

UMBRIAN VALLEY

LAND OF EMOTIONS

NATURE
ART
FLAVOURS
TRADITION

FOLIGNO, BEVAGNA, GUALDO CATTANEO,
MONTEFALCO, NOCERA UMBRA,
SELLANO, SPELLO, TREVI, VALTOPINA



The Umbrian Valley has the power to enchant visitors with its breathtaking beauty, lush hills and medieval villages that tell ancient stories.

Its territorial layout presents unique characteristics, reflecting an interplay of historical conditions of autonomy and dependency in a rich fabric of relationships and exchange. Its geography is very varied and includes a vast plain crossing Umbria from Perugia to Spoleto, with Foligno at its center, gentle rolling hills and the foothills of the Apennine ridge.

The presence of the Via Flaminia, a road that has facilitated human, economic and cultural exchange for centuries, has greatly contributed to the development of this area.

The range of natural resources is equally rich, particularly regarding river courses, mineral springs and underground waters, some of which are yet to be fully utilized. The ancient villages tell stories of past eras amidst power and mysticism, intertwining through winding alleys, picturesque squares and majestic castles with fortresses and towers, churches, monasteries, palaces and noble courts that dominate gentle countryside and extensive hills bordered by wheat, sunflowers, vineyards and olive groves. Saints and poets, renowned writers and painters have lived here and left their mark.



Sagrantino Hills

The territory has evolved over millennia through a succession of civilizations, including the Umbrian, Roman and Germanic peoples, each leaving varying degrees of traces. The rebirth of cities around the year 1000 initiated a long sequence of urban and architectural developments characterized by Romanesque, Gothic, Renaissance, Baroque and Neoclassical styles. Over time, numerous agricultural settlements have transformed into centers with their own organizational and economic systems or into art cities enriched over the centuries.

As the French journalist Laurence Botta-Delannoy wrote, it is impossible to describe all the wonders hidden here because every mountain fold and every riverbed reveals treasures worth seeing. The circle of centers, from the mountain areas and green hills dominated by olive and vine crops, crowns the fertile plain. In the last century, the enchanting, fragrant beauty of this landscape inspired Giuseppe Bragazzi to describe it as the "Rose of Umbria".



FOLIGNO

A JOURNEY TO THE CENTER OF THE WORLD AMIDST NATURE, ART, TRADITIONS AND GASTRONOMY



Foligno, Piazza della Repubblica - Cathedral of San Feliciano



Foligno, traditionally defined as the *center of the world*, offers visitors a fascinating combination of history, art, culture and nature. The heart of the historic center is **Piazza della Repubblica**, where the main buildings and monuments stand:

The Cathedral of San Feliciano, patron saint of Foligno; Palazzo Trinci, home to the City Museum, with an important cycle of frescoes attributed to Gentile da Fabriano and his collaborators; the Palazzo del Podestà and Palazzo Orfini, the site of the printing house where the first copy of the Divine Comedy was printed in 1472, now home to the Printing Museum; and finally, the imposing Town Hall.

The rich history of Foligno is also reflected in its **churches**: the Oratory of the Crocifisso, a Baroque triumph, with the adjacent Auditorium San Domenico; the Church of Santa Maria Infraportas, the oldest in the city; and the Oratory of the Nunziatella, which houses a fresco by Perugino.



Foligno, Sassovivo Abbey

The museum heritage is enriched by the Diocesan Capitular Museum and the Quintana Museum, an interactive multimedia exhibition dedicated to the city's most important event, **the Quintana Joust**. This spectacular re-enactment of the Baroque period features historical parades, district taverns and the exciting horseback challenge.

For contemporary art lovers, Foligno offers the chance to admire the famous "Calamita Cosmica" by Gino De Dominicis inside the former Church of the Holy Trinity in Annunziata and visit the CIAC (Italian Center of Contemporary Art), which boasts a calendar of interesting international exhibitions. Outside the city, in Colfiorito, we find the Archaeological Museum and the Naturalistic Museum.

In addition to its urban wonders, Foligno extends its vast territory concealing **natural treasures and enchanted villages**: the hills dotted with olive trees, part of the Assisi-Spoleto Olive Belt, produce excellent extra-virgin olive oil; the natural area of Sassovivo features the splendid Abbey immersed in a centuries-old holm oak grove; the protected area of the Colfiorito Regional Park, a biodiversity treasure chest, is characterized by wide plateaus and gentle undulations and famous for its high-altitude swamp; the Altolina Park, with its waterfalls and the entire Menotre river valley, is another marvel of nature.

