

A user's manual

- **House notes - 2 to 5**
- **Shopping & banks - 6 to 8**
- **Beaches & swimming 9**
- **Medical - 10**
- **Transport - 11**
- **Directions by car - 12**
- **Eating out - 13 to 14**
- **Menu translator - 15 to 16**
- **50 ways to pass the time - 17 to 18**
- **A short history of San Cristoforo – 19 to 20**

HOUSE NOTES

BOOKS & MUSIC

You are welcome to borrow books and CDs from our well-stocked library – just ask when you want to browse. There is a CD and tape player in La Casetta. If you bring your iPod/MP3 player, we can provide you with a cable to link it up to the stereo system.

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. You might like to know that we use a range of organic, fair-trade, low-allergy (seriously!) cleaning products in La Casetta.

COFFEE MACHINE

The espresso coffee pot is easy to use. It unscrews into three parts. Fill the lowest part with water to just below 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.

DOGS

We have two elderly dogs, Taggy, a friendly brown and white mutt with Spaniel looks, and Mister, a rather endearing if nervous stray. They have been taught not to come into the cottage and we ask you not to invite them in or feed them, although they will certainly try it on - unfortunately, they have been rather spoiled by some of your predecessors. However, as soon as they understand that there is no food they will go away.

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 Italian 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. It is unfortunately a fact of life which one gets used to.

If the power does fail, you'll need to tell us or check in two places. 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 *salvavita*, or trip switches, cuts out, especially during thunder storms. 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 pointing upwards then the problem is most 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 potted plants 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. If you want a barbecue just ask.

HEATING

In winter the central heating system is operated by two thermostats: downstairs in the sitting room and upstairs in the blue room. Should you feel chilly in spring or autumn months, you are very welcome to light a fire. We will happily supply you with wood, bundles of kindling and scout-style training in how to light it.

INSECTS

San Cristoforo is mostly free of mosquitoes and the bedroom and bathrooms windows of La Casetta have insect screens. You will find a plug-in mosquito repellent in the landing cupboard if you have trouble.

INTERNET

We now offer free wireless broadband in La Casetta. Our 2 MB ADSL connection is fine most of the time but can occasionally play up in wet weather so we can't always guarantee a perfect connection.

KITCHEN

We have left a few 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 as they run out. If you need small quantities of other ingredients that are not worth you buying in any quantity - nutmeg, 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.

LAVATORIES

Please do not flush anything down the bowl other than human waste and parsimonious amounts of loo paper. Sewage is dealt with by our 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.

MAPS

The most useful road map of the area is the Touring Club Italiano Umbria Marche sheet at 1:200,000. You can get a free copy of this map through the Marche Voyager website at www.le-marche.com. We have several more detailed maps suitable for those who wish to walk in the nearby mountains.

MASS

Sunday Mass in the Cattedrale just off Cagli's main *piazza* is at 10am, 11:30am and 6pm.

PAYMENT

Some of our guests find it easiest to unburden themselves of the rent money on arrival. In any event, we would be grateful if you would settle up with us in good time before leaving. While we can accept payment in the form of a normal personal bank cheque in Sterling, US, Canadian or Australian Dollars or Euro, if you wish to do so please give us the cheque at the beginning of your stay in case we have problems cashing it; also bear in mind that there are about 12 Euro worth of bank charges when we cash foreign cheques.

RECYCLING & RUBBISH

There is no door-to-door rubbish collection in this part of the world. Please take your general rubbish, glass, plastics, and paper to the recycling bins just by the junction at the top of our drive. The plain green bin is for non-recyclable waste. You can put organic waste in the brown plastic bucket on your terrace.

TELEPHONE & EMAIL

You can phone us internally from La Casetta by simply dialling 42 (or 41 or 43 if no reply). 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. Normally the cottage phone will not ring for incoming calls for us but will do so when we transfer a call to you (clearly if we are not at home to answer calls ourselves then we can't transfer them).

The easiest way of telephoning from call boxes in Cagli is with a telephone card (*carta telefonica*) which you can buy at most tobacconists. To use the cards, first tear off the top right hand corner.

