

Welcome to your Italian life

A few things you'll want to know from the start

You've chosen one of the most beautiful corners of Italy — a quiet valley tucked between Umbria and Tuscany, where life moves at exactly the right pace. This little guide is meant to help you feel at home, starting from day one.

Where you are

The Valle del Niccone runs along the border between Umbria and Tuscany — lush, quiet, and largely unknown to the tourist circuit. Your nearest town is **Umbertide**, about 10 minutes away: a real, unpolished Italian town where people actually live. Beyond that, you're beautifully positioned for everything the region has to offer.

~ 10 min Umbertide	~ 15 min Montone	~ 20 min Città di Castello	~ 25 min Lake Trasimeno
~ 50 min Perugia	~ 1h Cortona · Assisi	~ 1h 15min Florence	~ 1h 20min Siena



II Where to eat — personal favorites

€ · casual, under €30/person

€€ · mid-range, €30–55/person

€€€ · fine dining, €60+/person

Il Ristoro in Campagna

A PERSONAL OBSESSION

€€ · ~€30–45/person

Pieve d'Agnano, 48 · ~15 min · Tel: +39 334 936 8952

A farmhouse with a 200-year-old fireplace, the smell of burning wood, and cooking that is genuinely, deeply homemade. Owners Miriam and Antonio run it like an extension of their home, and the welcome you receive feels exactly like that. Everything here is made with care — and it shows in every bite.

"Start with the melanzane sott'olio as an antipasto — they are absolutely incredible. Then just order whatever they suggest, because everything here is good. Not just good: extraordinary. The kind of cooking that makes you go quiet for a moment."

Open Tue–Sun lunch & dinner · closed Mondays

Hours 12:30–3pm · 7:30–10pm

Note only by car — entirely worth it

I Girasoli di Sant'Andrea

RESTAURANT & WINERY

€€ · ~€35–50/person

Strada del Niccone · ~5 min · Restaurant: +39 075 941 0798 · Winery: +39 075 941 0837

Part restaurant, part winery — and both sides are exceptional. Chef Simone runs the kitchen with real passion: handmade pastas, local ingredients, bread and olive oil all their own. Next door, the Gritti family cantina produces natural wines, traditional Umbrian reds, and their own olive oil.

"You simply cannot go wrong here. And don't leave without stopping in at the winery — ask for Ursula. She'll guide you through every bottle with real warmth and knowledge, and make you feel like you're discovering something just for you. They ship to the US too."

Restaurant Tue–Sun evenings, Sun lunch · closed Mon

Winery Mon–Sat 8:30am–6pm · booking recommended

Fez – Pizzeria Roma da Fez

PIZZA & GRILL

€ · ~ €18–28/person

Via Mario Angeloni, 2 · Città di Castello · Tel: +39 075 855 3560

The neighbourhood favourite in Città di Castello – packed at lunch, lively at dinner. Warm and informal, the kind of place locals go without needing a reason. Excellent pizza, good meat dishes, great craft beer selection.

"I absolutely recommend the bistecca. Order it, don't second-guess it, enjoy it."

Open Mon, Tue, Thu–Sat lunch & dinner · closed Wed & Sun

Vocabolo Moscatelli

1 MICHELIN KEY

€€€ · ~ €65–90/person

Via del Refari 2 · Calzolaro (Umbertide) · ~ 15 min · Tel: +39 075 930 9901 · info@vocabolomoscatelli.com

A former 12th-century monastery nestled in a gentle valley surrounded by a centuries-old forest, transformed into one of the most beautiful boutique hotels in Italy – and recently awarded a Michelin Key. Chef Lorenzo's restaurant on the ground floor of the main villa is exceptional: a creative, plant-forward menu that draws from Umbria's landscape, with local meat and fish playing supporting but memorable roles. The indoor-outdoor dining space, with its loggia and garden views, is breathtaking. The bar, Matite, serves outstanding cocktails from locally-sourced spirits.

"The location alone is extraordinary – but the whole experience lives up to it. An evening here feels unlike anything else in the area."