In the green of the mountains, numerous small villages can be found. Among these, Pale stands out with the Hermitage of Santa Maria Giacobbe, trekking and bike trails and sports climbing routes and Rasiglia, whose name means "impetuous springs", is known as the village of waters, featuring canals, alleys and ancient mills, and housing the textile industrial-archaeological park.

BEVAGNA

A JEWEL TO SAVOR



Bevagna, Piazza Filippo Silvestri

VISIT BEVAGNA



Associazione Nazionale
Città dell'Olio

La Città del
MIILE



CITTÀ
del
VINO

Comuni
amici
delle api



The grandeur of Bevagna's past, when it was an Umbrian capital, is still palpable. It was an important Roman town, evidenced by numerous archaeological remains. Crossed through its entire length by the Via Flaminia, surrounded by numerous rivers, and with a large port on the Clitunno, significant remnants of which are still visible, Bevagna was a hub and trade center.

The medieval city found its vital center in the square, today's Piazza Filippo Silvestri, considered one of the most beautiful in Italy. Overlooking the square are the Palazzo dei Consoli, representing political power and in the 19th century, it was transformed inside into a unique theater and the churches of San Michele, San Silvestro and San Domenico, expressions of religious power. In the 19th century a beautiful fountain was placed in the center of the square, replacing the ancient well.

Starting from its roots, Bevagna has been able to carry out a historical reenactment, the “**Mercato delle Gaite**”, in which life in the Middle Ages is represented, from the magistracy to the market, from the kitchen to the revival of craft activities opening throughout the year, in which the craft circuit offers not only the opportunity to see the processing stages of various products – wax, paper, parchment, leather, glass – with ancient techniques, but also to participate in the workshops. The sociologist Giuseppe De Rita, honorary citizen of Bevagna, has created the neologism “**bevagnizzazione**” to express the uniqueness of the town in its ability to maintain balance and have a sense of proportion that transcends the meaning of a village, promoting the past with a modern slant, with the living ability in every single citizen's to create, invent and dream.



Bevagna, l'Accolta

GUALDO CATTANEO

AN EXPERIENCE TO LIVE



Gualdo Cattaneo, Panorama

The Municipality of Gualdo Cattaneo (Latin: Gualdum Captaneorum, Guàllo in the local dialect) is a municipality with 5,752 inhabitants in the Province of Perugia in Umbria, covering an area of about 97 km². The town stands on a cliff at an altitude of 446 meters above sea level, overlooking the valley of the Puglia stream to the West and offering clear views of The Umbrian Valley to the East.

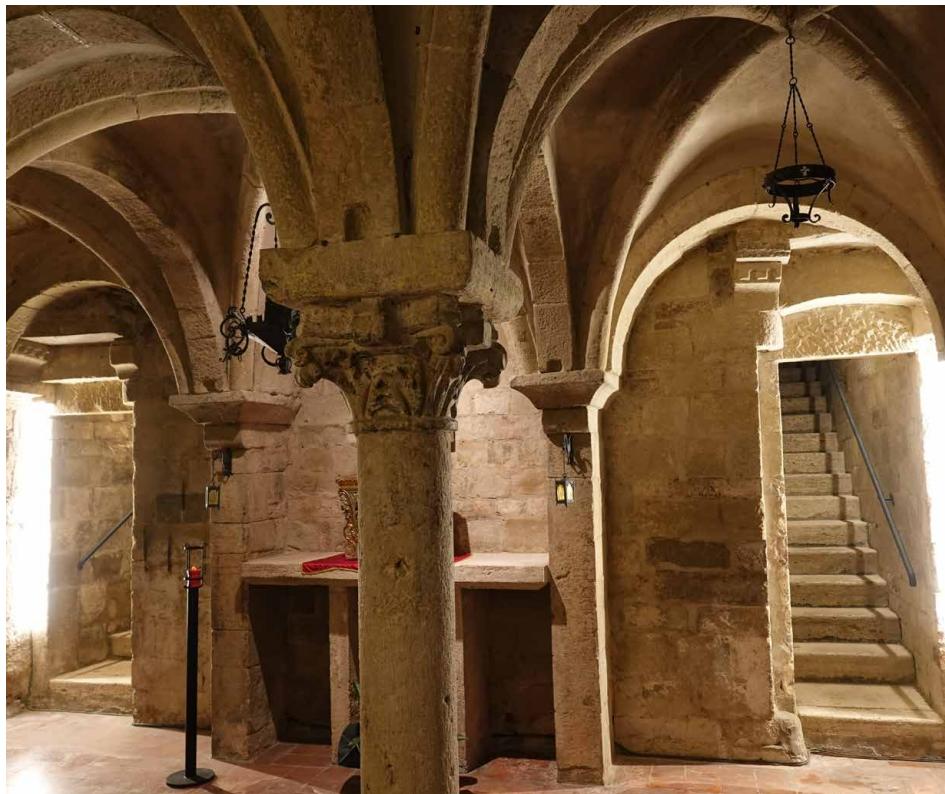
The foundation of the ancient 'Gualdum Captaneorum,' a castle perched on the slopes of the Monti Martani, dates back to 975 AD, when Count Edoardo Cattaneo, a vassal of Emperor Otto II of Saxony, received it as a fief and built a fortress there.

