



REGIONE LAZIO

Surprising Lazio

Where history meets the sea

**Guide to the archeological
treasures of the coast of Lazio**



Where history meets the sea

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On the cover:
Gaeta, Viola Tower (Simonetta Panzironi),
background image the fortifications of the Roman
coast in a print of 1557

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REGIONE LAZIO

Surprising Lazio

Where history meets the sea

The civilizations and people who inhabited Lazio contributed with their achievements and ingenuity to create the greatness of Roman civilization and, as in a natural process of osmosis, were in turn permeated by it. The power, wealth and politics of Rome lived also outside the City, and bestowed honour and prestige to the people and places Rome was an integral part of.

Of these places and these people not enough has been said.

The Regione Lazio has deemed it particularly useful and enjoyable to recall, through a simple publication, how the grandeur of Mediterranean civilization that arrived from the sea, landing on the coast of our region - Lazio - has always maintained a relationship of enriching exchange with the sea.

“Surprising Lazio! - Where History meets the Sea” aims at divulging history and information regarding Lazio off the beaten track, those places in which history meets the sea and that preserve their traditions and some of the most precious archeological treasures in the world, an authentic heritage of humanity too often overshadowed by the magnificence of the Capital.

The intent of promoting knowledge of the refinement and wealth of the most important places on the coast of Lazio led to the idea of accompanying tourists and visitors to all those places that to this day evoke the very origin of our cultural history, through the visit not only of spectacular archeological sites, but also of the most famous seaside resorts, in a brief journey through the local traditions of the present and the fascination of the past.

Luigi Ciaramelletti

*Councilor for the Promotion of Culture,
Entertainment, Sports and Tourism*



REGIONE LAZIO

Surprising Lazio

Where history meets the sea

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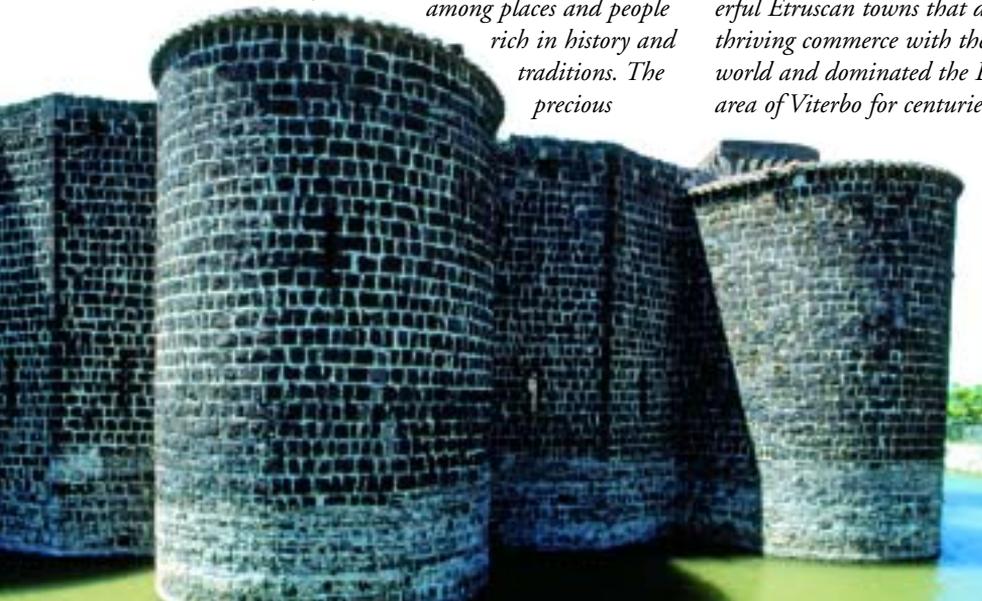
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VULCI • CASTRO

*From the sea to groves of olive trees,
we cross the valley of the Fiora river, among thousands of Etruscan tombs
and a truly uncontaminated nature.*

On the border with Tuscany, in the heart of Tuscan-Lazio Maremma, we find a green and lush landscape, among places and people rich in history and traditions. The precious

remains of the Etruscan and Roman periods are not the only treasures of the area of Vulci and Castro, powerful Etruscan towns that developed thriving commerce with the Greek world and dominated the Etruscan area of Viterbo for centuries.



Vulci:
the Museum
of the Castle

Archeological highlights

Vulci

The ruins of one of the largest and most powerful Etruscan city-states stand on a vast limestone platform on the banks of the river Fiora. The remains from both the Etruscan phase and the period of Roman domination are in good conditions. Vulci was an economically thriving centre thanks to commercial contacts with Greece and the East that influenced its



Vulci: *Domus* of the Cryptoporticus, *viridarium*

culture. It reached its peak between the end of the C7 BC and during the entire C6 BC, when numerous stone, bronze and pottery workshops flourished. The archaeological area maintains the original set of

walls (C4 BC), made up of rectangular blocks of tufa that protected the city for centuries, the podium in tufa blocks of an Etruscan temple (C5 BC), various rooms of a high class *domus* of the late republican period and a small temple (sacellum) dedicated to Hercules. The magnificent Ponte dell'Arcobaleno, a bridge from the C1 BC, dominates the entire area and crosses the Fiora river at a height of 30 metres.

Archeological highlights

FRANÇOIS TOMB

The area of the necropoli, around the city, preserves thousands of tombs of different types: case, chamber, corridor, as well as graves and tumuli. Access to the precious tomb (in the area of Ponte Rotto) from the C4 BC is gained through a 27mt-long cor-



Vulci: Bath complex, *calidarium*

ridor and contains frescoes, mostly preserved in Villa Albani in Rome, representing the saga of the Vibenna brothers and of Servius Tullius, at the time of the struggle against the Tarquins for the control of Rome.

TOMB OF THE INSCRIPTIONS

Dating from the C4 BC, it contains numerous inscriptions on the walls and on the large slabs on the doors leading to the various chambers.

TUMULUS OF THE CUCCUMELLA

Also located in the area of Ponte Rotto, the imposing tumulus of the Cuccumella measures 18mt in height and 65mt in diameter.

Castro

A stronghold of Etruscan origin, it reached its peak in the C7- 6 BC as a city dependant on the city-state of Vulci. The necropoli, located on the hilly around the modern city of Castro, provide the only proof of the existence of the ancient settlement (perhaps known as *Statonia*) of which no trace is left as its original structures were razed to the ground in 1649 by order of Pope Innocent X. The numerous tombs, that for centuries preserved unimaginable treasures, are worth a visit.



Castro: excavations



ROME

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villagiulia@archeologia.beniculturali.it



Churches and monuments

Vulci: National Archeological Museum in the rooms of the Castello dell'Abbadia with findings ranging from 2500 to the C1 BC. **Ischia di Castro:** Civic Museum "Pietro e Turiddo Lotti" with findings dating from prehistoric times to the Roman era. Closer to the sea, do not miss the Rocca di Montalto di Castro.



Food

"**Canino**" extra-virgin olive oil is a typical product of the Etruscan area of Viterbo. Deep green in colour, it has a full and pleasant smell, and a fragrant, fruity taste. "**Panunto**" ("greasy-bread") is the best way of enjoying the new oil at the oil mills in the period of milling. "*Strada dei Sapori*": www.info.tuscia.it



Wine

The Pride of Lazio wine production is the **Aleatico di Gradoli**, a rustic red with a fresh, smooth fruity taste, best enjoyed when fairly young. The minimum 12° of alcoholic content can reach 16° in the strong sweet variety, ideal for sweets and desserts.



Crafts

Woodwork is in the traditional style and produces domestic objects such as salt pestles, ladles and carving forks. The area is also known for the many shops of **ceramists** who have been inspired for centuries by shapes and designs of the Etruscan school.



VULCI • CASTRO



Vulci: lake on the Fiora river



Parks

We are in the uncontaminated Maremma area of Tuscany and Lazio, where the wealth of natural and archeological treasures has banned invasive human activities. The **Oasis** (340 ha) is crossed by the river **Fiora** that runs in the higher section as if in a deep bed of volcanic rocks and further ahead forms the **Laghetto del**



Pellicone, a lake inhabited by various species of fen-birds, including herons and egrets, as well as otters, the true symbol of the area.



Fairs / Events

From August 1 to the 31st, the **Estate Montaltese**: theatre and concerts at the Castle of the Abbazia di **Vulci**, with tastings and activities for children, in a truly festive and folkloristic atmosphere.



Local curiosities

The **Enel Powerstation** "Alessandro Volta" of Montalto di Castro. An enormous structure in the area of Pian Dei Cangani. Set up for the production of nuclear energy, it was converted in a multi-combustible fed plant. Guided tours of the nuclear equipment in July and August, evening tours. Visitor Center ph. +39 0766 898324



Shopping

The Lungomare (seafront) is really the heart of **Marina di Montalto**, popular for promenades among stores, ice cream shops and little produce markets. The typical fish market is in the area of the mooring at the mouth of the Fiora. Strolling through the streets of nearby **Tuscania** we can find interesting antique stores.



VULCI • CASTRO

Useful Info



GETTING THERE

For Montalto di Castro, from Rome, Via Aurelia up to the km110, or the Autostrada Roma-Fiumicino, detour for the A12 direction Civitavecchia and the Aurelia again, direction Montalto.

From Viterbo, SS Cassia Nord and detour in direction of Tuscania.



PORTS AND DOCKS

In Marina di Montalto, in the natural wet dock formed by the mouth of the Fiora, typical shelter for small crafts, especially fishing boats.



