

A user's manual

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HOUSE NOTES

BOOKS & MUSIC

You are welcome to borrow books and CDs from our large library – just ask when you want to browse. There is a CD player in La Casetta; if you bring your mobile device, we can lend you a cable (for standard headphone sockets) to connect to the speakers.

BREAKAGES & THINGS THAT DON'T WORK

If anything breaks during your stay, please let us know as soon as possible so that we can replace it speedily for you. Please also tell us if light bulbs go, drains block or anything else doesn't work so we can put it right.

CLEANING

If you are staying for more than a week, we will change your bed linen and towels at a time which suits you.

COFFEE MOKA MACHINE

The *moka* espresso coffee pot is easy to use. It unscrews into three parts. Fill the lowest part with water up to the safety valve. Drop the coffee container in and fill it with coffee without pressing it down. Then screw the top back on and put on a low flame. As the water boils it is forced up through the coffee into the upper pot. When you hear a marked gurgling sound, the coffee is ready and should *immediately* be taken off the flame. Two things not to do with the machine: never wash it with washing-up liquid; like a teapot it should just be rinsed in water, and don't bang the coffee holder to get used grounds out - if it distorts, it won't work anymore.

ELECTRIC IRON

We can let you have one (+ board) should you really feel the need to use it.

ELECTRICITY

Power, as in UK, is 220V/50~AC. As with many country homes, our supply is limited. This means that if, say, the grill, the water pump and an electric iron are on at the same time, the power might cut out.

If the power does fail, you'll need to tell us, or check in two places if we're not around. Firstly, look at the electricity meter in the grey electricity box at the foot of the path up to the main house. If the switch is on "O" then push it in to "I". If you find that the switch is already on "I", then check the fuse boxes next to the meter - occasionally, one of the trip switches cuts out, especially during a thunder storm. If any of the switches are in the middle position (i.e. neither up nor down) then all you have to do is push the switch down, then up to the top again. If the switches are all pointing upwards then the problem is probably external and it is just a matter of waiting for the power to come back on. You should find a supply of candles in the cottage for these rare eventualities.

GARDEN

We will need to water the garden and pots on the terrace from time to time during the summer months and hope that it will not inconvenience you. You will find sun loungers and cushions for the swing chair in the store-room by the terrace.

HEATING AND COOLING

In winter the central heating system is controlled by two thermostats: downstairs in the sitting room and upstairs in the twin-bedded room. Should you feel chilly in spring or autumn months, you are welcome to light a fire. We will happily supply you with logs, kindling and scout-style training in how to light it. Both bedrooms have good-quality, quiet-running ceiling fans for the few really hot weeks of the year.

INSECTS

As we live in the countryside insects are all part of life's bounty; however, San Cristoforo is relatively free of mosquitoes and the bedroom and bathroom windows of La Casetta have insect screens. Ask us for a plug-in mosquito repellent if you have trouble.

INTERNET

There is free wireless broadband in La Casetta. Our 2 MB connection is fine most of the time, but we usually disconnect the router if there is any threat of a thunder storm. We also ask guests not to use it for such bandwidth guzzlers as streaming video, gaming or file-sharing.

KITCHEN

We have left some basic ingredients and condiments for your arrival - coffee, tea, sugar, salt, pepper, vinegar and extra-virgin olive oil and ask that guests keep these replenished. If you need small quantities of other ingredients that are not worth you buying in any quantity – nutmeg, cloves, flour, for example – do ask us. There are plenty of different herbs growing around San Cristoforo – depending on season, we usually have rosemary, sage, thyme, marjoram, basil, bay and chives, with fennel and mint growing wild. Please ask if you need any particular piece of kitchen equipment.

LAVATORIES

Please do not flush anything down the bowl other than human waste and *parsimonious* amounts of loo paper. Sewage is treated by septic tanks which easily become fouled up. Chemical lavatory cleaners, acids and antibiotics should be avoided at all costs as they inhibit the workings of the tanks. Excessive use of toilet paper may block up the system and cause problems for the next guests, if not for you. Please be economical and use the bidet as much as possible.

MAPS

The most useful road map of the area is the *Touring Club Italiano* "Umbria Marche" sheet at 1:200,000 or the equivalent sheet from Michelin. We can lend you more detailed maps for walking in the nearby mountains.

PARKING

The region's antique towns were never built for cars and you will find that some historic centres are now closed to unauthorized traffic - do not pass beyond signs with a red circle on a white background. Sometimes this restriction is limited to certain days or hours which will be marked on the sign (for example, weekends or market days). Otherwise, park in designated parking spaces: spaces drawn with **blue lines** mean you need to **pay** at the nearby ticket machine and display the ticket in your windscreen; yellow-lined spaces are usually for disabled drivers or permit holders, and spaces drawn in white lines are free parking.

Where signs indicate a time limit you will have to set a *disco orario* with your time of arrival; in a hire car there should be one in the glove compartment or already stuck on the windscreen.

PAYMENT

We would be grateful if you could settle up with us in good time before leaving. You can pay the balance due in Euro either in cash, by Visa, MasterCard, Maestro or Amex credit or debit card (you'll need your PIN), or by bank transfer (the best way if you have a Euro zone bank account).