Mobile phone users will find a good signal at San Cristoforo for TIM (Telecom Italia Mobile), Italy's largest network.

WATER

Our water comes from a spring a few hundred yards from 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 15 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 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 allow us in by 10.00 am to clean the house.

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

If you enjoy your stay, you may wish to tell others about San Cristoforo. We'd also be delighted if you felt moved to leave reviews of the place on travel sites such as Tripadvisor.com or Slow Travel. And don't be shy in telling us how you think we might improve the service we offer. Our web site is at **www.sancristoforo.info**.

SHOPPING & MORE

BANKS

There are five banks with 24/7 cash dispensing machines (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* - Alimentare sell a particularly good *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.

CREDIT CARDS

Most 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 plastic.

ITALIAN LANGUAGE

The advantage of coming to this part of Italy is that you will bump into relatively few foreign tourists. The disadvantage is that people here are less likely to speak 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 when you're buying food.

MARKET DAYS

The weekly morning markets held in the local towns are worth a visit. Here are the nearest:

Cagli – Wednesday
Pergola – Saturday

Frontone – Monday
Acqualagna & Cantiano – Thursday.

Note that parking is not easy on market days and may require 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 very pleasant but can

otherwise be somewhat kitsch. Alternatively, the pottery at Barchi sells attractive terracotta ware.

Prodotti Tipici - There is a smart "speciality" shop in Cagli called Alimentare; you'll find it at the side of the town hall. They sell excellent olive oil, cheeses, salami, real balsamic vinegar, the best regional wines and Marche chocolates.

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 our hives.

SHOPPING

The **Conad** store is a well-stocked supermarket that is open throughout the day Tuesday to Saturday and Monday with a lunch break; you will see it as you enter Cagli from the **Cagli Est** exit on the right as you hit the edge of the town. 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 tend to be closed on Monday mornings. On Sundays, only the *pasticcerie* (cake shops) are open, although Conad opens on Sundays in August.

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 delicatessen 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* (there is no "single" or "double cream" - all *panna fresca* is halfway between the two and only just whips up thick with a lot of work. If you want cream to go with a dessert a better bet is *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 just before the roundabout on the way to Cagli, 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 counter 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 (see **shopping**) has the best stock of cheap local wine, either in ordinary bottles or five-litre flagons. If you want to try the best Marche wines, or indeed the best Italian wines, **Alimentare** (the smart little shop/bar at the side of the Town Hall) has an outstanding collection of the region's most important labels. Otherwise Conad sells standard Italian "industrial" 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 30-40 Euro a go. Rosso Piceno is another commonly found Marche red - go for the *superiore* version if you can. The local white is Bianchetto di Metauro, a light, highly drinkable wine - good producers include Guerrini, Fiorini, San Liberio and Umani Ronchi; local reds include Rosso dei Colli Pesaresi (again Fiorini and Guerrini make good versions), Lacrima di Morro d'Alba - a delicious perfumed red from the little town of Morro d'Alba - and Vernaccia from Pergola. Also from Pergola is *Visner*, a wonderful liquor made from wild sour cherries soaked in red wine.

If you want any assistance in buying wine or would like us to stock up for you before your arrival do please ask.

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 stony. There are also a number of beaches on the road between Fano and Pesaro.

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 it gets very crowded, though.

However, we think it is hard to beat Cagli's own rocky riverside beaches. 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 Californian 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.

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 but this is not always easy; unless treatment is going to be costly, it is much simpler and not expensive to see the doctor as a paying private patient.

Cagli hospital has an excellent 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 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 113 - alternatively call 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.

TRANSPORT

Guests should be aware that a car is almost essential at San Cristoforo although our own main town of Cagli is only 5 km away.

BUSES

There is a daily service to Rome which might tempt you. It leaves Cagli at 7.00am, arriving in Rome at 10.30. It leaves Rome at 4.00p.m, bringing you back to Cagli at 7.30pm. This leaves you with a brief five hours to see the sights of one of the world's most historic cities. Alternatively, you might feel tempted to stay for a night and come back the following day.

