



RUNNER UP
EDEN 2010
Acquatic Tourism

Accommodation catalogue 2021 OF THE DISTRICT OF TERNI

#TerniCordialmenteUmbria



Umbria

cuore verde d'Italia

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Introduction

Known as the Green heart of Italy, Umbria region is a land of untouched landscapes, tiny ancient hamlets rich in history and traditions, picturesque corners nestled amidst green hills, perfect hideaways from urban chaos.

Terni is the second largest city of Umbria region. Thanks to its strategic position, it is an ideal starting point to visit many popular Italian art cities such as Rome, Florence, Pisa, Perugia, Assisi, Orvieto.

Although not washed by the sea, this land is rich of water: Marmore Waterfall, precious gem in the valley of Nera river known as Valnerina, is the most popular destination not to be missed by tourists exploring Umbria.

Visitors can choose among a wide range of experiences to discover this land: guided tours of the charming medieval hamlets of Narni and San Gemini, ancient towns maintaining the original atmosphere of ancient times, particularly during the fascinating medieval reenactments involving the entire local communities; unique archaeological sites such as Carsulae, an important Roman town which ruins amidst Umbrian countryside create an enchanting landscape; the adventurous and exciting rafting and canyoning activities, trekking or bike excursions and horse rides allow to get in touch with nature discovering marvellous and varied natural environments; fascinating spiritual places appreciated both for their mystical atmosphere and for their remarkable historic and artistic value.

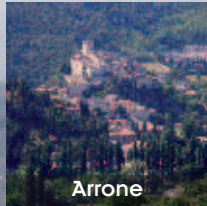
Hospitality is another landmark of this land: local charming hotels, country-houses, historic residences offer high standard of accommodation. Another interesting experience is a visit to local producers of wine and food specialties such as DOP extra-virgin olive oil, truffles, genuine beef and pork meat, fine wines and traditional herbs liqueur. Discovering the secrets these delicious products and having the unique opportunity of tasting them on site will enhance visitors' experience making them want to stay longer or return soon.



Terni and its Municipalities



Acquasparta



Arrone



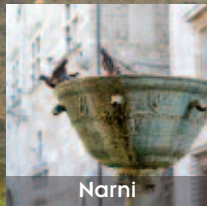
Calvi dell'Umbria



Ferentillo



Montefranco



Narni



Otricoli



Polino



San Gemini



Stroncone





Terni

HISTORY OF TERNI

Terni, with its 113,000 inhabitants, is the second largest municipality of Umbria, located in the southern part of the region and, differently from most Umbrian hill towns, it lays in a wide basin surrounded by hills and mountains of the Apennine chain.

Known in modern times as the city of steel, due to the presence of a large steel plant, its ancient name was Interamna "between two rivers". Streams of water flow across the surroundings of Terni, creating picturesque scenery such as Piediluco lake and the Marmore Falls, created by the Romans in the 3rd century B.C. with a significant intervention of hydraulic engineering.

The importance of Terni in ancient times increased with the opening of the Via Flaminia linking Rome with Rimini on the north-eastern coast of Italy. Sections of this ancient Roman road with the original stone paving are still visible in the archaeological park of Carsulae, which was an important town as the ruins of its imposing public buildings prove. Due to its position, the district of Terni was an area of transit for soldiers, emperors, merchants and popes over the centuries. It was also popular with pilgrims stopping over on their way to Rome, the most popular being St. Francis, to whom a Sanctuary is dedicated in the old town. The patron saint of Terni is St. Valentine, known worldwide as the protector of lovers, whose relics are housed in a 7th century Basilica located outside the city centre. Due to its strategic position and to the abundance of hydraulic and hydroelectric power obtained by the Marmore Falls, Terni and its surroundings became one of the largest industrial districts of central Italy. Many factories were built along the Nera river during the 19th and 20th centuries. Many of them are dismissed and represent an interesting complex of industrial archaeology.

The present aspect of Terni is a combination of traces of its ancient past - such as the Roman ruins of the amphitheatre and the imposing Cathedral located in the old district - with the contemporary architecture of the modern part of the town. Symbols of recent





Church of San Francesco

urban development are the Lance of Light - a steel obelisk by the famous contemporary Italian sculptor Arnaldo Pomodoro which celebrates the important role played by the Steel Factory in the history of Terni - and the round fountain of Piazza Tacito, designed in 1932 by Mario Ridolfi, the architect who also developed the layout of the modern town after World War II.

ART AND CULTURE

CAOS - Centro per le Arti Opificio Siri

This is an area of 5600 m² resulting from the recovery of a dismissed chemical factory called SIRI. The complex includes:

- the **“Aurelio De Felice” Museum of Modern and Contemporary Art** featuring 4 sections: *Contemporary art, Ancient picture gallery, Orneore Metelli and Aurelio De Felice collections, Graphic works collection.*
- the **Archaeological Museum of Terni** consisting of 2 sections: *Pre-Roman and Roman.*

INFO: www.caos.museum

Museum of Palaeontology

Displays the remains of animals dating back 2 million years, among which a cetacean from Pliocene discovered during an excavation in Allerona, a small town in eastern Umbria.

Museum of the Diocese and Chapter of Terni

Many pieces of religious art, mostly paintings and sculptures dating between the 15th and 18th centuries. There is also a section dedicated to contemporary artists. Open by appointment only.

Further details on page 63



HISTORY OF ACQUASPARTA

The small town of Acquasparta is located at 320 m. a.s.l. on a slope overlooking the valley of Naia river, tributary of Tiber river. Its name originates from ancient Latin "ad aquas partas", referring to the abundance of mineral water springs in this district, such as those of Furapane and Amerino. The old town is surrounded by fascinating rural landscapes. As the town stands along the route of the ancient Via Flaminia, the first settlement has been most likely originated in Roman times, but developed mainly during Middle Ages, as proved by the imposing city walls, by the "Porta Vecchia" old gate once giving access to the town and by the urban setting of alleys and squares.

Acquasparta belonged to the territory once known as Terre Arnolfe (from the name of the Lord dominating this district during Middle Ages), then passed under the control of the Abbey of Farfa; later it was part of the possessions of the Bishop of Todi to finally become property of the Cesi family. In 1609 Prince Federico Cesi re-established in Acquasparta, with other personalities and scientists, the Academy of the Lynxes (or Lincean) originally founded some years before in Rome.

ART AND CULTURE

Cesi Palace

Located almost in the heart of this small town, this imposing palace was built in 16th century for Cardinal Federico Aquitani Cesi. Its facade is framed by two protruding side wings and an ashlar portal; its interior is decorated with marvellous frescoes, among which one inspired by Ovidius' Metamorphoses, and by extraordinary carved wood panelled ceilings. There is also a beautiful courtyard with a porch. The astronomer and scientist Galileo Galilei was hosted here as a guest in 1624.





HISTORY OF ARRONE

Arrone is located at 243 m a.s.l. over a rocky hill along the left bank of Nera river, in the valley known as Valnerina. It has an interesting history: its name supposedly derives from the noble Arroni family which is believed to have founded it around 9th century A.D. The lords of this area erected many defensive fortifications against the continuous invasions and devastations. This is how the castles of Arrone, Casteldilago, Rocca Accarini, Papigno, all surrounded by fortified walls, originated. Towers and walls, still visible nowadays, characterize the landscapes of this area of Southern Umbria. The hamlet of Arrone consists of two ancient districts, named "Santa Maria" and "La Terra", and a modern one expanded out of the ancient city walls.



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ART AND CULTURE

Castle of Arrone

The fortified castle, first settlement in Arrone, was originally built in wood over the top of the rocky cliff. It was later rebuilt in brickwork.

Church of Santa Maria Assunta

The interior of the church consist of three naves marked by large arches on pillars ending with three apses. Some remarkable frescoes from late Middle Ages are preserved inside the church. Other notable frescoes by Vincenzo Tamagni and Giovanni da Spoleto and dated 1515 decorate the central apse, inspired by those of Filippo Lippi in the Cathedral of Spoleto.

Church of San Giovanni

Right at the entrance of "La Terra", marked by a beautiful gate with a pointed-arch, is the Gothic church of St. John, erected in 13th century, with a polygonal apse and frescoes of 15th century representing the Crucifixion.





HISTORY OF CALVI DELL'UMBRIA

Calvi dell'Umbria is a picturesque hamlet perched on a rocky cliff of limestone along the eastern slope of St. Pancras mountain. It is located at 401 m a.s.l. and dominates a hilly landscape covered with olive groves and vineyards. It was inhabited since the Bronze age, then became a Roman outpost. Mentioned among the possessions of the Abbey of Farfa since 10th century, the town expanded mostly during Middle Ages. It belonged to the Papal State since 12th century and until the unification of Italy in 1860. Sections of medieval walls and towers still surround the old town comprising the castle, houses, steep and winding alleys, arches and gates.

Its name probably derive from an ancient Roman family the "Gens Calvia" after which the castle might have been originally named. This theory is supported by the archaeological finds discovered in this area: altars, coffins, inscriptions, statues and coins. According to another version the name might originate from the Barbarian invasions when people in search for a shelter settled in this area and built a fortified castle over a bare rocky cliff known as "Carbium".



Wall fresco

ART AND CULTURE

Monastery of the Orsoline

The building was erected in 1606 by Demofonte Ferrini, solicitor of the Reverend Apostolic Church in Rome. After his death it became a Monastery originally housing Benedictine nuns from Narni, then replaced in 1718 by a group of Ursuline Nuns from Rome. The complex has been converted into a museum, displaying 18th century pieces of furniture brought here as dowry by the nuns, paintings with religious subject, a 16th century altarpiece and a crucifixion. The service area of the complex has been restored and includes a cistern, the kitchen, the wash house, the ovens and other service rooms showing the hard

Church of Santa Maria Assunta

It dates back to second half of 13th century and used to be the most important church in town. Many paintings and a finely carved baptismal font in marble can be admired in its interiors.

Church of Santa Brigida

It was designed and built by the renowned Papal architect Ferdinando Fuga between 1739 and 1743 as an annexed church for the Monastery of the Ursulines, adjacent to the pre-existing church of San Paolo.

Church of the Trinity

It was erected in 1523 by master Rinaldo Iacovetti from Calvi on the site where an image of the Virgin had miraculously wept some tears. In its interior there is a 15th century fresco of the Virgin with Jesus as a child.



View of an alley of the old town



Matterella fortress

HISTORY OF FERENTILLO

Ferentillo (260 m a.s.l.) still preserves the fascinating atmosphere of an ancient medieval hamlet perfectly included in the surrounding natural environment.

Its origin dates back to 571, when Longobards founded the Duchy of Spoleto which possessions extended to this area. Here the duke Faroald II founded the Abbey of San Pietro in Valle. This became through centuries an important sacred site for the lords of Spoleto who enlarged and enriched the complex. The Duchy of Spoleto was later defeated by Charlemagne, then this area of central Italy passed under the domination of the Papal State. The village of Ferentillo was structured as a defensive fortification made of towers and walls with the purpose of defending the Abbey. It reached its period of major splendour in early 13th century.



Abbey of San Pietro in Valle

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ART AND CULTURE

Museum of the Mummies

The crypt of the Church of St. Stefano houses a museum displaying corpses spontaneously mummified due to a particular chemical composition of the soil. In 1806 Napoleon ordered the exhumation of these corpses. Guided tour of the museum provide infos and legends about the life and death of these people.

Abbey of San Pietro in Valle

The Abbey, privately owned, has been converted into a historic residence. The Longobard church of the Abbey (still under the Diocese of Spoleto) was renovated in 12th century in Romanesque style. It has a single naive and truss ceiling church. The precious frescoes decorating its walls represent scenes of the Ancient and New Testament by an unknown Umbrian artist. It also houses five Roman coffins reused to bury the most important monks of the Abbey, one of which is believed to contain the remains of its founder, the Longobard duke Faroald II.

Matterella and Precetto

The village of Ferentillo consists of two separate districts, Matterella and Precetto, laying on opposite sides of a gorge. Streets and stone walls perfectly adapt to the steep slopes of the mountains. Each district has its own fortification, built for defensive purposes. The most ancient one is Matterella where visitors can admire the Church of St. Maria. In Precetto the churches of Madonna del Gonfalone and of St. Stefano are worth a visit.



Church of Santa Maria Assunta



View of an alley of the old town



View of an alley of the old town

HISTORY OF MONTEFRANCO

Montefranco is located at 414 m a.s.l. and dominates the valley of Nera river. It stands out from a hill covered with olive groves and forests of pine-trees, oaks and holly oaks.

The ancient fortified hamlet was created around 1000, surrounded by walls with watchtowers to defend the population from the invasions of Saracen hordes.

In 1228 some citizens escaping from the domination of Rinaldo in Arrone, went over to the side of Spoleto and settled on a hill named Bufone which became their "zona franca", thence the name of "Monte franco" (free-zone area mount).

The village has been disputed during following centuries and until 1800. After the Restoration it was turned into a municipality of Second Order under the regency of a Governor.

The gates of "Porta Franca" and Porta Spoletina", evidences of the ancient Bufone castle, have been restored and are still visible nowadays.

ART AND CULTURE

Porta Franca and Porta Spoletina

Montefranco originated from the ancient castle of Bufone; its defensive walls and gates Porta Franca and Porta Spoletina are well preserved. Porta Franca was the former access to the old town; nowadays houses the offices of the Town Hall of Montefranco.



Town Hall: +39 0744.7471
www.comune.narni.tr.it



Priori square

HISTORY OF NARNI

Narni stands on a steep cliff dominating the gorges of Nera river and the valley of Terni at 240 m a.s.l. Formerly known as "Nequinum", the Romans named it "Narnia", which gradually transformed into "Narni", official name since the end of French Revolution. There are evidences of settlements in this area in the Paleolithic and Neolithic ages. Under the Romans it became a Colony, then a Municipium along the "Via Flaminia" consular road. Thanks to its central location, it played a strategic role for the control of transit between Rome and the Adriatic sea but, for the same reason, it underwent several sieges and destructions. An independent municipality during the Middle Ages, it was later annexed to the papal State; symbol of this submission is the imposing Albornoz fortress, dominating the town from the top of the cliff. It returned to independence after the unification of Italy.



Rocca Albornoz fortress

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ART AND CULTURE

Eroli Palace Museum

It houses archaeological findings from prehistory through the Middle Ages as well as a picture gallery with paintings of 14th / 18th century. Collections' highlights are: an Egyptian mummy with decorated wooden coffin; the "Coronation of the Virgin" by Ghirlandaio, masterpiece of Italian Renaissance art; the "Annunciation" by B. Gozzoli; the bronze cup of the fountain in P.zza dei Priori.

Rocca Albornoz fortress

Experience the authentic medieval atmosphere: in its 14 rooms you can admire accurate reproductions of clothes, music instruments, weapons, furniture, etc. The surrounding garden is used for re-enactments, concerts and events.

Museum of vintage motorcycles

A collection of over 50 vintage motorcycles belonging to Mr G. Filippetti, a local bike lover.

Narni Underground

This is an interesting guided visit featuring various underground rooms, formerly part of the abandoned convent of San Domenico, including a frescoed church of 12th century, a Roman cistern, rooms of a tribunal of the inquisition with a cell covered by mysterious graffiti scratched on the walls by prisoners. Visit ends up in the de-consecrated church of San Domenico, built over the ancient Cathedral of Narni, featuring a precious Byzantine mosaic floor dating back to 6th century.



HISTORY OF OTRICOLI

Located at 209 m a.s.l., it was built on a hill dominating a large section of the valley of Tiber river. First human settlement in this area dates back to 8th century b.C. It was conquered by the Romans and became an important commercial centre thanks to its favourable position along the Tiber river and the Flaminia road. It was destroyed by the Longobards between 569 and 605 A.D. and later re-built on the site of the pre-Roman settlement. Otricoli belonged to the Papal State for many centuries until 1860 when it was annexed to the Kingdom of Italy. Evidences of the pre-Roman walls of 4th century b.C. are still visible, although the ancient gates went completely lost.



Poggio d'Otricoli



Archaeological area of Otriculum

ART AND CULTURE

Municipal Antiquarium

The "Antiquarium" is housed at ground floor of the Prior's Palace. It displays a selection of archaeological findings from the ruins of the Roman town. There is also a copy of the head of Jupiter (58 cm. of height) discovered at the end of 1700, a stone weight and an early Christian altar stone.

Antiquarium Casale San Fulgenzo

This collection of archaeological finds from the ruins of the Roman town of Otriculum is housed in a former Roman cistern. Visitors can admire on display pre-Roman black "bucchero" vases, finely decorated marble ashes urns, grave goods, marble portraits and statues.

Archaeological area of Otriculum





The Fortress

HISTORY OF POLINO

Polino is the smallest municipality in Umbria and is located at 835 of altitude over the valley of Nera river. It was founded in 12th century by the Polini family who ruled the town for a long time, then replaced by the Arroni. Being located half-way between Rieti and Spoleto, it has been disputed for a long time by the lords of the two neighbouring cities until 1500, when it became a stronghold of the Castelli family from Terni. After the Restoration it has been a Baronial municipality until 1860. The defensive system of Polino consisted of a double order of city walls plus a fortress erected by the Polini in 12th century.

ART AND CULTURE

The Museum of the Umbrian Appennine and the Goldmine

The Museum of Umbrian Appennine is set up inside the Fortress and consists of two thematic sections: "Sotto" (under) is about the origins of the Umbrian Appennine; "Sopra" (above) deals with the naturalistic aspects of the Appennine, the flora and fauna in particular. On top of the museum it is possible to visit a Goldmine, which can be reached through a pathway in the wood.



Street "La Buca"



Landscape



Palazzo Vecchio or Pretorio

HISTORY OF SAN GEMINI

San Gemini is a tiny hamlet located at 337 m a.s.l. It might have been built as a pre-Roman settlement named Casventum, although its origin is more likely connected to the nearby Roman town of Carsulae situated along the Via Flaminia. The town is mentioned in a document dated 1037 about the foundation of the Abbey of St. Nicolò.

Thanks to its location and to the support of the Papal State, San Gemini played represented a link between Rome and Northern Italy, becoming also an important cultural centre. During late Middle Ages it was troubled by struggles between Guelphs and Ghibellins. The town kept on trying to defend its independence. In 1530 it became a possession of the Orsini family and in the 18th century passed under the Santacroce.

Since late 19th century a period of industrial development started thanks to the exploitation of the local mineral water.



Church of San Francesco

ART AND CULTURE

Museum of the Work of Guido Calori

The museum is set up inside the cloister of the former convent of the Poor Clare nuns in San Gemini. It houses a collection of remarkable sculptures and paintings by Roman artist of 20th century Guido Calori.

Geolab

Geolab is a laboratory-museum dedicated to Earth Science. In the five rooms of the museum there are panels and simulators on display about the origin of the earth, of mountain chains and volcanoes. A section is dedicated to the geological origin of Umbria region.



Porta Burgi



Church of San Nicolò

HISTORY OF STRONCONE

Stroncone is a medieval hamlet located at 450 m a.s.l. It originated in early Middle Ages when the first watchtower was erected. The most ancient documents mentioning Stroncone date back to 11th century and describe the existence of a structured village with houses, squares and churches, surrounded by defensive walls and a fortress.

After becoming an independent municipality in 1215, Stroncone have always been lined up with the Guelphs. It has been under the Papal State until 1500. Likewise Narni and Miranda (both Guelphs strongholds) it might have been destroyed by the land-sknechts army in 1527 (traces of reconstructions are visible in many buildings and along the walls).

In 1799, after 7 days of resistance, Stroncone was forced to surrender to the Napoleon troops. In 1861 it became a municipality of the Kingdom of Italy. In 1927 it was annexed to the municipality of Terni, to then return an independent town in 1947.



Convent of San Francesco

ART AND CULTURE

Town Hall Palace

Also known as Priors' Palace (13th century) it houses various finds, such as gravestones, a painted wooden statue of 16th century representing the martyr St. Sebastian, an ancient box to collect votes for the election of the Priors, an oil painting of the Virgin with Jesus as a child and nine liturgical-musical codices on parchment with precious miniature decoration dating back to 14th century.

Convent of San Francesco

Founded, according to the tradition, by St. Francis in 1213, it became an important centre for theological studies, and its library was one of the richest in Umbria region. It features a 15th century front portal and frescoes by Umbrian painters of 1600.

Church of San Nicolò

Dating back to 1181, the church has been heavily restored through centuries. Traces of the most ancient decoration are the bas-relief at the entrance and a painting representing the Coronation of the Virgin.

Monastery of San Simeone

Although the date of its construction is unknown, is documented that in 1012 a Benedictine community was already living here. Its church has one naive and a semi-circular apse, decorated with baroque decoration in stucco partially covering some frescoes of 12th / 13th century.

Museum of Natural History

The museum describes the evolution of the earth and of living organisms through a collection of paleontology, mineralogy and entomology.

Terni, the old town and its nightlife

Terni has something to offer all the year round. 3000 years of history have gone into creating the centre where traces of its Roman and Medieval past blend in with modern buildings and examples of contemporary art.

A continuously evolving district, Terni has undergone many changes which have partially modified its ancient appearance. Transformed by historic events that have given shape to its modern aspect, nowadays Terni presents itself as an evolving town, offering visitors a wide range of events and activities.

This mix of ancient and modern is clearly visible while browsing around the town centre. One can admire the Roman amphitheatre, a fascinating archaeological site of remarkable value, still used during summer time for shows and cultural events; the Cathedral of Santa Maria Assunta, with its notable Romanesque and Gothic portals; the picturesque public gardens known as "La Passeggiata" delimited by a section of the Roman city walls. Immersed in the greenery of this park is the church of the "Carmine" - built in 1500 to house a painting of the Virgin of the Carmel - recently restored and used as an auditorium and exhibition room. The most popular streets for locals and tourists alike for shopping or simply to hang out, surrounded by the lovely facades of ancient buildings, are Corso Tacito, Corso Vecchio, via Roma and via Cavour. This part of the town radiates from the site of the former forum, heart of the layout of the Roman town. Local wealthy and powerful families of the Middle Ages and Renaissance had their elegant palaces built here, including Palazzo Gazzoli, Palazzo Carrara and Palazzo Mazzancolli which still bear the name of their ancient owners.