RECYCLING & RUBBISH

There is no door-to-door rubbish collection in this part of the world. Please take your general rubbish, glass, paper, tins and plastic to the various bins at the side of the road on the way into Cagli. The large, plain green bins are for non-recyclable waste (you'll find one at the top of our drive) while the smaller containers marked "*vetro*" are for glass. Paper and plastics bins are the red and yellow ones marked "*carta*" and "*plastica*". Ask us if you have any problems finding bins. You can put organic waste in the plastic bucket on your terrace which we put in our compost bin.

TELEPHONE

If you need to contact us when we are not at home our mobile numbers are **(+39) 339 2411737** (Peter) or **(+39) 333 8159921** (Richard).

You are welcome to give our telephone number **(+39 0721 790215 from abroad / 0721 790215 within Italy)** to family, friends and work colleagues in case they need to contact you in an emergency.

Mobile phone users will find a good signal at San Cristoforo for TIM (Telecom Italia Mobile), Italy's largest network. Bear in mind that the thick walls in the cottage can weaken the signal in some rooms.

WATER

Our water comes from our own spring near the house. Regular analysis shows that it is bacteriologically and chemically sound. Nevertheless, we have installed a purification plant, with reverse osmosis, activated charcoal filters and UV treatment, in the kitchen to provide you with high-quality drinking water. Please use this sparingly

as it comes from a somewhat costly system that can only produce around 10 litres per day; please don't use it for washing up, cooking pasta, etc..

WASHING MACHINE

You are free to use the washing machine in the main house. Please ask us, and we will show you how to use it and give you liquid detergent.

WHEN YOU LEAVE

It is probable that there will be new guests arriving on the day of your departure. In order to prepare for them, we would be grateful if you would depart before 10.00 am.

If you have a late departure, please feel free to leave your cases here to collect later; you are welcome to use our own bathroom if you need to before leaving.

Don't be shy in telling us how you think we might improve what we offer. Our website is at www.sancristoforo.info. We're always pleased, too, when guests leave feedback on websites such as www.sawdays.co.uk or www.tripadvisor.com .

SHOPPING & MORE

BANKS

There are some four banks with 24/7 ATMs in Cagli. If you have a credit or debit card you will find these the easiest way to get money. Banks are open from 8.30 until 13.30 and from 15.00 to 16.00 Monday to Friday only – they are closed on Saturday.

BREAD

Traditional local bread - *pane comune* - is unsalted and many guests, used to salted bread, find it tasteless. *Conad* (see below) sells *ciabatta* and *pane pugliese* both salted; if you want wholemeal bread ask for *pane integrale*. Remember that shops sell out of bread quickly and by the afternoon there is often little choice. In emergencies you can buy packaged, sliced white bread called *pan carré* which makes passable toast but is otherwise inedible.

CREDIT & DEBIT CARDS

Most larger shops and restaurants in Cagli take them. Down by the coast and in larger towns they are even more widely accepted. Petrol stations all take them.

ITALIAN LANGUAGE

The advantage of coming to this part of Italy is that you will bump into fewer foreign tourists. The disadvantage is that locals are less likely to speak good English. A few words of Italian help enormously.

In any event, you will find the people of this area very patient and friendly, and shop keepers anxious to understand what you are looking for. As in every country in the world, words like "Good morning" (*buongiorno*), "please" (*per favore/per piacere*) and "thank you" (*grazie*) will help you a long way. In SHOPPING below, you'll find a list of useful words for buying food.

MARKET DAYS

Here are the nearest weekly morning markets:

Cagli – Wednesday; Pergola – Saturday; Acqualagna & Cantiano – Thursday;
Gubbio – Tuesday; Urbino & Fano - Saturday

Note that parking is not easy on market days and may mean a longish walk.

PRESENTS

If you are looking for presents to buy, here are a few suggestions:

Pottery – Brightly-painted majolica ware is found in large quantities in Gubbio, and to a lesser extent in Urbino. When decorated well it can be charming. There is a very good majolica artist in Cagli, Linda Zepponi, who has her *laboratorio* at 63 Via Atanagi and a range of hand-painted pieces to suit all pockets.

Prodotti Tipici - Excellent olive oil, cheeses, salami, real balsamic vinegar, the best regional wines, and Marche chocolates are all good choices to take home.

Honey - Local honey is one of the area's specialities and includes the produce from our own hives. In local food shops look for honey from "Catria e Nerone" produced by "**Fausto Feligioni**" who looks after the hives.

SHOPPING

Conad is a well-stocked supermarket that is open daily, even at lunchtime, and also on Sunday mornings; you will see its distinctive black glass building just outside Cagli on the left heading in the Fano direction.

Opening hours for all other shops are generally from 8.30 am to 1pm and from 4.30 until 7.30pm. All food shops, except the above Conad, close on Thursday afternoon, while non-food shops usually close on Monday mornings.