USEFUL PHONE NUMBERS

Vulci (VT): National Archeological Museum
ph. +39 0761 437787

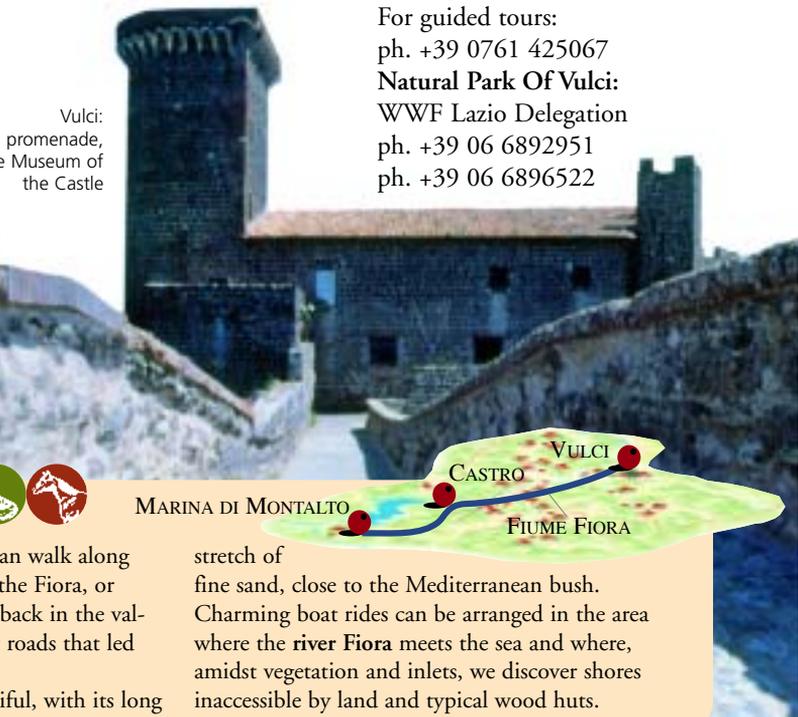
Ischia di Castro (VT): Civic Museum "Pietro and Turiddu Lotti"
ph. +39 0761 425400.

For guided tours:
ph. +39 0761 425067
Natural Park Of Vulci:
WWF Lazio Delegation
ph. +39 06 6892951
ph. +39 06 6896522

Vulci:
archeological promenade,
the Museum of
the Castle



Vulci: lake on the Fiora river



Itineraries



In the **Natural Park of Vulci** we can walk along the paths following the course of the Fiora, or choose tourist itineraries on horseback in the valley of the Fiora, along the ancient roads that led from Vulci and Castro to the sea.

The **Marina of Montalto** is beautiful, with its long

stretch of fine sand, close to the Mediterranean bush. Charming boat rides can be arranged in the area where the **river Fiora** meets the sea and where, amidst vegetation and inlets, we discover shores inaccessible by land and typical wood huts.

Seat of the APT Viterbo



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www.provincia.vt.it

TARQUINIA

Etruscan frescoes and historic aristocratic palaces, the wild sea and the quiet countryside, the splendid Etruscan - Viterbo town with its ten centuries of history will not disappoint us.

Art city of the Mediterranean, Tarquinia is famous for its significant Etruscan archeological patrimony, although the modern town has preserved architecture and treasures from the Middle Ages and the 1800s. Founded by the legendary

Tarconte, after whom it was named Tarchna, it was later, and until 1922, called Corneto.

Today, with its Lido, it is also a well known beach resort, with beach clubs, hotels, sports and leisure facilities.

Tarquinia:
Town Hall



Archeological highlights

Tarquinia

The first human settlements in the area date from prehistoric times. Later, between the C10-9 BC villages continued to rise in the area of the Civita, eventually forming the proper city.

THE ETRUSCAN CITY

It stood on a hill east of the one modern Tarquinia is located on. It was surrounded by a set of defensive walls (C5 BC) in



Tarquinia, historical center: detail

blocks of “macco”, a limestone common in the area, which can be seen today in the section north of Porta Romanelli. It included the **Acropolis** that constituted its original nucleus, and housed a sacred area with a structure dating from the C7 BC.

The ancient city also had an imposing temple, the **Altar of the Queen**, (C4 BC), one of the largest temple in Etruria (its base measures 77x35m) built

Archeological highlights

on the site of an archaic temple. The pediment was decorated with relief figures in terracotta, including the magnificent “Winged Horses” now on display in the Museum of Tarquinia.

Tarquinia was a rich and pow-



Tarquinia,
National
Museum:
“Winged
Horses”

erful city from the C8 BC to the C3 BC, a commercial and industrial centre, famous for its metal and bronze work and for the production of pottery. It also gained political power and extended its dominion inland up to the ford of the Tiber, thus taking control of the commerce of central Italy that came through there. It developed relations and exchanges with Greece and the East since its origins, as indicated by the rich import of products, including precious ones, found in tombs and in the sanctuary/emporium of Gravisca on the sea.



Tarquinia, Tomb of the Orco: “Velca Maiden”

NECROPOLIS OF MONTEROZZI

From the C7 BC to the Roman era, the Hill of Monterozzi was the site of the most important necropolis of nearby Civita, located at a slightly higher point. 6000 tombs were dug out of the limestone, many of them preserve examples of archaic painting and represent a slice of Etruscan life and customs, with scenes of banquets, games, horse races, hunts and floral decorations. In order to preserve this inestimable archeological patrimony, only some of them are open to the public, including the famous “Tomb of the Augurs” (530 BC), with a single chamber with almost entirely painted walls, the Tomb of Hunting and Fishing” (520-510 BC) and the “Tomb of the Bacchantes” (510-500 BC). Yet the treasures of the tombs are innumerable: stone and terracotta sarcophagi, vases made by famous Attic ceramic artists, local pottery and significant Etruscan inscriptions, carved and painted.



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Churches and monuments

The **National Museum** is one of the most important Etruscan museums in Italy. Palazzo Vitelleschi. The **Castle** known as Matilde of Canossa's with the Church of Santa Maria in Castello and the “Tower of Dante”. The **Duomo**, with frescoes by Antonio del Massaro, known as il Pastura, a painter from Viterbo (1508-1509).



Food

Ferlenghi mushrooms

are typical of the area and are also used to prepare very tasty seasoning for the traditional egg fettuccine. The nearby Monti Cimini are rich in chestnut groves and Canepina is known for a delicious variety of chestnut, the “**marrone**”. Excellent production of organic red and yellow apples.



Wine

The typical wine of the area is the **Tarquinio**, pleasant red or white, it should be enjoyed while young.



Crafts

Antique jewels and faithful craftmade reproductions inspired by Etruscan styles are produced by local **goldsmith art**.

Artistic ceramics and terracotta, also faithful to the shapes and decorations of the Etruscan school, are the symbol of the Tarquinia handicraft.

TARQUINIA



Parks



The Regional Natural Reserve “**Selva del Lamone**” is in the area of the municipality of Farnese at the border between Lazio and Tuscany. It is a truly luxuriant park in which, among wild flowers, mushrooms, squirrels and buzzards, we can enjoy an excursion along the paths and rest in the areas equipped with facilities.



Fairs / Events



The **Procession of the Resurrected Christ** is on Easter Sunday in Tarquinia. The statue of Christ, weighing six quintals, is carried by sixteen men, the so-called “brothers”, preceded by blank shots of the typical double-barreled gun from Maremma. On August 15, the **Procession of the Virgin to the Sea**, with the pageant of boats and paraments.



Local curiosities



This is the birthplace of **Vincenzo Cardarelli** (1887-1959), 20th century poet and writer who dared a return to Italian classicism in his nostalgic poetry. He won the Strega Prize in 1948. Do not miss **Etruscopoli**, a vast cave of macco containing reproductions of Etruscan tombs with their furnishings and a plastic model of the Civita.



Shopping



The **historical center** offers shops and workshops selling various craftmade objects, among the colours of artistic ceramic and wrought iron objects. The **Lungomare** (seafront) near the Lido is ideal for an evening promenade or a game of golf in the nearby sports clubs on the coast.

TARQUINIA

Useful Info



GETTING THERE

From Rome, Via Aurelia up to the km 90 or the Autostrada Roma-Fiumicino, detour for A12 direction Civitavecchia. From Viterbo SS Cassia Sud up to Vetralla and continue towards Monteromano.



PORTS AND DOCKS

The coast of Tarquinia has wet docks with laying up for small crafts.

Tarquinia Lido: Il Porticciolo - Fanelli - Ostili.

Marina Velca: Darsena



USEFUL PHONE NUMBERS

Regional Natural Reserve "Selva del Lamone" ph. +39 0761 458741



Itineraries



South of the Lido of Tarquinia, we find the marine area of the Saline, a natural reserve and archeological park with a fascinating example of industrial archeology. The area includes the ruins of the sanctuary of Gravisca, founded at the end of the C7 BC as a commercial and port call created for commerce with foreigners, Greeks and Phoenicians, who could also practice their own religions there. Its decline began at the end of the C3 BC and in 181 BC it became a Roman colony. A port was built

there in the Middle Ages, enlarged in 1748 by Pope Clement II and since then known as Porto Clementino. Unused for a long time, its structures were converted into a penal settlement in the last century. The salt pan plant dates to the early C19 AD and has large shallow vats used for the production of salt whose bad quality caused the enterprise to be abandoned.