Piazza Europa hosts the imposing structure of Palazzo Spada, the present Town Hall of Terni, rebuilt in the late 19th century in Renaissance style. Together with the two squares of Piazza Eu-





ropa and Piazza Solferino, this area has been the centre of Terni since ancient times.

Instead Piazza Tacito is the main square of the town's 20th century urban development with its 1920s architecture. Right in the centre of the square is a round fountain celebrating Terni's industrial development which is closely linked to the abundance of water in this district. The fountain is decorated with mosaics representing the zodiac signs, symbolizing the connection between flowing water and succession of the months and seasons.

The most attractive and popular shops and boutiques, ancient cafes and cosy restaurants are along the main street, Corso Tacito, and dotted around the surrounding side streets and tiny squares. This is the heart of the trendy scene, mostly frequented by young people wandering around and meeting up in the welcoming cafes and pubs. This lively district is the ideal setting for many events and festivals promoted by the municipality of Terni all year around, the most popular is undoubtedly the festival celebrating St. Valentine, Patron Saint of Terni, also known as the city of lovers.

Art and museums

Although Terni has been traditionally identified as the “city of steel” because of its heavy industrial production, all aspects that make Umbria a favourite tourist destination coexist in its territory; beautiful countryside, historical sites and artistic heritage. Its landscape is surely a distinguishing element of this area where nature and outdoor sport activities are among the most appealing tourist attractions. The rich archaeological and artistic patrimony which can be admired in unique and innovative museum sites, represents another interesting attraction.

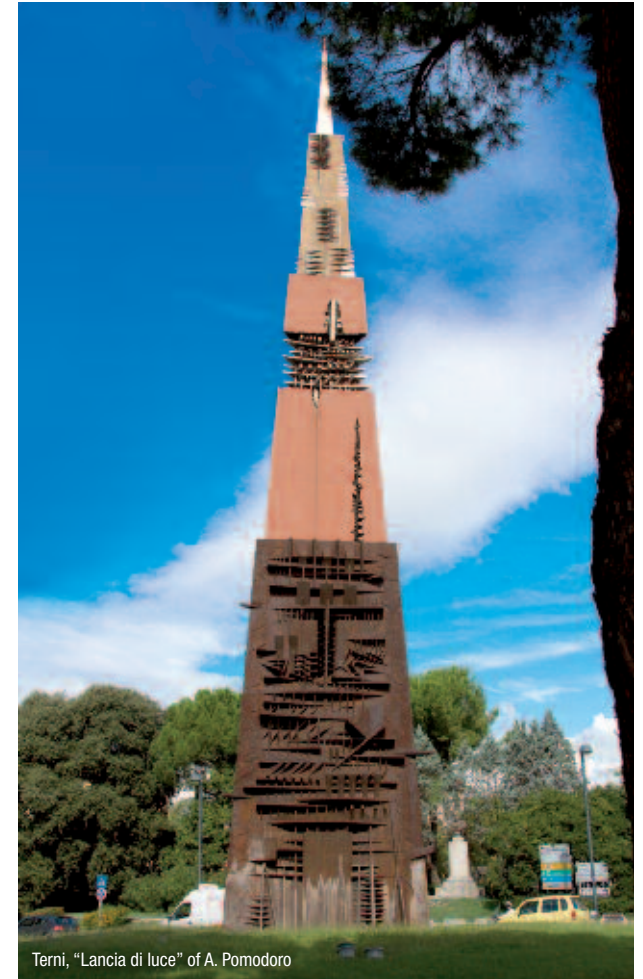
An emblematic example of the creation and management approach of cultural centres is the fascinating complex of C.A.O.S. (Centro per le Arti Opificio Siri): born from the recovery of a dismissed chemical plant, CAOS has become a reference point for the artistic scene for locals as well as at a national and international level. It features the local Art Gallery, Archaeological Museum, “Aurelio de Felice” Modern and Contemporary Art Museum, with a permanent collection and rooms for temporary exhibitions, “Sergio Secci” theatre and FAT coffee-bar/bookshop/restaurant. Many events, festivals, concerts, conferences and shows take place in this multifunctional cultural centre all year round.

Another interesting art and cultural site is the Diocese Museum and Chapter House of Terni, situated in one of the oldest streets of the town, right beside the Cathedral. It houses ancient pieces of religious art, mostly paintings and sculptures, from the churches of the Diocese. There is also a section dedicated to contemporary religious art.

The Museum of Palaeontology, housed in a small former church in the heart of the town, is a site not to be missed for visitors interested in natural science. Although small, it boasts a collection of animal remains dating back two million years.

Interesting sites of industrial archaeology and monuments by

contemporary artists can be admired while walking around Terni town centre which represent the essence of its identity. Entering Terni from the west one finds the imposing iron sculpture entitled “Hyperion” (the giant god), by Agapito Miniucchi, a contrast between the elegance of its shape and the heaviness of its material





and celebrates the town's industrial development. Same theme inspired the famous contemporary artist Arnaldo Pomodoro for his "Lance of Light". This towering 32 m obelisk stands at the crossroads at the end of Corso del Popolo, one of the main roads and immediately chosen by its citizens as symbol of the modern town.

Heavy Industry played a fundamental role for the history and destiny of Terni since the second half of 19th century. This explains its particular propensity for industrial archaeology, as testifies the gigantic press, installed in 1934 in the local steel factory to upgrade productivity and dismissed in 1994 after 60 years of activity. In 1999 the local authorities decided to save this imposing piece and place it in front of the railway station as an emblem to the town's industrial history.

The same preservative approach was adopted in the most visited site of the Terni district, Marmore Falls. Along trail n° 5 of the waterfall park, in the upper viewpoint in an area named Marmore-Campacci, a collection of large turbines from dismissed hydroelectric plants of the area have been installed creating an interesting open-air museum.



Marmore-Campacci, trail n° 5 of Marmore Waterfall park

St. Valentine from Terni and weddings

A photo of a couple kissing at their wedding in front of the Basilica of St. Valentine is a unique way of celebrating the happiest day of their life. Known worldwide as the protector of couples in love, St. Valentine is also the Patron Saint of Terni.

The Basilica dedicated to the most beloved Saint in the world is located right outside the town centre perched at the top of a tree-lined road.

St. Valentine was born and lived in Terni to which he was very attached. During an excavation in the basilica, an urn containing the remains of St. Valentine was discovered and during the 17th century it was placed beneath the main altar of the Basilica.

According to a legend, St. Valentine used to give a flower from his garden to young people visiting him. Two of them fell in love but their families opposed their engagement. Valentine consecrated their union, which became a symbol of blessing for all couples in love.

On February 14th, but also during rest of the year, the Basilica is where many Italian and foreign couples promise eternal love.

Terni also offers a variety of professional services ensuring an unforgettable wedding ceremony and reception.

The basilica of Terni housing the relics of St. Valentine is the centre of a message of love and solidarity addressed to the whole world. For this reason it is a favourite destination for the betrothed and for weddings, but also for anybody wishing to celebrate love.

Tourists coming to Umbria should not miss visiting Terni in February. During this month the town celebrates its patron saint with a Festival known as “Eventi Valentiniani” featuring a calendar of religious, cultural and entertainment events. The Festival program is enriched every year offering visitors a wide range of shows, events and concerts as well as the traditional





San Valentino, detail of the altarpiece made by Piermatteo d'Amelia (at CAOS museum)

street market with over 300 stalls selling a variety of goods, a well-loved local event. Another main event of this month is the “Cioccolentino” festival with another popular street market dedicated to chocolate and patisserie usually held at the weekend in mid-February. All along the streets of the town

centre there are stalls where you can sample and purchase handmade chocolate, take part in a cookery or pastry-making course, there are also numerous activities for children and other special events.



Basilica of San Valentino

Martyrs of the Franciscan Order

Francesco was born in Assisi in 1182 by Pietro di Bernardone, a dealer in fabrics and textiles from France, who, although baptizing him with the name of Giovanni, calls him Francesco. He is the offspring of a wealthy family, a cheerful young man and lover of amusement, but not superficial, rather generous and sensitive, always eager to be the centre of attention. He's a troubled boy who's hungry for experiences that take him away from the situation he grew up in. His restlessness led him to enter into conflict with his father, especially after having spent part of the family patrimony for the poor and lepers, until in 1206 the episode that will mark the rest of his life: in front of all, he undresses himself of the clothes and the family ties. This solitary life does not last long, soon the first companions gathered around him, with the common purpose of preaching penance to all, with the approval of Pope Innocenzo III. The rise of Francesco's popularity is impressive, so much so that in 1223 the official birth of the Order of Frati Minori is sanctioned. After only 3 years Francesco died at the Porziuncola, the place not far from Assisi where his community had settled. In 1228 he will be canonized by Gregorio IX.

The mendicant orders that arise between the 12th and 13th Centuries are characterized by a marked propensity to travel, the Franciscani are no exception. Francesco and his friars move from one city to another, from one village to another, but also on the mountains and through the woods, looking for places to retire in prayer and penance. In addition to Umbria and its surroundings, the Saint of Assisi undertakes three major trips abroad: Dalmatia, Spain and the Middle East. The peculiarity of Saint Francesco is that many of the settlements of his Order are on the outskirts of cities, so that the friars can stay close to the poor and have something to beg for. Several of these primitive convents have



Basilica of San Francesco d'Assisi



Statue representing San Francesco

become over the Centuries important complexes, enriched by churches and buildings full of art. Along the route of the "Via di Francesco" there are plenty of them, still bearing witness to the charm of Franciscan simplicity: an architectural essentiality that fits in perfect harmony with creation. The "Via di Francesco" is a journey, an itinerary that links some places that bear witness to the life and preaching of the Saint of Assisi. It is a pilgrimage route that has the aim of retracing the footsteps of the Poverello: simple, welcoming, generous and able to allow even the man of today to seek in the depths of himself the meaning of his existence.

Umbria has remained the land of Francesco, in full harmony with the world, with man and with God, speaking to the heart and soul of people. By convention its extension goes from La Verna to Rieti, finding its fulcrum in Assisi, but the "Via di Francesco" is usually divided into 2 Paths: the North and the South.

The northern route finds its starting point in the sanctuary of La Verna, on the southern edge of the Casentino Forest National Park. Passing through the chain of the Alpe della Luna you reach the upper Tiber Valley. There are so many monuments here that it has been called the "Valley Museum". The last area you come to before reaching Assisi is the Gubbio basin, enclosed by limestone mountains and rolling hills, where evidence of an ancient Roman land division stands out.

The Southern route starts from the Valle Santa of Rieti, a product of the Roman reclamation of Lake Velino. The territory is a place of ancient monastic settlements. Continuing on the "Via di Francesco", we pass through the Valnerina, so called because it follows the course of the Nera river between Visso and Narni. You



then reach the central part of the route: the Spoleto Valley. Here the presence of abbeys, parish churches and convents that testify to the spiritual charm of this territory becomes evident. The last stretch, before arriving in Assisi, winds through Foligno and Mount Subasio, places rich in historical centres of considerable interest, as well as religious buildings of every age.

Among the many variations that the “Via di Francesco” includes, the “Cammino dei Protomartiri” deserves a mention. Its name comes from Saints Berardo, Ottone, Pietro, Accursio and Adiuto, the first martyrs of the Franciscan Order. Canonized by Pope Sisto IV, they were natives of the territory of lower Umbria, in particular of the area near to Terni. After being imprisoned in Seville for preaching Christianity in mosques, they continued their evangelizing work despite the imposed ban, so they were again put in jail and beheaded in Morocco in 1223. Their remains were initially transported to Portugal, to be then transferred and now kept in the church of Sant'Antonio in Terni, a place of pilgrimage.

The itinerary is a circular route that winds through the diocesan territory of Terni, Narni and Amelia, starts from the church of Santa Maria della Pace and ends in the church of Sant'Antonio, both in Terni. It embraces the places of birth of the saints, namely Stroncone, Aguzzo, Calvi dell'Umbria, Narni and San Gemini, but also the places of the preaching of San Francesco: hermitages, convents, naturalistic sites and some Benedictine abbeys that played an important role in the history of this territory. The “Cammino dei Protomartiri” is both a cultural and spiritual path, a way to enter into close communion with the beauty that frames some of the major sites linked to Franciscanism and the

Benedictine experience: the convent of San Francesco in Stroncone, the remains of abbey of San Benedetto in Fundis, the sacred Speco of Sant'Urbano, the church of San Michele Arcangelo in Schifanoia and the abbey of San Cassiano.

THE ITINERARIES

1st itinerary 11 Km

Terni, Chiesa Santa Maria della Pace - Stroncone, Convento di San Francesco

2nd itinerary 22 Km

Stroncone, Convento di San Francesco - Calvi, Chiesa di Santa Maria Assunta

3rd itinerary 29 Km

Calvi, Chiesa S. Maria Assunta - Narni, Chiesa di S. Francesco

4th itinerary 18 Km

Narni, Chiesa di S. Francesco - S. Gemini, Chiesa di S. Francesco

5th itinerary 12 Km

S. Gemini, Chiesa di S. Francesco - Cesi, Chiesa di S. Maria Assunta

6th itinerary 11 Km

Cesi, Chiesa di S. Maria Assunta - Terni, Chiesa di Sant'Antonio

Archaeology

Traces of the past visible in the roads and hamlets of the district of Terni prove that this area is one of the richest in terms of archaeological testimony in central Italy.

Important sites and monuments offer remarkable traces of the presence of ancient civilizations in this area; the archaeological sites with the ruins of the Roman towns of Carsulae and Ocrinum, the basement of two temples atop Mount Torre Maggiore and the Augustus Bridge in Narni.

The Archaeological Museum of Terni, part of the cultural centre of CAOS (Centro Arti Opificio Siri, former factory) features a collection of the most important and representative finds of the past from southern Umbria, displayed in 17 rooms and grouped into two sections. The first one is dedicated to the material recovered from excavations of pre-Roman necropolis, whereas the other one includes pieces dating back to the Roman period of Terni and its surroundings. The most notable and representative monument of Interamna (the Latin name for Terni) is the Roman Amphitheatre. Built in 32 A.D. with the traditional oval shape and outside walls decorated in "opus reticulatum" in two colours, a typical Roman construction technique. It preserves a large section of the original structure and is still used as an arena for events and shows.

Although the area around the amphitheatre underwent deep reconstruction over the centuries, traces of the Roman and Medieval town are still visible: the city walls along the public gardens of 'la Passeggiata' public garden, traces of the mosaic floor of the Roman Baths in Palazzo Gazzoli, the imposing and superb Barbarasa Tower in Via Roma, dating back to the 13th century, traces of the basement of a Roman Basilica in Piazza San Giovanni Decolato and of a Roman domus beneath the Church of San Salvatore. A few miles north of Terni, in a picturesque plateau between Terni and San Gemini, stand the ruins of the Roman town of Carsulae,



Archaeological area of Carsulae



Terni, detail of Roman Amphitheatre



Archaeological area of Oriculum

one of the most important Archaeological sites in Umbria. This was a very important centre built along the “Via Flaminia” consular road on a site with abundant water thanks to the presence of the nearby spring of San Gemini, already discovered and exploited by the Romans. The historical and cultural features combined with breathtaking views ensure visitors a unique experience. Walking along the ancient Via Flaminia, with its original stone paving, it is possible to admire the church of St. Damian (adapted from a Roman structure), the basement of two twin temples, the theatre and amphitheatre, the Roman Forum and Basilica, the imposing St. Damian arch marking the northern gate of the town and some large funerary monuments. Carsulae was abandoned at the beginning of the fall of the Roman empire. Due to the fact that this site was not inhabited afterwards, the original urban layout of the ancient town is still clearly visible. In 2001, the “U. Ciotti Visitor and Documentation Centre” was opened at the southern end of the archaeological area. It displays a collection of finds as well as information regarding Carsulae and the phases of the excavation campaigns, as well as general information about the ancient history of southern Umbria.



Archaeological area of Carsulae

Marmore waterfall

One of the most magnificent and fascinating sights, described by Lord Byron as “horribly beautiful” for the thrilling sensations that it provokes in visitors: Marmore Waterfall is the most precious gem of the Valnerina Nera river valley, where its pristine environment and green forests dominate the landscape. The unique sight of the waterfall is the result of the interaction of spontaneous natural conditions combined with ingenious human intervention. The frothing waters of the Velino river bubble over the edge of the mountain dropping into the narrow gorge of the Nera river below with three jumps and a total height of 165 m, thus creating one of the highest falls in Europe. Man-made by the Romans in 271 B.C. to reclaim a marshland, Marmore Falls and its surrounding Park are one of the main tourist attractions in Umbria, offering different trails with signage and information panels that allow visitors to enter deep into the untamed nature and admire the Falls from various viewpoints. Starting from the base of the waterfall named “Belvedere inferiore”, one can find the square entitled to Lord Byron, one of the most illustrious visitors who described the incredible view offered by the waterfall in his sonnets, the Centre for environmental education by the Botanical Garden, the so called “Specola”, a sheltered balcony in the shape of a small tower, privileged outlook over the first jump of the water erected in 1786 by Pope Pius VI, and if you are lucky, admire the marvellous rainbows which often appear and go to the renowned “balcony of lovers”, located right at the base of the first jump and reachable through a tunnel bearing the same name excavated in a travertine cliff. The recently opened trail n° 5, is located at the top of the mountain by the edge of the first jump, inside the peaceful Campacci park it offers breathtaking views over the Nera River valley and picturesque medieval hamlets. Some large turbines - interesting pieces of industrial archaeology coming from dismissed hydroelectric plants of the area - have been

placed along the trail as monuments celebrating the close connection between the waterfall and its industrial exploitation. During the 19th century the waterfall was included in the Grand Tour, the itinerary passing through Italy featuring the most beautiful highlights of our ‘Bel Paese’ very popular among artists and intellectuals. The extraordinary beauty of this unique site is still appreciated nowadays. Tourist facilities have recently been improved offering a variety of opportunities in the waterfall park. There are different guided visits available, from shorter basic tours to more extensive ones, as well as night visits, caving excursions or activities for children led by an actor impersonating “Gnefro”, a popular tell-tale gnome living in the woods around the waterfall. Moreover, a range of outdoor sport activities can be practised in this area, such as water rafting, canoeing and canyoning. The spectacular sights and the opportunity of practising many activities inside the Marmore Waterfall park ensure visitors an exciting and amusing experience from many different points of view.

Photos pg. 67



Trail n° 2 of Marmore Falls park



Marmore Falls

Accommodation



hotels, agritourism, holiday
rentals, bed&breakfast,
campsites, hostels...