In most of the town's supermarkets, the food is on the shelves for you to help yourself, except for the delicatessen counter, where you also need to ask for bread. When ordering from the counter, most things are sold in units of *etti* (*un'etto/due etti*) one *etto* = 100 grams, or slightly less than a quarter pound. For small quantities it is common to use a half *etto* (*un mezz'etto*). The following wordlist may be of use (see also our **menu & shopping translator** in this manual):

cheese - *formaggio*

- pecorino (nostrano)- ewe's milk cheese (local)

- *parmigiano (gratugiato)* - parmesan cheese (freshly grated)

milk (full/semi-skimmed) - *latte (intero/parzialmente scremato)*

fresh cream - *panna fresca* (If you want cream to go with a dessert better to use *mascarpone* cream cheese).

bread - *pane* (bought by the half kilo or kilo (*mezzo kilo/un kilo*))

"parma" ham - *prosciutto crudo* cooked ham - *prosciutto cotto*

olives - *olive*

The best shop for fruit & vegetables is the friendly vegetable shop on the right immediately before the roundabout on the way to Cagli, next to a shop called *Smoll* (no relation of *Lidl*), which stocks depending on season:

apples - *mele*

aubergine - *melanzane*

bananas - *banane*

broad beans - *fave*

courgettes - *zucchine*

cucumber - *cetriolo*

fennel - *finocchio*

french beans - *fagiolini*

garlic - *aglio*

lemons - *limoni*

lettuce - *insalata*

melon - *melone*

nectarine - *pesche noce*

onions - *cipolle*

oranges - *arance*

peaches - *pesche*

peas - *piselli*

peppers - *peperoni*

potatoes - *patate*

rocket - *rucola*

tomatoes - *pomodori*

water melon -

cocomero or *anguria*

At the butcher's shop you'll find:

beef - manzo
chicken - pollo
lamb - agnello
liver - fegato
pork - maiale
rabbit - coniglio

steak (beef/pork) - bistecca (di
manzo/di maiale)
sausages (excellent) - salsicce
turkey - tacchino
mince (lean) - carne macinata (prima
scelta)

WINE

The vegetable shop mentioned above has the best stock of cheaper, but good, local wine, either in ordinary bottles or five-litre flagons. Otherwise Conad sells popular Italian wines.

The region's best known wine is white **Verdicchio** available in two types, **Verdicchio dei Castelli di Jesi**, and **Verdicchio di Matelica**; the latter is rarer but often rather better. The most celebrated red is **Rosso Conero** which ranges from fairly cheap and cheerful versions up to some of the region's most expensive bottles at around 30 Euro a go. **Rosso Piceno** is another commonly found Marche red - go for the *superiore* version if you can. The local white is **Bianchetto del Metauro**, a light, highly drinkable wine - good producers include Guerrini, Fiorini, and Umani Ronchi; local reds include **Rosso dei Colli Pesaresi** (again Fiorini and Guerrini make good versions), **Lacrima di Morro d'Alba** - a delicious red with a heady perfume from the little town of Morro d'Alba - and **Vernaccia** from Pergola. Also from Pergola is **Visner** or **Vino di Visciole**, a wonderful sweet *digestivo* made from *visciole*, or wild sour cherries, macerated in red wine.

BEACHES & SWIMMING

The closest beaches are at Fano (35 minutes drive). Try the northern end of the town (towards Pesaro) where the beaches are sandy rather than pebbly. There are also a number of small but friendly beaches on the road between Fano and Pesaro where you can wave at the passing trains.

If you want to try a little further afield, drive southwards to the Conero Riviera, just south of Ancona, the most beautiful coastline along this stretch of the Adriatic. It takes about an hour and a half by car. In July and August, though, it gets very very crowded.

However, we think it is hard to beat Cagli's own rocky riverside swimming holes. You will find them between Cagli and Cantiano on the old via Flaminia and also in the direction of Secchiano.

Gran Canyon, as it is known locally, lies on the road towards Secchiano. Leave Cagli on the road which passes the *Torrione* and drive for about 4 km. Passing a small roadside chapel on the left, park on the right hand verge a further 500m on, just after the end of the crash barrier. Here there is a long, narrow channel for swimming and rocks for paddling. Further downstream, clamber down over the rocks to explore the Gran Canyon itself, a microscopic version of its Arizona counterpart but extremely beautiful.

You'll notice a rather undistinguished bar/pizzeria which lies along the old via Flaminia, about 4 km S of Cagli opposite a large stone quarry. About 400m before you arrive there, there are shallow rock pools and flat bathing areas, as well as a large, deep rock pool and an overhanging promontory for diving.

Note that most of these places require a certain amount of scrambling down slopes and so are not ideal for less-able guests. They are, also, not swimmable after heavy rain, and usually only really inviting in July and August.

MEDICAL

DOCTORS AND DENTISTS

If you have medical or dental problems during your stay we can put you in contact with a local doctor and dentist. European Union guests can claim back the cost of treatment; unless, however, treatment is going to be costly, it is much simpler and not expensive to see the doctor as a paying patient.

Cagli hospital has a 24-hour casualty department - look for the red *Primo Intervento* sign by the first set of traffic lights as you arrive from Fano. A number of our guests have had minor problems solved free there without difficulty.

PHARMACIES

There are two pharmacies in Cagli one in the main square and one just off by the *Duomo* - between them they run a duty pharmacist rota with Sunday and holiday opening.