Tarquinia: Tower



Tarquinia: detail of the Clementine Port

Seat of the APT Viterbo



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www.provincia.vt.it

CIVITAVECCHIA

A journey through the history and colours of a town with a strong seafaring vocation and intense, charming characters, for demanding visitors in search of variety.

The large Port and the imposing Forte Michelangelo tell the story of the city and its past greatness: from the Etruscans to the Romans, from the Byzantines to the Saracens, it was thanks to the Church that Civitas Vetula was rebuilt and

renamed in 849 AD, and preserved to this day. Strolls through the greenery and natural springs, and excursions out to sea will offer us visions of past eras in the form of archeological remains and natural beauty.

Civitavecchia:
Forte Michelangelo



Archeological highlights

Civitavecchia

VILLA OF THE TAURINE BATHS

Significant ruins of the **Roman Town** of *Centumcellae* that grew by the large Port built by the Emperor Trajan in 106 AD, have survived in the port area and in the outskirts of the modern town. We know that *Centumcellae* was an important commercial centre, especially in Roman imperial times and during the decline of the empire it remained a point of

reference for the commercial and social life of the region.

The area of the **Taurine Baths**, north of the Roman town, consists of a structure from the C1 BC extending over about 2 hectares. This imposing bath complex is the most representative of the Roman civilization in southern Etruria, and was rebuilt by Trajan and enlarged by Hadrian by exploiting the sulphur springs. The presence of “double” rooms indicates the intense use of

the villa and the baths, documented until the end of the C5 AD. We recognize the most ancient part by the technique used to build the walls, the *opus* almost *reticulatum*, with the decorative arrangement in a diamond pattern of the *cubilia* (wedge-shaped tufa blocks) visible in the rectangular portico framed by columns. The more imposing section dates from imperial times and is in brickwork (*opus latericium*). Corridors and small service cham-

Archeological highlights

bers connected the areas of the *calidarium* (pools with hot water) and the *tepidarium* (hall with medium temperature), as well as the *laconicum*, the section for steam baths. Also, changing rooms, waiting rooms, reading rooms, lavatories and boilers in what was truly a villa devoted to wellbeing and equipped to cater to many visitors. The presence of a second level and a terrace with a pavilion roof above the *calidarium*, gave the villa an imposing appearance. Today we can still admire



Female goddess from the C1 BC



Young Marcus Aurelius

remains of the magnificent mosaics that covered the pools and halls of the bath complex, along with rich and refined decorations on columns and walls. A mechanical and hydraulic pipe system provided water to the various areas of the complex. The water came from the nearby



Civitavecchia: baths of Trajan

Spring of the Ficoncella and was already known for its therapeutic qualities by the Etruscans of the area. According to legend the source of sulphurous water was accidentally discovered by a bull scraping the ground with its hoof and this episode originated the name of the baths, also known as "Baths of Trajan".



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Churches and monuments

Forte Michelangelo - The largest and most imposing fortress erected in the 16th century to protect the only port close to Rome. It was built by Pope Julius II della Rovere on a project by the architect Bramante from Urbino and completed in 1535, under the supervision of Michelangelo who also completed the upper section of the donjon.



Food

The sea offers an antipasto of "lumachelle di mare" with garlic and parsley, small octopus Civitavecchia-style and rich fish soup. The Monti della Tolfa provide fresh sheep milk ricotta, ideal to prepare sweet ravioli. The **Hazelnuts of Monte Cimino**, have been grown in the Viterbo hinterland since the 1950s. "Strade dei Sapori": www.info.tuscia.it



Wine

The DOC Colli Etruschi Viterbesi is produced in 37 municipalities of the province of Viterbo. This wine is both white (sweet or sparkling) or red (sweet, novello and sparkling) and is starting to be greatly appreciated thanks to the improvement of the "grogghetto" vine, that has a red berry.



Crafts

San Martino al Cimino is a famous **woodwork** centre, known above all for the production of rustic furniture and objects for the home, and traditional kitchen utensils. Crafted **leather** items are a classic in Tolfa with its timeless handbags, but we also find belts, wallets and creative objects for the home.



CIVITAVECCHIA



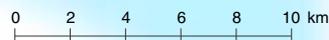
Parks

NATURAL PARK OF THE MONTI DELLA TOLFA - A hilly plateau of volcanic origin, covered with woods and reaching a maximum altitude of 638mt.

Immediately past the coast area behind Civitavecchia, it appears with sections of Mediterranean bush, strawberry trees, cork and mastic trees. Higher up the vegetation pres-



ents chestnut trees and beech, and the typical fauna are the boar and the wolf, but other species at risk of extinction, such as otters, martens and wildcats, can also be found. A great place for bird-watching, the Park offers the opportunity to spot the royal kite, that still lives here among eagle-owls and red woodpeckers.



Fairs / Events

The **Feast of Santa Firmina**, patron saint of the city and of sailors is on April 28, a fascinating procession to the sea and the blessing of the waters, and fireworks.

On August 15, the Palio Marinaro: the reconstruction of the historic expulsion of the Saracens in front of the Forte Michelangelo and a huge fish-fry in the piazza for the Sagra of the Padellone.

Local curiosities

A picturesque and tasty tradition, gathering sea urchins to greet the **"Spring at the Sea"**. Between February and March, the cliffs near Capo Linaro become populated with groups of friends gathering sea urchins on the rocky seabed and eating them on the spot with good fresh bread.

Shopping

Traditional shops and modern boutiques in 16th century settings and archeological remains: a **stroll along the town streets** is like a journey through time in the area around the harbour that has maintained its medieval structures and the imposing complex of the Roman port. Fourth weekend of the month, antique fair (ph. +39 0766 5901)

CIVITAVECCHIA

Useful Info



GETTING THERE

From Rome, Via Aurelia direction Grosseto up to Tarquinia; or Autostrada Roma-Fiumicino, detour for A12 up to Civitavecchia, Via Aurelia direction Grosseto, exit Tarquinia.



PORTS AND DOCKS

“Marina Riva di Traiano” Port
A highly - equipped tourist port, a point of reference for navigation in the Mediterranean. South of the city, it has 12 wharves for a total of 1100 berths for boats; the access canal is over 4m deep and has a rocky bottom.

Port of Civitavecchia

This commercial port is used above all for connections with Sardinia by ferry or hydrofoil. Sailing is forbidden.

Harbour Office

ph. +39 0766 35993

ph. +39 0766 501717

Itineraries



Springs of Ficoncella



Towards the coast, south of the town, the cliffs and seabed await us for truly exciting **scuba-diving** in which we can discover sunken wrecks and submerged archeological remains.

For organized excursions: *Centro Diving - Porto “Marina Riva di Traiano”*.

CIC Porto Turistico Riva di Traiano - Km. 65,500

ph./fax +39 0766 505220

ph. +39 333 6195385

info@civitaimmersioni.it

If we go north instead, we find the **Beach of S. Agostino**, with its dunes, sand and beach clubs, ideal

for days spent swimming in the sea and sunbathing.

The Springs of Ficoncella -

According to legend, this spring, close to the one at the Terme taurine, was near an enormous fig tree. The water (56°) gushes from the limestone, it doesn't contain any hydrogen sulfide and so doesn't have the typical bad smell. The spa complex functions all year round and offers cures for many internal and external pathologies as well as areas for relaxing and beneficial bathing. (Via delle Terme di Traiano,

before the junction for

Civitavecchia nord, turn left and follow the signs).

Hiking on the Etruscan Appenine:

the Monti della Tolfa and the splendid ancient towns of **Tolfa** and **Allumiere** In this area, immersed in the beauty of the natural park, we can discover traces of prehistoric human settlements and remains of the Etruscan civilization, the **necropoli of “Grottini”** and of **“Pian della Conserva”** and the temple of **“Gasceta dei Cavalieri”**.



Seat of the APT Rome



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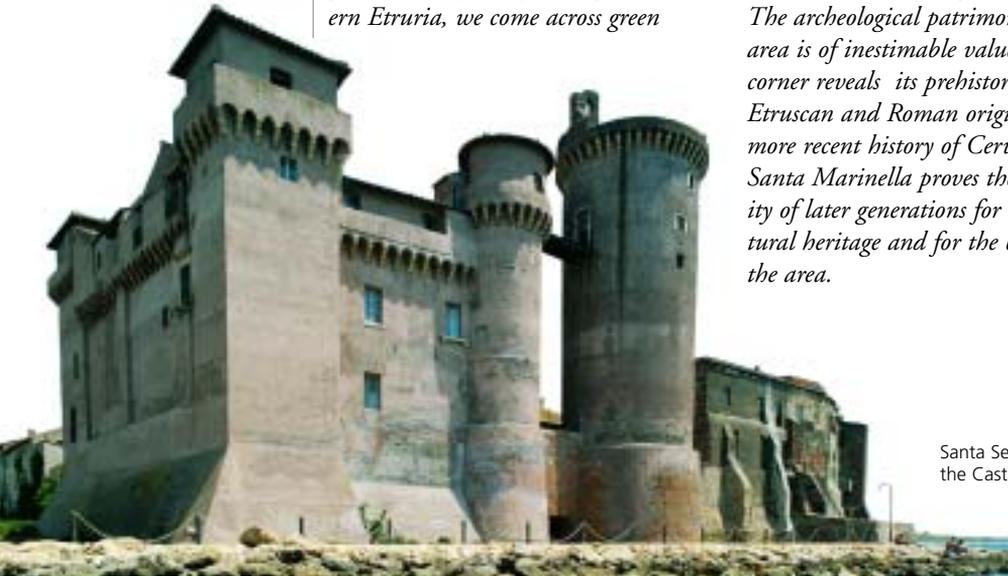
www.oltreroma.it

CERVETERI • S. MARINELLA S. SEVERA • PYRGI

Cool waterfalls and brooks along an itinerary rich in archeological sites, amidst age-old fortresses and ancient submerged ports, sulphur springs, doc vineyards and beaches with splendid waves.

