



NATURE | FOOD | TRADITIONS | WE ❤️ TUSCIA

Green landscapes, enchanting Medieval villages, elegant Renaissance villas, volcanic lakes, natural pools with hot spring water. It is an oasis of good food and relax, it is a perfect escape from the city and the best place to interact with locals...

Lakes & Sea

In Tuscany lies a series of eyelet lakes filling the craters of extinct volcanoes: **Vico**, a wild lake surrounded by chestnut and hazelnut trees is the most visited by locals. **Bolsena** is the largest lake of volcanic origins in Italy, has two picturesque islands (Bisentina and Martana) in its centre. Many gorgeous and important villages are situated on the shore of this huge lake. **Bracciano** is a popular swimming lake for Romans ringed by Medieval villages and its main town of Bracciano with the glowering 15th-century Castello Orsini–Odescalchi. Off Bracciano's southwest shore, there is a secret and peaceful gem: Lake **Martignano**, where you can enjoy the pure nature, sun and silents. Clear water of all these lake provides enjoyable environment for swimming. Tuscany can also boast a number of beautiful sandy **beaches** and **seaside resorts** on the Tyrrhenian Sea such as Marina di Montalto di Castro, Pescia Romana, Lido di Tarquinia.

Spring Water

The Tuscany has an important thermal area, all springing up around the **Bullicame** source of Viterbo, consisting of various sulfur springs that are considered among the most abundant in Italy. The advantage lies in the chemical and physical properties of water, suitable for all types in spa therapy. In hole area there are all types of thermal pools, from the wild pools in the countryside, well known by locals, to the spas with all facilities and treatments.

Food, Wine & Products

From the mountains to the sea the Tuscany's landscape is characterized by the presents of beech, oaks, chestnuts a hazelnuts, olives, vineyards. Tuscany cuisine is linked to the its predominant products and valorises the characteristics of neighbouring territories: Rome, Tuscany and Umbria.

The most traditional typical dishes are *acquacotta* and delicious soups with legumes. Pasta dishes are prepared with homemade pasta (made with water and flour only), for instance *lombrichelli*, *pasta straccia*, gnocchi or *strozzapreti*, served with hare, mushrooms or wild boar sauces. The Cimino hills is the most important area of hazelnut production, covering over 33,000 hectares. The territory is also rich in local products whose quality is guaranteed by the brand Tuscany Viterbese. Among these products, first place goes to olive oil (Canino and Tuscany dop) but there are other products of excellence such us legumes (beans of Gradoli, lentils of Onano and the chickpeas of Valentano). In Tuscany are also great wines: the most famous **Est!Est!Est!** and also the delicious Aleatico of Gradoli; or "Colli etruschi".

Feasts and Traditions

Through the year, many Food Festivals called **sagra**, are celebrated in every village local products. Sagra is not just about the food, many of them are celebrating the harvest and have been running for decades, even centuries. In Tuscany there are plenty: sagra of chestnut, halzenut, wine, mushrooms, lattarino and many others ...

Viterbo is today famous all over the world for a religious event called transport of **Macchina of Santa Rosa**. From 2013 the procession is included in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity. This spectacular event takes place every year, on September 3rd. The Macchina is an artistic illuminated 30 metre high tower with a the statue of the Patron Saint (Santa Rosa) on the top. One hundred men (known as the Facchini) carry the Macchina through the very narrow streets where lights are turned off for the occasion.



HISTORY | ARTS | NATURE | WE ❤️ TUSCIA

*Do you love arts? Do you want also enjoy the nature faraway from the crowded cities?
It's time to discover Tuscia, where the art masterpieces are surrounded by a pleasant and rich nature.*

Archeological sites The historical name Tuscia derives from the Pre-Roman population of the **Etruscans** (between the 8th and 5th Century BC) who were named by the Romans as Tusci or Etrusci. The Etruscan are the earliest urban civilization in the northern Mediterranean, their settlements and frescoed tombs remain scattered throughout the province of Viterbo's from the countryside to the sea. In 2004, the Necropolis of Tarquinia was declared to be a UNESCO World Heritage Site because it hosts an exceptional monumental cycle of painted tombs (6,000 underground Etruscan tombs) described as "the first chapter in the history of great Italian painting".

Middle Age villages & the City of Popes Around the year 1000, while the city of Rome struggled through chaos and feuding, **Viterbo** became a seat of a bishopric and later a seat of the papacy. It may seem surprising now, but there was a time when Viterbo (also known as **Città dei Papi**) was larger and more successful than Rome. Viterbo and its province still preserve a fine heritage from that period like the medieval quarter of San Pellegrino (one of the best preserved medieval quarter in Italy); the Palazzo dei Papi and many other cathedrals. The historical centre of the small medieval towns surrounding Viterbo are clustered around castles and collegiate churches thrusting up along the tuffaceous cliffs of the territory.

Before and after this period, a total of 52 popes frequented Viterbo and 33 resided there at some time. Recently, the Tv series **The young Pope**, the Italian drama directed by Paolo Sorrentino, starring Jude Law and Diane Keaton, was filmed in Villa Lante in Bagnaia (Viterbo).

Renaissance villas and great Families The affluence and variety of history and art that originated during the Renaissance period also characterise the area of Viterbo, and this can be attributed to the Great Families of the region such as the **Orsini** and the **Farnese**. These families had also important links with other powerful and well known dynasties like the Borgia and the Medici. The huge Castle Orsini is one of the best preserved in northern Lazio and together with Palazzo Orsini and The Sacred Wood in Bomarzo demonstrates the family's once powerful command over the area. However the family who left their greatest legacy was undeniably the Farnese Family, and their monumental Farnese Palace in Caprarola is a testament to this. Over the centuries Farnese Pope Paul III and Cardinal Alessandro Farnese truly encouraged the development of the arts throughout central and northern Italy enriching many of the country's cities, including Rome. A television drama about the **Medici dynasty: Masters of Florence** set in 15th century Florence, starring Dustin Hoffman, was actually filmed in centre of Viterbo, inside the Bracciano Castle and inside the fabulous Villa Farnese in Caprarola and its gardens.