Hotels



1 BEST WESTERN GARDEN HOTEL



V.le Bramante 2, 4, 6
05100 Terni (TR)
 T. 0744/300041 • F. 0744/300414
 info@gardenhotelterni.it
 www.gardenhotelterni.it



N° Units	Beds
93	198

2 MICHELANGELO PALACE



Via della Stazione, 63
05100 Terni (TR)
 T. 0744/202711 • F. 0744/2027200
 info@michelangelohotelumbria.it
 www.michelangelohotelumbria.it



N° Units	Beds
78	152

3 VALENTINO

Via Plinio il Giovane, 5
05100 Terni (TR)
T. 0744/402550
F. 0744/403335
info@hotelvalentinoterni.com
www.hotelvalentinoterni.com



N° Units	Beds
60	117

6 PALACE MILLENNIUM

P.zza Dante, 2/C
05100 Terni (TR)
T. 0744/442211
F. 0744/4422400
info@millenniumhotelumbrìa.it
www.millenniumhotelumbrìa.it



N° Units	Beds
24	35

9 HOTEL VELINO 2

Via Pilastrì, 6 - **Marmore**
05100 Terni (TR)
T. / F. 0744/67425
M. 348/8126560
info@hotelvelino.com
www.hotelvelino.com



N° Units	Beds
11	18

4 CLASSIC HOTEL TULIPANO

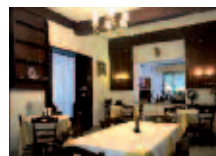
Via C. A. Dalla Chiesa, 24 - **05100 (TR)**
T. 0744/306024 • F. 0744/300628
N°verde: 800 364730
direzione@classichotelterni.com
www.classichotelterni.com



N° Units	Beds
69	117

7 BRENTA

V.le Brenta, 12
05100 Terni (TR)
T. 0744/283007 • F. 0744/220227
M. 348/0441500
hotelbrentaterni@libero.it
www.hotelbrenta2.it



N° Units	Beds
14	25

10 HOTEL DEL LAGO PIEDILUCO

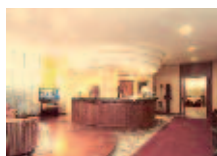
Str. del Porto, 71 - **Piediluco**
05100 Terni (TR)
T. 0744/368450 • F. 0744/360142
M. 347/3214350
info@hoteldellago.com
www.hoteldellago.com



N° Units	Beds
46	92

5 HOTEL DE PARIS

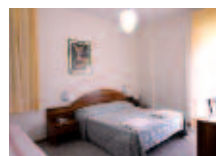
V.le della Stazione, 52
05100 Terni (TR)
T. 0744/58047
F. 0744/438942
info@hoteldeparis.it
www.hoteldeparis.it



N° Units	Beds
55	98

8 HOTEL VELINO 1

Via Pilastrì, 2 - **Marmore**
05100 Terni (TR)
T. / F. 0744/67425
M. 348/8126560
info@hotelvelino.com
www.hotelvelino.com



N° Units	Beds
18	25

11 HOTEL MIRALAGO

Via Noceta, 2 - **Piediluco**
05038 Terni (TR)
T. 0744/360022 • 368196
F. 0744/360163
info@miralagohotel.net
www.miralagohotel.net



N° Units	Beds
32	64

12 ALBERGO RIST. BAR MARTINI

Via G. Marconi, 26
05021 Acquasparta (TR)
T. 0744/943696
F. 0744/943946
infomartinicaffe@gmail.com



N° Units	Beds
20	36

15 ARCOBALENO 2.0

Via del Monastero, 1
Loc. Sanbucheto
05034 Ferentillo (TR)
M. 366/8961940
arcobaleno2.0@libero.it



N° Units	Beds
10	19

18 ROCC'ALTA

Via del Palazzo, 10
05030 Montefranco (TR)
T. 0744/388338
M. 339/7250198



N° Units	Beds
11	15

13 TURRITA

Voc. Isola - Loc. Castel di Lago
05031 Arrone (TR)
T. 0744/388372
F. 0744/388305
info@rossihotelristorante.it
www.rossihotelristorante.it



N° Units	Beds
22	56

16 ALBERGO ROCCARANNE

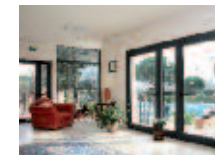
Via del Palazzo, 10
05030 Montefranco (TR)
T. 0744/388338 • M. 366/6520699
info@roccaranne.com
www.roccaranne.com



N° Units	Beds
9	17

19 TERRA UMBRA HOTEL

St. Provinciale di Maratta Bassa, 61
05036 Narni (TR)
T. 0744/750304
F. 0744/751014
info@terraumbra.it
www.terraumbra.it



N° Units	Beds
24	37

14 OSTERIA DEL MANDORLO

Via Narnense, 3
05032 Calvi dell'Umbria (TR)
T. 0744710853 • F. 0744710853
osteriadelmandorlo@gmail.com
osteriadelmandorlo.wordpress.com



N° Units	Beds
8	15

17 DIPENDENZA ROCCARANNE

Via del Palazzo, 16
05030 Montefranco (TR)
T. 0744/388338 • F. 0744/387322
info@roccaranne.com
www.roccaranne.com



N° Units	Beds
7	16

20 DIPENDENZA TERRA UMBRA HOTEL

St. Provinciale Maratta Bassa, 61
05036 Narni (TR)
T. 0744/750304 • F. 0744/751014
info@terraumbra.it
www.terraumbra.it



N° Units	Beds
5	12

21 ALBERGO PONTE D'AUGUSTO

Via Tuderte, 303
05035 Narni (TR)
T. 0744/614553
pontediaugusto@gmail.com



N° Units	Beds
14	25

24 LA ROCCA

Via Flaminia, Km. 91
05036 Narni (TR)
T. 0744/744423
F. 0744/744424
info@laroccahotel.it
www.laroccahotel.it



N° Units	Beds
32	61

27 LOCANDA DEI 4

Via Tiberina, 1119
05036 Narni (TR)
T. 0744/751488
F. 0744/751512
info@locandadei4.it
www.locandadei4.it



N° Units	Beds
8	13

22 FINA

Via Tuderte, 419
05036 Narni (TR)
T. 0744/733648
F. 0744/750326
info@hotelfina.it
www.hotelfina.it



N° Units	Beds
46	64

25 LOGGIA DEI PRIORI

Vicolo del Comune, 4
05035 Narni (TR)
T. 0744/726843
F. 0744/726844
info@loggiadeipriori.it
www.loggiadeipriori.it



N° Units	Beds
14	25

28 UMBRIA

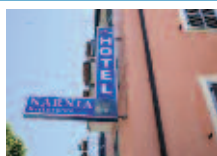
Via Roma, 72
05030 Otricoli (TR)
T. 0744/709021
info@albergoumbriaotricoli.it
www.albergoumbriaotricoli.it



N° Units	Beds
19	32

23 HOTEL NARNIA

Via della Stazione, 12
05036 Narni (TR)
T. 0744/751004
F. 0744/751004
hotelnarnia@gmail.com



N° Units	Beds
10	16

26 DA CARLO

Via Ortana Vecchia, 2
05027 Narni (TR)
T. 0744/742121
F. 0744/742123
albergodacarlo@libero.it



N° Units	Beds
36	62

29 SOGGIORNO DON BOSCO

Loc. Piano Monte, 4
05030 Polino (TR)
T. 0744/789120 • M. 346/7265621
hoteldonbosco@libero.it
www.hoteldonbosco.it



N° Units	Beds
40	80

Residences

30 HOTEL PRINCIPI DI SANTA CROCE

Piazza Duomo, 4
05029 San Gemini (TR)



N° Units	Beds
24	45

33 SAN FRANCESCO INN

San Liberatore, 1
05039 Stroncone (TR)
T. 0744/608227
F. 0744/608227
sanfrancescoinn@tin.it
web.tiscali.it/sanfrancescoinn



N° Units	Beds
11	19

31 SANGEMINI PALACE

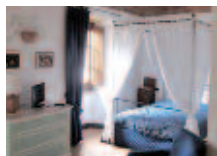
Via Casventino, 50/52
05029 San Gemini (TR)
T. 0744/331146
info@sangeminipalace.it
www.sangeminipalace.it



N° Units	Beds
9	18

32 PORTA DEL TEMPO

Via Contessa, 22
05039 Stroncone (TR)
T. 0744/608328
info@portadeltempo.com
www.portadeltempo.com



N° Units	Beds
10	21

34 RESIDENCE BIZZONI

V.le Carducci, 10
05100 Terni (TR)
T. 0744/44241
F. 0744/442422
info@residencebizzoni.it
www.residencebizzoni.it



N° Unità	Beds
14	36

Holiday village hotel

Historic residences

Residential study centres

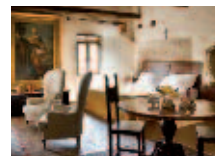
35 ANTICO PONTE DEL TORO



Via Ponte del Toro, 23 - **Marmore**
05100 Terni (TR)
T. 0744/67636
info@anticopontedeltoro.it
www.anticopontedeltoro.it

N° Units	Beds
8	23

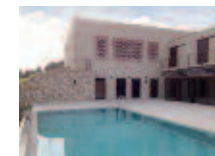
37 ABBAZIA SAN PIETRO IN VALLE



Via Case Sparse, 4
05034 Ferentillo (TR)
T. 0744/780129 • F. 0744/400210
abbazia@sanpietroinvalle.com
www.sanpietroinvalle.com

N° Units	Beds
23	52

38 VALLANTICA RESORT & SPA



Loc. Vallantica, 280
05029 San Gemini (TR)
T. 0744/243454 • F. 0744/242869
info@vallantica.com
www.vallantica.com

N° Units	Beds
10	20

36 VILLA DE SANTIS



Via De Santis Dionino, 60
05030 Montefranco (TR)
T. 0744/441117 • 0744/310103
info@villadesantis.it
www.villadesantis.it

N° Units	Beds
9	23

Agriturismo



1 CASALE MARATTA

Walter Lessini, 49
05100 Terni (TR)
 T. / F. 0744/300248
 info@casalemaratta.it
 www.casalemaratta.it



N° Units	Beds
6	15

2 DOMUS UMBRA

Strada di Volghe, 16/H
05100 Terni (TR)
 M. 329/2313125
 F. 0744/277384
 info@agriturismodomusumbra.it
 www.agriturismodomusumbra.it



N° Units	Beds
6	14

3 FONTANA DELLA MANDORLA

Str. Fontana della Mandorla, 112
05100 Terni (TR)
 T. / F. 0744/400710
 paolagiuliani61@gmail.com



N° Units	Beds
1	6

4 IL BORGO DI SAN MICHELE

Strada Ponte Pacelli, 5
05100 Terni (TR)
 T. 0744/210020
 M. 335/6002538
 antonini.virginia@libero.it
 www.ilborgodisanmichele.it



N° Units	Beds
8	24

5 PIEDIMONTE

Str. di S.Clemente, 47
05100 Terni (TR)
T. 0744/428277
susanna.santarelli@tiscali.it



N° Units	Beds
1	8

8 LA CIRIOLA

Voc. Valle Spoletina - **Piediluco**
05038 Terni (TR)
T. 0744/368179
F. 0744/368175
la_ciriola@yahoo.it
www.laciriola.com



N° Unità	Beds
9	26

11 RES NOVA IL COLLE

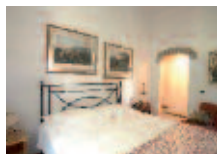
Loc. Campagna - Fraz. Portaria
05021 Acquasparta (TR)
T. 333/2027787
resnovailcolle@gmail.com



N° Unità	Beds
4	20

6 PISTELLI

Str. di Santa Maria Maddalena, 24/E
05100 Terni (TR)
M. 338/6861898
F. 0744/283395
info@frantoiopistelli.it



N° Units	Beds
5	9

9 TENUTA ASTOLFI

Voc. Malacina, 13
05021 Acquasparta (TR)
M. 348/3940929
F. 0744/333072
info@agriturismoastolfi.com
www.agriturismoastolfi.com



N° Units	Beds
5	10

12 CASA MATTEI

Voc. Isola, 13/A
05031 Arrone (TR)
T. 0744/420513
agriturismocasamattei@gmail.com
www.casamattei.it



N° Units	Beds
4	10

7 L'ANTICO CASALE

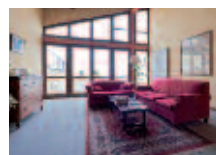
Str. di Moggio, 10 - **Marmore**
05100 Terni (TR)
M. 335/1402593
info@anticocasalemarmore.it
www.anticocasalemarmore.it



N° Units	Beds
3	9

10 LA PERTICARA

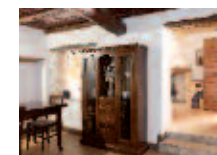
Via Campagna, 29 - Fraz. Portaria
05021 Acquasparta (TR)
T. 0744/931171
F. 0744/931471
info@laperticara.com
www.laperticara.com



N° Unità	Beds
8	21

13 COLLE VERTE

Voc. Rosciano, 21
05031 Arrone (TR)
T. 347/8042368
colleverte@gmail.com
www.agriturismocolleverte.it



N° Unità	Beds
4	14

14 LA COLLINA

Voc. Rosciano, 21
05031 Arrone (TR)
M. 347/8042368
colleverte@gmail.com



N° Units	Beds
4	14

17 FATTORIA SAN CARLO

Loc. San Carlo, 5
05032 Calvi dell'Umbria (TR)
T. 0744/710183
info@fattoriasancarlo.it
www.fattoriasancarlo.it



N° Unità	Beds
8	15

20 LA MADDALENA

Via del Seminario, 7
05032 Calvi dell'Umbria (TR)
T. 0744/718270
M. 329/4083902
fede97leo@libero.it



N° Units	Beds
3	11

15 LE TARTUFARE

Voc. Forca, 2
05031 Arrone (TR)
M. 327/5785701
letartufare@gmail.com



N° Units	Beds
2	4

18 IL BOSCHETTO

Voc. Quaranta, 2
05032 Calvi dell'Umbria (TR)
T. 0744/718428
info@agrilboschetto.com
www.agrilboschetto.com



N° Unità	Beds
11	30

21 IL BORGO

Via S. Anselmo, 1
05034 Ferentillo (TR)
T. / F. 0744/780186
teresasalvatori@yahoo.it
www.ilborgo-countryhouse.it



N° Units	Beds
6	21

16 SAN LORENZO DI BARTOLINI

Loc. Tripozzo
05031 Arrone (TR)
T. / F. 0744/388835



N° Units	Beds
13	25

19 IL PICCOLO BORGO

Voc. Passatore, 16
05032 Calvi dell'Umbria (TR)
T. 0744/719159



N° Units	Beds
6	15

22 LA DRUPA

Via Case Sparse, 1
05034 Ferentillo (TR)
M. 347/3127002
agriturismoladrupa@gmail.com
agriturismoladrupa@libero.it
www.ladrupa.it



N° Units	Beds
2	7

23 LA PILA

Loc. La Pila, 3
05034 Ferentillo (TR)
T. / F. 0744/780793
agriturismolapila@tiscalinet.it
www.agriturismolapila.com



N° Unità	Beds
11	24

26 IL CASALETTO

Loc. Capitignano
05030 Montefranco (TR)
M. 335/5430410
F. 0744/429678
agriturismocasaletto@gmail.com
www.ilcasalettoagriturismo.it



N° Units	Beds
4	8

29 AZ. AGRICOLA COLLE ABRAMO DELLE VIGNE

Strada di Colle Abramo, 34 - Vigne
05030 Narni (TR)
T. 0744/796428 • M. 335/5291135
agriturismo@colleabramo.it
www.colleabramo.it



N° Units	Beds
4	12

24 POGGIO DELLE ROCHE

Via Case Sparse - Loc. Precetto, 12
05034 Ferentillo (TR)
T. / F. 0744/780367
poggiodellerocche@alice.it
www.agriturismopoggiodellerocche.it



N° Unità	Beds
10	17

27 LA VACCHERIA

S.S. Valnerina - Loc. Mola Moretti
e Loc. La Vaccheria, 13
05030 Montefranco (TR)
T. 0744/389229 • F. 0744/387070
lavaccheria@libero.it
digilander.libero.it/lavaccheria/Index.html



N° Units	Beds
17	30

30 BELVEDERE CRAMACCIOLI

Via Flaminia Vecchia, 11
05035 Narni (TR)
M. 347/4850431
agriturismocramaccioli@gmail.com
www.agriturismocramaccioli.com



N° Units	Beds
4	8

25 DIMORA TODINI

Voc. Varcone, 4
05030 Montefranco (TR)
M. 393/9175261
marta.todini@hotmail.it
www.agriturismomodimoratodini.com



N° Units	Beds
5	10

28 AGRITURISMO COPRITERRA

Strada dei Termini, 7
05035 Narni (TR)
T. 0744/759007
M. 346/5302727
agriturismocopriterra@gmail.com



N° Units	Beds
7	13

31 CASALE VALIGI

Via Colombara, 11 - Montoro
05035 Narni (TR)
T. 0744/715655
M. 329/1040136
francesco.valigi@valigi.net



N° Units	Beds
6	15

32 IL COLLICELLO

Str. di Calledro, 1/a
05030 Narni (TR)
M. 335/5983274
info@ilcollicello.com
www.ilcollicello.com



N° Units	Beds
4	7

35 PODERE CALLEDRO

Strada di Calledro, 7
05035 Narni (TR)
M. 338/9326803
F. 0744/737782
info@poderecalledro.com
www.poderecalledro.com



N° Units	Beds
5	20

38 SANTO IOLO

Str. Montini, 36
05035 Narni (TR)
M. 339/4378564
F. 06/36301319
info@santoiolo.it
www.santoiolo.it



N° Units	Beds
2	18

33 LA FATTORIA DI MAMMARO'

Str. dei Montanari, 1
05035 Narni (TR)
T. / F. 0744/743137
damamaro@gmail.com
www.damamaro.com



N° Units	Beds
4	8

36 PRADIER MARIE HELENE RAYMONDE

Strada dell'Acerella, 55 - Itieli
05035 Narni (TR)
M. 333/9263778
fortunato.shanghai@gmail.com



N° Units	Beds
5	11

39 TENUTA MARCHESI FEZIA

Via Tiberina - Loc. San Bartolomeo
05035 Narni (TR)
T. 0744/750324
latenutamarchesifezia@gmail.com
www.tenutamarchesifezia.com



N° Units	Beds
8	23

34 L'ISOLA VERDE

Strada di Sant'Urbano, 89
05035 Narni (TR)
T. 0744/743197
M. 333/2818738
info@isolaverdenarni.com
www.isolaverdenarni.com



N° Units	Beds
4	7

37 REGNO VERDE

Str. Colli di San Faustino, 1
05035 Narni (TR)
T. 0744/744335
F. 0744/744542
info@agriturismoregnoverde.it
www.agriturismoregnoverde.it



N° Units	Beds
16	24

40 TORRE PALOMBARA

Str. della Cantinetta, 3
05035 Narni (TR)
T. / F. 0744/744617
info@torrepalombara.com
www.torrepalombara.com



N° Units	Beds
8	24

41 VILLA MARA

Strada di Fabbrucciano, 47
05035 Narni (TR)
M. 331/1889027
M. 337/973923
T. 081661450
andrearussolillo@hotmail.it



N° Units	Beds
7	16

44 AZIENDA AGRICOLA BEFANI KATIA

Loc. Collepizzuto, 105/A
05029 San Gemini (TR)
M. 347/3227105
aziendaagricolabefanikatia@virgilio.it
www.agricolabefani.it



N° Units	Beds
1	4

47 L'ANTICA AIA (With Caravan Area)

Voc. Cerreta, 3
05039 Stroncone (TR)
T. 0744/60215 • F. 0744/608227
antica.aia@tiscali.it



N° piazzole	Other units	Beds
3	3	30

42 VILLA OLMO

Str. Campovallone, 6
05036 Narni (TR)
M. 334/5639625
vistacorp@alice.it
www.vistacorpitaly.com



N° Units	Beds
4	8

45 POGGIO DEL SOLE

Via Collepizzuto, 100
05029 San Gemini (TR)
T. 0744/334072
F. 0744/330112
info@ilpoggiodelsole.it
www.ilpoggiodelsole.it



N° Units	Beds
6	17

48 LA SCRATTOLA

Voc. Santa Lucia, 43
05039 Stroncone (TR)
T. 0744/608137
F. 0744/609071
lascrattola@libero.it
www.lascrattola.com



N° Units	Beds
5	13

43 AGRITURISMO VIOLATI

Str. di Quadrelletto, 11 - 13
05029 San Gemini (TR)
T. 0744/630151
agricolavenatore@tiscali.it
www.violati.it



N° Units	Beds
19	46

46 IL MANOSCRITTO

Località Moiallo
05039 Stroncone (TR)
T. 0744/607206
F. 0744/607206
posta@ilmanoscritto.com
www.ilmanoscritto.com



N° Units	Beds
5	9

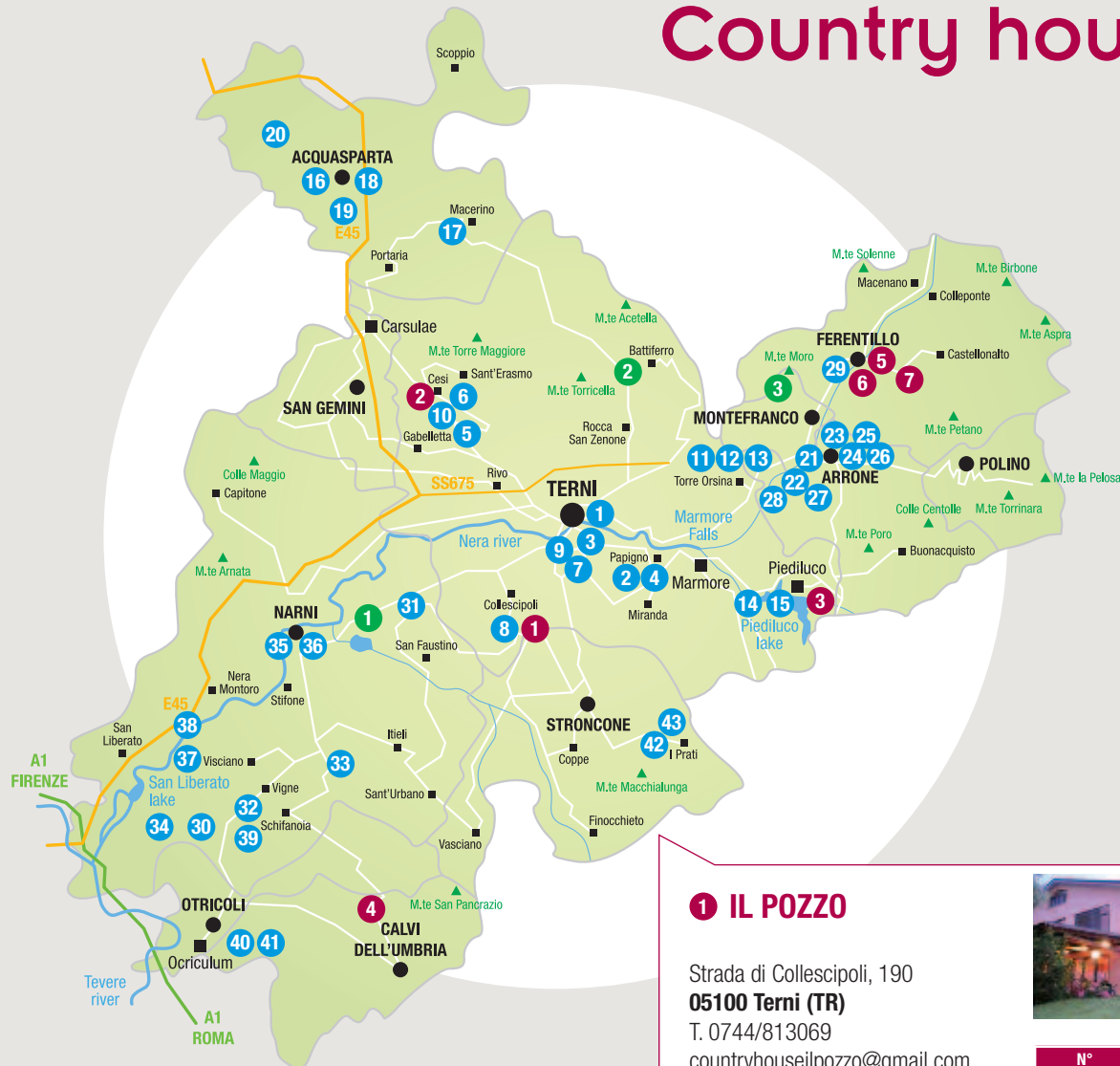
49 MALVETANI

Voc. Vascigliano, 82
05039 Stroncone (TR)
T. 0744/60113
F. 0744/60504
info@malvetani.it