The surrounding territory offers an interesting itinerary through a network of castles and medieval buildings that functioned as a defensive system, primarily established in the late Middle Ages (13th-14th centuries). These fortifications constitute an extraordinary open-air museum.

Among them are the castles of Gualdo Cattaneo, Pozzo, Cisterna, Marcellano, Saragano, Ceralto, Barattano (one of the best-preserved), Torri, San Terenziano, Grutti, Speltara, Pomonte, Simigni and Forte Sorgnano.

The Lombard origin of the town is likely, given the etymology of the place name; 'Gualdo' derives from 'Wald' (forest, woods) and 'Cattaneo' from 'Captaneorum' (captains, lords in service of the king). Due to its strategic military position, Gualdo Cattaneo was often the center of bitter disputes and alternating dominations between Foligno and Spoleto. In the main square of the village stands the powerful Fortress, part of a fortification in the shape of an equilateral triangle with three interconnected towers and underground passages leading to the castle walls below.

Notable buildings include the church of Sant'Agostino, dating from 1136, with frescoes from the Foligno school; the parish church dedicated to Saints Antonio and Antonino (1260), renovated in the 19th century with an elegant Romanesque crypt that preserves the relics of the saints; and the church of Sant'Andrea, originally Romanesque but rebuilt in 1804.



Gualdo Cattaneo, Gothic Crypt in the Church Of the Martyrs Saint Antonio and Antonino

MONTEFALCO

COME AND DISCOVER THE BEAUTY OF THE BALCONY OF UMBRIA



Comune di
Montefalco



Montefalco, Piazza del Comune

The village of Montefalco maintains the appearance of a medieval castle, surrounded by intact city walls and a crenellated tower. The beauty and breadth of the panorama observed from its belvedere towards the Umbrian valley have led the town to be called the 'Balcony of Umbria.'

Coccorone, its earliest name, was built during the period of the encastellation, but it was only after the passage of Emperor **Frederick II** that it changed its name to Montefalco and found its heraldic symbol: a falcon resting on a six-peaked mountain. Strolling through the streets of the village, one encounters the **Church of Sant'Agostino**, built in the simple forms typical of the mendicant orders, enriched with a display of frescoes dating back to the 14th century and an elegant 15th-century cloister.

The Blessed Pellegrino is kept here: the mummified body of a wayfarer who came to Montefalco, possibly driven by devotion to St. Clare of the Cross.

The Piazza del Comune houses the Palazzo Comunale, built in 1270, and the aristocratic buildings that belonged to prestigious families who have, over the centuries, intertwined relations and kinship with popes, cardinals and members of the Italian and European nobility. Taddea, the secret daughter of Emperor Charles V, is believed to be one of these.

The museum complex of San Francesco, which includes the Franciscan church, built in 1340, deserves to be mentioned. The fresco cycle by Benozzo Gozzoli, preserved here, is among the most important of the Renaissance in Umbria.



Montefalco, apse of the Church of Saint Francesco

NOCERA UMBRA

CITY OF WATERS



Foto di Alessio Aleini



Nocera Umbra, Panorama

Nocera is situated in a territory rich in history, with the first evidence dating back to the Lower Paleolithic Age.

The name Nocera is of Umbrian origin, deriving from Noukria, meaning “New Construction.” The area mainly developed during the Roman era due to its location along the consular Via Flaminia, an important road connecting Rome to Rimini. All archaeological material from the Nocera area is displayed and accessible at the Archaeological Museum.

In the 5th century AD, it became a Diocese, and since then, due to its strategic position, it has been subjected to various incursions. The Lombard invasion around 570 AD was the most significant for the city of Nocera.

Demonstrating this, one of the largest **Lombard necropolises** in Italy was accidentally discovered in the late 1800s, characterized by rich, numerous burial materials, now partly exhibited in the Lombard wing of the city's Archaeological Museum and partly at the Museum of Civilizations in Rome.

