires a particular flavor destined to leave a deep and grateful sign in the visitor.

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PROPOSTE TURISTICHE



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RELAX AND FUN IN PIEDILUCO LAKE

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DISCOVERING SAINT VALENTINE'S LANDS

THREE DAYS TO DISCOVER THE HISTORY, TRADITIONS AND TASTE IN SAINT VALENTINE'S LANDS



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www.visitferentillo.it



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WHERE IS UMBRIA?



WHO WE ARE?



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