N° Units	Beds
3	30

Country house



1 IL POZZO

Strada di Collescipoli, 190
05100 Terni (TR)
 T. 0744/813069
 countryhouseilpozzo@gmail.com
 www.ilpozzoterni.com



N° Units	Beds
7	16

2 MOLINO DEL DUCA CESI

V.le Regina Elena, 16 - Cesi
05100 Terni (TR)
 T. 0744/241900 • F. 0744/241690
 info@molinodelduca.com
 www.molinodelduca.com



N° Units	Beds
8	15

3 LA VECCHIA OSTERIA

Loc. Valle Spoletina S.S. 79 - km 28
Piediluco - 05100 Terni (TR)
 T. 0744/369111
 F. 0744/360128
 vosteria@gmail.com
 www.camerepiediluco.tr.it



N° Units	Beds
6	12

4 VISTA SULL'OLIVETO

Voc. Acquavigna, 3 - Poggiolo
05032 Calvi dell'Umbria (TR)
 T. 0744/710621
 M. 348/4802777
 vistasulloliveto@gmail.com
 www.vistasulloliveto.it



N° Units	Beds
6	15

Didactic farms

5 COUNTRY HOUSE PUCCI



Via Romagna, 6
05034 Ferentillo (TR)
T. 0744/780704
info@puccicountryhouse.it
www.puccicountryhouse.it

N° Units	Beds
7	20

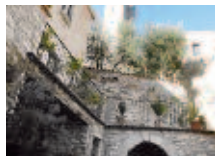
6 IL GELSO



Via Case Sparse, 1 - Loc. La Pila
05034 Ferentillo (TR)
T. 393/9561654
F. 1786051987
ilgelsosrl@tiscali.it
www.il-gelso.it

N° Units	Beds
7	18

7 RESIDENZA DI PAESE CASTELLO DEL POGGIO



Via S. Antonio, 18 - Loc. Monterivoso
05034 Ferentillo (TR)
T. / F. 0744/780347
castellodelpoggio09@libero.it

N° Units	Beds
4	8

1 LA COLLINA INCANTATA



Strada dei Colli - loc. Freddone 17
05035 Narni (TR)
T. 0744/750746
giovanninigefim@gmail.com

N° Units	Beds
4	19

2 LA MELA ROSSA



Strada di Battiferro, 24
05100 Terni (TR)
T. 0744/58304
M. 328/7011000
lamelarossa@alice.it
www.lamelarossa.net

N° Units	Beds
7	17

3 LA FATTORIA DI EMA



Voc. Montemoro
05030 Montefranco (TR)
M. 338/5429484
M. 339/4479104
emanuelaspagnoli3@gmail.com

N° Units	Beds
4	8

Holiday rentals

1 CASA VACANZE MASSARINI

Via della Biblioteca, 2
05100 Terni (TR)
T. / F. 0744/405286
M. 348/7054542



N° Unità	Beds
7	24

2 LA CASETTA DI CLEO

Via Felice Cavallotti, 41
05100 Terni (TR)
M. 455/3769603



N° Unità	Beds
1	4

3 LADA CASA VACANZE

Via Braccini, 9/11
05100 Terni (TR)
M. 335/6511089
info@ladacasavacanze.it
www.ladacasavacanze.it



N° Unità	Beds
9	9

4 LA RESIDENZA DEI PAPI

Via Carlo Pisacane, 11/15
05100 Terni (TR)
M. 338/3694181
info@laresidenzadeipapi.it
www.laresidenzadeipapi.it



N° Unità	Beds
1	4

5 LA SOSTA DELLA PITTURA

Strada della Pittura, 32
05100 Terni (TR)
M. 335/5349845
iochicco@yahoo.com



N° Unità	Beds
2	5

6 LE TERRECOTTE DI MARMORE

Strada di Campomaggiore, 9
05100 Terni (TR)
T. / F. 0744/241345
leterrecotte@gmail.com
www.leterrecottedimarmore.it



N° Units	Beds
3	8

7 RESIDENCE DIAMANTEROSSO

Via Don Luigi Sturzo, 9
05100 Terni (TR)
T. 0744/288220 • F. 0744/273989
info@residencediamanterosso.it
www.residencediamanterosso.it



N° Unità	Beds
23	59

8 RESIDENCE VIVIVERDE

Via Francesco Angelo Rapaccioli, 1/3
05100 Terni (TR)
M. 348/2412196
M. 334/1105096
viviverdesrl@pec.it
info@residenceviviverde.it
www.residenceviviverde.it



N° Unità	Beds
8	25

9 VILLA LAURA RESIDENCE



Str. di Cospea, 50
05100 Terni (TR)
 M. 335/6699761 • F. 0744/815309
 info@villalauraresidence.it
 www.villalauraresidence.it

N° Unità	Beds
5	25

12 LA CASA NEL BORGO



Via Borgo Cavour, 8 - Torreorsina
05100 Terni (TR)
 M. 328/5627270
 M. 329/0685361
 giardi.a@libero.it

N° Unità	Beds
1	2

15 RESIDENCE CARDINALE ALBORNOZ



Via dell'Ara Marina, 3 - Piediluco
05038 Terni (TR)
 T. / F. 0744/368550
 M. 349/4496977
 residencealbornoz@tiscali.it

N° Unità	Beds
7	14

10 FORESTERIA TERRA MAJURA



Via Pier Nicola De Filis 2 - Cesi
05100 Terni (TR)
 M. 339/8578642
 marcolucci@hotmail.it

N° Unità	Beds
1	2

13 LA TERRAZZA SUL NERA



Via Porta Romana - Torreorsina
05100 Terni (TR)
 M. 328/5480146 • 333/2233301
 d.mitt@fastwebnet.it

N° Unità	Beds
1	5

16 ADERAC



Via Paolo Borsellino 2
05021 Acquasparta (TR)
 M. 335/6375024
 marcellopicchiarati@gmail.com

N° Unità	Beds
1	4

11 CASA DI ROMANO



Voc. La Vigna - Collestatte
05100 Terni (TR)
 M. 349/7394317
 M. 329/4206377
 francesco.lavarini@wind3.it

N° Unità	Beds
1	8

14 AI CASALI



Voc. Restano - Piediluco
05038 Terni (TR)
 T. 0744/422578
 F. 0744/407569
 info@aicasalipiediluco.it
 www.aicasalipiediluco.it

N° Unità	Beds
10	40

17 ARCUS



Fraz. Macerino
05021 Acquasparta (TR)
 T./F. 0744/941797
 M. 340/9035246
 seeker001@libero.it
 www.macerino.it

N° Unità	Beds
15	75

18 CASA ERNESTO

Via Bentivenga, 10
05021 Acquasparta (TR)
M. 338/7434595
incima@teletu.it



N° Unità	Beds
1	4

21 CASA VACANZE PANFILI

Via della Rinascita, 12
05031 Arrone (TR)
T. 0744/389422
F. 0744/388700
nobili.an@libero.it



N° Unità	Beds
3	13

24 IL GINEPRO

Via Pie' D'Arrone, 5
05031 Arrone (TR)
T. / F. 0744/389961
info@residencefiocchi.com
www.residencefiocchi.com



N° Unità	Beds
6	24

19 FLORA'S HOUSE

Via Campagna, 2/A
05021 Acquasparta (TR)
T. 0744/930055
M. 339/5200071



N° Unità	Beds
3	10

22 IL BORGO DI SAN VALENTINO

Via della Mola 2 - Casteldilago
05031 Arrone (TR)
T. 0744/388710
info@viviilborgo.com
www.borgosanvalentino.it



N° Unità	Beds
7	36

25 IL PAPAVERO

Via Pie' D'Arrone, 3
05031 Arrone (TR)
T. / F. 0744/389961
info@residencefiocchi.com
www.residencefiocchi.com



N° Unità	Beds
9	26

20 L'ANTICO CASALE DI SANDRO

Strada Nuova di Configni, 12
05021 Acquasparta (TR)
T. 0744/930317
anticocasale.sandro@libero.it
www.anticocasale.umbria.it



N° Unità	Beds
6	32

23 IL GELSOMINO

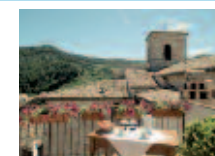
Via Pie' D'Arrone, 1
05031 Arrone (TR)
T. / F. 0744/389961
info@residencefiocchi.com
www.residencefiocchi.com



N° Unità	Beds
3	6

26 LA LOGGIA SUL NERA

Via Mezza Costa, 14
05031 Arrone (TR)
M. 347/4970188
info@loggiasulnera.com
www.loggiasulnera.com



N° Unità	Beds
4	19

27 IL CASTELLO SUL LAGO

Via del Sasso, 8 - Castel di Lago
05031 Arrone (TR)
T. 0744/388603
F. 0744/388474
levante2000@alice.it
www.castellolago.com



N° Unità	Beds
4	18

30 CASA TERESA

Strada di Gualdo, 9 - Fraz. Gualdo
05035 Narni (TR)
T. 0744/796151
M. 393/3237372
agenzia@latuaimmobiliare.it



N° Unità	Beds
1	4

33 IL CAMPO DELLE MARGHERITE

Loc. Case Alte, 12 - Fraz. Schifanoia
05035 Narni (TR)
T. 0744/796904
studiolegalenicolini@alice.it
www.campodellemargherite.com



N° Unità	Beds
5	18

28 IL NASCIOLO

Voc. Nasciolo, 7/B
05031 Arrone (TR)
T. 0744/389586 • F. 0744/388474
M. 329/4306567
porfidi@alice.it
www.ilnasciolo.com



N° Unità	Beds
3	12

31 EREMO SAN PIETRO

Strada di Fiaiola, 96
05035 Narni (TR)
M. 348/3339742
stefano.bucci@allrisks.it



N° Unità	Beds
1	2

34 LA CONTEA

Str. di Santa Lucida, 2 - Guadamello
05035 Narni (TR)
M. 335/1431100
paolamaria.delre@gmail.com



N° Unità	Beds
1	10

29 I TERZIERI

Via Roma
05034 Ferentillo (TR)
T. / F. 0744/780551
M. 347/6292239
info@iterzieri.it
www.iterzieri.it



N° Unità	Beds
4	20

32 GLI OZI DI ORAZIO

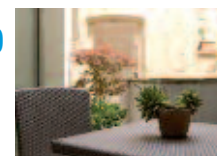
Str. di Colle Abramo, 46
Vigne di Narni
05035 Narni (TR)
T. 0744/796906
ccagnotto@gmail.com



N° Unità	Beds
5	15

35 LE STANZE DEL GIGLIO

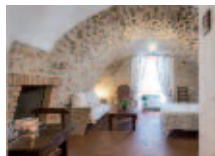
Via del Campanile, 4
05035 Narni (TR)
T. / F. 0744/717134
info@lestanzedelgiglio.it
www.lestanzedelgiglio.it



N° Unità	Beds
7	15

36 NEL CUORE DI NARNI

Piazza Bocciarelli, 5
05035 Narni (TR)
M. 338/2432299
svalentinadelbufalo@gmail.com



N° Unità	Beds
1	2

39 SANT'EGIDIO

Voc. Colleabramo, 48 - Vigne
05035 Narni (TR)
M. 328/5472198
F. 0744/796130
ccagnotto@gmail.com



N° Unità	Beds
3	15

42 I PRATI HOME

Voc. I Prati, 19
05039 Stroncone (TR)
M. 339/4352855
giovanni.commissari@gmail.com



N° Unità	Beds
2	5

37 PODERE TORRICELLA

Strada di Visciano, 43
05035 Narni (TR)
M. 338/1147649
info@poderetoricellaumbria.com
www.poderetoricellaumbria.com



N° Unità	Beds
2	14

40 BORGO SAINT GEORGE

Str. di Vallefigliola, 1
05030 Otricoli (TR)
M. 388/8910035
info@borgosaintgeorge.it
www.borgosaintgeorge.it



N° Unità	Beds
7	18

43 MOMY'S HOME

Voc. I Prati, 19/A
05039 Stroncone (TR)
M. 342/8023969
paolo.commissari@gmail.com



N° Unità	Beds
2	6

38 PODERNOVO

Via Ortana Vecchia, 2/V
05027 Narni (TR)
T. 0744/702005
F. 0744/702006
info@podernovo.com
www.podernovo.com



N° Unità	Beds
7	28

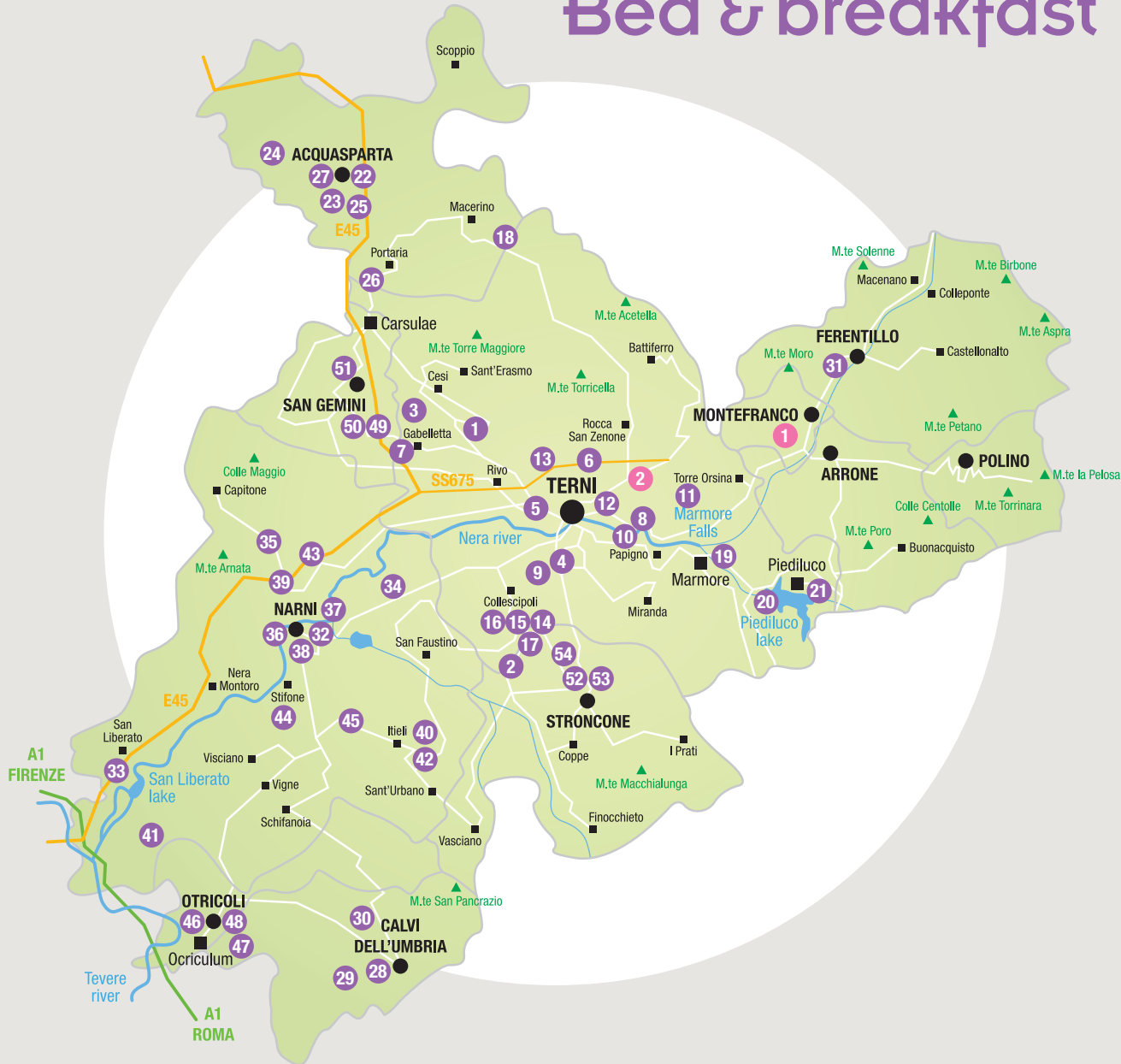
41 LE CORONE

Via Vallefigliola - Loc. Le Corone
05030 Otricoli (TR)
T. 06/8075028
F. 06/8077372
lecorone@fastwebnet.it
www.lecorone.it



N° Unità	Beds
4	15

Bed & breakfast



1 A CASA DI CARLA

Via della Città Verde, 50
05100 Terni (TR)
 M. 333/5624596
 info@acasadicarla.net
 www.acasadicarla.net



N° Units	Beds
2	5

2 AL GALÈ

Str. Salaria, 214
05100 Terni (TR)
 T. / F. 0744/609051
 grafolog.sim@libero.it



N° Units	Beds
2	4

3 ALIDO

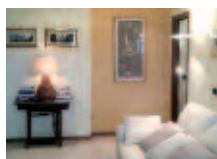
Str. Collestacio, 5
05100 Terni (TR)
 T. / F. 0744/241683
 lbfani@gmail.com
 www.bebalido.com



N° Units	Beds
3	6

4 B&B SAN VALENTINO

Viale Filippo Turati, 76
05100 Terni (TR)
M. 340/2233339
T. 0744/1981734
mracugno@libero.it



N° Units	Beds
3	5

7 IL GIARDINO DI VENERE

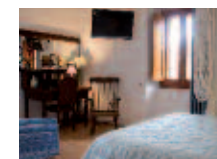
Strada di Cerreta, 5
05100 Terni (TR)
M. 340/7532820
info@ilgiardinodivenera.it



N° Units	Beds
3	7

10 LE PINELLE B&B

Str. di Acquasparza, 42
05100 Terni (TR)
M. 347/6135774
info@lepinellebb.it
www.lepinellebb.it



N° Units	Beds
2	3

5 FABLE UN B&B DA FAVOLA

Via Ponte Le Cave, 22
05100 Terni (TR)
M. 340/2233339
M. 380/8946316
alexarinaldiBb@gmail.com



N° Units	Beds
2	5

8 LA PORTA DELLA VALNERINA

Via Centrale di Cervara, 53
05100 Terni (TR)
M. 347/7609678
info@laportadellavalnerina.com
www.laportadellavalnerina.com



N° Units	Beds
3	8

11 PENNA ROSSA RANCH

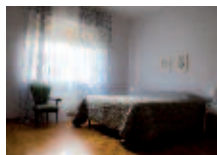
Str. del Nocione, 19 - San Liberatore
05100 Terni (TR)
T. 0744/62696
M. 338/7306148
pennarossa.ranch.bordoni@gmail.com
www.pennarossaranch.it



N° Units	Beds
2	6

6 IL CILIEGIO

Strada di Rosaro, 6
05100 Terni (TR)
M. 346/8368890
emiliana.pettinari@gmail.com



N° Units	Beds
3	7

9 LE ACACIE FELICI

Str. di Collesecoza, 25
05100 Terni (TR)
T. / F. 0744/811406
acaciefelici@virgilio.it
www.acaciefelici.it



N° Units	Beds
3	6

12 ROSSI & ROSSI

Via Campofregoso, 15/A
05100 Terni (TR)
M. 346/7871699
rossibedendbreakfastterni@gmail.com



N° Unità	Beds
3	6

13 VILLA MARIA

Str. Santa Maria La Rocca
05100 Terni (TR)
M. 347/5441157
donatella16@alice.it



N° Units	Beds
2	6

16 VALLE DEGLI OLIVI

Str. di Collescipoli, 173
05100 Terni (TR)
M. 324/6271085
F. 0744/812609
laradistroncone@gmail.com



N° Units	Beds
2	4

19 VILLA SABATINI

Via Faggeti, 45 - Fraz. **Marmore**
05100 Terni (TR)
T. 0744/67103
villasabatini_bb@yahoo.it



N° Units	Beds
3	8

14 LE DUE UPUPE

Str. di Collescipoli, 331
05100 Terni (TR)
T. 0744/814889
info@ledueupupe.it
www.ledueupupe.it



N° Units	Beds
3	6

17 VILLA MAFALDA

Str. di Collescipoli, 327
05100 Terni (TR)
T. 0744/282456
infovillamafalda@alice.it



N° Units	Beds
3	6

20 I CAVALIERI DEL LAGO

Voc. Valleprata, 63 - **Piediluco**
05038 Terni (TR)
M. 329/4330703
info@icavalieridellago.com



N° Units	Beds
3	8

15 LE STORIE DI BAMBÙ

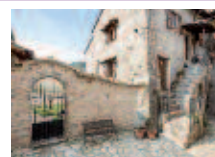
Str. di Collescipoli, 237
05100 Terni (TR)
M. 328/0499110
eleric65@yahoo.it



N° Units	Beds
3	8

18 B&B DEL PELLEGRINO

Voc. Porzano 16/A - Fraz. Giuncano
05100 Terni (TR)
M. 331/2252620
pellegrinoporzano@gmail.com
www.bbpelegrino.it



N° Units	Beds
2	3

21 IL SOGNO SUL LAGO

Corso Raniero Salvati, 14 - **Piediluco**
05100 Terni (TR)
M. 329/8123303
angelo.cartoni@gmail.com
www.ilsognosullago.it



N° Units	Beds
3	7

22 CASA LILLA

Via IV Novembre, 29
05021 Acquasparta (TR)
T. 0744/930754
info@casalilla-bed-and-breakfast.com
www.casalilla-bed-and-breakfast.com



N° Units	Beds
3	8

25 LA CASA NELL'OLIVETO

Via Campagna, 194 F
05021 Acquasparta (TR)
T. / F. 0744/943480
info@casaolivo.it
www.casaolivo.it