EMERGENCIES

In emergencies dial **112** for the **police**, 115 for the **fire brigade** or **118** for an **ambulance**. These numbers must clearly only be used in a **real** emergency.

OPENING TIMES

Pergola - Bronzi Dorati:

10.00 - 12.30 and 15.30 - 18.30 (closed Mondays)

July & August: 10.00 - 12.30 and 5.30 - 19.00 (open every day)

Fonte Avellana Monastery:

Guided tours inside the monastery

Monday to Saturday on the hour:

10.00 - 11.00 - 15.00 - 16.00 - 17.00

Sunday and feast days every 30 minutes from

10,30 to 12,00 and 15,00 to 17,30

Urbino - Palazzo Ducale

Mondays: 8.30 - 14.00 (last entry at 12.30)

From Tuesday to Sunday: 8.30 - 19.15

(last entry at 18.00)

Closed: Christmas & New Year's Day

Casa Raffaello (Urbino)

From 1 November to 28 February:

Monday to Saturday: 09.00 - 14.00;

Sunday and holidays: 10.00 - 13.00

From 1 March to 31 October:

Monday to Saturday: 09.00 - 13.00 and

15.00 - 19.00; Sunday and holidays:

10.00 - 13.00

Closed: Christmas & New Year's Day

Oratorio of San Giovanni (Urbino)

Winter: every day from 10.00 to 13.00

Summer: weekdays: 10.00 - 12.30 and

15.00 - 17.30 holidays: 10.00 - 12.30

Closed: Christmas & New Year's Day

TRANSPORT AND DIRECTIONS

You'll need a car while at San Cristoforo, although our own town of Cagli is only 5 kilometres, or 3 miles, away.

BUSES

There is a daily coach service to Rome which might tempt you - but you'd need to stay the night in the *Eternal City* and return the following day. Other bus services to and from Cagli connect local towns and tend only to coincide with school hours.

CAR

Remember you must always have your driving licence, insurance and car registration documents with you when you're driving - spot checks are common. Italian law also requires you to keep your dipped headlights on during **daylight hours** while driving on all main roads, and to wear a fluorescent waistcoat if you get out of your car when broken down on a main road.

Diesel (*gasolio* or *diesel*), methane (*metano*), and LPG (*GPL* in Italian) are all widely available. Although petrol stations are closed for lunch and all day Sunday, you can buy petrol from the 24-hour machines in most petrol stations with bank notes or credit cards.

RAILWAY STATIONS

The nearest station on the Milano-Bari main east coast line is Fano, though some faster trains only stop at nearby Pesaro. For trains on the Ancona-Roma line (see also Buses above), drive to Fossato di Vico, near Fabriano (45 minutes south of Cagli along the via Flaminia). Italian train timetables in English on www.trenitalia.com.

DIRECTIONS BY CAR TO SAN CRISTOFORO

If coming from the north or south, take the A14 *autostrada* (toll motorway) along the Adriatic coast. Exit at **FANO** and follow signs for **ROMA** and **AREZZO** onto the dual-carriageway. Just after the town of **FOSSOMBRONE**, the road divides. Do **not** take the turning for Urbino, but bear right on the slip road, following signs for **ROMA** and **AREZZO**. You soon pass through a 3-km tunnel that by-passes the Furlo Gorge.

Leave the main road at the **CAGLI EST** exit and follow the road for a couple of kilometres, skirting the old town to your right, as far as the town's only traffic lights (actually there is another set just before, by the hospital, but they don't really count).

At the lights turn left over the bridge following signs for **PERGOLA**.

(If coming from Tuscany or Umbria to the east, navigate your way to **GUBBIO**, then follow the signs for **FANO** and the **SS.3**. Having climbed up the hill and back down keep following signs for **FANO**. As you approach Cagli, take the exit marked **SAN**

GERONZIO and **CAGLI**; turn right at the bottom of the slip road and follow the road as it skirts the edge of Cagli until you reach the traffic lights, where you turn **right** over the bridge.)

Having turned at the traffic lights and crossed the bridge, follow the main road through the modern part of town, straight on at the roundabout and back into open countryside. At the next roundabout take the second exit, for **PERGOLA**.

After about 4 km from the traffic lights, the road leaves the flat plain (look out for the bar/restaurant **Le Fontane** on your right at end of this straight stretch of road), and twists down into a river valley, over a small bridge, and rises up again.

Now take the very **first** left turn, right on the brow of the rise. Watch out for traffic on this blind corner - there is a mirror on your left to help check for oncoming traffic. You will see San Cristoforo on its small hillock to the left of you - take the first left turn, immediately after our small abandoned cemetery. **Ben arrivati!**

For a more precise way of finding your way look out for the kilometre markers on the left-hand side of the road as you come from Cagli - these mark each kilometre in descending order with smaller signs marking each 100 metres using Roman numerals. Our turning is after the 50 kilometre sign and immediately after the 50 km 200 metre smaller one. If all this sounds incomprehensible the picture below shows the junction with the sign to look out for as an inset:



If you are using GPS, you may find that “strada Santa Barbara” is not listed: the coordinates for San Cristoforo are: North: 43° 32' 48" East: 12° 42' 23"

EATING OUT

Here are a few of our suggestions - do tell us about your own restaurant discoveries. Smoking is prohibited in restaurants unless they have a separate room for smokers or an outdoor area. Few of these places require booking in advance – those that do are mentioned below.

