

## Some things to do and see whilst staying at il sorger del sole



**Cingoli (Comune)**



**Riviera del Conero**



**Cingoli Lake**

Thank you for downloading this PDF. Your English hosts Greg and Sandra have lived at il sorger del sole for many years and during this time have visited lots of different places and some of them are shown below. Prof. Greg really enjoys drawing his maps for guests and he may even let out a few secrets on where the locals eat and drink too. Please contact either of us if you require any further information on things to do and see.

**il sorger del sole, Palazzo di Avenale 40, Avenale, 62011 Cingoli (MC) Italia**  
[www.peritalia.com](http://www.peritalia.com) and [www.passioneperitalia.com](http://www.passioneperitalia.com)

**Le Marche – located on the eastern side of central Italy is around 4 hours drive from Florence, 5 hours from Venice, 3 hours from Rome & 5 hours from Naples**

A region of outstanding beauty, Le Marche with its enchanting rolling landscapes and medieval hill top towns is steeped in history with 100 towns and a thousand squares, 6 national parks, 6 nature reserves, 15 state forests, 180km of Adriatic coastline with its splendid blue flag beaches, 113 theatres, 150 castles & fortresses, 400 museums & art galleries, 90 abbeys, numerous churches and of course is famous for its gastronomic delights. Marche is the land of condottieri - of popes and artists. This beautiful sparsely populated region with its warm and friendly people still remains relatively undiscovered. Here, you will find the pace of life relaxed - with quiet mornings & slow afternoons and a right time to rest!

### **Eating and drinking:**

il sorger del sole has one of the best (if not the best) panoramic picnic views in Le Marche! Guests love to picnic and guest accommodation has a picnic box & refrigerator. The bar/shop in Avenale offers our guests a choice of two delicious cold menus priced at only 8€ or 12€ per person with a choice of chilled bottle of Prosecco costing just over 5€ or 8€ eat in or in the beer garden. The adjacent shop supplies freshly sliced cold meats, cheeses, fresh bread, cold beers etc. great for picnics. There is a supermarket in Troviggiano which supplies salads, freshly sliced cold meats etc, again great for picnics and the restaurant/bar offers a lunch of the day starting from only 7€ per person. Pizzas start at 4€. Buy great DOC wine locally in a demijohn at under 2€ litre!

### **Sightseeing & activities:**

il sorger del sole with its panoramic views overlooking the Marchigiano territory all the way to the Adriatic Sea is centrally located for a holiday, mid-week or weekend break our **potential house buyers** can share our experiences of life here; renovating an ancient house; starting a bed & breakfast; the production of our own extra virgin olive oil and gain an excellent insight into life in Le Marche. There is so much to do and see the arts, the culture, the architecture, the music, the food, the festivals, the opera, theatres, art galleries, dancing and so on.

## **Stay at home activities – please also download our New Activities PDF)**

### **How our extra virgin olive oil (Michelin Star Chef endorsed) is produced:**

We have around 100 aged olive trees and Greg will be pleased to show you around the olive groves and explain what happens in the production of our extra virgin olive oil. If you would like to stay with us during our olive harvesting (usually November to mid-December) then you would have the opportunity to see the whole process and even try your hand at olive picking and take some oil home!

### **The great outdoors:**

Our guests constantly remind us how much they enjoy relaxing at *il sorger del sole*. You can enjoy walking around our olive groves and you can smell and almost taste the wild thyme. In the early months sheep and their lambs graze on our land. In spring there are species of wild flowers everywhere and from early summer many different species of butterflies. There is an abundance of wildlife with deer, badgers, foxes, hedgehogs, squirrels & porcupines to be seen. In the months of June/July there are *luciolli* (fireflies) everywhere 'lighting' your way around our ancient olive trees. To please birdwatchers there are buzzards, eagles and kestrels soaring above with hoopoe, yellowhammers, goldfinch, magpies, nightingales, owls, woodpeckers to name but a few to be seen in our garden and groves. As the weather becomes warmer listen to the nightingales (*Usignoli*) sing through the night! There are many sporting activities including mountain bike trails, the Conero Golf Club at Sirolo (18 & 9 hole courses) and skiing in the mountains during the winter months.