N° Units	Beds
3	6

28 B&B DELLE ERBE

P.zza delle Erbe, 2
05032 Calvi dell'Umbria (TR)
M. 339/4378463
avvocato@annamolle.it



N° Units	Beds
3	5

23 CASALE LA SPADA

Voc. Casaletto 4
05020 Acquasparta (TR)
T. 0744/943528
M. 329/2817403
info@casalelaspada.it
www.casalelaspada.it



N° Units	Beds
3	7

26 LE LOGGE RITROVATE

Loc. Campagna - Casigliano 19
05021 Acquasparta (TR)
M. 338/5889072
vincenzo.poggi@gmail.com
www.leloggeritrovate.it



N° Units	Beds
3	6

29 LA FONTANA

Voc. Fosso, 60
05032 Calvi dell'Umbria (TR)
T. 0744/718097
info@lafontanabb.it
www.lafontanabb.it



N° Units	Beds
3	5

24 IL POGGIO DEL TARTUFO

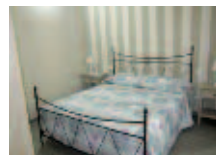
Voc. Campagna 19/A - Casigliano
05021 Acquasparta (TR)
M. 340/0557380
coppeta.francesco@libero.it



N° Units	Beds
3	6

27 L'ANTICO PORTALE

Via Colonna, 13
05021 Acquasparta (TR)
M. 349/9040560
info@anticoportale.com
www.anticoportale.com



N° Units	Beds
2	6

30 LA SIEPE

Voc. La Corte, 86
05032 Calvi dell'Umbria (TR)
T. 0744/710659



N° Units	Beds
2	4

31 GUESTHOUSE RUNCINI CASA TORRE

Vicolo San Vincenzo - Gabbio, 8
05034 Ferentillo (TR)
M. 342/0621616 • F. 0744/780717
info@guesthouseruncini.com
www.guesthouseruncini.com



N° Units	Beds
2	3

34 B&B LA VECCHIA STALLA

Strada della Selva, 34
05035 Narni (TR)
M. 347/3338354
riccifederico73@yahoo.it



N° Units	Beds
2	6

37 DOLCE NERA

Via Tuderte, 375
05035 Narni (TR)
T. 0744/750619
robertazampa19@gmail.com



N° Units	Beds
3	6

32 ASHRAM GANGAMA

Via del Campanile, 40
05036 Narni (TR)
M. 329/1726100
formedellanima@gmail.com



N° Units	Beds
2	6

35 CASAFÈ

Via Capitonese, 257
05035 Narni (TR)
M. 348/5913336
ecla.cintiarelli@gmail.com
www.casafe.it



N° Units	Beds
3	8

38 GANGA

Via del Campanile, 39
05036 Narni (TR)
M. 329/1726100
formedellanima@gmail.com



N° Units	Beds
1	2

33 B&B DELL'AVIATORE

Str. Colle Oliveto, 9
05035 Narni (TR)
M. 331/4410357
info@bebdellaviatore.it
www.bebdellaviatore.it



N° Units	Beds
3	7

36 CASANISE

Via San Giuseppe, 50
05035 Narni (TR)
M. 334/7343648
M. 347/8969772



N° Units	Beds
3	7

39 I MELOGRANI

Strada di San Casciano, 3
05035 Narni (TR)
M. 349/4294419



N° Units	Beds
3	6

40 I MONTANARI

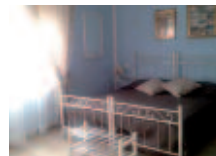
Strada dei Montanari, 2
05035 Narni (TR)
T. 0744/743117
info@i_montanari.com



N° Units	Beds
1	2

43 NONNA ANITA

Via Tuderte, 464
05036 Narni (TR)
M. 347/4513718
saragiardini60@gmail.com



N° Units	Beds
3	5

46 B&B IL COLLE

Via del Colle, 43
05030 Otricoli (TR)
M. 348/3859024
sandrino bussotti@gmail.com



N° Units	Beds
3	8

41 IL CASTELLO

Via San Vito, 13
05035 Narni (TR)
T. 0744/749247
annamariasanti@alice.it



N° Units	Beds
2	4

44 PODERE DEL CARDINALE

Str. Massa Bassa ,7
05035 Narni (TR)
M. 329/9882974
info@poderedelcardinale.com
www.poderedelcardinale.com



N° Units	Beds
2	4

47 CASALE SAN PIETRO

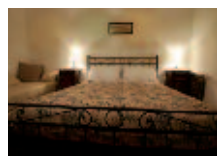
Strada San Pietro, 7
05030 Otricoli (TR)
M. 328/5694507



N° Units	Beds
2	6

42 LA PERGOLA

Strada dei Montanari, 13
05035 Narni (TR)
T. 0744/743211
ma_leonardi@yahoo.it



N° Units	Beds
2	4

45 PODERE COSTA ROMANA

Strada di Itieli, 15
05035 Narni (TR)
T. 0744/722495
costaromana@viriglio.it



N° Units	Beds
3	8

48 LA CASA DEL GRILLO

Vicolo degli Archi, 2
05030 Otricoli (TR)
M. 349/5574464
info@lacasadelgrillo.it
www.lacasadelgrillo.it



N° Units	Beds
1	3

Holiday houses

49 IL PONTICELLO

Voc. Solfonare, 391
05034 San Gemini (TR)
 T. 0744/242587
 ilponticellosangemini@gmail.com
 www.ilponticellosangemini.it



N° Units	Beds
2	4

52 EMILY

Via S. Liberatore, 64/65
05039 Stroncone (TR)
 T. 0744/607155
 mariacristinap@libero.it
 www.bbemily.com



N° Units	Beds
2	5

50 OCARE

Loc. Palombara Bassa
05029 San Gemini (TR)
 M. 327/4777671
 info@ocaresangemini.it
 www.ocaresangemini.it



N° Units	Beds
3	8

53 NOTTEDÌ

Via Cisterna, 38
05039 Stroncone (TR)
 T. 0744/60359
 F. 0744/60359



N° Units	Beds
2	5

1 CASA PER FERIE SAN BERNARDINO

Loc. Monzano snc
05030 Montefranco (TR)
 M. 329/7939827
 M. 366/4488375
 casaperferiesanbernardino@gmail.com



N° Unità	Beds
7	18

51 STAZIONE DI POSTA SAN GEMINI

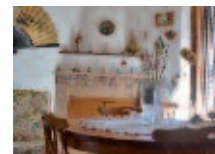
Via Campo di Fiori, 3
05029 San Gemini (TR)
 T. 0744/630139
 F. 0744/630389
 p.zannori@virgilio.it



N° Units	Beds
3	8

54 SAN GIACOMO

Voc. Santa Lucia, 1
05039 Stroncone (TR)
 T. / F. 0744/607406
 costanzialessandro88@yahoo.it



N° Units	Beds
2	6

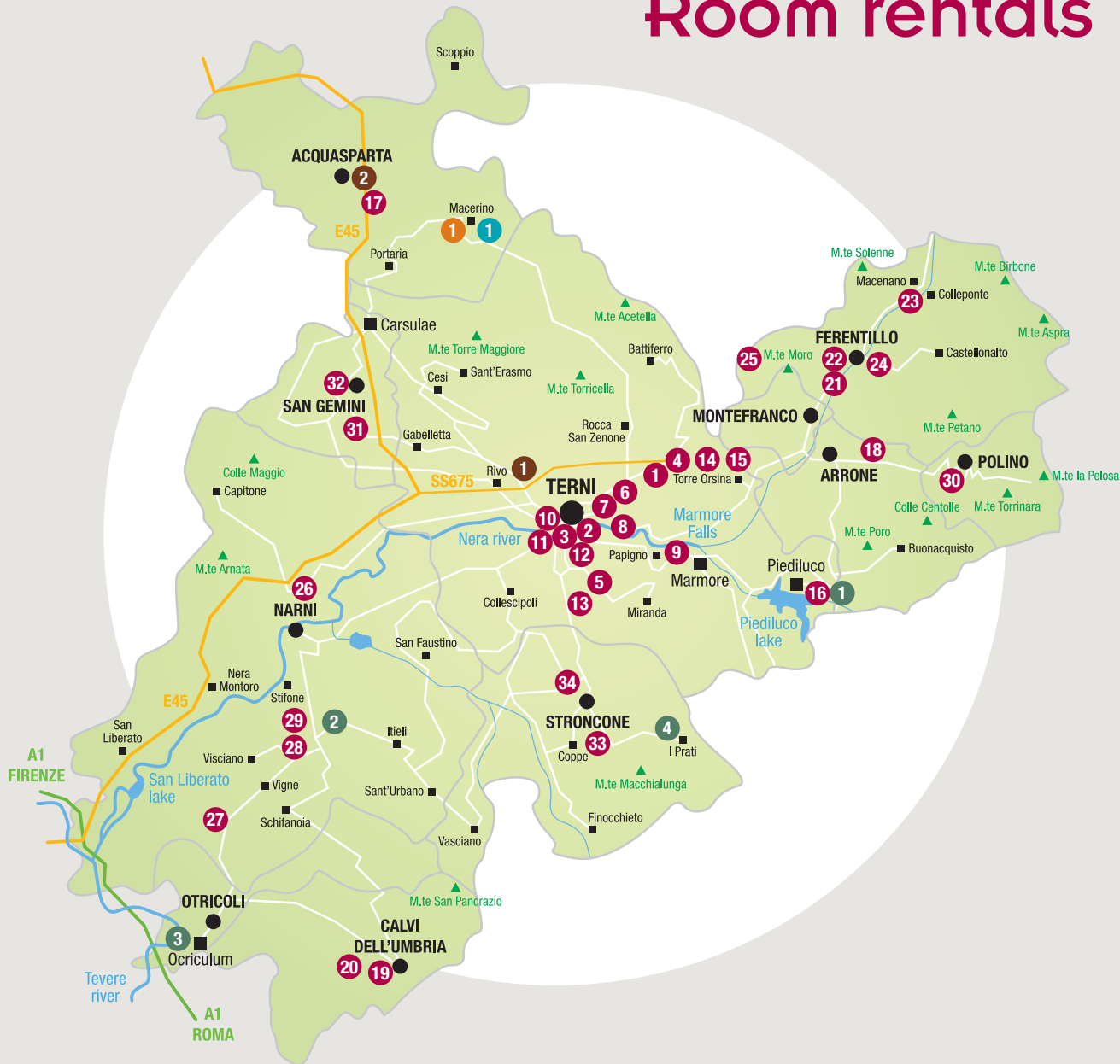
2 CONVENTO DELLE ARTI

Strada della Romita, 2
05100 Terni (TR)
 T. / F. 0744/401365
 edmund_zimmerman@yahoo.com



N° Units	Beds
13	21

Room rentals



1 ALLOGGIO RURALE

Strada Santa Maria in Valle, 17
05100 Terni (TR)
 M. 335/5863211
 italdaniele@alice.it



N° Units	Beds
2	4

2 ALLOGGIO URBANO

Via G. Galilei, 10
05100 Terni (TR)
 M. 335/5863211
 italdaniele@alice.it



N° Units	Beds
1	2

3 ALLOGGIO URBANO CENTRO STORICO

Via Federico Fratini, 37
05100 Terni (TR)
 M. 335/5863211
 italdaniele@alice.it



N° Units	Beds
1	2

4 A CASA DI CHIARA

Via Madonna della Strada, 100
05100 Terni (TR)
M. 339/3278499
loprestochiara77@gmail.com



N° Units	Beds
1	2

7 CASA UCCIA

Via Piemonte, 46
05100 Terni (TR)
M. 334/1926168
casamarchetti@pec.it



N° Units	Beds
3	5

10 RESIDENZA GARIBALDI

Vico dei Tintori, 9
05100 Terni (TR)
M. 348/6040064
serenazampolini@gmail.com



N° Units	Beds
2	4

5 BELVEDERE VALENZA

Via Ippocrate, 283
05100 Terni (TR)
M. 340/2233339
mracugno@libero.it



N° Units	Beds
1	2

8 LA LOCANDA DEL VECCHIO MAGLIO

V.le B.Brin, 148
05100 Terni (TR)
T. 0744/433561 • F. 0744/433549
info@locandavecchiomaglio.it
www.locandavecchiomaglio.it



N° Units	Beds
4	8

11 RESIDENZA TACITO

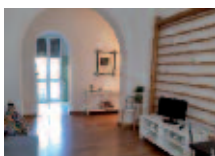
Corso Cornelio Tacito, 30
05100 Terni (TR)
M. 335/371162
g.raggi@giorgioraggi.it



N° Units	Beds
1	2

6 CASA MARICCIOTTI

Via Abruzzi, 3/A
05100 Terni (TR)
M. 335/7050379
ilaria.pongoli@hotmail.it



N° Units	Beds
1	2

9 OASI LA CASCATA

Via Valnerina, 28
05100 Terni (TR)
M. 347/5452637
F. 335/7316640
info@oasilacascata.it
www.oasilacascata.it



N° Units	Beds
6	12

12 UNA SUITE NEL CUORE DEL CENTRO

Via dell'Arringo, 40
05100 Terni (TR)
M. 338/5462440



N° Units	Beds
1	2

13 VILLA MARIANI

Strada di Perticara, 38
05100 Terni (TR)
T. 0744/285343
M. 328/1654037
lallolucia06@libero.it



N° Units	Beds
2	5

16 ECO

Via IV Novembre, 12 - **Piediluco**
05038 Terni (TR)
T. / F. 0744/368124
armeni_alberto_eco@hotmail.it
www.ristoranteeco.com



N° Units	Beds
5	9

19 LA PIAZZA

P.zza Mazzini, 10
05032 Calvi dell'Umbria (TR)
M. 338/4309804
M. 348/3822207
babanne.nesti@hotmail.it



N° Units	Beds
3	5

14 IL CASOLARE

Via Valnerina, 60/a - Collestatte
05100 Terni (TR)
T. 0744/62362
M. 328/6644986
info@ilcasolaredellacascata.com
www.ilcasolaredellacascata.com



N° Units	Beds
2	8

17 OLD PASSION

Via Campagna, 12
05021 Acquasparta (TR)
T. / F. 0744/930619
M. 347/891704
oldpassion.acquasparta@gmail.com



N° Units	Beds
6	12

20 CASALE SAN MARTINO

Voc. San Martino, 10
05032 Calvi dell'Umbria (TR)
M. 339/6039293
collesanmartino@gmail.com



N° Units	Beds
6	12

15 LA CASA DEI NONNI

Via Collestatte, 1 - Torre Orsina
05100 Terni (TR)
M. 349/8022083
lacasadeinonni@tiscali.it



N° Units	Beds
5	12

18 CASA LUISA

Fraz. Rosciano, 7
05031 Arrone (TR)
T. 06/5593542
felicitas_freya@hotmail.com



N° Units	Beds
1	5

21 CASA DI PRIMO

Via Fosso Ancaiano, 23
05034 Ferentillo (TR)
T. 0744/780714
F. 0744/294608
info@saporipiermarini.it
www.saporipiermarini.it



N° Units	Beds
2	4

22 GUEST HOUSE RUNCINI CASA PIETRA

Vicolo San Vincenzo - Gabbio, 3
05034 Ferentillo (TR)
M. 342/0621616
info@guesthouseruncini.com
www.guesthouseruncini.com



N° Units	Beds
2	8

25 VILLA MUNA

Via Case Sparse, 7 - Colli
05034 Ferentillo (TR)
M. 348/7155041
villamuna@virgilio.it



N° Units	Beds
5	10

28 FOSCA UMBRA

Via Tiberina, 166 - Fraz. Taizzano
05035 Narni (TR)
T. / F. 0744/796694
info@foscaumbra.it
www.foscaumbra.it



N° Units	Beds
4	8

23 AI TRE ARCHI

S.S. Valnerina, 35 - Macenano
05034 Ferentillo (TR)
T. 0744/780140 • F. 0744/780004
M. 339/2543731
ai3archi@libero.it
cristinabiondi82@libero.it



N° Units	Beds
4	7

26 AFFITTACAMERE ALESSIA

Via Minerva, 11/A
05035 Narni (TR)
M. 349/7346135
alessiacavalletti93@gmail.com



N° Units	Beds
6	11

29 PISTONI GIANCARLO

Via Tiberina, 380 - Fraz. Taizzano
05030 Narni (TR)
T. 0744/735153
F. 0744/794113
trattoria.tiberina@libero.it
www.trattoriatiberina.it



N° Units	Beds
4	7

24 GRAN BURRONE VALNERINA

Via degli Schioppetti, 4
Monterivoso
05034 Ferentillo (TR)
M. 333/2189166
mc.pignotti@gmail.com



N° Units	Beds
4	10

27 C'ERA UNA VOLTA

Strada di Gualdo, 18
05035 Narni (TR)
M. 333/8597164
pucciomorici@gmail.com



N° Units	Beds
3	7

30 TRATTORIA DELLA SALUTE

Str. Provinciale, 4
05030 Polino (TR)
T. 0744/789123
M. 333/8837952
venanzi.roberta@gmail.com



N° Units	Beds
4	6

31 OCARE

Loc. Palombara Bassa, 418
05029 San Gemini (TR)
 T. 0744/331419
 M. 335/5495455
 an.venturi@libero.it



N° Units	Beds
2	5

34 EMILY

Via San Liberatore, 64
05039 Stroncone (TR)
 T. / F. 0744/607155
 M. 329/8123292
 mariacristinap@libero.it
 www.bbemily.com



N° Units	Beds
2	4

2 CAMPING MONTI DEL SOLE

Strada di Borgheria, 22
05035 Narni (TR)
 T. / F. 0744/796336
 info@campingmontidelsola.it
 www.campingmontidelsola.it



N° areas	Other units	Beds
100	6	200

32 RESIDENCE IL BARONETTO

P.zza Garibaldi, 1
05029 San Gemini (TR)
 T. 0744/630891
 aschiaretta@alice.it
 www.residenceilbarone.com



N° Units	Beds
1	9

Campsites

3 IL CAPITELLO

Loc. Pianacci
05030 Otricoli (TR)
 M. 340/9790652
 info@capitellocamping.com
 www.capitellocamping.com



N° areas	Other units	Beds
12	12	48

33 CESALE GREENWAYS

Voc. Cesale, 4
05039 Stroncone (TR)
 M. 347/7599251
 F. 0744/406646
 cesalegreenways@gmail.com



N° Units	Beds
1	6

1 CAMPING LAGO DI PIEDILUCO

Via dell'Ara Marina, 2 - **Piediluco**
05100 Terni (TR)
 M. 349/4987423
 campinglagodipiediluco@gmail.com
 www.campinglagodipiediluco.com



N° areas	Other units	Beds
120	1	512

4 CAMPING I PRATI

Loc. I Prati
05039 Stroncone (TR)
 T. 0744/336200
 f.freetime@tin.it



N° areas	Other units	Beds
80	6	352

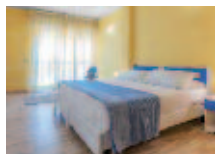
Youth hostels

Holiday villages

Mountain chalets

1 RESIDENZA OSTELLO CERQUETO

Via del Tordo, 69
05100 Terni (TR)
T. 0744/303017
assoresidence@libero.it



N° Units	Beds
14	25

1 VILLAGGIO TURISTICO FIORE

Macerino, 5/n
05021 Acquasparta (TR)
F. 0744/941797
seeker001@libero.it
www.macerino.it



N° Units	Beds
5	20

1 RIFUGIO MACERINO

Loc. Macerino
05021 Acquasparta (TR)
T. / F. 0744/941797
seeker001@libero.it
www.macerino.it



N° Units	Beds
3	24

2 OSTELLO SAN FRANCESCO

Via San Francesco, 1
05021 Acquasparta (TR)
T. 0744/943167 • F. 0744/212045
ostellosanfrancesco@gmail.com
www.ostellosanfrancesco.eu



N° Units	Beds
24	118

Information

Sport

CYCLING• Excursions, mountain bike rental

BLOB SERVICE - Via G. Pergamo, 66 - Tel. 0744.287686 - 380.3088533 - www.cuoreverde.com/blob

PANGEA s.r.l - Via Gabelli, 36/A - Terni - Tel. 348.7711170 - www.pangea-italia.com

CANOE

U.S.ACLI - Gruppo Canoe Terni - Via Tiacci, 6 - Terni - Segreteria Tel. 347.3260536

PANGEA s.r.l - Via Gabelli, 36/A - Terni - Tel. 348.7711170 - www.pangea-italia.com

UMBRIA RAFTING E CANOA - Arrone - Tel. 347.3260536

CANOEING

CIRCOLO CANOTTIERI PIEDILUCO - Via della Pace tra i Popoli - Piediluco (TR) - Tel. 0744.368521

HORSE-RIDING

MANEGGIO ROLANDO SCOCCIONE - Str. Di Borgaria, 6 - Narni (TR) - Tel. 0744.715224

EQUITAZIONE SAN GEMINI - Centro Ippico di Collestatico, 32 - Tel. 331.9110964

EQUITAZIONE CALLEDRO - Centro FISE (Federazione Italiana Sport Equestri) - Narni (TR)

Carla Menichelli, Tel. 347.3211843 / Andrea Roccalto, Tel. 340.7197389

HIKING AND TREKKING

CAI - Via F.lli Cervi, 31 - Terni - Tel. 0744.286500

PANGEA s.r.l Via Gabelli, 36/a - Terni - Tel. 348.7711170 - www.pangea-italia.com

GOLF

GOLF TERNI Training centre - Via del Sersimone, 2 - Tel. 0744.300088

GOLF CLUB "LA ROMITA" - Via della Romita, 11 - Tel. 0744.407889 - Fax 0744.403847

SWIMMING POOLS

PASSE PARTOUT (outdoor) - Via Aleardi, 20 - Tel. 0744.441004

PISCINA BORGO BOVIO (indoor) - Via del Vulcano, 5 - Tel. 0744.031159

PISCINA CLT (outdoor) - Via Muratori, 3 - Tel. 0744.283080 - 0744.407545

PISCINA COMUNALE CAMPITELLI (indoor) - Via delle Palme - Tel. 380.3193225

PISCINE DELLO STADIO (indoor/outdoor) - Viale dello Stadio, 40 - Terni - Tel. 0744.405310

PISCINA NERA MONTORO (outdoor) - Loc. Nera Montoro - Narni (TR) - Tel. 0744.794024

PISCINA NUOTO CLUB (indoor) - Viale della Romita, 9 - Tel. 0744.406125

PISCINA PIEDILUCO (outdoor) - Loc. Piediluco (TR)

PISCINA PROVINCIALE (indoor) - Viale Trieste, 1 - Tel. 0744.277623

SAN VALENTINO SPORTING CLUB (outdoor) - Via Turati, 81 - Tel. 0744.277908

TONIC (indoor/outdoor) - Via del Centenario, 23 - Tel. 0744.611052

PARACHUTING

AVIOSUPERFICIE ALVARO LEONARDI - www.avioleonarditerni.it

CAMPO VOLO CALLEDRO - Emanuela Gubbiotti Tel. 338.9326803 / Giovanni Falchi Tel. 348.8717750

RAFTING E HYDROSPEED

CENTRO RAFTING "LE MARMORE" - Via G. Neri - Papigno (TR) - Tel. 330.753420

PANGEA s.r.l - Via Gabelli, 36/A - Terni - Tel. 348.7711170 - www.pangea-italia.com

CAVING

ASSOC. CULTURALE SUBTERRANEA - Via S. Bernardo, 12 - Narni (TR) - Tel. 0744.722292

www.narnisotterranea.it

GRUPPO SPELEOLOGICO TERRE ARNOLFE - Via C. Stocchi - Cesi (TR) - Tel. 0744.242502 -

335.293194

CANYONING

CENTRO RAFTING "LE MARMORE" - Via G. Neri - Papigno (TR) - Tel. 330.753420

PANGEA - Via Gabelli, 36 - Terni - Tel. 348.7711170

UMBRIA OUTDOOR - Tel. 338.6703305

Useful Information

PIEDILUCO FERRIES

MIRALAGO - Tel. 339.8999047

SOC. VELINO - Tel. 335.5700552

TABLE TENNIS

A.S Terni T.T - c/o Palatennistavolo, Via delle Palme - Tel. 0744.305660

SPORTS CENTRES AND CLUBS

C.L.T. - Via Muratori, 3 - Terni - Tel. 0744.407545. Facilities: outdoor olympic swimming pool, gym, tennis courts, multi-sport courts, futsal courts, bowls, roller skating.