Franciscan presence has been deeply rooted in this area since the first approval of the order, thanks to both the proximity to the city of Assisi and the figure of St. Francis, a frequent visitor to the numerous healing springs of Nocera. The Saint, in order to heal, spent the last days of his earthly life there. He was transported, while dying, to Assisi by the Knights of Satriano (as recounted in the "Vita Secunda" by Tommaso da Celano). The majestic church of St. Francis (Piazza Caprera), now home to the Civic Art Gallery, is emblematic of this. Here you can admire frescoes by Matteo da Gualdo, a Polyptych by Alunno from 1483, and important works of the Umbrian school.

Destroyed by various invasions and earthquakes, the city still has a concentric structure, with the central core housing the Tower, a remaining keep of the 11th-century fortress, symbolizing the power of the Counts. Adjacent to the Tower is the **Cathedral dedicated to the Assumption of Mary**.

Nocera Umbra also boasts an ancient tradition as a spa town: at Bagni di Nocera, the waters of the Angelica spring, also known as 'white water' or 'holy water,' flow. Other springs include those of Cacciatore (locality Schiagni) and Flaminia (locality Le Case). Closely connected with water is the "Terra di Nocera," which today enjoys wide natural use in cosmetics and hygiene.

The city was severely affected by the strong earthquake of September 1997, but has now returned to its former splendor thanks to careful, skilled reconstruction. Porta Vecchia represents the gateway to the extraordinary beauty of a medieval historic center, one of the most characteristic in Umbria, thanks to which Nocera Umbra has become part of the "Most Beautiful Villages in Italy," also boasting the Orange Flag recognition, the Italian Touring Club's mark of tourist-environmental quality.



Nocera Umbra - Piazza Caprera

SELLANO

THE ENCHANTED CASTLE



Comune di
Sellano



Sellano, Panorama

Sellano is situated on the crest of a hill in the Vigi Valley, at an altitude of 640 meters, approximately 30 km from both Foligno and Spoleto. The settlement began to develop from the 1st century BC, initially with a Roman presence in the lower part of the town. Over the medieval period, it expanded towards the top of the hill, reaching its pinnacle of development in the 17th century, thus acquiring its present appearance. This appearance has remained unchanged, preserving an intact residential cluster adorned with prestigious buildings.

The territory extends over approximately 85 km² and encompasses more than 40 villages, most of which are perched on steep slopes with enchanting views overlooking the Sibillini Mountains.

The depopulation of recent decades has contributed to preserving the appearance of these villages, many of which have a history as independent **castles** often in conflict with each other. Until the post-World War II period, the landscape was dominated by crops, orchards and pastures. Today, nature has reclaimed the area with dense forests teeming with diverse wildlife and crisscrossed by trails ideal for **trekking, horseback riding and cycling** – echoing the ancient communication routes.



Sellano, Casale Locality

Significant redevelopment projects are underway, such as the construction of a spectacular **Tibetan bridge** suspended between Sellano and Montesanto. This bridge spans 517 meters in mid-air, at a height of 175 meters above the river valley, requiring 1,023 steps to cross. Since its opening to the public, the bridge has recorded a large number of visitors.

The castle of **Postignano**, uninhabited since 1963 and meticulously restored as of 1994, serves as an internationally recognized example of how these villages can be revitalized through a blend of modern technologies and respect for history. Today, Postignano thrives with restaurants, museums, shops and the Church of the SS. Annunziata, hosting an annual season of concerts, exhibitions and book presentations. To experience the history of daily life in these villages, Case Rampi has housed the dispersed **Museum of Peasant Civilization** in its old cellars and stables since 2013.

SPELLO

CITY OF ART AND FLOWERS



Comune di
Spello



Spello, Tower of Properzio and Venus Gate



Associazione Nazionale
Città dell'Olio



Spello is ensconced within formidable Augustan walls crafted from the pink limestone of Mount Subasio, shimmering gloriously at sunset and enveloping the village in a treasury of precious, aromatic stones. Its labyrinthine alleys and flower bedecked squares weave an intricate tapestry that bridges past and present.

The town is home to numerous churches and holds a wealth of historical and artistic treasures, including Pintoricchio's 'Beautiful Chapel' (1501) and Perugino's frescoes (1521) in the Collegiate Church of Santa Maria Maggiore, as well as the ancient Edict of Constantine (ca. 337 AD) and the Museum of Floral Displays housed in the Town Hall.

From Porta Consolare, the **Path of the Roman Aqueduct Ring** unfolds, tracing the ancient water route to ascend the foothills up to the medieval Castle of Collepino, positioned at the gateway to the Regional Park of Mount Subasio. Continuing along the provincial road on the mountain's eastern slope leads to the second castle, that of San Giovanni.