Open daily lunch 12–3pm · dinner 7–9:30pm

Tip reserve well ahead, especially for dinner

La Boiola – Antognolla Golf

GOLF ESTATE RESTAURANT

€€ · ~ €35–55/person

Antognolla Estate · ~25 min · Tel: +39 075 8819000

The restaurant at the stunning Antognolla Golf estate, set inside a beautifully restored medieval castle overlooking the course. A wonderful place even if you're not playing golf – the setting alone is worth the drive. The kitchen is reliable and accomplished across the menu.

"You really can't go wrong with anything here. But if they have braised meats or any slow-cooked meat dish on the menu that day – order it. Those are the ones that make this place truly special."

Open lunch daily · dinner Fri & Sat

Tip a wonderful lunch stop after a morning on the course

MONTONE – 15 MINUTES

Taverna del Verziere

MOST LOVED

€€ · ~ €35–50/person

Via dell'Ospedale, 25 · Tel: +39 333 998 8040

The most beloved restaurant in Montone. Local ingredients cooked with real creative instinct – wild boar stew, fried zucchini flowers, a tiramisu people drive 30 minutes specifically to eat. The panoramic terrace over the Umbrian hills makes every meal feel like a special occasion.

Open daily except Mondays · 12–2pm · 7–10pm

Tip ask for a terrace table when booking

La Locanda del Capitano

BIB GOURMAND

€€€ · ~ €55–80/person

Via Roma, 7 · Tel: +39 075 930 6521

A Michelin Bib Gourmand restaurant in a historic building just off the main square. Chef Giancarlo Polito's cooking is serious, seasonal, and deeply Umbrian – roe deer carpaccio, hand-rolled pastas, an extraordinary wine list. Also a small hotel if you ever want to spend the night in the borgo.

Open dinner Tue–Sat, Sun lunch · closed Mon

Tasting menu available – highly recommended

Alle Scuderie – Castello di Reschio

FOR THE ATMOSPHERE

€€–€€€ · €50–100/person

Lisciano Niccone · ~10 min · Tel: +39 075 844362

The former stables of the Reschio estate – a 1,500-hectare property on the Umbria-Tuscany border, one of the most quietly magnificent private hotels in Italy. More relaxed and convivial than the castle's fine dining room, Alle Scuderie is perfect for a long Sunday lunch or a beautiful casual evening, with views over the valley that never get old.

"A place of wonder. Truly enchanting. Drive up in the early evening when the light turns golden over the hills – the road through the estate alone is worth the trip."

Open daily 12–10pm · open to non-hotel guests

Tip always reserve

Materie Prime

CREATIVE KITCHEN

€€ · ~€35–50/person

Via XI Settembre, 1 · Città di Castello · Tel: +39 379 200 0999

A small, intimate dinner restaurant in Città di Castello that takes its ingredients very seriously. Seasonal, beautifully presented, thoughtful. The tagliata with rosemary, the pumpkin risotto, the crescina – all exceptional.

"Everything is delicious. This is where you go when you want to dress up a little and linger over a good bottle."

Open evenings only · 7:30pm–midnight · closed Tuesdays

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III Markets – a ritual worth building your week around

Umbertide – 10 minutes

Wednesday

Mercato settimanale · 7am–1pm · Piazza Matteotti

The mid-week general market – fresh produce, local cheeses, porchetta sandwiches, clothing, household goods. Authentic and unpretentious. Have a coffee at the bar across the square and browse at your own pace.

Saturday

Mercato della Terra · 7am–1pm · Piazza Matteotti

The one to put in your diary. A curated farmers' market inside the historic walls, where local producers bring what's in season directly from their farms – olive oil, honey, wine, seasonal vegetables, cheeses, eggs still warm from the hen. Zero kilometres, all of it. Come early, bring a bag.

Città di Castello – 20 minutes

Thursday & Saturday

Mercato settimanale · morning · Centro storico

Città di Castello's weekly market runs twice a week and spreads through the historic center – fresh produce, local goods, street food. A great excuse to combine shopping with a wander through one of Umbria's most beautiful city centers. Thursday tends to be larger; Saturday is lively and festive.