### **Top up your tan:**

For those wishing to top up their tans our secluded gardens and groves offer private areas to sunbathe.

### **Nature lovers, birdwatchers, walkers & ramblers:**

There are countless spectacular walks to suit all levels of ability and fitness from flat plains, gentle slopes to hill walking, nature trails, birds and wild life to observe, rolling landscapes and scattered farmhouses for those interested in painting or sketching, mountain bike trails, horse riding, secluded areas for picnicking and those passionate about photography - timeless landscapes and architecture - all these within a few minutes drive from *il sorger del sole*! Around the Lago di Cingoli (Cingoli Lake) there are cormorants, mallards, falcons, bitterns, snipes, herons, kingfishers and so on.

### **Wine Tasting:**

This local area produces some fantastic DOC wines which many of our guests have discovered! Some producers are quite small and others have very large facilities. We have visited many of the producers. If our guests wish to 'try before they buy' or even just sample some of these excellent red, white or rose wines without being obliged to purchase we supply them with a detailed itinerary with directions. We can even loan you a 5 litre demijohn to have filled! We have a number of 'returnees' who often ask us to accompany them on their wine tour!

### **Food Brand Marche:**

This initiative has been established to enhance and promote the food and wine in the Marche Region. With its headquarters in Jesi, supported by Michelin Starred Chefs the initiative encompasses cookery classes and year round events. February and March – Carnival in Le Marche; April and May – Fried specialities and fine red wines around the Ascoli Piceno area; October and November – Truffles and fine white wines around the Jesi area.

### **Where to cool off in the summer:**

With the clear and warm azure Adriatic sea, and the Riviera del Conero with its safe blue flag beaches, speciality fish restaurants, bars, walks and a host of water sports - paragliding, sailing, diving, jet skis etc., is just 30 minutes drive away! Closer to il sorger del sole is Cingoli lake with bars, restaurants, boat hire, bike hire, beach and swimming (10 minutes), a superb water park with slides, large pools, bars and restaurants (10 minutes) and another water park (20 minutes) plus thermal pools (20 minutes). And two lovely restaurants located next to a romantic waterfall (15 minutes).

### **Cingoli – “Balcony of Le Marche”**

Nearby Cingoli known as the Balcony of Le Marche offers panoramic views as far as Abruzzo and the outline of the Dalmatian Mountains on the Croatian coast can be seen in the spring and autumn. It has also been awarded the status of one of the most beautiful villages in Italy.

### **We have suggested some excursions which are shown below:**

Lots of restaurants serving reasonably priced traditional Le Marche cuisine the closest are less than 5 minutes drive away Local festas - antique, historical, music, theatrical, art, dance, wine, beer, food, flower etc throughout the year.

Markets are held in most towns on different days all year round and there are numerous 'designer' wear & factory outlets close by.

Walk to the next village of **Avenale (1.5km)** - post office, church, bar and shop, the bar offers our guests a choice of two delicious cold menus which are available at lunchtime and also early evening (5 mins) (20 mins walk)

Walk to the next village of **Troviggiano (1.8km)** with church, bars, restaurant/bar this offers a wide range of menus, fixed price lunches and pizzas (also takeaway) in the evenings, supermarket, florist, clothes shops, pharmacy, post office, gift shop, car hire/taxi, garage, petrol station, hairdresser etc (5 mins) (20 mins walk)