The nearest place is **Le Fontane** (closed Mon), the restaurant on the left on the road from San Cristoforo towards Cagli - a feasible walk on a warm evening. It has an attractive terrace and a wide menu. It also has a wood-oven producing good pizza in the evenings.

Alternatively, a short drive up to Frontone, the village with the medieval castle that you can see directly in front of San Cristoforo, gives you a choice of a number of restaurants. Down below in the modern part of town - **Hotel Daino** (closed Mon) looks uninviting from outside but is well-known for its traditional local cookery. Good wine list, reasonable prices and attentive service. Best of all is the grilled kid, or *capretto* for *secondi*; maybe avoid the *antipasti*. Otherwise up by the castle **La Taverna della Rocca** (closed Wed), built in the old stables, serves authentic local food, - essentially a choice of *primi* and a good selection of meats grilled on the large fire in front of you (around €20 per head). Nearby is the equally good if marginally less atmospheric **Amabile** (closed Tues).

Cagli itself has a limited choice of places, other than anonymous *pizzerie*. **La Gioconda** (closed Mon, booking advised at weekends), in an attractive cellar just off the street between the *piazza* and the oval *Torrione*, with a creative take on local cooking at fair prices is listed by Michelin. A recent arrival is the **Osteria degli Ostinati**, traditional cooking with flair, very good prices and a lively feel, in via Porta Vittoria a few paces from the *Torrione*. A cheap choice is **Il Poggio** (closed Mon), renowned for its spaghetti *alla carbonara* – you'll find it signed off to your left on your way towards Cagli.

In the centre of Acqualagna, just off the main square, **Osteria del Parco** (closed Tues) serves hearty traditional food at modest prices and has a large garden.

Just before you arrive at the Furlo Gorge from the direction of Cagli, a good lunchtime snack place is the **Abbadia di San Vincenzo** (open daily in summer). This outdoor kiosk sells *piadina* (the local flat bread) filled with *prosciutto*, cheese or *erba cotta* (cooked greens). Further along the gorge is the **Ristorante Antico Furlo** - wonderful food from celebrated local chef Alberto Melagrana, high prices.

If you're in Cantiano try **Ristorante Tenetra** (closed Mon) near the traffic lights - better than average local cooking, some rarely found traditional dishes, and fair prices.

For fish, there are endless possibilities along the coast, particularly at Fano and Pesaro – note that nearly all fish restaurants close on Mondays. For a budget piscine lunch, try the self-service **Pesce Azzurro** at Fano. The set-price menu (last year €13) gives you a no-choice four-course lunch - cooked by a fishermen's co-operative - plus a quarter bottle of wine - a bargain though the noise can be a bit off-putting. You'll find the restaurant on the sea front, between the Sassonia Beach and the fishing port. A few doors up is **Da Quinta**, one of Fano's oldest and most traditional fish *trattorie*.

For the grandest fish meal of all try **Uliassi** (closed Mon, booking necessary) close to the port at Senigallia; reckoned one of Italy's top restaurants, not too fussy, brilliant but relaxed service and right on the beach. Seriously expensive but worth it - what you'd expect from two Michelin stars.

If you're going to Gubbio the best-known restaurant in town is **Taverna del Lupo** (closed Mon) – excellent traditional Umbrian fare but not cheap. A new arrival is **Officina dei Sapori** (closed Tues) on the main via dei Consoli, excellent cooking with a contemporary turn.

There are a host of places in Urbino but nothing that really stands out. We often make for **Taverna degli Artisti** (closed Tues) just up from the botanic gardens and with a frescoed dining room, an everyday place with reasonable prices. Opposite the entrance to the Palazzo Ducale is **Il Cortegiano** which has both light snacks and a proper restaurant, and, in summer, an appealing outdoor courtyard at the back. The restaurant of the moment for something upmarket is the upstairs **Antica Osteria da la Stella**, just by Raphael's birthplace on via Raffaello.

