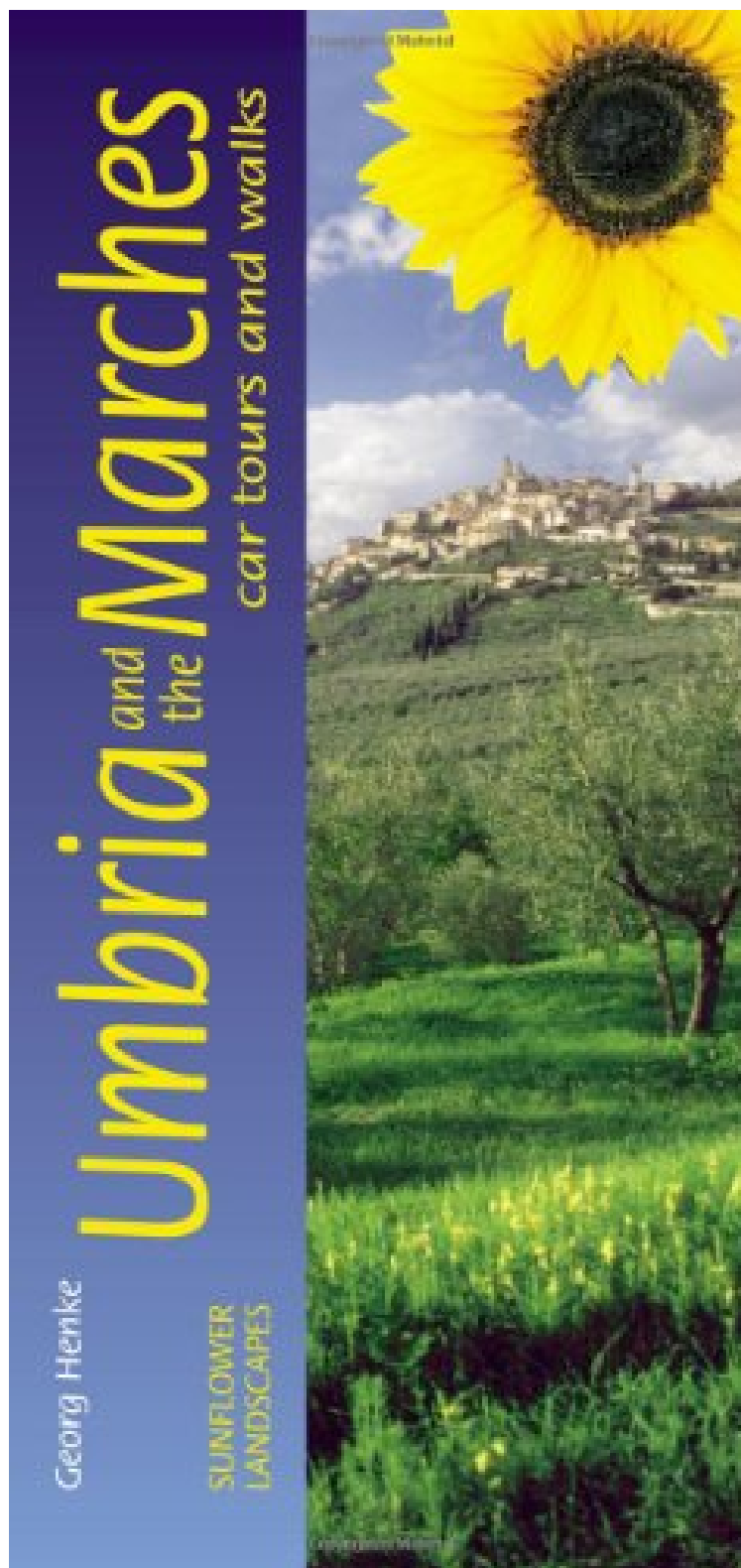


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Sunflower Landscapes of Umbria and the Marches: a countryside guide : Car Tours And Walks (Landscapes S.) (Sunflower Guides Umbria the Marches)

Georg Henke

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Umbria promotes itself as 'Italy's Green Heart', and it's true that the colour green dominates the landscape - from the glistening silver-green olive groves above Lake Trasimeno to the dark green holm oak woods edging the Valle Umbra and Valnerina and up to the oak forests, mountain pastures and high grassy plateaus of the Monti Sibillini. This picture is not only true for Umbria, but also for the lesser-known neighbouring region of the Marches. The main focal points of this guide are the two most beautiful areas of the Apennines in Umbria and the Marches - the idyllic, deeply-etched valley of Valnerina in Umbria and the legendary Monti Sibillini which rise to almost 2500m and lie mainly in the Marches. Naturally, there is a wealth of art and architecture to be seen en route, so this is an indispensable guidebook for those who wish to explore the region on foot or by car.