Travel from our local village of Troviggiano, walk there or leave your car in the square and catch one of the modern (punctual) air conditioned coaches to Cingoli or Macerata with onward regular services to other towns and cities **Cingoli** famed as '**The Balcony of Le Marche**' - medieval main square, ancient Roman monuments, beautiful preserved cathedral & churches, palazzi, hidden streets to explore, museums, restaurants, bars, supermarkets, gift shops, clothes shops, banks, cottage hospital & pharmacies - great Saturday morning market (10 mins)

Explore ancient woodland and nature trails - see wild flowers, mushrooms and truffles too! (10 mins)

**A water park** for all ages with pools, slides, bars and restaurants (10 mins)

Visit the ancient cave of **Saint Sperandia** (Patron of Cingoli - made a saint in 1325) (15 mins)

**Appignano** a small pretty town with shops, bars and restaurants and great wine station too - Thursday market (15 mins)

**Filottrano** one of the oldest towns in Le Marche with delightful piazzas and hidden shops (15 mins)

**Cingoli Lake** - an emerald coloured lake with self-hire boats near Cingoli, here too you can sunbathe, swim, chill out at one of the lake bars or just enjoy a walk around the lake, visit the **Sidecar Museum** with displays on how Cingoli lake was made and how life was in the last centuries (15 mins) An adventure park is situated on the outskirts of the lake and offers fun for all the family (15 mins)

**Wine tasting** in **Colognola**, **Appignano** and **Montefano** at the wine filling stations' - fantastic DOC wine selections and Tuesday market in Montefano too (15 mins)

**Treia** a romantic medieval walled city set on a hill with piazzas, bars, restaurants and Tuesday market (15 mins)

**Macerata** - beautiful 15th century walled medieval town with the second largest Italian open air opera arena, quiet ancient streets, noble palazzi, theatre, designer wear & speciality shops, fantastic Wednesday market covers virtually most of the old city and Saturday market too (15 mins)

**Apiro** - lovely village in the mountains with a traditional Sunday market throughout the year, International folklore festival and water park (20 mins)

**Osimo** - catch the funicular and explore this small beautifully preserved medieval town and visit the caves (20 mins)

**San Severino Marche** - a beautiful town in two halves with lovely elliptical Main Square - hosts international bi-annual blues festivals (20 mins)

**Jesi** - piazzas, theatre, Renaissance and Baroque Palaces, gallery of 16th century paintings by Lorenzo Lotto - Wed & Sat markets (20 mins)

**San Paolo di Jesi** and **Staffolo** wine tasting in the heart of the famed Verdicchio wine producing area (20 mins)

**Recanati** the birthplace of Beniamino Gigli who is held alongside Caruso as one of the world greatest tenors and famous poet Giacomo Leopardi don't miss the Macerata open air opera season (20 mins)

**Loreto** second only to Lourdes in the number of pilgrims it attracts. Its Holy house preserves the home of Mary of Nazareth a truly spiritual shrine (25 mins)

Explore the fantastic **Renaissance Villa Buonaccorsi** and its garden claimed, 'to be one of the most fascinating in Italy' (25 mins)

See the Roman ruins at **Urbisaglia** (25 mins)

Explore the sun drenched beaches on the **Riviera del Conero** on the Adriatic coast with delicious sea food restaurants (30 mins)

**Numana** is a delightful ancient Greek fishing port, with lovely harbour and blue flag sandy beaches, visit the nearby **Le Due Sorelle** secluded beaches which are only accessible by boat or hire a boat for fishing, sightseeing or for a special occasion (30 mins)

**Sirolo** with its small fishing harbour, beaches, beautiful lovely square, old theatre, quaint streets, bars & restaurants (30 mins)

**Portonovo** find the hidden cove with its ancient church and enjoy a cold beer or wine at the famous 'shack on the beach sushi bar' (30 mins)

Join a Riviera del Conero 2 hour open top bus tour - Ancona through to Loreto join/leave the bus where you feel en route see the 11th century abbey on top of **Monte Conero** and enjoy a drink on the terrace overlooking the Adriatic coastline (30 mins)