OUR MENU & FOOD SHOPPING TRANSLATOR

Items with an asterisk are Le Marche specialities

aceto - vinegar	*cinghiale - wild boar
affettato - sliced cured pork meats	cipolla - onion
aglio - garlic	*coniglio (in porchetta) - rabbit (stuffed with wild fennel)
*agnello - lamb	contorno - vegetable dishes
anatra - duck	*coratella d'agnello - tasty fry-up of lamb's insides
anguilla - eel	costarelle - spare ribs
antipasto - hors d'ouvres	cotto - cooked
arrabbiata - spicy ("angry") pasta sauce	*cotechino - excellent boiled sausage
arrosto - roast	cozze - mussels
asparagi - asparagus	crostini - toasted canapes
*baccala' - salt cod	crudo - raw
basilico - basil	dolci - sweets
in bianco - "white" ie. without tomato	fagiano - pheasant
bietola - chard	fagioli - beans
bistecca (maiale/manzo) - steak (pork/beef)	fagiolini - french beans
bollito - boiled	faraona - guinea fowl
alla brace - cooked over embers	farcito - stuffed
braciola - chop, usually of pork	fave - broad beans
branzino - sea bass	*fegatelli - pig's liver wrapped in caul fat
*brodetto - Marche fish stew	fegatini - chicken livers
in brodo - in broth	fegato - liver
bruschetta - toasted bread with oil & garlic	fettina - thinly sliced meat
burro - butter	fettuccine - pasta ribbons
*cacciagione - game	fichi - figs
alla cacciatore - with sweet pepper and tomato	filetto - fillet
calamari - squid	finocchio - fennel
*cappelletti (in brodo) - "hats" of stuffed pasta (in broth)	focaccia - flat bread
carciofi - artichokes	formaggio - cheese
carne - meat	*formaggio di fossa - strong, cavern-aged cheese
carote - carrots	fragole - strawberries
castagne - chestnut	frittata - omelette
*castrato - older, stronger tasting lamb	fritto - fried
cavolfiore - cauliflower	frutta - fruit
cavolo (nero) - cabbage (dark)	frutti di mare - shell fish
ceci - chick peas	funghi - mushrooms
cetriolo - cucumber	gamberi - prawns
*ciauscolo - soft cured pork salame	gelato - ice cream
ciliege - cherries	gnocchi - small potato dumplings

alla graticola/griglia - grilled
 insalata (verde/mista) - salad
 (green/mixed)
 in umido - stewed
 involtini - stuffed meat rolls
 lenticchie - lentils
 lepre - hare
 *lonza - cured fillet of pork
 *lumache - snails
 macedonia di frutta - fruit salad
 magro - lean
 maiale - pig/pork
 mandorle - almonds
 manzo - beef
 marmellata - jam
 mela - apple
 melanzane - aubergines
 merluzzo - cod
 miele - honey
 minestra - soup
 minestrone - vegetable soup
 misto - mixed
 nocciole - hazelnuts
 noce - walnut
 nostrano, nostrale - locally produced
 oca - goose
 olio d'oliva - olive oil
 orata - gilt-head bream
 osso buco - shin of veal
 ostriche - oysters
 pane - bread
 panforte - dried fruit spiced cake
 panino - roll
 panna - cream
 panzanella - bread & tomato salad
 pappardelle - wide pasta noodles
 *passatelli - a pasta made of
 breadcrumbs & cheese
 patate - potatoes
 penne - pasta quills
 peperoni - peppers
 peperonata - braised peppers and
 tomato
 pesce - fish
 pescespada - sword fish
 *piccione (ripieno) - pigeon (stuffed)

piselli - peas
 pollo - chicken
 polpette - meatballs
 pomodoro - tomato
 *porcini - boletus mushrooms (cepes)
 prosciutto (crudo) - ham (raw cured
 "Parma")
 ragu' - meat sauce
 ripieno - stuffed/stuffing
 riso - rice
 rombo - turbot or brill
 in rosso - cooked with tomato
 *salame di fichi - figs pressed into
 salame shape.
 salsiccia - sausage
 *seppie (con piselli) - octopus (with
 peas)
 sogliola - sole
 sott'aceto - pickled under vinegar
 sott'olio - preserved under oil
 spezzatino - meat stew
 allo spiedo - grilled on skewers
 spinaci - spinach
 *stoccafisso - salt cod (see baccala')
 struzzo - ostrich
 tacchino - turkey
 tartufo/tartufato - truffle/flavoured with
 truffles
 tonno - tuna
 tortellini - stuffed pasta rings
 triglia - red mullet
 trippa - tripe
 trota - trout
 uovo - eggs
 verdura (cotta) - green vegetables
 (cooked)
 *vincisgrassi - Marche version of
 lasagne
 vitello - calf or veal
 vongole - baby clams