Along the Via Aurelia, our virtual guide in this journey through southern Etruria, we come across green

woods and the sea, at the height of the Promontory of Capo Linaro. The archeological patrimony of this area is of inestimable value, every corner reveals its prehistoric, Etruscan and Roman origins. The more recent history of Cerveteri and Santa Marinella proves the sensitivity of later generations for their cultural heritage and for the beauty of the area.



Santa Severa:
the Castle

Archeological highlights

Cerveteri

NECROPOLIS OF THE BANDITACCIA

One of the richest burial grounds of ancient *Cerae*, modern Cerveteri, used from the C9 BC. Today we can still visit many of the 2000 tombs situated along a path enclosed in the tufa. They can be divided into three types, starting from the Villanovan period featured by the rite of cremation (C9-



Cerveteri: the Museum

C8 BC), in which small circular cavities were excavated to house urns containing ashes, followed by the phase of the large monumental tumuli (C7 BC), funerary chambers with

princely furnishings. The turning point of the mid C6 BC led to the appearance of the first “Dye-shaped Tombs” intended for the deceased of the middle class, arranged in a regular way along streets and squares.

The importance of the Etruscan necropoli is tightly connected to the fact that the domestic environment of the deceased was reconstructed in their tombs, and their lives

Archeological highlights

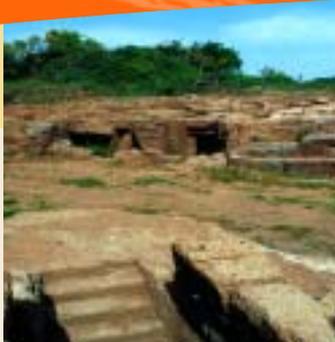
were represented through paintings, decorations and objects. This patrimony has made it possible to study the history and customs of the Etruscan people, as only a few of their towns have survived owing to the use of perishable materials such as mud and straw for their homes and buildings.

ARCHEOLOGICAL AREA AND ANTIQUARIUM OF PYRGI

Initially the Etruscan settlement of *Pyrgi* dominated the sea in front of the Etruscan city of *Caere*. Next to the emporium stands a sanctuary of immense value dedicated to Leucothea, emerged from the beach south of the Castle of Santa Severa. Two temples from the C6 and C5 BC are still accessible. The port complex reached the height of its splendour at the time of the thriving trade and maritime commerce of the glorious *Caere*, between the end of C6-5 BC. Following the decline of the city and the sack led by Dionysios of Siracuse (384 BC), the sanctuary was abandoned and then confiscated by the Romans who in the course of the C3 BC built the *castrum* of the Roman colony over it.

ROMAN BRIDGES

The territory of Santa Marinella preserves numerous ruins of Roman bridges on the



Cerveteri: Catacombs

ancient course of the Via Aurelia, built in 241 BC, at the time of censor C. Aurelio Cotta, to permit the Roman conquest of Etruria, Liguria, and the Gallic tribes of the north. The structure of the bridges proves the high level reached by Roman civil engineering, as can be seen at km 59.700, near the Fosso di Castesecco between the Via Aurelia and the sea, where we find the Bridge of Apollo, with three arches and a curvilinear structure. In the vicinity, we can also see the Bridge of Largo Impero (remains of the arches) and in a palm grove, arches of the Bridge of Via Roma, all dating from the late republican period.



ROME

Superintendence for Archeological Assets of Southern Etruria

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villagiulia@archeologia.beniculturali.it



Churches and monuments

The Odescalchi Castle in S.

Marinella dates from the C15 AD and was built over the remains of ancient Punicum and of the Villa of Ulpiano from the C3 AD. **Odescalchi Castle in S. Severa** (C11 AD) and **Renaissance village**, between the remains of the ancient town of Pyrgi and the Temple of Leucothea. **Cerveteri - Romanesque Church of S. Maria Maggiore**.



Food

From the **sea**, the ancient recipe for chickpea soup with prawns or squid in its own ink. In the trattorias of Cerveteri, there is great demand for dishes with **game**, like egg pappardelle with hare or boar ragout. Lets not miss a season taste of the **artichokes** of the plane between Cerveteri and Ladispoli, tender, tasty and without thorns.



Wine

Cerveteri is one of the DOC wine areas of the Etruscan territory of Viterbo. The poet Martial praised their deliciousness and defined the white wine of ancient Cerae as "the main nourishment of the gods". An excellent wine (11°) to accompany a meal, sparkling or sweet white, and also remarkable reds, dry or sweet.



Crafts

Some workshops in the historical sections of S. Marinella and S. Severa offer **models of historical ships** and reproductions of the typical fishing boats. The ancient tradition of "**bucchero**", a type of archaic Etruscan pottery from the C6 BC, with a shiny black surface, survives today in the art of decorative pottery.

CERVETERI • S. MARINELLA • S. SEVERA • PYRGI



Parks

NATURAL RESERVE OF MACCHIATONDA: South of Santa Severa, a coastal marshy landscape awaits us. Truly uncontaminated, it is a protected area and seat of the Faunal Oasis managed by the WWF. The regional natural reserve extends between the Mediterranean bush and the sea and is inhabited by numerous protected species of flora

and fauna, such as coots, egrets, wild ducks and the rare fen-hawk. From Rome, at Km 50 of the Via Aurelia. Cultivations of flowers in the fields and in greenhouses in the plane from S. Severa to S. Marinella, offer an exceptional view, especially with the multi-coloured varieties of carnations.



0 2 4 6 8 10 km



Fairs / Events

Cerveteri - The Grapes and Wine Festival in the last week of August is a special occasion to discover the grapes and wines produced in the area of the Colli Ceriti.

Ladispoli - In the second weekend of April the city celebrates the **Artichoke Festival**. At the end of July, the **Melon Festival**.



Local curiosities

The sophisticated aristocratic families of Caere craved to display the works of **Euphronius**, one of the most famous painters in the ancient world, in their homes. A vase he painted, the chalice-shaped Crater dating from the C6 BC, now at the Metropolitan Museum in New York, was in fact found among others in the ruins of Caere.



Shopping

Typical products in the area of the Port of Santa Marinella, or in the Renaissance village of Santa Severa. The detached houses of Santa Marinella, examples of the **Art Nouveau** or "floral" **architecture** of the early 1920s, lead us back to the Belle Epoque, among stuccoes, colours, floral decorations in iron and glass.



CERVETERI • S. MARINELLA S. SEVERA • PYRGI

Useful Info



GETTING THERE

From Rome, Via Aurelia direction Civitavecchia until the Cerveteri junction (or continue to S.Marinella/S.Severa); or autostrada to Fiumicino Airport, A12 branch direction Civitavecchia, exit to Cerveteri/Ladispoli (or following exit to S.Marinella/S.Severa).



USEFUL PHONE NUMBERS

Natural Reserve of Macchiatonda
WWF Lazio Delegation
ph. +39 06 6892951
ph. +39 06 6896522



PORTS AND DOCKS

S. Marinella - Odescalchi Tourist Port: at the foot of the castle by the same name, a port for 285 berths and in the wet dock a slipway for small crafts. Services, boatyards and laying up. Rocky and muddy bottom 1 to 5mt.
S. Severa - Wet dock with buoys and chains for the berthing of small boats.



S. Marinella: the beach

Itineraries



Terme Stigiane: In the woods of the Monti della Tolfa, this ancient spring was already known to the Etruscans and the Romans. The waters and mud baths have numerous therapeutic applications and, between June and September, we can enjoy a day of real wellbeing at the spa complex, among the natural springs from which alkaline-iodic-salty-sulphurous water gushes forth at a temperature varying from 36° to

58°. There are also grottoes for natural steam baths at 51°. *Spa centre "Il Bagnarello". Via Terme di Stigliano - Canale Monterano (Rome). Ph. +39 06 9963428.*

At **Marina di Cerveteri**, with its typical white houses in Moorish style, we can spend a lovely day at the sea, with clear waters and natural oases, and enjoy one of the most popular sections of the coast of Lazio.

The beach of **Santa Marinella** is famous among surf enthusiasts for its sandy seabed, and has beach clubs and sports facilities. **Scuba diving tourism** at Santa Severa, in the ancient Etruscan port of Pyrgi, departing from the Castle and from the Borgo. At the weekend, group excursions led by expert archeologists. *Archeosub - Terme Stigiane Ph. +39 06 99607059*



Seat of the APT Rome



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FREGENE • FIUMICINO

A hectic intercontinental airport in the background for a blend of different environments and attractions. Extensive pinewoods and deserted beaches, ancient and modern ports, archeological memories.

Exchanges between the river and the sea, the land and the sky, have always been a feature of the economic and social life of this area, still firmly attached to its fishing tradition. If Fiumicino is the economic heart of

the coast, Fregene is a haven for many Romans. The sandy shore and the beaches equipped with facilities have always created a tranquil, relaxing atmosphere in the daytime and a festive, glamorous one at night.