Spello, Consular Gate during the Infiorata of Corpus Domini

Adjacent to the Church of Santa Maria Maggiore, the Palazzo dei Canonici hosts the Civic and Diocesan Art Gallery, showcasing a collection of around a hundred pieces including paintings, sculptures and minor art objects spanning from the 12th century to the early 20th century. Noteworthy within are the permanent collection 'Emilio Greco,' the Norberto Museum and the Art Workshop of contemporary artist Elvio Marchionni, attended by esteemed young contemporary artists.

In the lower part of the village, the **Villa dei Mosaici of Spello** stands as one of Umbria's most extraordinary archaeological discoveries, encompassing nearly 500 square meters with ten rooms adorned with stunning polychrome mosaic floors depicting geometric patterns, fantastical animals, human figures and scenes of daily life – a true marvel of stone craftsmanship.

Spello's uniqueness is further underscored by its intimate connection with the surrounding natural environment, which beckons nature enthusiasts with its verdant olive hills, abundant edible herbs, flowering meadows and scenic trails. Celebrated events like the **Infiorate of Corpus Domini** and 'Windows, Balconies, and Flowered Alleys,' alongside the exceptional quality of its Extra-Virgin Olive Oil (EVO Oil), make Spello an enchanting destination where natural beauty and quality of life intertwine to rediscover history and traditions, all while savoring the tastes of ancient cuisine.

TREVI

A VILLAGE TO DISCOVER



Trevi, view from San Martino



With its spiral urban structure, houses arranged on a hill-top, and the cathedral bell tower soaring high, Trevi has an unmistakable, recognizable shape throughout the valley.

Historical sources attest that the Roman settlement of Trebiae, located in the Pietrarossa area, began to flourish from the 3rd century BC. Its name originates from the native Umbrian language, Treba, meaning “cluster of dwellings.”

Crucial to the economic growth of Trebiae were the **Via Flaminia**, constructed in 220 BC, and the **Clitunno River**, once navigable, serving as vital communication and trade routes to Rome.

The importance of the Clitunno is further underscored by the discovery of marine-themed mosaic decorations dating back to the last decade. In 446 AD, a powerful earthquake rendered the Clitunno River unnavigable, hastening the decline of Trebiae and leading to the fortification and establishment of present-day Trevi.

Over subsequent centuries, the site served as a necropolis during the Lombard era.

In the town of Trevi, the Middle Ages have left profound marks in the churches and artworks, produced by esteemed artists such as the Master of Sant'Alò, the Master of Fossa and the Master of the Crucifix of Trevi – anonymous artists who collaborated with Giotto in the renowned Workshop of Assisi – and Giovanni di Corraduccio, a painter from Foligno.

The Renaissance period played a pivotal role in transmitting cultural heritage in Umbria, marked by the establishment of the **world's first typographic society** and the fourth typography in Italy. Architecture, sculpture and painting from this era bear testimony to cultural and artistic excellence, with notable contributions from artists like Perugino, Spagna, Tiberio d'Assisi and Rocco Tommaso from Vicenza.

Trevi's artistic wealth is complemented by its scenic beauty, offering visitors an enchanting fusion of colors, exemplified by post-Macchiaiolo painter Giovanni Chiaramonti's works of extraordinary beauty. Notable sites to visit in Trevi include the San Francesco Museum Complex, Villa Fabri, the Cathedral of Sant'Emiliano, the Convent of San Martino, the Church of Madonna delle Lacrime and the Sant'Emiliano Olive Tree.



Trevi, Madonna delle lacrime

VALTOPINA

TOWN OF TRUFFLES



Valtopina, Panorama

Valtopina is situated near Mount Subasio, along the ancient Via Flaminia, between Foligno and Nocera Umbra, in the valley traversed by the Topino River, from which it takes its name. It boasts a millennial history, with roots dating back to pre-Roman times.

The historical and cultural identity of the community, however, only began to take shape after the construction of the Via Flaminia (around the 3rd century BC), when Valtopina's position became strategic as a hub of communication and exchange. There are many testimonies and remains from the Roman era, including those at Pieve Fanonica, where traces of the viaduct built in the Augustan era can be found, and Ponte Rio, where the imposing wall from the Hadrianic era remains. Over the centuries, the town thus assumed a hegemonic role over the entire territory and experienced flourishing periods, marked by the construction, in the medieval period, of castles, monasteries and villages.

The fortified structures still vital and active today include the **Castle of Poggio**, built in the 11th century, the seat of the Viscount of the Topino Valley, and the 12th-century **Castle of Gallano**, with its medieval village.