Fifty ways to pass the time at San Cristoforo

1. See some of Europe's most dramatic caves at the Grotte di Frasassi
2. Discover that Rimini isn't all sun n'sand package tourists - the old centre boasts Roman remains, one of Italy's most celebrated Renaissance buildings and the chicest designer stores.
3. Feast on snails at the annual snail festival in June at Pianello near Cagli
4. Swim in the bracing mountain torrents at Cagli in the July & August heat.
5. Join Italian families on the beach at Fano and wave at the trains as they pass.
6. Spot the portrait of the young Raphael in the splendid fresco by his father Giovanni Santi in Cagli's San Domenico church.
7. Walk the mountain meadows above San Cristoforo with a handbook to alpine flora in May or June when the wild flowers dare you to step on them.
8. Haggle your way around Cagli's Wednesday market.
9. Pick up knock-down fashion at *Union Moda* factory outlet shop near Fano.
10. Go downmarket at the *Auchan* hypermarket at Fano.
11. Contemplate Piero della Francesca's *Flagellation* - described by Sir Kenneth Clarke as the world's greatest small painting - in Urbino's *Palazzo Ducale*
12. Thrill to the works of the master of *bel canto* at the Rossini Opera Festival at Pesaro in August having booked tickets well in advance.
13. Eat *piadina* - a local flat bread - filled with prosciutto, cheese or salami in the grounds of the medieval abbey of San Vincenzo in the nearby Furlo Gorge.
14. Follow a pilgrim's trail of the works of Piero della Francesca from the Uffizi in Florence to see his famous twin portraits of Federico da Montefeltro and Battista Sforza, Arezzo for his great fresco cycle of *The Legend of the Cross*, Monterchi for the *Madonna del Parto*, Sansepolcro for his *Resurrection*, and Urbino for the *Flagellation of Christ* and the *Madonna of Senigallia*.
15. Visit a handful of central Marche towns to see some of the best paintings by Lorenzo Lotto see www.le-marche.com/Marche/html/lotto.htm for more.
16. Find fascinating hardware and kitchen equipment at Mellifi hardware store in nearby Urbania.
17. Break out the watercolours and try to render the magnificent views from the terrace.
18. Explore the relics of ancient Rome that lie along the route of the *via Flaminia* through Cagli, one of Rome's oldest great roads.
19. Visit the truffle festival - one of Italy's biggest - at the end of October and beginning of November at Acqualagna near Cagli
20. Pick the growing tips of *Clematis vitalba* - old man's beard - in early May to use to make a memorable omelette.
21. Experience a more contemplative side of Roman Catholicism at the venerable monastery of Fonte Avellana on the flanks of Monte Catria.
22. Drive to the peak of nearby Monte Catria and see if you can see the Croatian coast on the other side of the Adriatic - you'll need to walk the last 20 minutes.
23. Avoid the Republic of San Marino and visit its "twin peak" across the valley, San Leo - not a republic but a very striking fortified town.
24. Stay up late at an outdoor bar table in Cagli's main square - you can make one or two drinks last the whole evening.
25. Try some of Italy's best ice cream at *Ghignoni* near Sansepolcro - see www.ghignoni.it for more.
26. See a striking collection of massive canvasses by the 20thC painter Alberto Burri in former tobacco drying sheds at Città di Castello.

27. Join pilgrims at Loreto to visit the Holy House - one of the most important of Europe's Marian shrines.
28. Light a candle at the tomb of the patron saint of ecologists as well as Italy's *patrono*, Saint Francis of Assisi. Admirers of the pre-Christian era should also visit the remains of the Roman forum underneath the town's central square.
29. Borrow a sugar thermometer and some jars from us and make jam and chutney from the excellent local fruit.
30. Switch off all the lights and gaze into the amazing night starscape (and thousands of years back into the past).
31. Sup artisan beer from nearby Apecchio, *la città della birra*.
32. Take the chair-lift up nearby Monte Acuto and mountain-bike your way back down.
33. Admire some of the world's greatest mosaics at Ravenna, just over two hours drive away.
34. Count the number of dogs in the Salimbeni brothers' High Gothic frescoes at the Oratorio di San Giovanni Battista in Urbino.
35. Buy attractive terracotta pottery at the village of Barchi.
36. See why the town of Jesi is known as the Milan of the Marche.
37. Hear great voices under the stars at the Macerata open air opera festival
38. Sunbathe or fly a kite on the green meadows on the top of Monte Petrano way above Cagli; in late spring daffodils carpet the place.
39. Try and catch a glimpse of the golden eagles either on Monte Catria or in the nearby Furlo Gorge.
40. Take the bus from Cagli to Rome - it takes some three hours 30 mins each way.
41. Go and ponder the KT boundary just outside Gubbio – for the geologists.
42. Browse designer sunglasses at the smart local optician's.
43. Witness the annual Good Friday procession of *Cristo Morto* at Cagli - 200 bare-footed and hooded "penitents" carrying a baroque catafalque with the Dead Christ through the streets; moving or scary (or maybe both) depending on your viewpoint.
44. Go clubbing at Rimini - Italy's nightclub capital.
45. See the *Bronzi Dorati* at Pergola - celebrated gilded bronze Roman equestrian statues.
46. Eat ripe figs in late August/early September straight from one of our four fig trees.
47. Take a picnic up to the meadows of nearby Monte Catria.
48. Have a barbecue in the La Casetta garden without worrying about smoking out the neighbours.
49. Take a gentle stroll on the local *strade bianche* (unmetalled roads), including the walk to Frontone (see map with these notes).
50. Visit the Conero peninsula just south of Ancona for limestone cliffs and pretty coves, with some that can only be reached by boat.

A VERY SHORT HISTORY OF SAN CRISTOFORO

The *Isola*, or “Island”, of San Cristoforo stands above the confluence of two torrents – the Screbbia and the Savino – and thus provided a naturally secure and easily-defended site for some of the earliest inhabitants of the area. Worked flint tools, probably dating back to Late Stone Age times, have been found in the field above the steep slopes of the torrents, although no formal archaeological investigation has so far been carried out in the area.

More concrete evidence of early settlers was unearthed in 1934 when the then parish priest, Don Biagio Paoletti, discovered three tombs furnished with black glazed Etruscan-style ceramics dating from the 3rd Century BCE. The grave goods were photographed (below) but nothing is known of their whereabouts.



Fifty years earlier another tomb was found in a nearby cornfield containing an amphora and two oil lamps, but no further details of this find have come to light.

The earliest written records referring to San Cristoforo are tithe accounts dating from around 1290, and suggest an already lengthy history. It appears to have taken its name from a fortification that earlier stood on the site.