Archeological highlights

Fiumicino

THE PORTS OF TRAJAN AND CLAUDIUS

When the Emperor Claudius decided to build a port north of Ostia, the old call on the Tiber had already proven to be insufficient to support Rome's river traffic. Work began in 42 AD with the awareness of the risk of the area silting up, and included a dock of 80 hectares, two large piers and a lighthouse, along



with works of canalization. The "portus Ostiensis" was completed in 64 AD, after the tragic loss of over 200 ships in a storm in 62 AD, and led to the first settlement of the ancient city of *Portus*. Today we can admire its remains that came to light dur-

ing work for the construction of the airport of Fiumicino at the end of the 1950s.

Numerous structures of the **Port of Trajan** have on the contrary remained intact, including the enormous hexagonal pool (the sides measure 357.77m) and the surrounding warehouses, dams, lighthouse, temples, baths and even a private theatre. The Emperor Trajan wanted to overcome the inefficiencies of the Port of Claudius, subject to con-

Archeological highlights

stant silting up, and built this massive structure starting in 106AD and completing it by 112AD.

NECROPOLIS OF ISOLA SACRA OR OF PORTO

This burial ground, perfectly preserved to this day thanks to the age-old process of silting up of the Tiber river, contains tombs of the inhabitants of the



Fiumicino, Porto: votive aedicule

ancient Porto, built between the C1-3 AD. It stands on a strip of earth washed by the Tyrrhenian sea and isolated from the mainland south and east by the Tiber, north by a connecting channel between the river and the sea excavated by Trajan in occasion of the construction of the Port. The name Isola Sacra, mentioned as



Fiumicino: chamber tombs in the necropolis

early as the C6 AD, may come from the presence in the area of Christian monuments. The necropolis appears with monuments emerging from the ground and tombs arranged in parallel rows creating actual paths. The structure of the family tomb is typical, a square chamber with the remains of a family and furniture in brick-work (beds) or ovens and wells used to organize funerary banquets. The chambers and facades were finely decorated with paintings, stucco, mosaics and numerous inscriptions which have contributed to reconstructing the lives of the deceased and an image of the lower middle classes of the area, made up of artisans and merchants.



Churches and monuments

Museum of Roman Ships

- Inaugurated in 1979, it houses the keels of four mercantile ships form the C3-4 AD, a "gondola-shaped" fishing boat and fragments of other ships found in 1958 during excavations for the construction of the nearby airport Leonardo da Vinci.



Food

Seafood cuisine reaches excellent standards here. If we consider products of the land, we cannot overlook the tasty and tender **carrot** of Fiumicino, awaiting IGT recognition. Meat from the cattle-breeding in the plane of Maccarese is also very good.



Wine

The area is also known for the "**Vignanello**", a wine from Tuscany produced in the province of Rome. In the varieties of white, red and rosé, the Greco is the most appreciated type when still young as an aperitif and, after two years of aging, to accompany fish dishes.



Crafts

Elderly fishermen have handed down to younger generations the techniques for the manufacturing and maintenance of **fishing nets**. Tradition and technology coexist in the **shipyards** on the banks of the Tiber: designing and creating boats the traditional way, but with innovative materials and sophisticated software.

ROME, OSTIA ANTICA
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ostia@arti.beniculturali.it

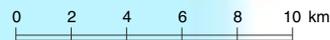
FREGENE • FIUMICINO



Parks

The **State Natural Reserve of the Roman Coast** has been established north and south of Rome, from Palidoro to Fregene, and includes a rich, monumental pinewood. It is a protected area with typical Mediterranean bush flora, such as strawberry-trees and juniper. On the Via Portuense, in Fiumicino, the **Natural Archeological Park of**

the Port of Trajan offers splendid views thanks to the intervention for the protection of the arboreal patrimony and the creation of pedestrian paths. The itinerary of the visit should include a stop at the Belvedere point, among eucalyptus, pines, the occasional holm-oak and the fragrance of bay and linden.



Fairs / Events

Fiumicino - The second Sunday of June, the **Fish Festival** with fishing contests, fairs, a music band and 10 quintals of fried fish in a huge and characteristic “**Padellata**”.

October 5 is the feast of the **Sant’Ippolito**, Patron saint of the town, with a charming procession of boats out to sea.

Local curiosities

Splendid villas immersed in the shady **pinewood of Fregene** provide privacy to many VIPs who have always loved the tranquility of the beach resort but also enjoy evenings on the shore. Famous patrons include Giulietta Masina and Federico Fellini after whom the two sides of the seafront promenade have been named.

Shopping

The area of the **wet dock of Fiumicino** is ideal for quiet strolls, in a holiday atmosphere, and a stop for an ice cream at one of the many good gelaterie. On the side of **Torre Clementina**, in the most ancient section of the city, the characteristic fish market, open every evening around 5pm when the fishing boats return, is worth a visit.

FREGENE • FIUMICINO

Useful Info



GETTING THERE

From Rome, Via Aurelia direction Civitavecchia up to the Fregene junction, or the autostrada for Fiumicino Airport, autostrada A12 direction Civitavecchia, exit for Fregene. To Fiumicino: autostrada for Fiumicino Airport up to the airport, Via della Scafa in direction of Ostia, junction for Fiumicino.



USEFUL PHONE NUMBERS

Museum of Roman Ships
Via A. Guidoni, 35
Fiumicino Airport
ph. +39 06 6529192
ph. +39 06 65010089



PORTS AND DOCKS

Fiumicino

Porto Canale: with 20 berths, maximum length permitted 20m.



Porto Canale di Fiumara Grande: at the mouth of the Tiber, on the right bank.

Darsena di Traiano: with access from Porto Canale, ideal for the mooring of small boats.

Isola Sacra

Darsena Netter: with access from Fiumara Grande.



Porto Romano: a small wet dock with access from Fiumara Grande.

Harbour Office

Rome - Fiumicino

ph. + 39 06 65617349

ph. + 39 06 65617376



Itineraries

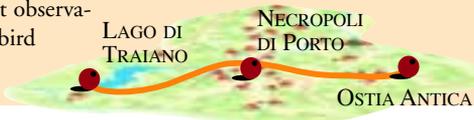


A truly original excursion can be experienced at the **Natural Oasis of Porto:** romantic rides on horse carriages to enjoy the beauty of the park and visit the three shores of the **Lake of Trajan.** Excellent observation points for bird watching too.

Via Portuense,
2264 - Fiumicino
(RM).
Guided visits:
ph. +39 06 5880880



Fiumicino:
the Oasis of
Porto



Seat of the APT Rome



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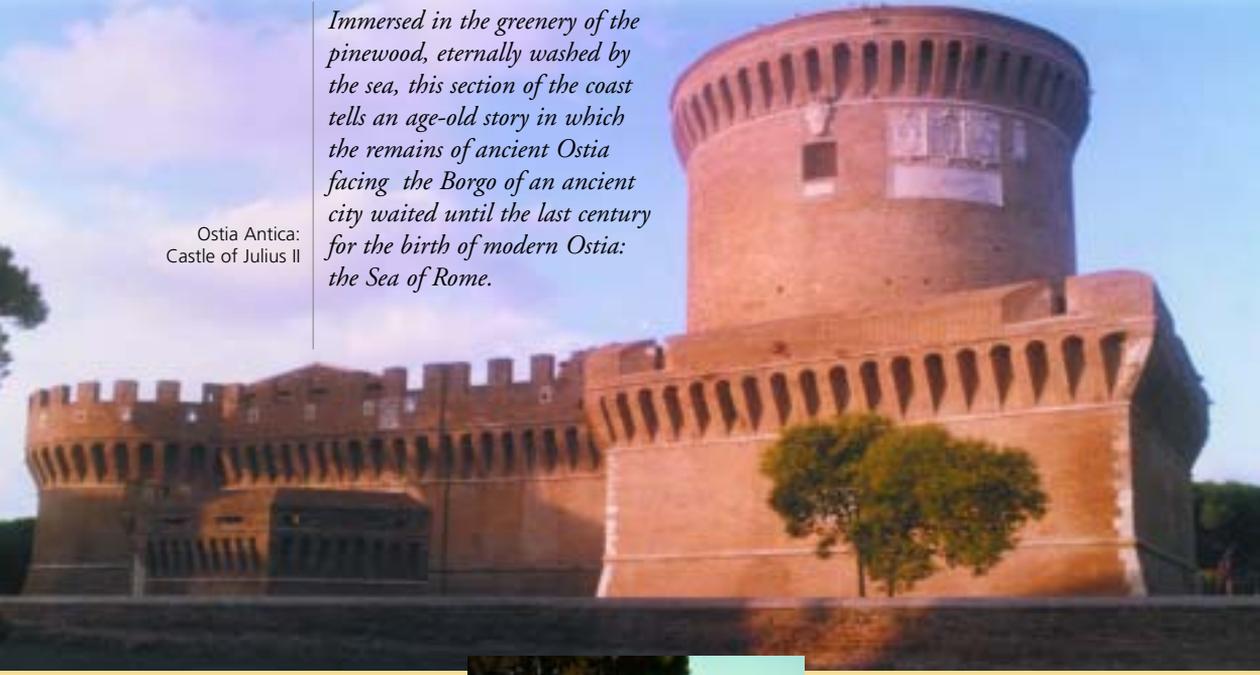
OSTIA ANTICA

SEA OF ROME

The colours and lights of a radiant land that shares the rhythms and trends of the capital in a typical seaside spirit.

Immersed in the greenery of the pinewood, eternally washed by the sea, this section of the coast tells an age-old story in which the remains of ancient Ostia facing the Borgo of an ancient city waited until the last century for the birth of modern Ostia: the Sea of Rome.

