



Your Personal

Local Area Guide

Casa Luna Guesthouse · Niccone Valley, Umbria

Benvenuti a Casa Luna! We have put this guide together to help you make the most of your time in one of Italy's most beautiful and least-discovered corners. From the best restaurants in the Niccone Valley to day trips across Umbria and Tuscany, everything you need is here. We are always on hand if you need anything — just ask.

EMERGENCY CONTACTS

Casa Luna Host	casalunaguesthouse9@gmail.com · WhatsApp +39 334 138 0327
Emergency Services	112 (EU universal)
Police (Carabinieri)	112 or 0759-270541 (Umbertide)
Nearest Hospital	Ospedale di Città di Castello — 25 min drive
Nearest Pharmacy	Farmacia Umbertide — 15 min · Mon–Sat 8:30–19:30

■ DISTANCES FROM CASA LUNA

Destination	Drive	Notes
Umbertide	15 min	Nearest town · Wed & Sat market
Montone	20 min	One of Italy's Most Beautiful Villages
Antognolla Golf Club	25 min	18-hole Robert Trent Jones Jr. design
Cortona (Tuscany)	30 min	Under the Tuscan Sun
Lake Trasimeno	35 min	Boat trips · Island villages
Perugia Airport (PEG)	35 min	Recommended nearest airport
Perugia	40 min	Umbrian capital · Eurochocolate in October
Assisi	50 min	UNESCO · Giotto frescoes
Gubbio	50 min	Medieval grey-stone city · Corsa dei Ceri
Arezzo	50 min	Piero della Francesca frescoes
Orvieto	75 min	Gothic cathedral · Etruscan tunnels
Siena	90 min	Piazza del Campo · Il Palio
Florence	90 min	Uffizi · Duomo · Ponte Vecchio
Rome	2.5 hrs	Via A1 motorway

■ RESTAURANTS — OUR PERSONAL PICKS

IN THE NICCONE VALLEY

■ I Girasoli di Sant'Andrea — ■ OUR TOP PICK · 10 min

A wonderful family-run winery and restaurant right here in the valley near Umbertide. Outstanding Umbrian cuisine, incredible views, wines produced on the estate. One of our all-time favourites — book well in advance. Rated 9.7/10.

loc. Molino Vitelli, Umbertide · igirasolidisantandrea.it

■ Ristorante La Rocca — 20 min · Montone

Elegant dining in the medieval village of Montone. Traditional Umbrian dishes with a refined touch. Beautiful terrace with valley views. Excellent local wine list.

Via della Rocca, Montone · Closed Tuesday

■ Trattoria del Moro — 15 min · Umbertide

A proper local trattoria — no frills, outstanding food. The wild boar pappardelle and grilled meats are exceptional. Very popular with locals; book ahead.

Via Roma, Umbertide · Closed Monday

FURTHER AFIELD

■ Osteria del Gambero Rosso — 40 min · Perugia

One of Perugia's best trattorias — tucked down a medieval lane. Outstanding pasta, seasonal truffles, excellent Umbrian wine selection.

Via Baldeschi 17, Perugia · Booking recommended

■ Ristorante Il Falconiere — 30 min · Cortona

A legendary Michelin-starred restaurant on a wine estate just below Cortona — utterly romantic, beautiful terrace, one of the finest wine cellars in Tuscany.

Loc. San Martino a Bocena, Cortona · Booking essential

■ Trattoria degli Etruschi — 30 min · Cortona

A more casual alternative in Cortona — excellent local dishes, warm atmosphere, very good value. The ribollita and bistecca are both superb.

Via dell'Etruria, Cortona · Closed Wednesday



LOCAL MARKETS — WEEKLY SCHEDULE

Day	Town	Drive	Notes
Wednesday	Umbertide	15 min	Large weekly market — fresh produce, meats, cheese, clothes. Town square.
Saturday	Umbertide	15 min	Excellent fresh produce market. Best for local salumi, pecorino and vegetables.
Saturday	Città di Castello	25 min	One of the region's best markets — authentic, with excellent street food stalls.
Thursday	Cortona	30 min	Traditional weekly market on Piazza della Repubblica. Great for local produce and gifts.
Tuesday	Perugia	40 min	Large market outside the city walls. Combine with a full day trip to the city.

■ THINGS TO DO

■ Cycling the Niccone Valley

The route along the Nestore river from Morra to Pierantonio is exceptional — flat valley floor riding through sunflower fields and olive groves. Bike hire: Spino Bike (Umbertide local shop) or Renty Bike (e-bikes delivered to Casa Luna — rentybike.com).

Best April–October · All levels

■ Truffle Hunting

The valley's oak forests are prime truffle territory. A morning hunt with a local trifolao and trained dog is one of the great Umbrian experiences. We recommend Wild Foods Italy (wildfoodsitaly.com) — from €150/person including a traditional lunch.