It seems that the priest lived on the site of the original church until Don Orazio Nucci (1565-1588) built a new *canonica*, or presbytery, on the current site of San Cristoforo. The old church, however, remained in use until 1727 when the then parish priest, Don Angelo Amatori, built the present church at the side of the presbytery. In his description of the sacristy of the new chapel, Don Angelo refers to “a washbowl in stone cut and decorated by myself” which is still in place in what is now the bedroom of *La Pieve*.

A report by Monsignor Cosci during a pastoral visit in 1743 described how the floor of the old church had been removed revealing human remains in varying states of decomposition. He ordered their removal and gave permission for the church to be demolished and the stone to be put to other uses; it is likely that some of the stone for *La Casetta* came from the old church.

The last priest to live at San Cristoforo was Don Biagio Paoletti. After his death in 1942, the chapel was served by the priest from the nearby parish of Sant’ Angelo in Maiano.

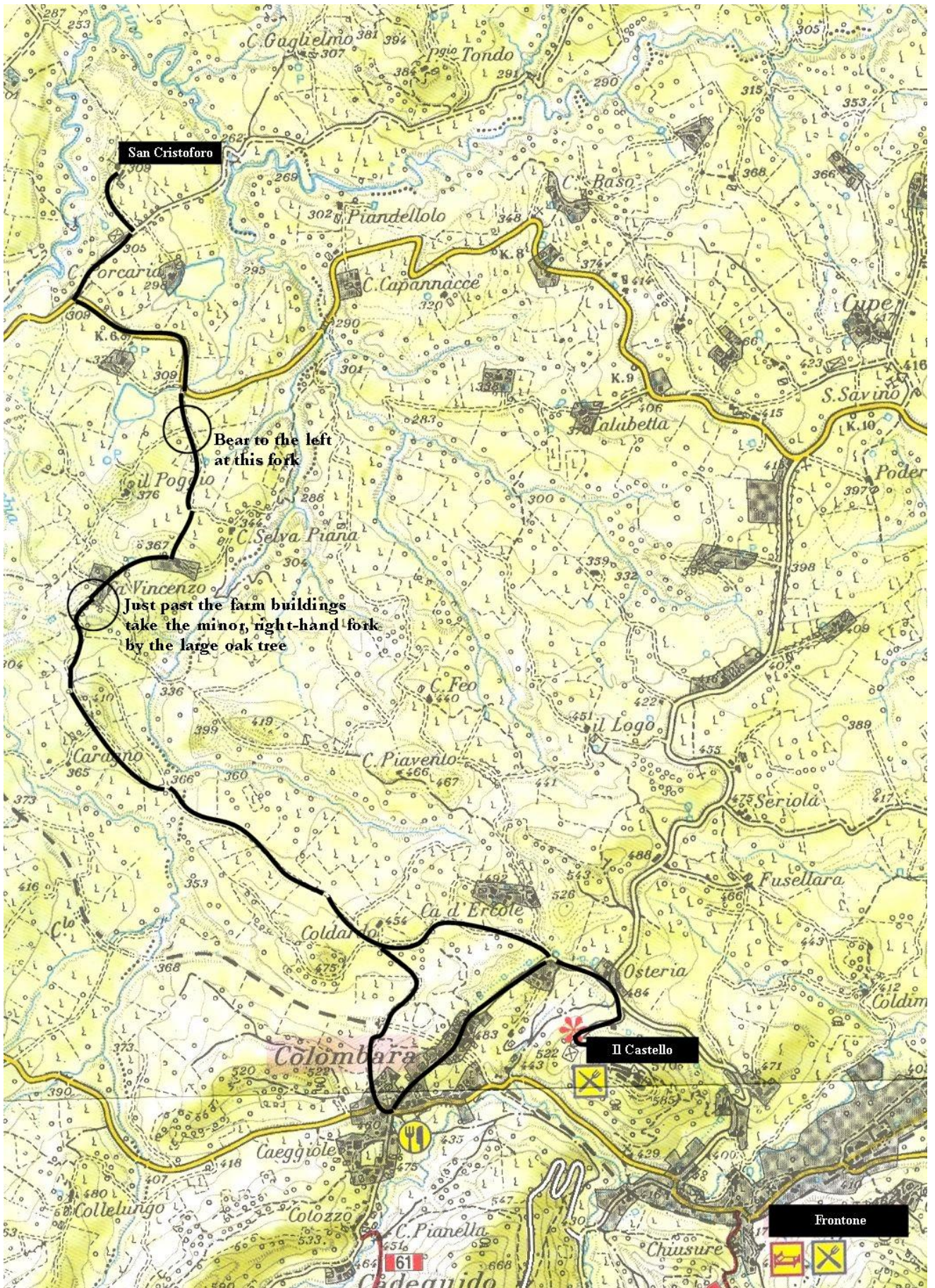
The last mass was celebrated around 1970. The small church school at San Cristoforo was also closed in the 1970s.

Richard Dixon and Peter Greene bought San Cristoforo in 1988 and over the next 16 years carried out the slow restoration of the whole complex.



The chapel in 1988





A local walk to Frontone – around 1hr 30mins. Beware of mud if it has rained recently.