3rd Sunday

Retrò – Vintage & Antiques · 8:30am–8pm · Centro storico

One of the oldest and best antique markets in central Italy – born in 1984 with over 120 stalls. Every third Sunday of the month, the entire historic center transforms: Piazza Matteotti, Corso Cavour, Piazza Gabriotti and surrounding streets fill with furniture, vintage objects, books, ceramics, prints and collectibles from across Umbria, Tuscany and beyond. Free entry – arrive early, stay for lunch.

For everyday shopping: EMI Supermercato (Via Tiberina, Umbertide) is the best in the area – large, modern, excellent meat and cheese counter, fresh fish on Fridays, open Sundays. Gala (Via Colombo) is a good alternative with great local products at the deli.

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IV Villages worth knowing

Umbertide – 10 minutes

Your nearest town – and one worth exploring properly. Umbertide sits at the confluence of the Tiber and Reggia rivers and has a beautifully intact medieval center: the 14th-century [Rocca](#) (fortress) dominates the skyline, and the [Santa Croce](#) church houses a stunning 16th-century Deposition by Signorelli. The town is refreshingly authentic – not a tourist destination, just a real Umbrian town. The main square and river promenade are lovely for an aperitivo. Good bars, a good bookshop, excellent alimentari. Park near the fortress and walk.

Montone – 15 minutes

One of the most beautiful medieval borghi in all of Italy. Perched on a hilltop with views stretching across the Tiber Valley, small enough to walk end to end in 20 minutes and rich enough to keep you there all afternoon. Don't miss the [Complesso Museale di San Francesco](#) – a Gothic church with Umbrian frescoes and a moving narrated light show. In July the town hosts the [Umbria Film Festival](#), one of the most charming small film events in Italy. Park outside the walls and walk in through the gate.

Città di Castello – 20 minutes

The main city of the Upper Tiber Valley – a proper Italian town with a beautifully preserved medieval and Renaissance center. The [Pinacoteca Comunale](#) in [Palazzo Vitelli alla Cannoniera](#) holds works by Raphael and Signorelli. Don't miss [Tela Umbra](#) – a historic workshop producing handwoven linen on antique looms, a wonderful place to find something uniquely local to bring home. Excellent for shopping, coffee, and an evening passeggiata.

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v Golf

Three excellent courses within an hour, each with its own character.

Antognolla Golf – ~25 minutes · the one to know

An 18-hole championship course in a breathtaking valley with a medieval castle visible from nearly every hole. Widely considered one of the most scenic courses in Italy. Immaculate greens, English-speaking staff, open daily from 7:30am. Restaurant La Boiola on site (see above). Tel: +39 075 8819000

Perugia Golf Club – ~45 minutes

An established 18-hole course near Perugia. Well-maintained, friendly atmosphere, great restaurant at the clubhouse. Closed Mondays. Tel: +39 075 517 2204

Golf Club Lamborghini – ~50 minutes · Lake Trasimeno

A 9-hole resort course near Lago Trasimeno, with a winery and good restaurant on site. Perfect for a relaxed half-day combined with a stop at the lake. Tel: +39 075 837582

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VI Useful to know

SUPERMARKETS — UMBERTIDE

EMI Supermercato

Via Tiberina 3 Bis

Mon–Sat 8am–8pm · Sun 9am–8pm

Fresh fish on Fridays

Gala Supermercato

Via Colombo, 1

Mon–Sat 8am–8pm · Sun 8:30am–1:15pm

Coop

Via Morandi, 11

Mon–Sat 8am–8pm · Sun 9am–1pm

HOSPITAL

Pronto Soccorso — Umbertide

Via Cavour, 40

Open 24 hours, 7 days

+39 075 942 2111

PHARMACIES — UMBERTIDE

Farmacia Burelli

Vle Unità d'Italia, 2

Mon–Sat 8am–8pm

+39 075 941 7553

Farmacia Comunale N.2

Via del Vignola, 1

Mon–Sat 8:30am–8pm

+39 075 941 7878

ITALIAN HOURS — A NOTE

Restaurants serve lunch 12:30–2:30pm and dinner from 7:30pm — kitchens close between meals.

Many shops observe a midday break. Sundays move slowly and beautifully. Plan accordingly, and enjoy it.

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General emergency

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Medical emergency

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Fire brigade

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Police

The valley will take care of the rest. Welcome home.