CENTRO SPORTIVO - "Renato Perona" - V.le Trieste - Terni - Tel. 0744.285165. Facilities: indoor court, indoor swimming pool, swimming pool for disabled, roller skating rink, football.

CENTRO SPORTIVO - Via dello Stadio, 5 - Acquasparta (TR) - Tel. 0744.944811. Facilities: outdoor swimming pool, bowls, futsal court, roller skating, football.

CENTRO SPORTIVO - Via Piè d'Arrone - Arrone (TR) - Tel. 0744.387611. Facilities: outdoor swimming pool, bowls, tennis courts, football, roller skating.

CENTRO SPORTIVO - Loc. Casaletto - Ferentillo (TR) - Tel. 0744.780521. Facilities: outdoor swimming pool, football court, bowls, tennis courts, roller skating.

CENTRO SPORTIVO - Via S. Maria Fraz. Poggio - Otricoli (TR) - Tel. 0744.719628.

Facilities: tennis court, futsal court.

CENTRO SPORTIVO S.MARTINO - Str. Vallefigliola - Otricoli (TR) - Tel. 0744.719628.

Facilities: 2 swimming pools, tennis courts, football.

CENTRO SPORTIVO IL COLLE - Loc. Il Colle - San Gemini (TR) - Tel. 0744.630428.

Facilities: outdoor swimming pool, tennis courts, futsal courts, volleyball.

EQUIPPED CARAVAN AREAS

A.C.T.I. LA CHIOCCIOLA - Via L. Radice - Caravan parking area with facilities -

Email: actichiocciola@libero.it - Cell. 320.9531900

CENTRO SERVIZI VALSERRA - Caravan parking area with facilities - Tel. 334.3643071

CARSULAE - Archaeological site - Caravan parking area (no facilities)

MARMORE WATERFALL HIGHER AND LOWER VIEWPOINTS- Caravan parking area (no facilities)

PIEDILUCO - Caravan parking area (no facilities) - west and east sides

SAN GEMINI - Via della Libertà - Caravan parking area with facilities

NARNI - Suffragio parking - Caravan parking area with facilities - Tel. 0744.767009

ACQUASPARTA - Via Fonti Amerino - Cell. 328.9898469

ARRONE - Via della Palombara - Caravan Parking area with facilities - Canoe and mountain bike parking centre - Tel. 0744.388521 or contact Blob Service - Tel. 0744.287686 - vitosm@libero.it

FERENTILLO - Precetto, Largo E. Fermi - Caravan parking area (no facilities)

LOCAL TOURIST OFFICES

TERNI - Via Premuda, 6 - Email: pro-terni@libero.it

FRAZ. CESI - Via Carlo Stocchi, 37 Cesi - Email: proloco.cesi@alice.it

FRAZ. PIEDILUCO - Via IV Novembre, 7 Piediluco - Email: proloco.info@gmail.com

FRAZ. VAL SERRA - Ex-scuole elem. Giuncano - Email: prolocovalserra@libero.it

FRAZ. MIRANDA - L.go Battaglione Manni, 1 Miranda - Email: morenosorgenti@virgilio.it

FRAZ. COLLESCIPOLI - P.zza Risorgimento, 9 Collescipoli - Email: laurenziorberto@libero.it

FRAZ. TORREORSINA - Via Umberto I, 9/A - Email: prolocotorreorsina@gmail.com

FRAZ. MARMORE - Via P.Montesi, 59 Marmore - Email: prolocomarmore@gmail.com

ARRONE - Via della Grotta, 49 - Email: prolocoarrone@gmail.com

CALVI DELL'UMBRIA - Piazza Mazzini, 1 - Email: prolococalvi@libero.it

FERENTILLO - Via dell'Umbria, 2 - Email: prolocoferentillo@gmail.com

MONTEFRANCO - Via Costa Mercatale, 5 - Email: raffaellarad@hotmail.it

NARNI - Piazza dei Priori, 6 - Email: info.turismo@comune.narni.tr.it

OTRICOLI - P.zza Marconi, 17 - Email: proloco.otricoli@gmail.com

POLINO - Via IV Novembre, 13 - Email: polinoproloco@libero.it

SANGEMINI - P.zza San Francesco, 9 - Email: info@prosangemini.it

STRONCONE - P.zza San Giovanni, 6 - Email: mauro.gasparri@tiscali.it

CAR RENTAL IN TERNI

AVIS - Via XX Settembre, 80 D/E - Tel. 0744.287170

EUROPCAR - Viale Curio Dentato, 72 - Tel. 0744.402175

EASY RENT - Via Gabelletta, 199 - Tel. 0744.248136

HERTZ - Via Curio Dentato, 42 - Tel.0744. 403902

RENT MAGGIORE - Via Muratori, 25 - Tel. 0744.425150

THEATRES AND CINEMAS

TERNI

ANFITEATRO FAUSTO - Via D. Giannelli - Tel. 0744.285946

AUDITORIUM PALAZZO GAZZOLI - Via del Teatro Romano - Tel. 0744.549709

AUDITORIUM S. MARIA DEL CARMINE - Via D. Giannelli - Tel. 0744.421772

CITYPLEX POLITEAMA (multiplex) - L.go Falchi - Tel. 0744.400240

THE SPACE (multiplex) - Via Bramante - Tel. 0744.896227

TEATRO SERGIO SECCI (at "Caos" complex) - Viale Campofregoso - Tel. 0744.285946

NARNI

TEATRO COMUNALE - Via Garibaldi - Tel. 0744.726362

TERNI - PUBLIC UTILITY SERVICES

ITALIAN AUTOMOBILE CLUB "ACI" - V.le C. Battisti, 121 - Tel. 0744.425746

HEALTH SERVICE AUTHORITY "ASL n. 4" - V.le Bramante, 37 - Tel. 0744.2041

HOSPITAL "S. MARIA" - First Aid - Via T. di Joannuccio - Tel. 0744.2051

BUSITALIA - Tel. 0744.492741/42 - www.fsbusitalia.it

TOWN HALL - Palazzo Spada - P.zza M. Ridolfi - Tel. 0744.5491

CENTRAL POST OFFICE - P.zza Solferino - Tel. 0744.546711

PREFECTURE - Via della Stazione - Tel. 0744.4801

PROVINCE OFFICES - V.le della Stazione, 1- Tel. 0744.4831

CENTRAL POLICE STATION - Via Antiochia, 12 - Tel. 0744.4801

UMBRIA REGION OFFICES - P.le Bosco, 3/A - Tel. 0744.4841

RAILWAY STATION:

STATE RAILWAY - Tel. 892021

TAXI: Radio Taxi - Tel. 0744.300170

TELEGRAPH - P.zza della Repubblica - Tel. 186

EMERGENCY SERVICES

POLICE - Tel. 113
CARABINIERI - Tel. 112
FIREMEN - Tel. 115
TRAFFIC OFFICERS - Tel. 0744.426000

LIBRARIES - PICTURE GALLERIES - MUSIC ACCADEMIES

TERNI

BCT - CENTRAL LIBRARY
P.zza della Repubblica, 1 - Tel. 0744.549051

RECOGNISED MUSIC ACCADEMY "G. BRICCIALDI"
Palazzo Mariani, Via del Tribunale, 22 - Tel. 0744.432170

STATE ARCHIVE
Palazzo Mazzancolli - Via Cavour, 28 - Tel. 0744.59016

CALVI DELL'UMBRIA

PUBLIC LIBRARY
Via di Radici, 2 - Tel. 0744.710158

NARNI

PUBLIC LIBRARY AT "PALAZZO EROLI" MUSEUM
Via Saffi - Tel. 0744.726103

OTRICOLI

PUBLIC LIBRARY
Via Rosella, 13 - Tel. 0744.719628 (int. 1)

SAN GEMINI

PUBLIC LIBRARY
Via Catone, 4 - Tel. 0744.334971

MUNICIPALITIES OF THE TOURIST DISTRICT OF TERNI

ALTITUDE.....DISTANCE FROM TERNI

ACQUASPARTA	m. 320.....Km. 23
ARRONE	m. 239.....Km. 13
CALVI DELL'UMBRIA	m. 401.....Km. 31
FERENTILLO	m. 260.....Km. 18
MONTEFRANCO	m. 375.....Km. 16,5
NARNI	m. 240.....Km. 13
OTRICOLI	m. 208.....Km. 28
POLINO	m. 836.....Km. 22
SAN GEMINI	m. 337.....Km. 13
STRONCONE	m. 451.....Km. 9

HOW TO REACH TERNI:

RAILWAY ROMA- ANCONA line; ROMA - FIRENZE line (connection in ORTE); TERNI- RIETI - L'AQUILA - SULMONA line; TERNI - PERUGIA - UMBERTIDE - SANSEPOLCRO line

TOLL MOTORWAY A 1 (Exit ORTE) - toll free motorway ORTE - TERNI

TOLL FREE MOTORWAY E 45 TERNI - CESENA

STATE HIGHWAYS n. 79 - n. 3 - n. 209 - n. 204

AIRPORTS FIUMICINO km. 140; PERUGIA S. EGIDIO km. 95

DISTANCES

TERNI - ROME	Km. 90
TERNI - FLORENCE	Km. 230
TERNI - NAPLES	Km. 307
TERNI - ANCONA	Km. 196
TERNI - PESCARA	Km. 207
TERNI - MILAN	Km. 550
TERNI - PALERMO	Km. 1070
TERNI - TURIN	Km. 650

TOURIST PROMOTION CONSORTIUM

DIT - Strada di Santa Filomena, 36/S, Terni - Tel. 0744.1980459 - www.umbriaexperience.it
Email: info@umbriaexperience.it

TOURIST GUIDES

CIANCI ALBERINO

Tourist Guide. Address: Via L. Radice, 23 - 05100 Terni.

Foreign languages: English. Tel. 0744.305897 / 347.7954472. Email: rino14febbraio@vodafone.it

FURIANI CHIARA

Tourist Guide. Address: Vico dei Maniscalchi, 2 - 05100 Terni.

Tel. 0744.400545 / 328.6864297. Email: chiara.furiani@tiscali.it

GRASSO EUGENIO

Tourist Guide. Address: Via Castello, 14 - 05100 Terni. Foreign languages: English / French.

Tel. 0744.431778 / 333.4381120. Email: eugeniograsso1@virgilio.it

MATINI SILVIA

Tourist Guide. Address: Via Giotto, 3 - 05100 Terni.

Foreign languages: English. Tel. 0744.402247 / 329.0739999. Email: silviuzza_84@hotmail.it

NERI PIERLUCA

Tourist Guide. Address: Via Gradassi Luzi, 8 - 05100 Terni.

Foreign languages: English. Cell. 347.3586949. Email: pierneri@gmail.com

PILERI GIORGIA

Tourist Guide. Address: Via dello Stadio, 61 - 05100 Terni.

Foreign languages: English / German. Cell. 339.1949316. Email: giorgia.pileri@gmail.com

RICCI SAVERIO

Tourist Guide. Address: Via A. Manzoni, 1/B - 05100 Terni.

Foreign languages: Spanish. Cell. 328.8505185 - Fax 0744.080039. Email: saverio.ricci@gmail.it

VIGNOLI LUCILLA

Tourist Guide. Address: Via del Brecciaiole, 61 - 05100 Terni.

Foreign languages: English. Tel. 0744.1981439 / 329.2073344. Email: lucillavignoli@yahoo.it

GRILLI STEFANO

Tourist Guide. Address: Via del Parco, 1 - 05036 Narni.

Foreign languages: English. Cell. 333.2556056. Email: grilli.gtumbria@alice.it

PACIARONI ALFREDO

Tourist Guide ncc driver. Address: Via Capitonese, 158 - 05035 Narni.

Foreign languages: English / French / German. Fax (office hours) 0744.737490

Cell. 320.6433772. Email: visitumbria@libero.it

NATURE AND WALKING GUIDES

ROMITO DANIELE

Nature And Walking Guide (Guida Ambientale Escursionistica - AIGAE UM109), Official Guide for Sibillini Mountains National Park. Cell. 335.5987741.

Email: randomtrekking@gmail.com • www.randomtrekking.jimdo.com • www.elromitophotos.com

SUGONI ALESSIO

Nature And Walking Guide. Languages: English. Tel. 0744.1980663 / 333.9083538.

Email: info@trekkinginumbria.it • www.trekkinginumbria.it

Museums of Terni district

Any information is subject to revision. Please check on line

TERNI

ROMAN AMPHITHEATRE

Via dell'Anfiteatro. Information: 0744. 285946.

Opening hour: only by appointment during "CAOS" opening hours.

Entrance fee: full rate € 5.00; reduced € 3.50 (also including visit to the "Aurelio De Felice" Museum of Modern and Contemporary Art and Archaeological Museum). Free admission for visitors residing in the municipality of Terni.

INDUSTRIAL ARCHAEOLOGY

Contact Person: Dr.ssa Brunetti. Cell. 338.9937572. To visit Industrial Archaeology sites (Galleto Power Station, etc.) please contact ICSIM offices.

GALLETO HYDRO-ELECTRIC POWER STATION: Tel. 0744.47511.

For visits: Marcella Mignosa Tel. 334.3403900

ACCIAI SPECIALI TERNI - AST (OPERATOR): Tel 0744.4901

PERMANENT PALAEOLOGY EXHIBITION

L.go Liberotti (former church of S.Tommaso). Information: 0744.285946. Visits only by appointment.

ARCHAEOLOGICAL MUSEUM (CAOS)

Viale Campofregoso, 116 (area of former Siri). Information: 0744.1031864.

Opening hours: Tuesday to Sunday

DAYLIGHT SAVINGS TIME: 10.00-13.00 / 17.00-20.00 • WINTER TIME 10.00-13.00 / 16.00-19.00

Tickets: Museum Pass valid for Caos, Permanent Palaeontology Exhibition and Roman Amphitheatre: full rate € 5.00; reduced € 3.50.

“AURELIO DE FELICE” MUSEUM OF MODERN AND CONTEMPORARY ART (CAOS)*

V.le Campofregoso, 98 (area of former Siri). Information: 0744.1031864.

Site internet: www.caos.museum • E-mail: info@caos.museum

Opening hours: Tuesday to Sunday

DAYLIGHT SAVINGS TIME 10.00-13.00 / 17.00-20.00 • WINTER TIME 10.00-13.00 / 16.00-19.00

Guided visits: on request.

Services: visit of artworks deposit, auditorium, specialized library, temporary exhibition rooms, consultation room for multimedia material and catalogues, coffee bar - bookshop.

Accessible for disabled visitors.

Entrance fees: Museum Pass valid for Caos, Permanent Palaeontology Exhibition and Roman Amphitheatre: full rate € 5.00; reduced € 3.50. Free admission for visitors residing in the municipality of Terni. * Any information is subject to revision. Please check on line.

TERNI MOTORCYCLING MUSEUM

Via Bertani, 4. Per informazioni: 0744.420261 - www.borzacchinihistoric.it

Visits only by appointment.

ARMS MUSEUM (TECHNICAL COLLECTION OF ARMS)

Displayed in the Small Arms Maintenance Centre - Former Arms Factory - V.le Brin.

Information: 0744.4971 (operator) / 0744.497349/249.

Opening hours: 9.00-12.00, last Saturday of the month, by appointment only. Free admission.

MUSEUM OF THE DIOCESE AND TERNI CHAPTER HOUSE

P.zza Duomo. Information: 0744.546561-63 / Fax 0744.546562. www.museiecclesiastici.it

Open by appointment: cell. 340.5663725

Entrance fee: full rate € 3.00; € 2.00 reduced for children (6-14), over 65, members of CAV Association, Students of the Faculty of Preservation of Cultural Heritage, groups of minimum 15. Free admission: children under 6, priests of the Diocese, escorted disabled visitors, teachers escorting students.

CARSULAE ARCHAEOLOGICAL SITE - DOCUMENTATION CENTRE*

Strada di Carsoli, 8 05100 Terni (E45, exit San Gemini Nord) - Information: 0744.1804413 / 348.7561801 • www.carsulae.site • attivita@cascatadellemaremorte.info

Opening hours:

from Tuesday to Sunday, DAYLIGHT SAVINGS TIME: 8.30-17.30 / WINTER TIME: 8.30-19.30

Entrance fee:

full rate € 5.00 / reduced A € 4.00 students from 18 to 25 years of age, permanent teachers and groups of at least 15 people / reduced B € 2.50 up to 18 years and over 65 / For residents of the Municipalities of Terni and San Gemini € 3.00.

ACQUASPARTA

CESI PALACE

To visit the Cesi Palace contact Associazione Acqua, M. 351.7031853.

Email: infopalazzocesi@gmail.com.

CALVI DELL'UMBRIA

THE URSULINE NUNS MONASTERY MUSEUM

Via del Monastero, 1. Information: Calvi Town Hall Tel. 0744.710158 / 0744.710119

Opening hours: Saturday 15.00-18.00 / Sunday and Holidays 11.00-13.00 / 15.00-18.00

Entrance fee: full rate € 5.00; reduced € 3.00.

FERENTILLO

“CASARIVOSO” ETNOGRAPHIC MUSEUM

Monterivoso district. For guided visits please contact Mrs. Silvani: Tel. 347.8287440.

MUMMY MUSEUM

Precetto District (Church of St.Stefano). Information: Don Rinaldo, priest of Ferentillo: Tel. 0744.780708 / Cell. 335.6543008.

Opening hours: from October to March: 10.00-12.30 / 15.00-17.00;

From April to September: 10.00-13.00 / 15.00-19.00. The Museum is closed on Christmas Day.

ABBAY OF SAN PIETRO IN VALLE

From October 1st to March 31st: open on Saturdays and Sundays 10.00-13.00 / 15.00-17.00

From April 1st to September 30th: open every day 10.00-13.00 / 15.00-18.00

Information: Don Rinaldo, priest of Ferentillo: Tel. 335.6543008

The abbey is also open in winter on main Italian religious and bank holidays (e.g. December 8th, January 6th, April 25th, etc.).

Museum Pass valid for the Mummy Museum and the Abbey of St. Pietro in Valle: € 6.00.

NARNI

MUSEUM OF THE TOWN OF NARNI

Eroli Palace - Via Aurelio Saffi - Managed by: Sistema Museo. Information: 0744.717117

Opening hours: see “Sistema Museo”.

ALBORNOZ FORTRESS (XIV Century)

Via Feronia. Information: "Museo della città di Narni" Palazzo Erolì - Tel. 0744.717117
Email: narni@sistemamuseo.it

NARNI UNDERGROUND

Information and reservations: Cultural Association "Subterranea", Via S. Bernardo, 12 - Narni.
Tel. 0744.722292 or mobile 339.1041645 (Mr. Roberto Nini). www.narnisotterranea.it
Visiting hours: only by appointment.
IMPORTANT NOTE: tourists who booked a visit are kindly requested to report at the site on time for the start of the visit.

FORMINA AQUEDUCT

Visit by appointment only, please send email to: info@narnisotterranea.it

OTRICOLI

CASALE S. FULGENZIO ANTIQUARIUM

Information and reservation: Otricoli Town Hall offices - Tel. 0744.719628.