Ostia Antica:
Castle of Julius II



Archeological highlights

Ostia Antica

ARCHEOLOGICAL AREA AND EXCAVATIONS OF OSTIA ANTICA

In the C3 BC, the poet Ennius and other ancient Roman sources attributed the foundation of the city to Ancus Marcus, fourth king of Rome, yet evidence of the existence of this colony established at the mouth of the Tiber (Ostia from “*ostium*”: river mouth) and of its first settlements and military function date to the



Ostia Antica: excavations

C4 BC and is due to the fervent activity of the port. It gained greater autonomy from Rome in the C1 BC, in a moment of demographic and economic development and its history was always tied to the activities of the Port, until it entered an inevitable

phase of decline in the C3 AD with the progressive decrease of trade and commerce in the port of Ostia and the consequential abandonment of the town.

The tour of the excavations of Ostia Antica begins along the Decumanus Maximus, the main axis of the ancient city, from the Porta Romana to the Porta Marina, and leads us immediately into the rich and extensive ruins of the urban structure of the city in the Roman era.

Archeological highlights

Constructions on a single level, but also tenement complexes developed around a central courtyard. Warehouses and shops, baths and latrines, guild offices with signs and descriptive mosaics.

The main attraction of the ruins is the entire area north of the Decumanus, including the **Square of the Guilds** and the **Theatre** that together provide extraordinary evidence of the



Ostia Antica, excavations: the Theatre

commercial life of Ostia and Rome in the imperial era. The joint project dates to the Augustan period and the Theatre - attributed to Agrippa, minister of the emperor at the time and who died in 12 BC - is a very ancient building entirely rebuilt in brickwork in the C2 AD and restored numerous times. Its present capacity is of 2700 seats and it is still fit for use, with the orchestra, the cavea, the service corridors and the portico with the *tabernae* alternating with steps to reach the tiers of seats. The **Square of the Guilds**, behind the Theatre, originally consisted of a simple structure: an enormous square (107x78m) - of which the magnificent mosaic



Ostia Antica, excavations: Insula of the Aurighi

floor has survived - with an external wall and a covered corridor. Only later, at the time of Cladius, was the site enriched by a portico and raised with a second level to house the seats of the *collegia*, the guilds that led their commerce there. The temple at the centre of the square was erected on a podium at the time of Domitian among gardens and open spaces adorned with statues.



Ostia Antica, excavations: the Square of the Guilds



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Churches and monuments

In the medieval-Renaissance Borgo of Ostia Antica, the



Castle of Julius II, an example of Renaissance military architecture of the early 1500s. The **Church of Santa Aurea** from the 1400s, with the Bishop's Palace (Episcopio) and the frescoes executed by Baldassarre Peruzzi in the 1500s.



Food

A simple and tasty typical product, the **tellina**, used to season spaghetti in one of the most ancient sea recipes. If you have a sweet tooth, don't miss the traditional **krapfens**, plain or with a cream filling in a historic pastry shop from the 1930s in the historical centre of Lido.



Wine

The lack of a typical wine of the Roman coast allows us to mention some excellent **DOC products of the Roman province**: the legendary Frascati, a white wine produced north of the Colli Albani, light and best when young. Velletri, from the southeast side of the Colli Albani, white, red with a fruity taste, and spumante.

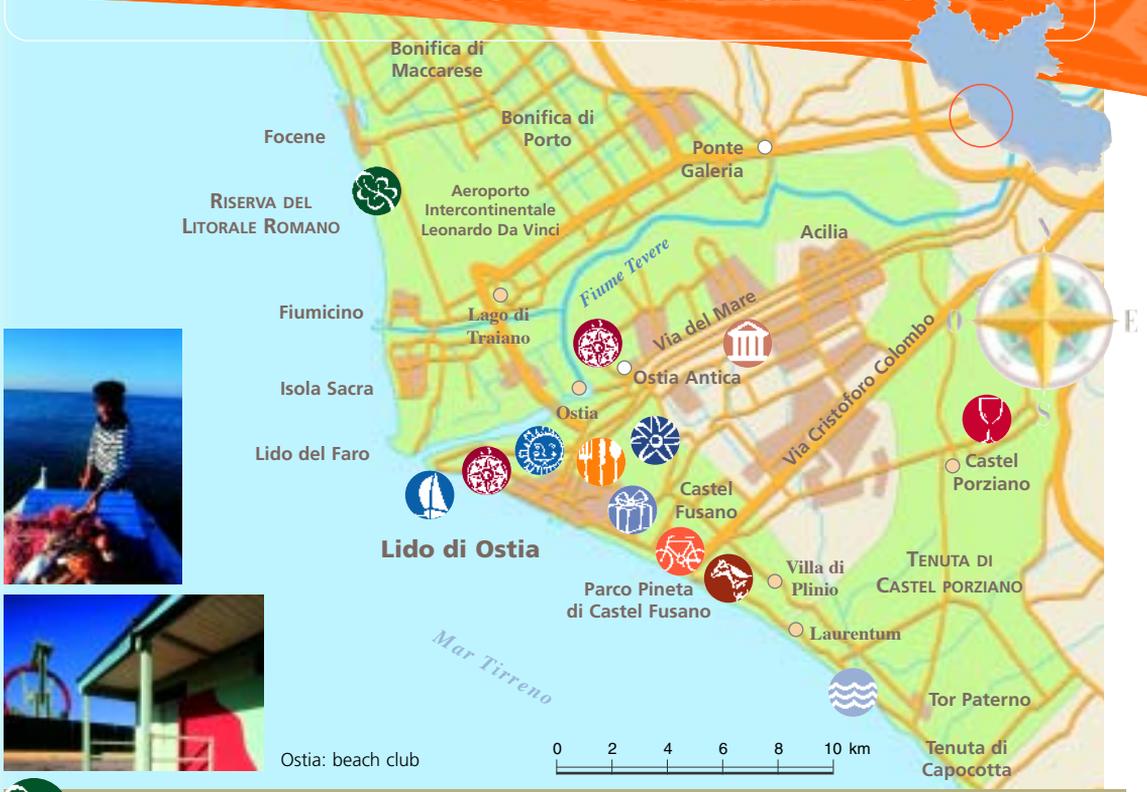


Crafts

The ancient city and the seaside one offer every variety of crafts, from pottery and wrought iron to the creation of jewelry. In the characteristic **Borghetto dei Pescatori**, at the Lido, the manufacturing of fishing nets is still handed down for local use and women create lovely straw baskets.



OSTIA ANTICA • SEA OF ROME



Ostia: beach club

Parks

This section of the coast has a very rich vegetation, an authentic garden on the sea. The **State Natural Reserve of the Roman Coast** includes the Urban Park of the Pinewood of Castefusano, embedded in the city and accessed both from the Lungomare di Levante - Viale Mediterraneo - and from the Piazza of Castefusano, from the internal side

of Ostia Antica. The protected area is featured by the presence of pines, and the typical fragrances of the Mediterranean bush such as strawberry-trees and juniper. The Reserve also protects the dune of the Beach of Castelporziano, south of the Litorale di Ostia, far from the inhabited area and rich in vegetation. On the west side, just behind the new

port, we find the Natural Oasis managed by LIPU and recently instituted, for the protection and repopulating of bird species. The protected area also includes the Tower of San Michele, a fortification erected against Saracen raids on a project by Michelangelo.



Fairs / Events

The first Sunday of June in the Borgo of Ostia Antica is the day of **Santa Aurea** with a solemn procession, fairs, shows and fireworks. The **Lungomare (Seafront) of Ostia**, especially in the summertime, offers sports events, shows, theatre, book fairs, art exhibits and lots more.

Local curiosities

Ostia Antica, Ostia Lido and the surrounding area, are part of the **XIII Municipality**, the most populated and extensive in Italy with over 250.000 residents. The town hall is in the Palazzo del Governatore, an Art Nouveau building (1924), designed by Giovanni Fasolo, with beautifully decorated arched windows.

Shopping

At the Lido, **Via delle Baleniere** is similar to the Corso, with shops, boutiques and a lot of action. Lets enjoy a visit to the historical center and its lovely Art Nouveau detached houses, starting from the nearby Pontile (wharf), restored in 1956 and projecting out into the sea for 125mt.

OSTIA ANTICA • SEA OF ROME



Ostia: the coast dunes

Useful Info



GETTING THERE

From Rome, Viale Guglielmo Marconi towards EUR, Via del Mare junction up to Ostia Antica (or continue to the Lido di Ostia).



USEFUL PHONE NUMBERS

LIPU Ostia
ph. +39 06 56342257



PORTS AND DOCKS

Ostia

Marina Porto di Roma: wet docks for boats, including larger ones, with access from Fiumara Grande, on the left bank. Depth from 1.30 to 2.50mt.

Tourist Port of Rome: a private marina, with over 800 berths and modern facilities, with access from Fiumara Grande. Ph. +39 06 561881

Characteristic dock of the *Canale dei Pescatori*, by the homonymous Borghetto. The shallow seabed and bridges allow access and small boat traffic.

Harbour Office

Via Litoranea, 211
ph. +39 06 5670155



Itineraries



The Pinewood of **Castelfusano**, in the State Natural Reserve of the Roman Coast cannot be missed for panoramic bike excursions, with cycling routes and more demanding itineraries in the interior for mountain-bike enthusiasts, along the remains of the ancient **Via Severiana**, the coast road that led from Ostia to Lake Averno.

