



L'Aquilone

L'Aquilone: five holiday homes in the grounds of a former medieval castle in a 12th century village. Ideal for anyone looking for complete peace and relaxation amid the outstanding beauty and utter tranquillity of the Umbrian countryside. Guests have the use of the private swimming pool, set in the middle of a formal raised Italian garden.

The cottages offer a unique atmosphere: the sights, sounds, and perfumes of the Umbrian countryside combine to make this a very special holiday destination; close by also are dozens of centres of cultural interest. The adjoining farm allows guests to sample food products typical of the locality: farm-produced beef and pork, Umbrian ham, olive oil, and honey.

Country House L'AQUILONE - Fraz. Poggio Aquilone 05010 San
Venanzo (TR) Umbria - Italy
Phone : 075 8743365 Fax: 075 8743512 Mob: +39.3389902573

Web site: <http://www.fattoriaaquilone.it>
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The Holiday House

The medieval castle, in the former keep of which the cottages are situated, dates back to the 12th century, and is said to have been visited by Emperor Arrigo VII of Luxembourg. The old castle was in the centre of the little village of Poggio Aquilone, which is now surrounded by a working farm of 500 hectares. The holiday houses, while having full modern facilities, have been restored in keeping with their (and the village's) medieval history, and using original materials. They are built of local stone, ceilings are supported by wooden beams, all floors are made from Umbrian tiles, and the old windows open on to views which have to be seen to be believed. Guests have the use of the Italian formal garden, where shade is provided by ancient Lebanese cedars, and in the middle of which is the swimming pool, equipped with sun shades, deckchairs, and loungers.

Languages spoken: English

Pets not allowed.

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Accommodation

'Rina'

The apartment (110 mq): the ground floor has an entrance/ living room, kitchen, single bedroom, bathroom with shower; the top level has 1 double room with en suite bathroom with bath, 1 double bedroom with ensuite bathroom with shower, 1 reading corner with fire place. There is a garden with access from the apartment. Total bed places: 5 + 1.

'Mimma'

The apartment (85 mq): the ground floor has an entrance/living room with fire place, kitchen corner; the top level has 1 double room with ensuite bathroom with bath, 1 bedroom with single beds, 1 bathroom with shower. Side garden with accessible from outside. Total bed places: 4 + 1.

'Gianna'

The apartment (53 mq): the ground floor has an entrance /living room with fire place, kitchen corner; the top level has 1 double room, 1 bathroom with shower. Side garden with accessible from outside. Total bed places: 2 + 1.

'Mario'

The apartment (50 mq): the ground floor has entrance /living room with fire place, kitchen; the top floor has 1 double room, 1 bathroom with bath. Total bed places: 2 + 1.

'Grancio'

The apartment (55 mq): the ground floor has entrance / living room with fire place, 1 double room and 1 bathroom with bath; the top floor has a kitchen, dining area with a view on to the swimming pool. Total bed places: 2 + 1.

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The Farm

The farm attached to the Azienda Alberti is renowned for the meat from its white cattle, a rare breed the origins of which date back to the Romans and the Etruscans. The meat is high in protein and low in cholesterol and calories. It is the basis not only of the classic 'bistecca fiorentina' but also of other dishes such as stews and roast beef, and shanks. The farm is entirely biological, and the products from the farm form the basis of tastings (see below) offered to guests in a taverna below the garden. These tastings include extra virgin olive oil, wines, cheeses, lentils, pearl barley, beans, and flour. There is a shop in the village for guests to buy produce – possibly to take home as a reminder of the tastes and smells of Poggio!

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How to reach

With car:

From the A1 motorway (Milan-Florence-Rome) from north to south: exit at Valdichiana and take the E45 highway towards Terni – Rome, exit at Collepepe – Marciano, go direct to the first round about, turn right and you will arrive at a second roundabout where you will see our signs for the Case Vacanze L'Aquilone. From the A1 motorway (Rome-Florence-Milan) from south to north: exit at Orte and take the E45 highway towards Perugia - Cesena, exit at Collepepe – Marciano, do direct to the first roundabout, turn right and you will arrive to a second roundabout where you will see our signs for the Case Vacanze L'Aquilone.

Airports:

Aeroporto Internazionale dell'Umbria - Perugia - S. Egidio

For more informations:

www.airport.umbria.it

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Events in 'L'Aquilone'

Tastings

Umbria is rich in food products of all types – the most famous perhaps being local olive oil, wines, cheeses and cooked meats. The Casa Vacanze Aquilone in 2005 offers guests the chance to taste these local products on special 'theme evenings'. Booking is necessary for these (preferably at the time of the original booking) as the minimum number of participants is 6.

Antonio Andreani, the local expert on the produce from the farm, directs these evenings which take place either by the swimming pool or by the old communal village oven. An English language interpreter is provided.

Weekend Cookery Courses

The Azienda offers special weekends devoted to Umbrian cooking. Included in the booking fee are: 2 nights in one of the finely furnished apartments
2 baskets of local produce

Cookery Course (Saturday and Sunday morning, conducted by an expert chef)

An introduction to Umbrian produce and all recipes used on the course. Courses are organised for a minimum of six people, and must be booked three days before arrival.

The course fee is 200,000 euros, including accommodation (but not heating).

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Activities and Sports

Guests have use of the private swimming pool (16.5 m. x 5.5 m.) beautifully situated in the raised Italian garden. The views from the pool, overlooking the Umbrian hills, are stunning. Other activities include organised walks in the local countryside, and the study of flora and fauna. The whole area is rich in woodland, and according to the season there is a plentiful supply of mushrooms, asparagus, and fruits of the forest. The countryside around the farm is rich in pre-history, and the area constitutes one of the most important natural regions in the whole of central Italy. Todi, Orvieto, and Perugia are all within a radius of some 30 kilometres. Mountain bikes can also be provided for the use of guests. Visits to the farm, famous for its ancient race of white cattle, are organised for guests, and it is also possible to have organised tastings of local produce, as well as take part in Umbrian cookery weekends (see above).

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