



## Farm Holiday in Umbria

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IL NOCETO is situated in the heart of Umbria, in Assisi, at the foot of Mount Subasio. This has always been the land of peasant roots and fierce feuds, as demonstrated by the strongholds, castles and towers scattered throughout the territory. It is also rich in art and culture and is the birthplace and home to many great artists, scholars and saints. But above all it is the land of good living. Here it is possible to discover a love for nature, its colours, perfumes and its silence, without forgetting its many flavours.

The farmhouse il NOCETO is a corner of Umbria where it is still possible to immerse oneself in the authentic rural atmosphere, amongst horses and farm animals, and to taste the many genuine, gastronomic specialities.

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## Agenda

- **The Farm House**

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- **Accommodation**

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- **Restaurant**

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- **Activities**

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- **Where we are**

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## The Farm House

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Hi, we're Vania and Alessandro and we'd like to show you around the farmhouse where we work.

It's called il NOCETO, it's situated in the heart of Umbria, in Assisi, at the foot of Mount Subasio.

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Farm Holiday Il Noceto  
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## Accommodation

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The farmhouse is open all year round and offers 13 en-suite bedrooms, giving a total of 30 beds, 1 apartment with four beds, and restaurant with seating capacity for 60 people.

The interiors have been redecorated with a careful eye to maintaining intact the original architectural features of buildings in this area. But the welcoming and refined tone of the Il Noceto makes it ideal for a pleasant and relaxing stay. The Agritourism has swimming-pool, playground for children, mountain bikes, table tennis, gardens equipped with chairs, barbecue.

Animals allowed.

Open all year.

The languages spoken are English and French.

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## Restaurant

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In observance of the most antique culinary traditions of Umbria, il NOCETO offers dishes rich in the fruits of the land, accompanied by the wines of the surrounding hills. In observance of country traditions, mixed roasts are served, tagliatelle pasta with goose or mushroom sauce, pasta norcina style, penne pasta with truffle sauce, and a selection of cheeses.

### **Few recipes prepared with walnuts:**

Fettucine pasta with walnuts

ingredients:

butter, cream, parmesan cheese, 200g cooked ham, 20 walnuts, capers, 10-12 white olives.

preparations:

finely chop one handful of capers, the olives, the cooked ham and the 20 walnuts.

Cook the ingredients with the butter. Serve the fettucine with the sauce and add the cream and parmesan cheese.

Farfalloni pasta with walnut sauce

ingredients for 6 people:

500g farfalloni, 300g walnuts, 3 garlic cloves, 3 tablespoons of bread without the crust, extra virgin olive oil, milk, marjoram and salt.

preparation:

blanch the walnuts and remove the skin. Dip the bread in the milk, remove and squeeze well. Grind together the walnuts, garlic, bread, marjoram and a pinch of salt. Stop once you can start seeing oil coming out of the walnuts. Place the mix in a soup bowl, pour in some olive oil while mixing. You have poured enough oil when the mixture becomes a fluid sauce. Cook the farfalloni in boiling water, salt and remove from the water when the pasta is "al dente". Serve immediately with the sauce.

Canapés with gorgonzola and walnuts

Ingredients for 4 people:

200g gorgonzola, 200g butter, 200g chopped walnuts, rye bread.

preparation:

mix the gorgonzola, butter and walnuts. Spread the mixture onto the lightly buttered bread.

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## Activities

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### **Leisure activities**

The farmhouse provides the following facilities: horse-riding, swimming-pool, walks archery bowls, mountain-bikes, ping-pong and volleyball; visits to the animals raised in the farm in company of Biagio, our friend to four legs, excursions for fossils with the geologist Alessandro Mannaioli.

### **Wellness**

Shiatsu Massage - Guidelines for receiving Shiatsu.

The treatment lasts approximately one hour on a massage bed. If you prefer you can stay fully clothed. It's better to have a shower before the treatment. After the treatment drink plenty of water. If at all possible avoid strenuous or stressful activities after your session.

### **Prices**

A Shiatsu treatment is 38 Euros for 1 hour. A 20% discount is available for the guests of Il Noceto. For 2 people is 28 Euros each person; for 3 people is 26 Euros each person. Please contact the reception or dial the number +39 339 8055059 for more information and to make an appointment.

### **Activities available locally**

Riding and trekking.

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## Where we are

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The farm is located in S.Presto, 10 Km from Assisi, on the way Gualdo Tadino. The superb panoramic position offers fabulous views of the enchanting Umbrian valley from Perugia to Gubbio.

### **How to reach us**

#### **By car:**

-North-West: Motorway A1 "del Sole" exit Valdichiana - connecting road Perugia-Bettolle - towards Perugia. When you get to SS3bis/E45 junction - follow the sign Assisi-Foligno-Cesena. Enter Assisi and follow the SS444 of Subasio.

- South-West: Motorway A1 "del Sole" exit Orte. Take the SS675 towards Terni, then the SS3bisPerugia. Go on the Flaminia Route (SS3) towards Perugia-Foligno. Exit strada statale SS75 Foligno Nord-Perugia go on along the SS75- Exit Assisi-Viole. Enter Assisi and follow the SS444 of Subasio.

- North-East: Motorway A14 Exit Cesena Nord Follow the SS3bisE45 towards Perugia-Roma. Reach the SS75 following the sign Assisi-Foligno-Spoleto. Enter Assisi and follow the SS444 of Subasio.

- South-East: Motorway A14 Exit Ancona Nord- Go along the SS76- Exit Gualdo tadino and then follow the SS444 of Subasio.

#### **By railway:**

Lines Terontola-Chiusi-Foligno-Perugia.

#### **By plane:**

It takes half an hour to reach our farm house from Umbria Sant'Egidio Regional Airport.

The Airport is well connecting to Milano Malpensa, so it is possible to reach Umbria from everywhere in the world.

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