Other bus services to and from Cagli connect local towns and tend to coincide with school hours - for details check out www.comune.cagli.ps.it/info/bus.htm

CAR

Remember that Italian law requires you to carry your driving licence, insurance and car registration documents when you are driving - spot checks are common. Italian law also now requires you to keep your dipped headlights on during **daylight** while driving on all main roads and to wear a fluorescent waistcoat-type jacket if you get out of your car when broken down on a main road.

Diesel (gasolio) and LPG (GPL in Italian) are both freely available in the area. Although petrol stations are closed for a long lunch break and all day Sunday, you can buy petrol - as long as you have some crisp Euro notes - from the 24-hour machines in the forecourt of both AGIP and ESSO stations in Cagli, and at IP on the main road east of Cagli.

RAILWAY STATIONS

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

DIRECTIONS BY CAR

If coming from the north (Bologna) or south (Ancona), take the A14 *autostrada* (toll motorway) on the Adriatic coast. Take the FANO exit, then follow the signs for ROMA and AREZZO that take you on to the *superstrada* (dual-carriageway). Just after the town of FOSSOMBRONE, the superstrada divides. Do not take the turning for Urbino, but bear right, down a slip road, following the signs for ROMA and AREZZO. You will soon pass through a 3-km tunnel that by-passes the Furlo Gorge. Leave the superstrada 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.

(Coming from Tuscany to the east, navigate your way to GUBBIO, then follow the signs for FANO and the SS.3. Having climbed up the hill and dropped down again, turn left at the T-junction and again follow the 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 above mentioned traffic lights, where you turn right over 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.

After about 4 km from the 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 first left turn, on the brow of the valley. Watch out for traffic on this blind corner - there is a mirror on your left to help you. 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 navigation the co-ordinates 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. Note that smoking is now prohibited by law in all restaurants, bars and shops in Italy unless they have a separate room for smokers or an outdoor eating area. Few of these places require booking in advance – those that do are mentioned below.

The nearest place is **Le Fontane**, the restaurant on the left on the road from San Cristoforo towards Cagli - a pleasant 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 four restaurants. Our favourite is the simple **Osteria del Pellegrino**, at the foot of the steep road up to the castle, and renowned for its *gnocchi all'anatra* (with duck sauce) . Otherwise the **La Taverna della Rocca**, built in the old castle stables, serves traditional local food, and a good selection of meats grilled on the large fire in front of you. (Around €20 per head). Down below in the modern part of Frontone is the **Hotel Daino** uninviting from outside but well-known for its imaginative presentation of traditional local cookery - it features in the Gambero Rosso Guide, Italy's equivalent of the Good Food Guide. Reasonable prices and attentive service. Best of all is the grilled kid for "secondi" (*capretto*).

On the road from Frontone to Pergola (ask us for directions) is **Alla Vecchia Quercia**, an *agriturismo* run by a German-Swiss family - the food is good if heavily meaty (all produce, though, from the family farm), prices are very reasonable and they have an attractive covered terrace.

Cagli itself has a reasonable choice of places. **La Gioconda** (booking required at weekends), in an attractive cellar just off the street between the piazza and the oval *Torrione*, has well-cooked imaginative food at fair prices – heavy on the meat, though.

In summer you can have good *primi* and *pizza* under the awning in the main square opposite the town hall (it's part of **Squaquà**, a pub-*ristorante* just round the corner).

Alimentare, the little specialist deli and wine shop (see Shopping section) also has a simple but imaginative lunchtime menu, and excellent plates of mixed *salumi* and/or cheese at both lunchtime and early evening; you can sit at one of the few outdoor tables in summer.

Just before Acqualagna if you're coming from Cagli on the old Via Flaminia rather than the parallel modern main road is **Pizza 2000** - from outside it looks as uninspiring as its name; but they do good *pizze* and pasta and inside it's quite

pleasant. In the centre of Acqualagna, just off the main square, **Osteria del Parco** 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**. This outdoor kiosk sells *piadina* (a local flat bread not unlike a chapatti really) filled with *prosciutto*, cheese or *erba cotta* (cooked greens). Further along the gorge is the **Ristorante Furlo** - wonderful food, but high prices; some guests find it great for a special meal, others find it overpriced.