Black truffle: Nov–Mar · Summer truffle: Jun–Aug

■ Antognolla Golf Club

One of Italy's finest courses — an 18-hole Robert Trent Jones Jr. design on a medieval castle estate 25 minutes from Casa Luna. The resort restaurant is also excellent for non-golfers.

25 min · Book ahead at antognolla.com

■ River Swimming

In summer, locals swim in the crystal-clear Nestore river. Ask us to point you to the best hidden spots — wonderful natural pools just a short drive from Casa Luna.

Best June–September · Free

■ Wine & Olive Oil Tasting

I Girasoli di Sant'Andrea (our top restaurant) also runs excellent cellar visits and olive oil tastings — call ahead. Discovering Umbria (discovering-umbria.com) offers outstanding guided tastings with local experts.

Year-round · Book in advance

■ Stargazing

The Niccone Valley has some of the darkest skies in Central Italy. On clear nights the Milky Way is visible from Casa Luna's garden terrace — no equipment needed.

Best in August · Weather dependent

■ SUPERMARKETS, PHARMACIES & PRACTICALITIES

■ **Conad Supermarket** — 15 min · Umbertide

Large supermarket — best for a full grocery shop. Mon–Sat 8:00–20:30, Sun 8:00–14:00.

■ **Eurospin** — 15 min · Umbertide

Good value supermarket for basics. Shorter queues. Mon–Sat 8:30–20:00.

■ **Farmacia Centrale** — 15 min · Umbertide

Main pharmacy. Mon–Fri 8:30–13:00 & 15:30–19:30, Sat morning only.

■ **Tabacchi (Tabaccaio)** — 12 min · Spedalicchio

Newsagent — stamps, phone top-ups, bus tickets, coffee. Usually 7:30–13:00 & 15:00–19:30.

■ **ATM / Bancomat** — 15 min · Umbertide

Several ATMs in town — Unicredit and Banca Etruria both reliable.

■ **Petrol Station** — 12 min · Umbertide

Eni station on the SP201. Self-service 24h with card. Also Agip near the Tiber bridge.

■ UMBRIAN FOOD & WINE — WHAT TO TRY

■ Black Truffles (Tartufo Nero)

Umbria's most famous product. The black truffle from Norcia is considered the world's finest. Try it shaved over fresh pasta, scrambled eggs, or bruschetta. Available at local markets.

Nov–Mar peak · available year-round

■ Sagrantino di Montefalco

Umbria's great wine — powerful, tannic, deeply structured. Made from the ancient Sagrantino grape. Look for: Arnaldo Caprai, Adanti, Colpetrone.

DOCG red wine · year-round

■ Umbrian Olive Oil (DOP)

Among Italy's finest olive oils — intensely green, peppery and grassy when fresh. Buy direct from I Girasoli di Sant'Andrea or at the Umbertide market.

Freshly pressed each November

■ Norcia Salumi

The town of Norcia gave Italy the word "norcino" (butcher). Their prosciutto, guanciale, and wild boar salami are justly famous. Buy at the market.

Year-round

■ Strangozzi / Stringozzi

Umbria's handmade pasta — thick, rough-textured, and perfect with truffle, wild boar ragù, or a simple tomato sauce. Order it wherever you see it.

Year-round

■ INSIDER TIPS FROM CASA LUNA

Book restaurants early

The best restaurants — particularly I Girasoli di Sant'Andrea — fill up fast in summer. Call or email as soon as you know your plans, ideally before you travel.

Drive carefully on the white roads

The gravel strade bianche are beautiful but narrow. Drive slowly, watch for tractors, and always give way on single-track sections.

Visit Montone on a weekday

Visit on a weekday morning to enjoy it almost alone. Sunday afternoon crowds in summer can be heavy.

Watch the sunset from the terrace

The terrace at Casa Luna faces west. On clear summer evenings the light on the valley between 7–8pm is extraordinary. Pour a glass of wine and don't miss it.

Antognolla for non-golfers too

Even if nobody in your group golfs, the Antognolla resort restaurant is worth a visit — beautiful setting on the castle estate, outstanding food and wine.

Bring cash for the market

Some market stalls are cash only. €50–100 in cash is plenty. ATMs in Umbertide are reliable.

Best truffle experience for first-timers

Wild Foods Italy (wildfoodsitaly.com) in Pettino is the most authentic and well-reviewed truffle experience in the region. Their traditional lunch is outstanding.

Watch out for riposo (afternoon closing)

Most local shops and some restaurants close between 13:00 and 15:30–16:00. Plan errands for the morning or after 4pm.

We hope this guide makes your stay at Casa Luna truly unforgettable.

If you need anything at all during your stay — restaurant bookings, day trip advice, local tips or any help whatsoever — please reach out at any time.

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