Walk on one of the many trails around the Conero national park (a protected nature reserve) and sample the DOC Conero Rosso wine too (30 mins)

**Porto Recanati** is a fascinating stylish art deco resort with quiet streets and its long beach - find the cafe with its white leather sofas, cascading water feature behind the bar and be served caviar canapés (30 mins)

**Abbadia di Fiastra** - enjoy a walk around the park, see the old medieval landscape and try the monastery's liqueur (30 mins)

**Tolentino** - visit the fantastic Basilica di San Nicholas with its 14th century paintings and serene cloisters of its Augustinian community (30 mins)

Visit the medieval village of **Serrapetrona** and enjoy a bottle of sparkling Vernaccia (claimed to be a favourite of Prince Charles) (35 mins)

**Frasassi caves** – one of the largest underground complexes in Europe the first cave is over 200 metres high these caves are enormous & Spectacular with guided tours daily (35 mins)

Discover the 13th century origins of papermaking and watermarking for which **Fabriano** is world famous (40 mins)

Visit the coastal resort of **Senigallia** which claims 'to have the best restaurants in the whole of Italy' (40 mins)

**Ancona** - park on the outskirts and enjoy a walking tour of this ancient bustling port see the Roman Arch of Trajan one of the finest preserved Roman monuments. Great inexpensive restaurants (40 mins)

**Urbino** - the ideal city created by Federico da Montefeltro, visit the birthplace & museum of Raffaello (Raphael) the famous artist & see the magnificent Dukes Renaissance Palace (50 mins)

Visit the **Sibillini** national park (60 mins)

**Corinaldo** - one of Italy's most beautiful villages enter through a delightful long stairway to its hidden central garden (60 mins)

**Arcevia** - perched on a mountain and dominated by its castle - it has a lovely main street and elegant palaces (60 mins)

Romantic **Gradara** - a beautifully preserved medieval village dominated by its castle (80 mins) after visiting Gradara check out the chic resort of **Gabicce Mare** (10 mins from Gradara)

**Gubbio** - this lovely preserved medieval hill top town also boasts the largest illuminated Christmas tree in the world (80 mins)

Music lovers - visit the birthplace of Rossini in **Pesaro** and see the Rossini Opera Festival which is held annually under the auspices of the Italian President, visit

**Assisi** - famed for St Francis a delightful city to spend a day sightseeing (90 mins)

Claimed to have one of the best piazzas in Italy, **Perugia** has many ancient buildings, a beautiful main square and hidden streets (100 mins)

**Ascoli Piceno** – lovely preserved city with beautiful squares, the peoples square is the one not to miss. The leisurely route takes about 140 minutes and passes close to the Sibillini Mountains and the faster route via the A14 autostrada takes round 90 minutes. See the mountain villages of **Sarnano** & **Amandola** en route to **Ascoli Piceno** and see the magnificent Piazza del Popolo (140 mins)

**Lake Trasimeno** is surrounded by enchanting villages & towns with regular ferry service connections (120 mins)

The eternal city of **Rome** is around 3 hours drive by car or if you prefer drive to Fabriano (40mins) leave your car and catch the high speed train directly to Roma Termini station which takes just under 2 hours. See the highlights of this fantastic city before returning to the tranquillity at il sorger del sole. Alternatively, catch a luxury Pullman coach from Macerata to Rome and spend an enjoyable day in the City before returning home to il sorger del sole.

If you wish to explore this beautiful region we strongly recommend that you purchase one of the following maps before your arrival with us. Whilst, most GPS systems operate well, detailed maps will provide an excellent insight when preparing your excursions. 4G is widely available where guests can also use "Google Maps and Google Earth" on their smart phones.

Michelin Map 359 Umbria, Marche ISBN 978-2-06-712668-8

Or

DeAgostini Map Marche Umbria ISBN 88-511-0736-X

We hope this information will help you to plan your stay with us and look forward to meeting you soon.

*Greg & Sandra*