If you're in Cantiano try **Ristorante Tenetra** 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. For a budget piscine lunch, try the self-service **Pesce Azzurro** at Fano. The set-price menu (last year €12) gives you a no-choice three-course lunch, cooked by a fishermen's co-operative, plus a quarter bottle of wine - a bargain if ever there was one. You'll find the restaurant on the sea front, between the Sassonia Beach and the fishing port. Nearby is **Da Quinta**, one of Fano's oldest and most traditional *trattorie* serving fish.

For the grandest fish meal of all try **Uliassi** close to the port at Senigallia; reckoned one of Italy's top ten restaurants, not too fussy, brilliant but relaxed service and right on the beach. Seriously expensive but worth the money (around €120 per head including wine) - a real meal to remember.

If you're going to Gubbio the best-known restaurant in town is **Taverna del Lupo** – excellent traditional Umbrian fare but at rather higher prices.

There are a host of places in Urbino but nothing that really stands out. We usually make for **Tre Piante** on the edge of town really just for the pretty summer terrace, and **Taverna degli Artisti** just up from the botanic gardens and with a frescoed dining room, both everyday places with reasonable prices.

An oddity worth a visit is **Il Cucco** in Urbania, one of the last true *osteria* in the area - the enthusiastic owners serve an imaginative interpretation of local cooking and guests squeeze on to a few long tables in this tiny place; prices are a bit higher than one might expect but food is excellent. Booking required.

OUR MENU & FOOD SHOPPING TRANSLATOR

Items with an asterisk are Le Marche specialities

aceto - vinegar	ciliege - cherries
affettato - sliced cured pork meats	*cinghiale - wild boar
aglio - garlic	cipolla - onion
*agnello - lamb	*coniglio (in porchetta) - rabbit (stuffed with wild fennel)
anatra - duck	contorno - vegetable dishes
anguilla - eel	*coratella d'agnello - tasty fry-up of lamb's insides
antipasto - hors d'ouvres	costarelle - spare ribs
arrabbiata - spicy ("angry") pasta sauce	cotto - cooked
arrosto - roast	cotechino - excellent boiled sausage
asparaghi - asparagus	cozze - mussels
*baccala' - salt cod	crostini - toasted canapes
basilico - basil	crudo - raw
in bianco - "white" ie. dish without tomato	dolci - sweets
bietola - chard	fagiano - pheasant
bistecca (maiale/manzo) - steak (pork/beef)	fagioli - beans
bollito - boiled	fagiolini - french beans
alla brace - cooked over embers	faraona - guinea fowl
braciola - chop, usually of pork	farcito - stuffed
branzino - sea bass	fave - broad beans
*brodetto - Marche fish stew	*fegatelli - pig's liver wrapped in caul fat
in brodo - in broth	fegatini - chicken livers
bruschetta - toasted bread with oil & garlic	fegato - liver
burro - butter	fettina - thinly sliced meat
*cacciagione - game	fettuccine - pasta ribbons
alla cacciatore - with sweet pepper and tomato	fichi - figs
calamari - squid	filetto - fillet
*cappelletti (in brodo) - "hats" of stuffed pasta (in broth)	finocchio - fennel
carciofi - artichokes	focaccia - flat bread
carne - meat	formaggio - cheese
carote - carrots	*formaggio di fossa - strong, cavern-aged cheese
carpa - carp	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
	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
 luccio - pike
 *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'olio - food preserved under oil
 spezzatino - meat stew
 allo spiedo - grilled on skewers
 spinaci - spinach
 *stoccafisso - salt cod (see baccala')
 tacchino - turkey
 tartufo/tartufato - truffle/flavoured with
 truffles
 tiramisù - sweet with eggs, sponge and
 mascarpone cheese
 tonno - tuna
 tortellini - stuffed pasta rings
 triglia - red mullet
 trippa - tripe
 trota - trout
 uovo - eggs
 verdura (cotta) - green vegetables
 (cooked)
 *vincisgrassi - Marche version of
 lasagna
 vitello - calf or veal
 vongole - baby clams
 zucchini - courgettes