Also worth visiting is the evocative Church of Santa Cristina (13th century), built with stones from the Castle of Poggio, and the Palazzo del Comune, a stately residence from the early 20th century that houses the **Valtopina Embroidery and Textile Museum** (which has hosted the renowned “Embroidery and Textile Exhibition” for years), as well as the Church of San Pietro Apostolo at the entrance of the village.

Valtopina is now a charming town crossed by the Topino River, nestling in a natural landscape rich in undiscovered resources and quaint little villages, such as Sasso and Giove.



Valtopina, Hand Embroidery and Textile Exhibition

SCENTS AND FLAVORS OF THE TERRITORY

Foligno

The Foligno area preserves and transmits many food and culinary traditions. The agricultural production in the area offers high-quality products such as wine, extra-virgin olive oil, mixed-flower honey and specialties like Cave beans. In the Colfiorito plateau, agriculture has thrived with excellent productions like red potatoes, cheeses, spelt, lentils and chickling peas.

For those looking to taste the unique dishes of Foligno's cuisine, dishes like strangozzi with truffles, tagliatelle and gnocchi with mutton, pigeon Folignate style and cheese pizza with salami, the unmissable protagonist of the traditional Easter breakfast, are not to be missed.

The famous roccia, a traditional dessert of Foligno made with a thin sheet of dough filled with nuts, sugar, apples to which you can add other ingredients such as alkermes, raisins, cinnamon and pine nuts, is also a must.



Bevagna



Photo: Umbria Regional Archive

The Sagrantino grape, in both its dry and passito varieties, has received the Controlled and Guaranteed Denomination of Origin in recognition of the long-standing vine cultivation in the area of ancient Mevania, as documented by Latin writers. This heritage allows us to enjoy delicious dishes such as gnocchi al Sagrantino, as well as unique specialties like picchiarelli and frascarelli, Chianina beef, saffron, honey and legumes such as chickpeas and lentils.

Special sweets are prepared for various celebrations, including frappe during Carnival, sweet and savory pizzas at Easter, macaroni and rocciata for saints' days, panicocoli and pastarelle.

On December 6th, the children of Bevagna receive gifts on St. Nicholas' Day, along with pastarelle and mandarins. The traditional Easter breakfast, blessed on Holy Thursday, includes cheese pizza, cured meats, boiled eggs and vernaccia wine.

Gualdo Cattaneo

Vineyards, olive groves, and as many as eleven castles characterize the extensive territory of Gualdo Cattaneo. Much of the municipality's 100 square kilometers are dedicated to Sagrantino, a wine now globally recognized as Montefalco Rosso.

In other parts of the territory, Grechetto dei Monti Martani is also produced, and the area is known for its high-quality olive oil. The abundance of Moraiolo olive trees in the area gives the oil unique flavorful characteristics, perfect for enjoying on bruschetta and with salads or legumes.

The distinctive, unforgettable flavors of Gualdo Cattaneo are embodied in Sagrantino and Moraiolo. Additionally, typical products of the area include porchetta, cicciotto (a traditional sausage from artisanal processing, a Slow Food presidium), saffron, honey and various legumes.



Photo: Umbria Regional Archive

Montefalco



Photo: Umbria Regional Archive

The undisputed protagonist of Montefalco's cuisine is Sagrantino, an indigenous grape variety and a local excellence used in the production of one of the region's finest wines, evoking the pleasures of a slow, laborious life.

The fertile lands surrounding Montefalco offer treasures such as the prized black truffle, *tuber melanosporum*, which grows under holm oaks, oaks and cysts, as well as *tuber aestivum*, a sibling that thrives in summer under broadleaf trees.

The painstaking work of "brucatura," the hand-harvesting of olives in early November, produces the extra-virgin olive oil of the Umbrian hills. Protected under the Umbria Protected Designation of Origin (PDO), this oil is known for the sweetness of San Felice olives, balancing the distinctive tangy flavor typical of Umbrian olive oil, deriving from the more common "moraiolo" olives.

Another standout product is honey, reflecting the beauty of the flowers coloring the landscape of one of Italy's least-polluted regions. The region offers a variety of dishes, from renowned lamb and pork meats to the sweet autumn flavors of Roccia, which pairs perfectly with Sagrantino passito wine.

Nocera Umbra

Biscio is one of the outstanding typical products of the Nocera area. This is rolled pasta stuffed with vegetables, mainly chard, but also chicory or spinach. Originally from Lombard period, 'biscio' can also include additional sausage and cheese.

