



# Walking and Eating in Tuscany and Umbria: Revised Edition

*James Lasdun, Pia Davis*

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# Walking and Eating in Tuscany and Umbria: Revised Edition

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**Walking and Eating in Tuscany and Umbria: Revised Edition** James Lasdun, Pia Davis

THIS BOOK, NOW THOROUGHLY REVISED AND UPDATED, IS WRITTEN TO SATISFY READERS WHO WANT TO BUILD THEIR HOLIDAY AROUND WALKING, OR THOSE WHO SIMPLY WANT TO INTEGRATE A BIT OF WALKING INTO THEIR HOLIDAY. IT BEGINS WITH A "PRACTICALITIES" SECTION AND EXTEND INTO THE WALKS THEMSELVES. FROM SIX OR SO "BASE TOWNS," THE AUTHORS OFFER ROUTES OF ONE OR TWO HOURS, HALF DAY, AND ONE, THREE, AND FIVE DAYS. THERE ARE ALSO SOME EXTRAORDINARY WALKS WORTH GOING OUT OF THE WAY FOR. THERE ARE RECOMMENDATIONS FOR RESTAURANTS, TRATTORIAS AND PIZZERIAS, AS WELL AS MARKETS AND OTHER TAKE-AWAY OPTIONS. ADDITIONALLY, THE BOOK INCLUDES SUGGESTIONS FOR LODGING, TRANSPORTATION, FLORA AND MANY OTHER POINTS OF INTEREST.

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