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 when the heat rises.
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. Talk knowledgably about cutting-edge Marche wines at a personally-organized tasting at Alimentare shop in Cagli.
9. Buy smart shoes at low prices at Cagli's Wednesday market - Le Marche region makes a large part of Italy's shoes so it's a good place to pick up bargains.
10. Pick up knock-down fashion at Union Moda factory outlet shop near Fano or La Boutique dell'Aria Aperta on the road from Rimini to San Marino.
11. Go downmarket at the Auchan hyperstore at Fano.
12. Look perplexed at Piero della Francesca's *Flagellation* - described by Sir Kenneth Clarke as the world's greatest small painting - in Urbino's Palazzo Ducale
13. Thrill to the works of the master of *bel canto* at the Rossini Opera Festival at Pesaro in August having booked tickets a long time ahead.
14. Eat *piadina* - a local flat bread not unlike chapatti really - stuffed with prosciutto, cheese or salami in the grounds of the medieval abbey of San Vincenzo in the nearby Furlo Gorge.
15. 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*.
16. 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.
17. Find fascinating hardware and kitchen equipment at Mellifi hardware store in nearby Urbania.
18. Break out the watercolours and try to render the magnificent views from the terrace.
19. Explore the relics of ancient Rome that lie along the route of the via Flaminia through Cagli, one of Rome's oldest great roads.
20. Visit the truffle festival - one of Italy's biggest - at the end of October and beginning of November at Acqualagna near Cagli
21. Pick the growing tips of *Clematis vitalba* - old man's beard - in early May to use to make an unforgettable omelette.
22. Experience the more thoughtful side of Roman Catholicism at the venerable monastery of Fonte Avellana on the flanks of Monte Catria.
23. 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.
24. 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.

25. Stay up late at a bar table in Cagli's main square - you can make one or two drinks last the whole evening and on many summer nights they stay open until the last customers want to leave.
26. Try some of Italy's best ice cream at Ghignoni near Sansepolcro - see www.ghignoni.it for more.
27. See a striking collection of massive canvasses by the 20th C painter Alberto Burri in former tobacco drying sheds at Città di Castello.
28. Join the pilgrims at Loreto to visit the Holy House - one of the most important of Europe's many Marian shrines.
29. 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 right underneath the town's central square.
30. Sigh at the beauty of the Piano Grande on the Le Marche-Umbria border down south - a lunar plateau at its best in May when the lentils for which the area is famous are in flower.
31. Buy a bottle of gin, vodka, dry martini, tomato juice, Tabasco and Worcester sauce and spend a week drinking Bloody Maries and Dry Martinis on La Casetta terrace.
32. See if you agree with the many who claim that the marble-clad Piazza del Popolo at Ascoli Piceno is one of the finest squares in Italy.
33. Admire some of the world's greatest Byzantine mosaics at Ravenna, just over two hours drive away.
34. Count the number of dogs in the Renaissance Salimbeni brothers' 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 Le 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 each way.
41. Go and ponder the KT boundary just outside nearby Gubbio – don't know what it is? Look it up in Google.
42. Browse designer sunglasses at the smart local optician's - they usually cost much less than UK prices.
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 - and find yourself dancing to music you thought you would never dance to.
45. Go see the *Bronzi Dorati* at Pergola - a group of 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 circular walk through our woods - the dogs will show you the way.
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 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 BC. The grave goods were photographed (see below) but nothing is known of their whereabouts.



Fifty years earlier another tomb had been found in a nearby cornfield containing an amphora and two oil lamps, but no further details of this find has 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 probable 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 San Angelo in Maiano.

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

Richard and Peter bought San Cristoforo in 1988 and over the next 16 years began the slow restoration of the whole complex.



The chapel in 1988