Horseback riding through the pinewood and the dunes in every season. The **highly equipped beach clubs**, along 10 km of shore, offer innovative ways of enjoying the **Sea of Rome** all year round: fitness, wellness, entertainment, relaxation in flower gardens and walks on the beach in every season.



Ostia: the fishermen district

Seat of the APT Rome



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Visitor Center
Via Parigi, 5 - 00185 Rome
www.romaturismo.it

LAVINIO • TORVAIANICA ARDEA • TOR S. LORENZO

Soft colours, silence and the slow rhythm of an exceptional archeological area, famous for the myth of Eneas. Between the countryside of Lazio and the Mediterranean bush, rural culture and maritime traditions.

The Mediterranean dune is the true, eternal protagonist of the historical happenings of this coastal area south of Rome, often forgotten but favoured by hikers and tourists in search of lovely beaches. Views in which natural elements still

prevail, along with history and the fascination of the myth of Eneas. According to legend the hero landed here with his fellow-Trojans and later founded the ancient Lavinium, named after his wife Lavinia.

Lavinio:
Tor Caldara

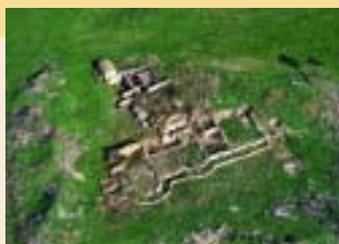


Archeological highlights

Lavinium

ARCHEOLOGICAL AREA OF PRATICA DI MARE: THE THIRTEEN ALTARS AND THE HEROON OF ENEAS

Archeological evidence indicates the C9 BC as the date of origin of the ancient city. It used to stand on a hill about 20 kilometers from Rome, on the present site of Pratica di Mare and was a highly important religious centre for the



Pratica di Mare: excavations

Latin people. The walls and the bath complex of the ancient city are still partially visible. In 1957 the first of the 13 altars of the Sanctuary connected with devotion to the Penates was discovered. The entire

series of altars measures about 50mt and is a very impressive site. According to legend, the Trojan hero Eneas, considered the ancestor of the Romans, landed south of the city. The findings brought to light during excavations are exceptionally important: imported Greek material from the C6 BC, two bronze sheets with a dedication in Latin to the Greek gods Castor and Pollux (500 BC), elements that have

Archeological highlights

contributed to stress the role of *Lavinium* as religious centre and for the spreading Greek influence into Roman culture. The sacred area of the Sanctuary originated in the mid C6 BC and includes the tumulus tomb attributed to Eneas, whose cult developed in the city in the late C4 BC when the Romans obtained hegemony over the Latins.



Lavinium: bust of female statue

SANCTUARY OF MINERVA

Outside the city, on the eastern side, stand the ruins of the Sanctuary dedicated to the cult of Minerva - the goddess of war but also venerated as the goddess of the *mens*, intelligence, and as the goddess of peace - found in 1977 along with an extraordinary votive deposit of over 70 terracotta statues, including a magnificent statue of Minerva, and images of young girls almost portrayed from real life, dedicated to the goddess.



Ardea: Genucilia dish

Ardea

The first settlements date to the Bronze Age and in the Iron Age two villages occupied the acropolis. The city acquired a certain power only in the C7BC, when it became capital of the Rutuli - a people distinct from the Latins but part of the League of the Alban people - and it developed its architecture. The acropolis used to contain many structures and still houses a magnificent example of Roman basilica which appears as a rectangular hall (45.80x23.80mt) facing the area of the forum with sixteen entrances divided by pilasters, and a portico with columns on the eastern side that provided access to the temple. Built in the late C2 BC, the basilica shows evidence of restructuring in the Republican era as indicated by the opus reticulatum technique.



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Churches and monuments

Ardea: the **Manzù Collection**. The museum houses the works the artist donated to the Italian State in 1979. Sculptures, medals, jewels and etchings for a total of 400 pieces that document the artistic development of the great sculptor who chose Ardea as his city of adoption.



Food

"**Puntarelle**", the tender part of Catalanian chicory shoots are especially tasty and fragrant in this area and are seasoned with a homogenous dressing made with salted anchovies (without bones), garlic, extra virgin olive oil, vinegar, salt and black pepper.



Wine

If we wish to taste a wine from the area we can choose the DOC **Colli Lanuvini**, cultivated and produced in the southwest area of the Albani Hills. It's a good dry white wine, ideal with delicate vegetable dishes or fish, and the Amabile type goes well with local baked sweets. The Superiore (12°) is excellent.



Crafts

This coastal area of Southern Lazio, caught between land and countryside, maintains its manufacture of **straw baskets**. In different shapes but also traditional, they have always accompanied daily domestic activities.



LAVINIO • TORVAIANICA • ARDEA • TOR S. LORENZO



Tor Caldara: the beach



Parks

We are in the heart of the **Natural Reserve of the Estate of Castelporziano**, among the dunes of the **Estate of Capocotta**. Ahead of us lies a protected natural marine area that is truly unique in Lazio: the **Shoals of Tor Paterno**, a rocky formation that looks like an island on the flat and sandy seabed. Its maximum depth is 60mt and the peak of this “underwater

mountain” reaches 18mt below sea level. The reef is inhabited by numerous animals and plants, including the rare *Posidonia Oceanica*, and deeper still the beautiful red *Gorgonia* (closely related to coral), along with morays, congers and bass. On the surface, in certain seasons, we can see lovely dolphins and rare species of sea birds.



Fairs / Events

Ardea - The **Palio** in the first weekend of June animates the town with historic parades. In April, **Spring at the Landriana**, the famous gardening fair, enlivens the town with bright colours.
Tor San Lorenzo - The **Feast of San Lorenzo Martire**, August 6 and 7.



LAVINIO • ARDEA TORVAIANICA • TOR S. LORENZO

Useful Info



GETTING THERE

From Rome, Viale Cristoforo Colombo up to the Lido di Roma, then continue along the Via Severiana coast road to Torvaianica, Tor San Lorenzo, junction for Ardea and Lavinio in this order.



PORTS AND DOCKS

Torvaianica, Tor San Lorenzo, Lido dei Pini and Lavinio have moorings on the beach with laying up for small boats active during the summer season.



USEFUL PHONE NUMBERS

Shoals of Tor Paterno: the area is marked by buoys and navigation is forbidden, but for boat rides and guided scuba diving excursions contact the managing bureau. *Romanatura*
ph. +39 06 35403436
www.romanatura.roma.it
Ardea: Raccolta Manzù
Via Laurentina, Km. 32,800
ph. +39 06 9135022



Torvaianica: the dunes



Itineraries



Along the ancient course of the **Via Severiana** on the coast, we can stop and spend some time at the beach. There is no lack of choice: from the dunes of **Capocotta** to the **Beach of Riotorto**, or else we can continue to the **Marina di Ardea** and the famous **Lido delle Sirene**

and the **Lido di Enea**. We can even ride bikes and take a quick look at the **Torri San Lorenzo** and **Torvaianica**.

The ancient coast road is attributed to Septimius Severus and was built from 198 to 209 AD. It connected Ostia to southern Lazio up to the Lake of Averno.

Sections of the basalt slabs that have contributed to reconstructing its ancient course, are still visible along the coast.



