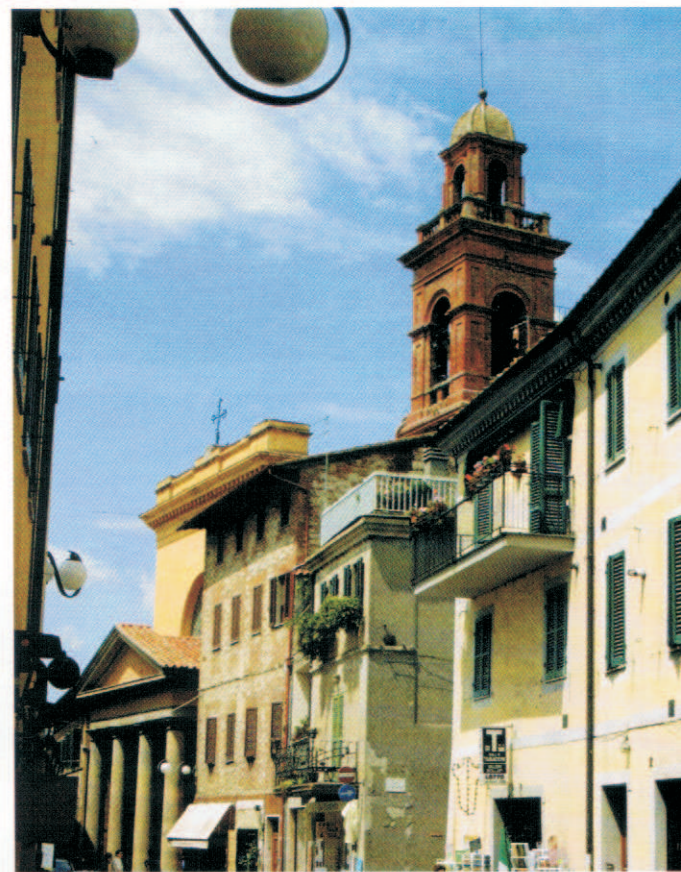




“WELCOMING PEOPLE, GREAT FOOD AND ALL WITHIN A COUPLE OF HOURS OF ROME”



valley grow some of the tastiest fruit and veg in Italy. It's also home to the Chianina breed of cattle, used for the famed Fiorentina steak and in numerous salamis. Pork and game, with pheasant and wild boar being particular favourites, are also on the local menus.

The lake's fish – pike, carp, tench, perch and eels, also form an important part of the local cuisine. Local fishermen from San Feliciano or Sant Arcangelo go out each morning in traditional flat bottomed boats to catch them with conical shaped nets called *tofo*. If you are an early riser, it's possible to go out and help them. Visit the fishing museum at San Feliciano for more info. The fish are used in dishes which are unique to the area, such as *tegamaccio* (a type of fish soup), spiced roast carp, spaghetti with pike's eggs, stuffed perch and other delicious dishes using grilled or fried lake fish.

The lake is also rightly renowned for its extra virgin

Clockwise from top left: Local mushrooms on sale at Castiglione del Lago's market; Castiglione's atmospheric medieval centre; empty streets as locals hide from the afternoon heat; Trasimeno's salami is among the very best in the region

olive oil. Akin to wine tasting, each area and variety of olive produces its own unique oil. Trasimeno is fortunate in having a variety of olive unique to the lake called *dolce agocia*. This is mixed with the more common varieties (Moraiolo, Leccino and Frantoio) to produce the DOP Umbria-Colli del Trasimeno extra virgin olive oil. It is green to golden yellow in colour, has a medium light, fruity fragrance and a fruity taste with a slight sensation of bitterness and spice. It is used in the local dishes, giving them a special flavour found nowhere else.

Umbria is world famous for its truffles, and Trasimeno is no exception. Specially trained dogs find the pungent fungi in the forests around the lake. Don't miss lunch in a »