OTRICOLI ANTIQUARIUM

Priors' Palace - town centre. Information: Otricoli Town Hall offices - Tel. 0744.719628

"OCRICULUM" ARCHAEOLOGICAL AREA

Information and reservation: Otricoli Town Hall offices - Tel. 0744.719628.

POLINO

UMBRIAN APPENNINE MUSEUM

Located inside the fortress of Polino, managed by "Sistema Museo". Open by appointment. Tel. 0744.789423.

SAN GEMINI

"GEOLAB" EARTH SCIENCE MUSEUM

Via della Misericordia, 1. Email: geolab@sistemamuseo.it
Reservations: Tel. 199151123 - Monday to Friday 9.00-17.00; callcenter@sistemamuseo.it
The "Geolab" is managed by Cooperative Sistema Museo (www.sistemamuseo.it).

GUIDO CALORI MUSEUM

Via del Tribunale, 54. Informatio: Tel. 333.4685842.
Email: museoguidocalori@libero.it - www.museocalori.it.

STRONCONE

NATURAL HISTORY MUSEUM

Housed in the Centro Polifunzionale, P.zza della Libertà. Stroncone Town Hall offices - Tel. 0744.609811.

ARMS MUSEUM

Via Contessa. Open by appointment only. To book a visit contact: 0744.609811.

Marmore Waterfall opening hours

Lower viewpoint: Collestatte Piano, Terni / **Upper viewpoint:** Marmore, Terni

www.cascatadellemarmore.info T. 0744.67561 / 0744.362231

For general information: info@cascatadellemarmore.info

Activities and guided visits: attivita@cascatadellemarmore.info

For administrative and institutional requests: amministrazione@cascatadellemarmore.info

WhatsApp numbers

For general information: **M. 347.1861116**

Office for groups: **M. 348.8852407**



hotels, agritourism, holiday
rentals, bed&breakfast,
campsites, hostels...



Trail n° 2 of Marmore Falls park



Trail n° 1 of Marmore Falls park



Marmore Waterfall

Piediluco lake

Piediluco offers an enchanting scenario with its tiny medieval village lying at the foot of a hill known as the “sacred wood” along the shore of a peaceful lake. The colourful facades of the houses leaning one against the other, narrow arched alleys and steep steps, every single detail contributes in creating a quaint and romantic setting, undoubtedly one of the most picturesque in Umbria.

The lovely lake and village are a favourite tourist attraction, precious gems not only full of history and tradition, but also offering a wide range of activities.

The idyllic tranquillity of Piediluco lake, described in the diaries of scholars on the Grand Tour in the 1800s, offers an alternative to the ‘fury of the frothing waters’ of the nearby Marmore Waterfall, and is still an extremely popular tourist destination.

Strolling around the narrow streets of the village one can admire Piediluco’s ancient history such as the superb “Rocca” fortress which dominates the village and lake, built as a watchtower to warn the population in case of attack, the church of St. Francis, built at the end of the 13th century after the passage of the friar in Piediluco and now included in the pilgrimage and hiking itinerary of the “Via di Francesco”. The church still preserves remarkable decorations dating back to the 14th/15th century and an interesting portal with a bas-relief representing boats and fish celebrating the local fishing activity.

Piediluco lake is what remains of the ancient “lacus Velinus”, and is often compared to the Alpine lakes of northern Italy for its location and wonderful setting.

Water is undoubtedly the predominant element in Piediluco, in fact it features one of the most renowned Rowing Centres in Europe. National and international rowing competitions are held on the lake and local sport and accommodation facilities are appreciated by



View of Piediluco lake



Tourist boat on Piediluco lake



Night view of Piediluco lake



Church of San Francesco

athletes from all over the world coming to Piediluco to train or attend campuses.

The attachment and respect of the local community for their lake is celebrated with a festival called “Festa delle Acque” (Water Festival) which takes place every year at the end of June to early July, celebrating the summer solstice, an important date in the past for farmers and peasants alike who depended upon agriculture and therefore strictly ruled by the passage of natural events that could affect the harvest.

The modern version of this festival includes different events recalling the ancient history of the village and ends up with a night-time parade of illuminated boats decorated by the inhabitants of the village's two districts, Borgo and Città, which compete against each other for the most beautiful creation.

Near Piediluco there is an elegant 19th century building called Villalago, in a great panoramic position overlooking a part of the lake and surrounded by a large park with roads and paths amidst a forest of centuries-old trees and equipped for picnics.

Another fascinating experience is a boat trip on the lake offering magnificent views. The small magical lake and village of Piediluco represent the best that Umbria has to offer and will surely steal the heart of every visitor.

Biking in Terni and randonnée



Grand Tour Rando - Photo: Giorgio Imperiosi

Umbria is quite a small region and the main points of interest are relatively close to one another. This fact, combined with the dominant landscape of rolling hills zigzagged by scenic roads, make this land ideal for cycling, thus combining sport, well-being and tourism. Cycling tourists can escape from urban chaos and enjoy excursions alone or in a group, testing their limits on roads or off-road itineraries at their own pace.

An exciting experience different from the traditional holiday. Several itineraries are available in the district of Terni having various ranges of difficulty, characterised by mystic hamlets, medieval fortresses, breathtaking views dotted with olive groves and colourful sunflower fields or unique sites such as the ruins of the Roman town of Carsulae or the Marmore Waterfall, starting point of the “green way of the Nera river” route.

Touring around by mountain bike along off-road itineraries offers the possibility of combining the passion for cycling with wonderful scenery. For example the Cesi mountain, also known as “the balcony overlooking the Terni basin” due to its exceptional panoramic position, the trails along the Serra valley and lower Valnerina valley, starting from Marmore Waterfalls and proceeding towards picturesque hamlets.

Instead, expert cyclists can challenge their strength by taking part in a Randonnée; a unique activity where the relationship of the athlete with his/her bike stretches to the utmost, experiencing a new philosophy of tourism.

The Randonnée is a 24 hour tour which takes place on a specific date, usually the first Sunday of September, with specific enrolment and participation rules. At the end of the Grand Tour participants will receive a *Permanent Randonnée Brevet*.

There are two randonné routes, a shorter one of 120 km called *Grand Tour Standard*, and a complete one of 317 km known as



Grand Tour Rando - Photo: www.grandtourrando.com



Grand Tour Extreme. These itineraries are also available all year round: the Grand Tour route is split into six smaller quadrants: (Mar-more Waterfalls, Augustus Bridge, Amelia, Duomo of Orvieto, Scarzuola and Carsulae) which participants can combine in order to create their own itinerary according to preference and level of physical preparation. Along the routes they will find *Rando Points* (cafés and other services) and *Rando Stations* (hotels, country houses, restaurants, etc.) where cyclists can stop for a meal or stay overnight obtaining the special stamp to certify their passage. The delivery of the *RandoBook*, *Brevet Kit* or *Grand Tour Rando*

Diploma can be booked on request. The Randonneur wishing to obtain the permanent brevet must complete the tour within the given time according to the rules laid down by ARI, whereas cycling-tourists can determine the duration and number of stops along the routes and obtain the *Vagabond Rider Certificate*. Grand Tour Rando is not only an experience for Randonneurs and expert cyclists but also for those wishing to travel around and practise an outdoor sport at the same time. It is also possible to follow the itinerary on e-bikes, which can be rented as part of tailor-made individual packages.



Grand Tour Rando - Photo: Giorgio Imperiosi

Nature and outdoors

A sequence of valleys, mountains and plateaus create the varied landscape of Umbria, where untamed nature alternates with cultivated land, offering spectacular naturalistic scenery ideal for sport activities, cultural visits and wine and food experiences.

The charm of this land offers unique emotions: the warm colours of the summer sun setting on the horizon outlining the unlimited rolling hills dotted with tiny age-old villages, the vast yellow fields of sunflowers which lift up your heart and the mountains of the Apennine chain with their steep slopes looking down upon narrow, winding valleys and gorges. Visitors have a multitude of opportunities at their fingertips to discover this region through a variety of activities in the midst of untamed nature. The mountains around Terni count over 200 karst caves: the Eolia grotto in Cesi, the most popular and accessible, and the group of caves along the slopes of Marmore Waterfall rich in stalactites are ideal for caving. The district of Terni also features many trails for trekking and orienteering excursions, the most renowned being the Martani Trekking trail which starts from Cesi and proceeds towards Monte Torre Maggiore, to then descend passing through woods reaching the tiny hamlets of Casteldelmonte and Scoppio.

Other remarkable itineraries from a historical, naturalistic and anthropological point of view twist and turn across the forests of Valserra offering marvellous views.

Those looking for more challenging experiences can try free-climbing on the vertical slopes of Ferentillo, considered one of the best and well-equipped in Europe.

Many bike and mountain-bike itineraries are available throughout the whole province of Terni, both for amateur and skilled cyclists, giving the possibility of discovering this land in close contact with nature and far from urban chaos. There are also many extreme outdoor sports available in the area of Terni, such as parachuting,



Mountain of Sant'Erasmus



Trail n° 1 of Marmore Falls park



Canyoning



hang-gliding and paragliding run by professional and expert staff who scrupulously follow participants through each step so they can experience the incredible sensation of flying.

Water is undoubtedly the dominating element of the countryside around Terni: cold, clear and impetuous streams flow through the Nera River nature reserve park creating a favourable environment for the multitude of different species of plants and animals. This basin includes the central section of the Nera river, which flows for 20 kms by Terria, near Ferentillo, and the Marmore Waterfall. Visitors have a wide variety of possibilities to experience exciting activities along the Velino and Nera rivers such as rafting and canoeing.

Hydro-speed, kayak and canyoning can be practised along the winding streams flowing through wonderful canyons and gorges. Last but not least, the National Rowing Centre at Piediluco lake, one of the most popular rowing centres in Europe where many teams and individual athletes come every year for international competitions and to train at an amateur and competitive level.



Outdoor and caravan holidays

For those who love travelling by caravan, experiencing an unconventional type of vacation in contact with nature, Umbria is a destination not to be missed. Visiting the Valnerina valley, one of the most enchanting districts of Umbria, will provide motorhomers the chance to enjoy the splendid panorama, relax and experience outdoor activities and interesting cultural visits.

This wonderful valley offers vast stretches of forest, clear water streams and tiny hamlets dotted all along the surrounding steep slopes.

It is considered one of the most interesting contexts in central Italy for outdoor vacations immersed in untamed nature.

There is an equipped caravan area by Marmore Waterfall, one of the most amazing sights and picturesque landmarks of the Valnerina.

The section where the Nera river flows, before receiving the water from the Marmore Fall, is the wildest and most fascinating part along this stream, also a favourite place for practising water sports. Caravan holidays are a very flexible way of travelling, suitable for tourists of all ages, stopping off wherever and whenever one wishes, taking in the views and enjoying activities in a natural environment. The lower Valnerina lends itself to outdoor holidays, not only for its beautiful landscapes, but also for the presence of many charming hamlets. Driving along this valley it is possible to admire a sequence of fortified ancient villages, immersed in an untamed setting of incomparable beauty.

Coming from Terni and heading north-east, one of the first villages to admire is Arrone, also known for its pottery, and just a few kilometres further on is the ancient settlement of Ferentillo and the marvellous Abbey of San Pietro in Valle immersed in a green forest. Close to the upper viewpoint of Marmore Waterfall is the enchanting lake of Piediluco, where it is possible to take a boat trip

on board a mini-ferry offering incredible views while the boatman tells the stories and legends linked to this magical site.

Also the Valserra - a narrow valley taking its name from the Serra fresh water torrent which flows at the foot of steep green mountains, is great for caravans where one can drive along a very interesting ring road itinerary from a naturalistic point of view.

It is also linked to the western side of the Martani Mountains, where it is possible to visit the enchanting villages of Macerino, Portaria and Cesi and the incredible Archaeological Park of Carsulae with the ruins of a Roman town.

Another great destination for spending a day in the open air, especially during hot summers, is "Prati di Stroncone", a beautiful plateau where you can have a picnic and go for a lovely horse ride.

These sites off the beaten track in the "green heart of Italy" are not to be missed and can be visited all year around. Caravan lovers and motorhomers can decide whether to stop just for a weekend or extend their stay, adapting the itinerary to their own interests and needs in order to fully appreciate the opportunities offered to visitors in the district of Terni.





Between the late 1700s and beginning of 1800 French, English, German and Scandinavian artists came to Italy to complete their vocation and to acquire firsthand knowledge of those mythical and historical places: the ruins of ancient Rome, the art of the great Masters.

When the artists arrived in our country, fascinated by the extraordinary beauty of the area, by the variety of nature and by the Mediterranean light, they came out from their studios to paint on the spot, en plein air. Thus, for the first time in the history of painting, a new way of representing the landscape was born.

Marmore Falls

Marmore Waterfall has always been a magnetic subject for artists. The spectacular effect of the drop of the Velino river, its grandeur, the lush vegetation and charm of the ancient Roman site has always attracted painters and lent inspiration to their en plein air works.

It is with this new way of painting on the spot, that the most vivid pictures were created, capturing the luminosity and perfect drop of the waters. Compared to the many repetitive representations, the works of Corot are an accomplishment of absolute modernity and innovation in the representation of the Waterfall.

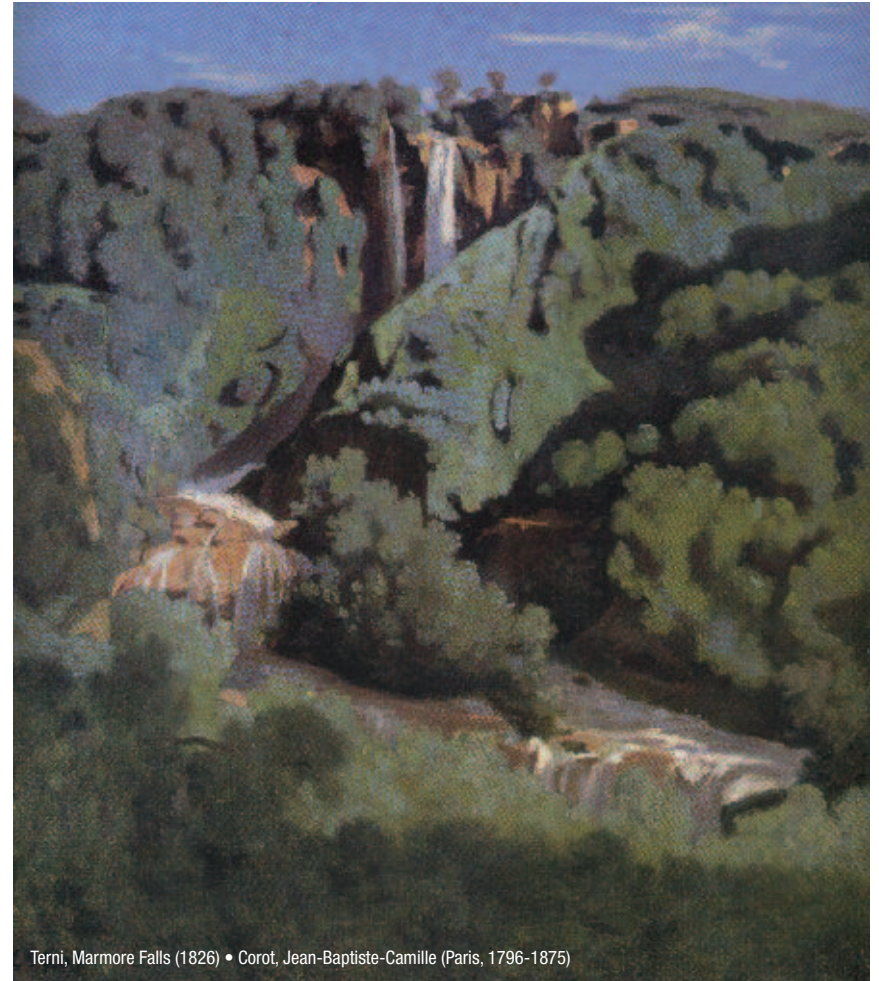
Narni

The ruins of the Augustus Bridge, where the ancient via Flaminia passed over, were and still are one of the main elements of attraction for travellers and painters, fascinated by this spot, by the magnitude of the Roman structure, by the clear water of the Nera River, by lush evergreen vegetation, holm oaks and Aleppo pines. So many artists have passed through this place, from Turner to Corot, that they have elected it protagonist of sketches and



Infopoint
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www.plenaristi.it



Terni, Marmore Falls (1826) • Corot, Jean-Baptiste-Camille (Paris, 1796-1875)



paintings, describing its uncontaminated fascination. Searching for a more direct contact with nature and original views, some artists ignored the ruins of the Bridge and represented the surroundings of Narni instead, seduced by the beauty of the panoramic perspectives and the meandering Nera River at the bottom of the valley.

Papigno

Papigno, a small village made of stone and rock, just as unknown then as today, reveals itself in its characteristic position, in its picturesque setting, in its archaic charm.

A dazzling and seductive place, Papigno represents an ideal of Edenic and primitive beauty for artists who honour it with a number of sketches and paintings, rendering this Umbrian village one of the most represented in landscape history.

As well as the village, painters love the surrounding areas, especially the secular woods and panoramic prospects towards the Terni valley.

Piediluco

The silent poetry of this marvellous mountain lake, with the village nestled along its shores, has attracted the attention of numerous painters, particularly Jean-Baptiste Camille Corot, who left a poignant painting dated 1826.

Some years later the artist recaptured the image of Piediluco once again in the painting *Souvenir of Italy*, where the nostalgia for this spot of Italian landscape is even more evident.

Marmore Waterfall, Penna Rossa



Piediluco Lake



Main festivals and events

In order to enjoy their holiday to the full and take advantage of the various opportunities this part of Umbria offers, visitors can plan a visit to the district of Terni on occasion of one of the many events which take place throughout the year. The agenda of events and festivals is very rich and varied and features local festivities, cultural festivals with shows and performances, sport events and more. The main traditional events taking place in Terni are St. Valentine's Festival and "Cantamaggio".

The former is known as "Eventi Valentiniani" and celebrates St. Valentine, patron saint of Terni, known worldwide as the protector of lovers. On February 14th a large street market is held and throughout the entire month, an agenda of cultural and religious events and food fairs liven up the streets and squares of Terni town centre.

The latter is a re-enactment inspired by an age-old tradition when peasants used to celebrate the return of spring. On the night of April 30th a parade of floats goes through the streets of Terni town centre, with people in costumes, music and dancing celebrating spring and love.

Many more events take place in Terni and its surrounding area throughout the year. One of the most appreciated and entertaining is the Jazz.it Fest, held in the tiny village of Collescipoli, part of the municipality of Terni and close to the modern town: the narrow streets, tiny squares and courtyards of this lovely village become the stage for a number of concerts, conferences and presentations all related to jazz music. The summer season is particularly rich in entertainment: Terni Roadside is an amusing festival of street artists and jugglers performing in the town centre; in late June in Piediluco there is the "Festa delle acque" festival dedicated to water, with shows, culinary specialties and the traditional night parade of illuminated allegoric boats sailing across the dark water



Concorso Pianistico Internazionale Alessandro Casagrande - Photo: Fondazione Casagrande



which mirrors their decorations. Outdoor sport lovers must not miss ONE - Outdoor Nature Experience, a unique festival which takes place in September at Marmore Waterfall and Piediluco Lake, a

weekend where participants can practice a wide range of sports such as canoeing, canyoning, rafting, sailing, horse-riding, trekking, nordic-walking and more. Another sport event is the "Memorial

Paolo d'Aloja", a popular international rowing competition where national and international rowing teams take part. Cyclists can discover the main landmarks of this beautiful territory following the itinerary of the Grand Tour Rando: this cyclotourist itinerary can be undertaken either individually or in small groups, as well as in a '24 hour rush', thus obtaining the Randonnée brevet. Many other entertainment opportunities are available on the occasion of important religious festivities such as Easter and Christmas. There are also many trade fairs dedicated to local food and wine, etc. Not to be missed in September is Terni ON, a weekend of music, culture and gastronomy culminating on Saturday when shops, restaurants and bars in town are open all night offering free concerts, DJs and performances.

*For details, see **Events** section, page 88.*



Piediluco, Balconies with flowers, "Festa delle acque" - Photo: M. Giangiuli



Marmore Falls, "Maratona delle acque"
Photo: Amatori Podistica Terni



Piediluco, "Memorial P. d'Aloja" - Photo: Tourist Office, Terni Town Hall

Flying experiences in Terni

The district of Terni, with its variety of landscapes and cultural aspects, offers visitors a wide range of activities. Its natural environment is the ideal setting for a number of outdoor sports having various levels of difficulty. For those wishing to experience the thrilling emotion of flying, Terni boasts professional flying centres for parachuting, paragliding and hang-gliding. Expert operators are on hand to assist participants, whether experienced or

at their first flight, in order to ensure an entertaining and enjoyable experience.

After a briefing to provide all information and instructions about the descent, participants will be provided with all the necessary equipment, followed by scrupulous technical controls. After having verified everything is in order, this unforgettable experience kicks off offering the possibility of admiring the Umbrian land-



Terni, A. Leonardi airfield





Terni, A. Leonardi airfield



Terni, A. Leonardi airfield, parachuting



Terni, A. Leonardi airfield, parachuting

scape from a unique perspective. The “Alvaro Leonardi” airfield in Terni is the most important centre in the area, a reference point for flying enthusiasts. It is headquarters of the only official flying school in the Province of Terni, certified by the Italian Aero-Club, and offers the opportunity of practising tourist flights and theoretical classes.

Free fall can be experienced with tandem parachute jumps: having reached the height of approx. 4,200 mts. with a panoramic flight of 15 minutes, the descent will start with the supervision and assistance of fully licensed pilots and instructors. After a minute of pure adrenaline, the parachute opens and you will land smoothly on the ground.