Other typical culinary specialties of the area include 'sweet maccheroni,' traditionally associated with the Feast of the Dead; 'rocciata,' a rolled pastry filled with apples and dried fruits; and 'crescia,' a dough made of flour and water baked 'under the fire,' often stuffed with cold cuts, cheese, vegetables or sweet fillings.

Particularly noteworthy is the 'ciacetta,' a dough of flour, water and yeast rolled out and fried in a pan. 'Ciacetta' can be served savory or sweet, filled with cured meats, cheeses, or sweet spreads, and is especially enjoyed during the Palio dei Quartieri festivities.

In the Nocera area, high-quality honey and jams are also produced.



Photo: Umbria Regional Archive

Sellano



Photo: Umbria Regional Archive

Sellano's gastronomic offerings are characterized by truffles, porcini mushrooms, chestnuts, forest products, excellent wild boar meat, pork sausages and hams, cheeses, genuine meats, spelt and lentils.

The area also boasts excellent mineral water production, notably from the Tullia spring.

Among the specialties, meat plays a fundamental role, ranging from game to lamb, ox to kid, and game, traditionally served grilled or on a spit.

The distinct flavor of black truffles enhances robust dishes such as spaghetti, omelets, risotto, beccacce alla norcina and roasted black truffles. One local delicacy not to be missed is Fojata: a savory pie made of crispy rolled dough filled with herbs, with records dating back to the 16th century.

Desserts include attorta (walnut cake), sweet Easter pizza, macaroni with walnuts and sanguinaccio (made with pig's blood).

Spello

In the many historic restaurants, it is possible to taste typical local products. One must start with the extra-virgin olive oil from the hills of the Assisi-Spoleto olive belt, enjoyed on toasted bread (the famous bruschetta) flavored with garlic.

Any local from Spello would then recommend a nice plate of tagliatelle with black truffle, the king of Monte Subasio, or a legume soup with the flavors of yesteryear: cicerchia or risina di Spello (the typical Spello bean), the most characteristic. Tasty Chianina meat from organic or biodynamic agriculture is often accompanied by the well-known countryside greens.

A Spello lunch closes with rocciata, a dessert made with apples, walnuts and sultanas. The wine may be a Grechetto or Merlot from the nearby foothills of the mountains.



Photo: Umbria Regional Archive

Trevi



Photo: Umbria Regional Archive

One of the typical products of Trevi, deeply linked to this area for centuries, is extra-virgin olive oil. Trevi's olive trees grow in the foothills between 300 and 500 meters above sea level.

The predominant cultivar is Moraiolo, which covers 90% of the hills around Trevi and produces fruits rich in polyphenol. Black celery, cultivated in the Canapine area, derives its name from its tendency to turn very dark if left to grow without special care. This celery is ready for harvest by the third Sunday in October, and its importance is celebrated annually with the "Sagra del Sedano Nero e della Salsiccia" (Black Celery and Sausage Festival) held in the village's main square.

Valtopina

In the territory of the municipality of Valtopina, situated in the Topino Valley and its neighboring areas, there has always been a strong presence of activities linked to the rural sector and the promotion of typical local products, such as the truffle, which grows wild in these areas, due to the unique environmental characteristics. This precious resource plays a significant role in local economic and social development, with a large part of the rural population engaged in searching for and cultivating truffles. These have now become a symbol of the village's identity. In addition to truffles, other typical local products include olive oil, wine, cold cuts and cheese.



EXPERIENCES TO ENJOY IN THE UMBRIAN VALLEY

JANUARY

Bevagna

The magic of tradition
Christmas in Bevagna and the villages

Foligno

Christmas in Foligno

Gualdo Cattaneo

Living nativity of Marcellano
Santa Claus fortress

Montefalco

Once Upon a Time at Christmas

Nocera Umbra

Christmas in Nocera Umbra

Spello

Spello Splendens - Festival of ancient
music and Christmas
Spello celebrates - Christmas and
surroundings: Spello and its live
nativity scene

Trevi

Christmas events in Trevi

FEBRUARY

Foligno

The Carnival of Sant'Eraclio

Spello

Sensuality of Cat
Exhibition of contemporary art

Montefalco

Sagrantino Preview

MARCH

Foligno

Dantean Days

Spello

The Film Festival of Spello
and Umbrian Villages

EASTER

Bevagna

Easter in Bevagna
Sacred representations
of ancient origin

Foligno

Good Friday sacred representation
in Fiamenga
The way of the Cross: Colfiorito and Pale