The area around Cesi, due to the position of the village perched on the mountainside dominating a large valley, also known as the “balcony overlooking the Terni basin” offers a variety of outdoor activities. For example, another great experience is represented by paragliding off the rocky cliff above Cesi. Here the professional staff of “Gruppo Vele Cesi” offer the possibility of admiring breathtaking views while paragliding slowly towards the valley below.

The mountains around Terni

Terni is located along an offshoot of the Umbria-Marche section of the Apennines and the area is characterized by hills and mountains. From the basin of Terni looking towards Cesi, with the Nera river and Serra creek flowing through, the outline of the Eolo mountain is clearly visible, southern end of the Martani chain, which looks a bit like the Dolomites. Along its slopes stands the picturesque village of Cesi, known as “the balcony overlooking the Terni plain” with its breathtaking views. This area is rich in traces of a glorious past; ruins of stone temples, palaces and houses along its vertical slopes, remains of Umbrian megalithic walls, imposing monuments in the archaeological park of the Roman town of Carsulae and the paths along which St. Francis and his brothers walked. For all these reasons the mountain of Cesi is considered an spell-binding place, where history and legend meet. There are a variety of off-road trails and paths for lovers of hiking, trekking and mountain-biking. Moreover, the rocky slopes are full of caves and grottoes created over thousands of years by the infiltration of rainwater which carved a labyrinth of underground cavities. These grottoes and caves inspired a legend which makes a visit to the mountain of Cesi even more fascinating. It says that these caves were originated by a battle among various winds and Aeolus, the god of wind, lived here.

Thanks to the large number grottoes it is possible to experience various exciting caving excursions.

The Valserra is another district ideal for outdoor sport and leisure activities such as trekking, mountain-biking, canyoning and caving. This valley is in the north-east of the Terni basin with the Serra creek flowing through surrounded by the crests of the mountains of Torre Maggiore, Acetella and Cormelano.

Last, but certainly not least, the beautiful Valnerina, surely the greenest part of the district of Terni. The crystal waters of the



Mountain of Sant'Erasmus



Marmore Falls

Nera river flow along this enchanting valley dotted with small medieval hamlets and watchtowers.

The Valnerina offers visitors a vast excursion area with trails for trekking and nordic-walking of various levels of length and difficulty. Ferentillo is an important centre for free-climbing, whereas Arnone is the starting point for descents by canoe or dinghy. Other small villages such as Montefranco and Casteldilago, with their historical evidences, are surely worth a visit. There are also many opportunities to stop somewhere and taste the genuine and delicious local cuisine.



Mountain of Sant'Erasmus

Nature tour itineraries



The district of Terni, rich in green mountains, rivers, creeks and lakes, offers numerous trails immersed in nature. Here are some examples.

Piediluco Lake, picturesque stretch of water mirroring the greenery of the surrounding hills, is a popular destination offering the opportunity to practise water sports, take a relaxing boat trip or simply stroll through the streets of the medieval village which lies at the foot of the mountain by the lakeshore.

The **Nera River Park** includes the central section of the Nera river about 20 kms in length, and touches upon the municipalities of Arrone, Ferentillo, Montefranco, Polino and Terni.

The marvellous **Marmore Waterfall** is in a vast park including 5 trails of various length and difficulty. Visitors can discover the different types of rocks and grottoes as well as the local flora and fauna with rare plants and animals. The Falls drop into the Nera river below, increasing its flow creating fourth degree rapids (on a scale 1 – 6) which offer great opportunities for rafting and canoeing.

The **Serra Valley** is in the north-east of Terni where the Serra creek flows through sur-

rounded by the peaks of Monte Torre Maggiore and the Acetella and Cormelano mountains. Many activities can be practised in this district, e.g. trekking, mountain biking, canyoning and caving.

Here is a list of some **trekking or mountain bike** excursions:

Martani Mountains and Cesi: the trails run across the Martani mountains and Scoppio. A secondary trail goes to Cesi and Torre Maggiore.

Ferentillo: one trail goes to Mount Aspra and another to Mount Solenne.

Polino and Arrone: excursions to La Pelosa and Salto del Cieco.

Stroncone: one trail goes towards the Prati (plateau), another to the Abbey of St. Benedetto in Fundis and Miranda.

Calvi dell'Umbria: there are two circular trails, one in Calvi (from Calvi there's quite a steep slope leading up to Mount S. Pancrazio) and another in Otricoli (Otricoli - San Vito).

Narni: one path touches upon Narni, Stifone, Borgaria, Taizzano. Others reach the Cosce and Santa Croce mountains to then rejoin Calvi dell'Umbria.

Archaeological itineraries



The Umbrians, mentioned by Pliny the Younger as "the most ancient population of Italy", were a flourishing civilization with their own habits and

traditions, as the remains testify. The Tiber river represented a natural border between the Umbrians and Etruscans and allowed them to meet and exchange goods which were transported along the Nera river. Terni was right in the centre of this communication system, which in Roman times was known as Interamna (between two rivers). Below is a list of some interesting sites.

In **Terni** (Interamna Nahars) traces of the Roman town are visible in the ancient town walls at the "Passeggiata" public gardens and in the Amphitheatre.

In **Narni** (Nequinum) there are prehistoric traces along the town walls and at the so called Grotto of Orlando. The fountain dedicated to the goddess Feronia is pre-Roman. Evidences of the Roman period are in the former forum area (by the actual town hall) and near the church of San Domenico. The Roman Formina aqueduct, most likely built in 27 A.D., is 13 kms long. Not to be missed are the imposing ruins of the Augustus Bridge, built in 27 b.C., of

which one arch and two pillars are still standing. Finally, it is also possible to visit "Narni underground" and admire the rooms of the ancient convent of San Domenico with a XII century frescoed church, a Roman cistern, a prison with graffiti by prisoners incarcerated by the tribunal of the Inquisition and the church of San Domenico, former cathedral of Narni, with a marvellous of VI century Byzantine mosaic.

The site of **Otricoli (Otriculum)** is one of the largest and most important Roman archaeological sites of central Italy. The ruins feature the amphitheatre, theatre, Forum and the Roman baths with an octagonal room decorated with a precious mosaic floor now displayed inside the Vatican Museums.

In **Cesi** it is possible to admire sections of polygonal walls. Near the church of Sant' Erasmo are traces of an ancient well and the foundations of a temple. At the top of the Torre Maggiore mountain are the ruins of a temple dating back to the VI century B.C.

Carsulæ was an important town along the ancient Via Flaminia, by the San Gemini water springs, known since ancient times. Its archaeological park features the imposing remains of the Roman town (the Forum, basilica, twin temples, Roman baths, theatre and amphitheatre, some funerary monuments and the St. Damian Arch).

Religious itineraries



With the dissemination of monasticism many abbeys and convents were built. These became important centres not only for spirituality but also

from an economic and cultural point of view. **Terni - Duomo:** according to local tradition the early cathedral, corresponding to the actual crypt, was built on the remains of a VI century pagan temple.

Stroncone - San Benedetto in Fundis: built in 2nd half of the VIII century, was one of the most important abbeys in Umbria. Worth a mention is also the San Simeone convent.

Ferentillo - San Pietro in Valle: built in the VIII century by Faroald II, duke of Spoleto.

Acquasparta - San Giovanni de Butris: built in a very simple style around the XIII century on top of two arches of a Roman bridge.

San Gemini - Abbey of San Nicolò: built during 1st half of the XI century on top of a previously existing coenobium.

Narni - San Cassiano: religious complex dating back to the XII century.

Visciano - Santa Pudenziana: wonderful IX century Benedictine church. Inside the walls and columns are decorated with ancient fres-

coes by Umbrian painters.

Taizzano - San Martino: the recently restored church, boasts a facade with an elegant double arch.

Schifanoia - San Michele Arcangelo: XI century Benedictine Abbey, a delightful church off the beaten track.

St. Francis of Assisi (1182-1226) stayed in the area of Terni during his journeys between Assisi and Rome; many churches have been built and entitled to him.

Terni - Church of St. Francis: the early church dates back to 1265, when the oratory of San Cassano was turned into a convent after the death of St. Francis.

Calvi - Church of St. Francis: built using local limestone not far from the town walls of Calvi dell'Umbria.

Cesi - L'Eremita: Franciscan convent erected along the slopes of the Torre Maggiore mountain.

Piediluco - Church of St. Francis: XIII century Gothic building.

Stroncone - Convent of St. Francis: located right outside the town walls, amidst olive groves and woods.

San Gemini - Church of St. Francis: its sober facade is typical Umbrian Gothic style. The wooden doors are among the five most ancient ones in Italy.

Art and Museum itineraries



The district of Terni can count on a large number of interesting sites from an artistic and historical point of view. Here are some:

CAOS - Centro per

le Arti Opificio Siri: This is an area of 5600 m² born from the conversion of the former chemical factory SIRI. It features the S. Secci theatre, rooms and halls for temporary exhibitions and some museums:

- the **Museum of Modern and Contemporary Art Aurelio De Felice** with its 4 sections:

- **Contemporary** from realism to abstract art by Giulio Turcato and Gino Severini and the eclectic productions of 1970s and 80s, including sculptures by Agapito Miniucchi;

- **Picture Gallery** with paintings by artists from the late Middle Ages through to the early XIX century among which the precious Franciscan altarpiece by Piermatteo d'Amelia;

- **Orneore Metelli and Aurelio De Felice** the former is a master of naïve painting; the latter is a remarkable sculptor and painter;

- **Graphic collection** 250 works by masters of XX century art from all over Europe (Chagall, Mirò, Braque, Léger, Picasso and more).

- the **Archaeological Museum of Terni** with two sections:

- **Pre-Roman** with funerary items from the tombs of the Nahartes Umbrian population;
- **Roman** rooms dedicated to life in the Roman town of Interamna.

www.caos.museum

Ornithology and Mycology Museum: dedicated to the most representative species of birds and fungi from the Nera river valley. Collestatte (TR)

Paleontology Museum: host the remains of animals dating back two million years. Terni

Diocesan and Chapter Museum: a collection of religious art, mostly paintings and sculptures, of the XV - XVIII century. There is also a section dedicated to contemporary artists. Open on appointment. Terni

Finally, we mention some of the sculptures and monuments displayed in the streets of Terni town centre: the *Lance of light* by A. Pomodoro, the *Cathedral Portal* by B. Ceccobelli, *Mater et magistra* by L. Marras, the *Mosaics of the fountain* in Piazza Tacito by C. Cagli, *11 agosto 1943* by B. Ceccobelli, *Hyperion* by A. Miniucchi.

Local food specialties



Olive oil

In ancient times the Etruscans already cultivated olive trees in Italy. Extra-virgin olive oil produced in Umbria, although representing a small part of the national production, stands out for its high quality and in 1997 gained the European identification of UMBRIA Protected Origin Denomination (D.O.P. Umbria), the only one which refers to an entire region. Umbria's favourable conditions allow such results: the type of soil and mild climate are particularly suitable for the cultivation of different types of olive trees such as **moraiolo**, **leccino**, **rajo**, **frantoio**, known since ancient times. The best way to taste top quality olive oil is on bruschetta: toasted slices of bread rubbed with fresh garlic and dressed simply with olive oil and salt.



Wine

Vine cultivation is a very ancient tradition in Umbria, going back a thousand years. Book One of the Georgica Virgil mentions how skilfully the farmers of these enchanting districts took care of their vineyards. The Tiber and other rivers flow through Umbria facilitating the growth of vineyards. Different types of wine are available in the province of Terni: **White, Red, Rosé, Malvasia and New Wine**.

The association of the Etruscan-Roman Wine Route, mostly in the province of Terni, was created with the purpose of promoting, in Italy and abroad, a new philosophy of sustainable tourism, combining the discovery of a destination with its agricultural environment and produce.



Truffles

Ever since ancient times the truffle has caught the attention of philosophers and scientists. According to the Greeks, truffles were rootless vegetables which grew in winter after thunderstorms. Romans were crazy for this precious ingredient; Latin poets praised its properties and mentioned methods of preparation. In the Renaissance it was one of the most precious ingredients on the table of the wealthy aristocracy. This valuable delicacy is still highly appreciated today. The mountains around Terni are full of different kinds of truffles, from the typical **black truffle** to the rarest **white**; other types of summer truffles, with a more delicate scent, are the "scorzone" and "bianchetto". It is one of the favourite ingredients in local cuisine, frequently used in traditional recipes.



Pork-butchery

The preparation of pork meat is an ancient tradition in southern Umbria. These skills derive from the town of Norcia (not far from Terni) where a very ancient school of pork-butchery developed tools and techniques for meat processing (Norcia butchers are famous throughout Italy). Sausages, salami and cured ham have an intense flavour thanks to the genuine quality of the **pork meat** and to special preparation and ageing processes. Tasting local salami, "capocollo", cured ham, jowl bacon or sausages served with Umbrian bread - naturally leavened, without salt and baked in wood-burning ovens - is an experience not to be missed. Other local food specialties are prepared with **wild boar**, an animal found in the forests and woods of Umbria.



Ciriolo and gnocchetti

Southern Umbria cuisine is strictly linked to the traditions of its territory. Recipes of local types of pasta are passed down through generations.

Ciriolo alla ternana is fresh long pasta simply made with flour and water, usually served in a slightly spicy sauce with tomato, garlic, olive oil and chilli pepper. Sometimes it is enriched with seasonal ingredients such as asparagus, mushrooms or truffle.

Gnocchetti alla collescipolana is a farmers' traditional recipe originated from the need for a nutritious and wholesome meal. These very small dumplings are made from bread crumbs, water and flour, served in a thick rich sauce with minced sausages and beans.



Unsalted bread

This typical bread from the province of Terni is made without salt. This appears to have originated in ancient times when local bakers protested against the increasing taxation on salt levied by the Papal State and started making bread without the "precious" salt which had become too expensive.

The bread is made simply from **water and flour, naturally leavened** and baked in **wood-burning ovens**.

This crispy, unsalted bread is ideal with tasty dishes, in particular with the rich local ham and salami. The properties of local water used in the preparation of this bread enhance its qualities.



Pampepato

The culinary tradition of Terni features a number of desserts, among which Panpepato stands out, a sweet cake usually prepared at Christmas, the recipe of which is five centuries old.

The unique taste of the Panpepato is a perfect blend of sweet, bitter and spicy flavours and is a favourite speciality for locals at Christmastime. It is made from a firm dough skilfully prepared combining **16 ingredients** in exact proportions (among which walnuts, almonds, pine nuts, chocolate, candied fruit, cooked must, cinnamon, nutmeg and more...) as stated in the guideline approved by the recently established "Consorzio for Panpepato Ternano". But the most important ingredient is **pepper**, which gives its name to this cake.



Chestnuts

The widely spread type of chestnuts found in the mountains around Terni belong to the variety known as "Marrone". Their abundance, along with pasture and agriculture, played an important role in the past for the nutritional and economical subsistence of local farmers and their families.

The chestnut harvest usually takes place starting from October, when the fruit is mature. In this period the **burrs** containing the chestnuts **fall to the ground and open up**. Chestnuts are delicious either served roasted (caldarroste) as well as an ingredient in the preparation of flour, soups, cakes or in pasta or meat dishes. During autumn there are many chestnut festivals in the Terni district.

Events

JANUARY - DECEMBER

Terni - Hermans Festival

Pipe organ concerts in the church of San Nicolò and in the Collegiate church of Santa Maria Maggiore in Collescipoli, housing two renowned Pipe organs by Hermans (1679) and Neri (1647).



APRIL

Piediluco-Memorial P. d'Aloja

This international rowing regatta takes place every year on Piediluco lake at the Paolo d'Aloja Rowing Centre, attracting numerous teams from all over the world.



DECEMBER - JANUARY

Christmas Events

Christmas Events throughout the district of Terni: Nativity re-enactments, street markets, street artists, concerts, food stalls, art and handicraft markets and much more.



APRIL - MAY

Terni - Cantamaggio Ternano

This traditional event began over 100 years ago to celebrate the return of spring. On the night of April 30th floats parade through the streets of Terni town centre. There is also a contest for the best song and poem in dialect, a parade of mini-floats and food itinerary. www.cantamaggio.com



FEBRUARY

Terni - San Valentino di Terni

A festival celebrating St. Valentine and love: cultural events, music, art, shows and religious celebrations such as the "Celebration of the Betrothed" in the Basilica of St. Valentine and a very popular Marathon.



Narni - Corsa all'anello

Historical re-enactment in honour of Narni's patron St. Giovenale. The festival lasts two weeks with shows, costumed parades and events in mediaeval style with the possibility of eating in one of the traditional taverns. www.corsallanello.it



MAY

Terni - Maratona delle acque

The “Marathon of the Waters” is organised by the sport group “Amatori Podistica Terni”. It takes place on the 2nd Sunday of May, an exciting course also touching the Marmore Waterfall.



Photo: Roberto Bertolle

JUNE

Acquasparta - Il rinascimento ad Acquasparta

Renaissance re-enactment with costumed characters, drummers, shows, guided visits, food itinerary, eating in the taverns and jousting.

www.ilrinascimentoadacquasparta.it



Photo: Oddi Fabio

MAY - JUNE

Terni - Concorso Pianistico Internazionale Casagrande

This piano competition takes place every two years and was started in 1966 in memory of the local musician Alessandro Casagrande. It is part of the renowned “FMCIM Fédération Mondiale des Concours Internationaux de Musique” of Geneva and is among the most important classical music events in Umbria. www.concorsocasagrande.org



Photo: M. Giangiuli

JUNE- JULY

Piediluco - Festa delle acque

Traditional event celebrating the summer solstice; nine days of events culminating with the night-time parade of decorated and illuminated boats plus a fantastic fireworks display on the lake.



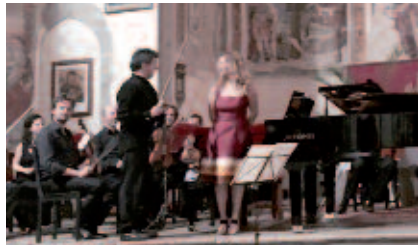
Photo: M. Giangiuli

Events

JULY

Piediluco - Piedilucofestival

A festival started in 1992 in Piediluco with concerts and study-classes for double bass, flute, cello, guitar and chamber music in general. www.mirabileco.info



Narni - Le vie del cinema

Festival of restored Italian classic movies. History, culture, Italian customs in the XX century narrated through these restored masterpieces of the Italian cinema. www.leviedelcinema.it



Otricoli - Giornate Medioevali

Artists, artisans, falconers and costumed characters enliven the narrow streets and tiny squares of the welcoming and enchanting village of Poggio d'Otricoli, with shows, dances, events and games. www.giornatemedioevali.it



AUGUST

Stroncone

Agosto stronconese

Costume re-enactment of the return of 20 young men with the relics of the Blessed Antonio Vici in 1809. The festival also features music, theatre, folklore, wine and food. www.enteagostostronconese.altervista.org



Ferentillo

Le Rocche Raccontano

Main events of Ferentillo's history represented in 14 historical live scenes from different ages with costumed characters creating a magical "journey through the centuries". Other events include concerts, dance exhibitions, wine and food tasting, handicrafts and much more.



SEPTEMBER

Calvi dell'Umbria - Tra pomi e fiori, settembre al monastero

Trade-fair dedicated to floriculture and botanic painting exhibitions, handicrafts and local food specialities.



Terni - Terni ON Festival

A weekend of music, culture, shows, food, creativity, talent, ideas and projects enlivening the streets and squares of Terni town centre; cafes, pubs and shops are all kept busy during this event culminating with the lively all-night festival. www.ternionfestival.it



Marmore Falls

ONE (outdoor nature experience)

Canyoning, rafting, free-climbing, mountain biking, trekking, excursions, horse-riding and more... All these activities are available during this special weekend dedicated to sport and outdoor activities.



Photo: GF Media Service

Terni and its district Grand Tour Rando

Randonnée: neither fast nor slow, but far. This is the philosophy of this non-competitive but challenging type of cycling covering long distances usually on "off the beaten track" roads. www.grandtourrando.com



Photo: Giorgio Imperiosi

SEPTEMBER - OCTOBER

San Gemini - Giostra dell'arme

Medieval re-enactment of ancient jousting disputed in honour of the Patron Saint. Performances by the "Flag-throwers of San Gemini" and the "Compagnia dell'Ariete", eating in the taverns, costumed parades, firework display and much more. www.entegiostradellarme.it



Photo: Niccolò d'Alessio

OCTOBER

Terni - Circuito dell'acciaio

This marathon takes place on the 2nd Sunday of October and is promoted by the "Amatori Podistica Terni" sport association on the motorcycling course where the most famous athlete in Terni, Libero Liberati, was protagonist.



Photo: Roberto Bertolle



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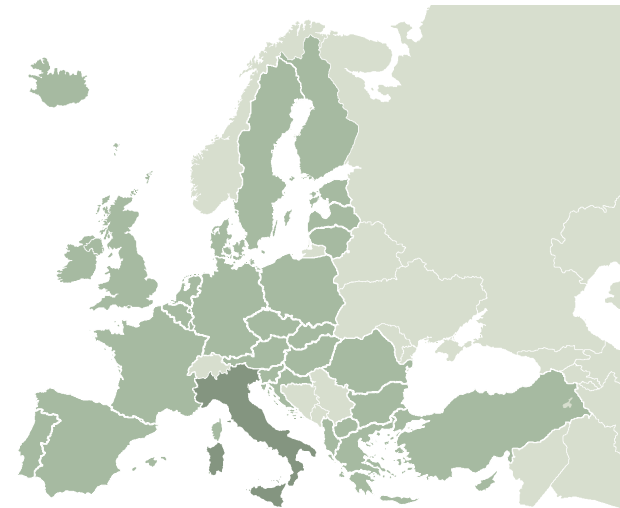
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