Montefalco

Easter Weekend - Land of Sagrantino
Easter Monday - The Ciuccetta eggs
challenge

Spello

The way of the Cross

APRIL

Bevagna

Medieval Spring: days of culture,
art and gastronomy Culture
and Peace Week

Foligno

Dantean Days
Festival of Science and Philosophy

Spello

Subasio with flavor

Trevi

Pic&Nic in Trevi

MAY

Bevagna

Open Wineries
Bevagna wine festival

Gualdo Cattaneo

Porchettiamo,
the Festival of Italian Porchetta

Montefalco

Open Wineries

Spello

Windows, balconies and flowered alleys
The Days of Roses (biennial)

Sellano

Festival of forgotten herbs

Trevi

Trevi Snack among the Olive Groves.
Trevi Flavors

JUNE

Bevagna

Market of the Gaite

Foligno

Joust of the Quintana - The Challenge

Gualdo Cattaneo

Umbria Beer Festival

Montefalco

Sagrantino Preview
The Romantic Night in the Most Beautiful
Villages of Italy
Montefalco in a Glass

Nocera Umbra

Lombard Nocera

Spello

“Infiorata”, Flower Festival
of Corpus Domini

JULY

Bevagna

Summer in Bevagna
Festivals and fairs in the villages

Foligno

Summer at Palazzo Trinci

Montefalco

Montefalco in a glass

Trevi

Summer in Trevi
Federico Cesi Festival
Theater and Music Review

AUGUST

Bevagna

Summer in Bevagna
Festivals and fairs in the villages

Foligno

Summer at Palazzo Trinci
Baroque Signs Festival

Montefalco

Montefalco in a glass
“Agosto montefalchese”
Goblets of Stars
“La Fuga del Bove” – The escape
of the ox

Nocera Umbra

The districts’ Palio

Spello

Encounters on the streets
Hispellvm, reenactment of the
roman era

Sellano

Festival of Fojata and Attorta
The gold of olive mills

Trevi

Summer in Trevi
Federico Cesi Festival
Theatre and Music Festival

SEPTEMBER

Bevagna

Summer in Bevagna
Festivals and fairs in the villages

Foligno

Quintana Joust - the Rematch
Baroque Signs Festival
Francescana Cyclohistorical
of Umbria “I Primi d’Italia”;
festival of Italian First Courses

Gualdo Cattaneo

Palio of Climbing

Montefalco

Montefalco in a glass
Montefalco Wine Festival
Grape Harvest Festival

Nocera Umbra

Satriano Cavalcade

Spello

Spello Art Festival

Trevi

Trevi Wellness

Valtopina

Hand Embroidery
and Textile Exhibition

OCTOBER**Bevagna**

O-Live, live new oil

Foligno

Sports Festival
Walk among the olive trees

Montefalco

Montefalco in a Glass

Spello

PassaParola Literary Review
Walk among the olive trees

Sellano

Countryside
and Thanksgiving Festival

Trevi

Black Celery Market and
Festival of Black Celery and Sausage

NOVEMBER**Bevagna**

O-Live, live new oil

Foligno

Mielinumbria, honey festival

Gualdo Cattaneo

Knowledge of Bread, Flavor of Oil

Spello

The Gold of Spello, Olive oil
and Bruschetta Festival

Trevi

Festivol, olive oil festival

Valtopina

Truffle Market and Exhibition
of Valtopina

DECEMBER**Bevagna**

The Magic of Tradition,
Christmas in Bevagna and the Villages

Foligno

Christmas in Foligno
New Year's Eve in the Square

Gualdo Cattaneo

Living nativity of Marcellano
Santa Claus Castle

Montefalco

Once Upon a time at Christmas

Nocera Umbra

Christmas in Nocera Umbra

Spello

Spello celebrates,
Christmas and surroundings:
Spello and its live nativity scene

Trevi

Christmas Events

FULL
EVENT
CALENDAR



VISIT THE WEBSITE OF EACH CITY TO LEARN MORE

FOLIGNO

BEVAGNA

**GUALDO
CATTANEO**



MONTEFALCO

**NOCERA
UMBRA**

SELLANO



SPELLO

TREVI

VALTOPINA



CONTACT



**TOURIST INFORMATION AND WELCOME OFFICE
(IAT) VALLE UMBRA**

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Open Monday to Sunday

9:00 AM - 1:00 PM and 3:00 PM - 7:00 PM

servizio.turismo@comune.foligno.pg.it

Olive Grove Belt and Valley



Comune di
Foligno



Comune di
Bevagna



Comune di
Gualdo Cattaneo



Comune di
Montefalco



Comune di
Nocera Umbra



Comune di
Sellano



Comune di
Spello



Comune di
Trevi



Comune di
Valtopina

UMBRIAN VALLEY

LAND OF EMOTIONS

CULT
OPURE