Seat of the APT Rome



AZIENDA DI PROMOZIONE TURISTICA
DELLA PROVINCIA DI ROMA

Via XX Settembre, 36 - 00187 Rome

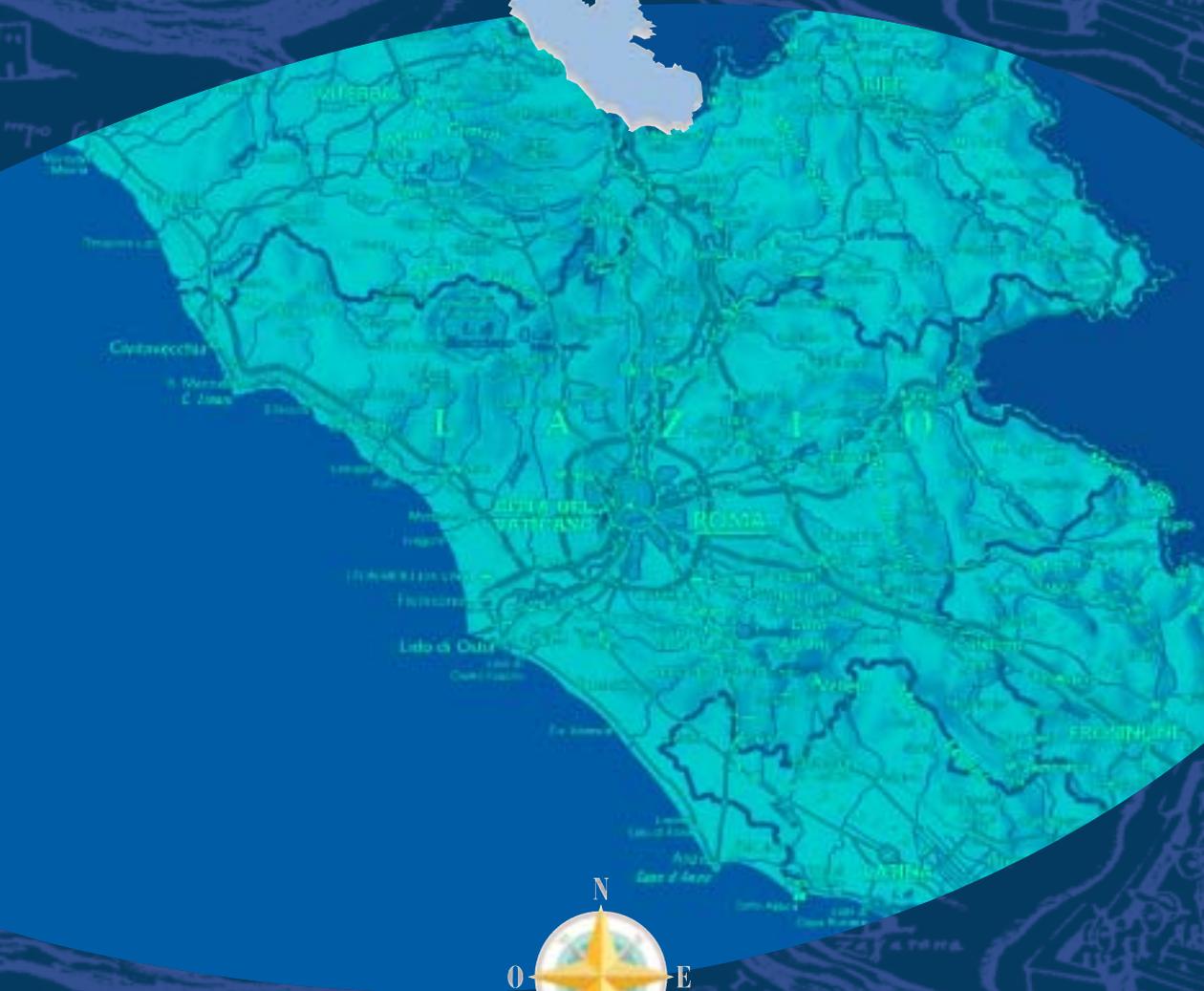
Ph. +39 06421381 - Fax +39 0642138211

www.oltreroma.it

GENERAL

General Map

MAP



RAIL MAP



San Felice Circeo:
the Guattari Grotto



Lavinio: Tor
Caldara



Ostia Antica,
excavations: Insula
of the Aurighi



Lavinio, Tor
Caldara: beach

Gaeta: view
from the Church
of St. Francis

ORANGE FLAG PROJECT

The ORANGE FLAG is a tourist and environmental quality trademark that the Touring Club has assigned to those localities in the inland of our peninsula that pursue tourist development according to quality standards.

The promotion of cultural assets, the protection of the environment, the culture of hospitality, the accessibility and availability of resources, the quality of accommodation, of restaurant services, and of typical products, are only some of the key elements for the assignment of the trademark.

In this guide dedicated to the archeological sites and the most beautiful localities on the coast of Lazio, we decided to reserve the indication on the general map of the region to the seven towns of Lazio that have recently obtained the Orange Flag trademark: **Arpino, Caprarola, Collepardo, Leonessa, Nemi, Tuscania and Vitorchiano**, with the goal of offering an overall vision of the cultural and environmental patrimony of Lazio.



The ORANGE FLAG project
is coordinated by the Study Centre of TCI.

Info:

Ph. +39 028526828 - Fax +39 028526333

bandiere.arancioni@touringclub.it

www.touringclub.it



Touring Club Italiano

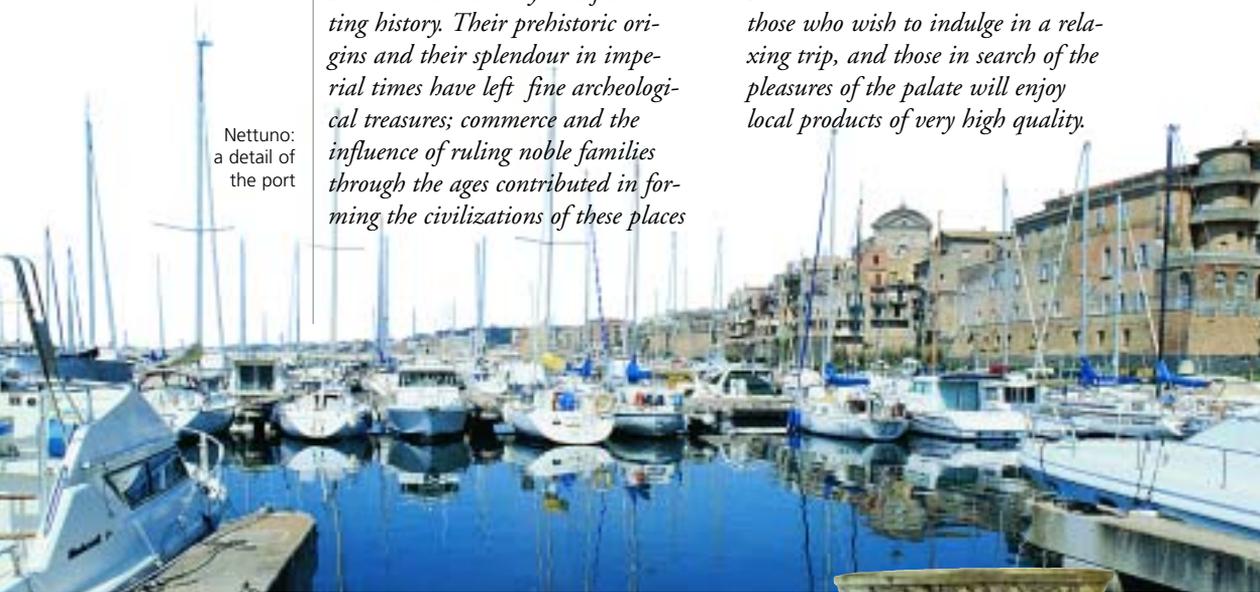
ANZIO • NETTUNO

We enter the heart of Lower Lazio where marine life seems distant from the rural area. The Mediterranean charms us with its sounds and colours and reveals the stories of its origins, caught between history and myth.

As most sea towns, Anzio and Nettuno have a lively and fascinating history. Their prehistoric origins and their splendour in imperial times have left fine archeological treasures; commerce and the influence of ruling noble families through the ages contributed in forming the civilizations of these places

Nettuno:
a detail of
the port

and their inhabitants. Parks and marine reserves await those who wish to indulge in a relaxing trip, and those in search of the pleasures of the palate will enjoy the local products of very high quality.



Archeological highlights

Anzio

Antium is one of the most ancient cities in Italy, as proven by archeological remains indicating its existence already 150.000 years ago, during the Stone Age (Lower Paleolithic). According to myth, Anzio was founded by Ascanius, son of Eneas, along with the city of Albalonga, or by Antaeus, son of Ulysses and the Sorceresses Circe. In any case, by providing it with such noble ori-



Anzio: Nero's Grottoes

gins and a parallel, similar foundation legend, mythology seems to have been determined to make Anzio as important as Rome.



Anzio: sarcophagus with marine scene

This important city represents a highpoint of the Latin civilization, it reached the height of its splendour in the 6th BC when it owned its own fleet and controlled sea commerce in the area. Yet at that time ancient Lazio started undergoing social, economic and geographical changes following the dispute between Latins and Romans and the constant threat of the neighbouring Volsci. Constantly at war with Rome, it



Archeological highlights

Anzio: small amphora, 2nd period of Lazio Civilization

was destroyed in 338 BC and deprived of its political rights. It was the end of a commercial reality that gave way

to a new era: during the republican period it became a residential centre with elegant villas in every section of the city. It was here, in the imperial villa on the west side of the coast, that both Caligula and Nero were born.

Also, in the Villa Spigarelli, in the northern area of the city, it is possible to visit the remains of a splendid residence with coloured

mosaics and precious wall paintings dating from the late C3 AD to the early C4 AD.



Anzio, Imperial Villa: fragment of fresco

Nettuno

According to Latin tradition, the present name of the town originated from *Neptunium* or *Navale Antium*, refer-

ring to the first settlement of the Volsci, from the name of the god of the sea. On the highest point of the coast, where the medieval town would rise in later times, the inhabitants dedicated a temple to the deity.



Anzio: excavations



Churches and monuments

Tower of Capo d'Anzio:

erected between the C9 and C10 AD, during the first raids of the Saracens, to protect the nearby towns of Anzio and Nettuno.

Fortress of Nettuno: overlooking the sea near the old Borgo of Nettuno, it was built by Pope Alexander VI who commissioned the project to Giuliano da Sangallo.



Food

Fresh vegetables and salads can be enjoyed with the traditional "**pinzimonio**", a simple yet ancient seasoning made with oil, salt and pepper. But let's not forget the sea: a large variety of fish can be prepared according to the fishermen's own recipes, such as their highly recommended stewed octopus and pasta with sardines.



Wine

In the interior, between Aprilia and Anzio, there is a significant cultivation of **Trebbiano**, **Sangiovese** and **Merlot**. Good production of DOC wine: the "Trebbiano" white, the rosé "Sangiovese" with its characteristic orange colour and red "Merlot". Local Nettuno wine, "Cacchione", awaits to be recognized with the authenticated trademark for wines.



Crafts

Woodwork

is a typical craft in Lazio, but the province of Latina specializes in the creation of rustic furniture and stuffed chairs.



ROME
**Superintendence for
 Archeological Assets of Lazio**
 Via Pompeo Magno, 2 - 00192 Roma
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 Web site:
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 Email:
archeologicalazio@archeologicalazio.it

ANZIO • NETTUNO



Parks

NATURAL RESERVE OF TOR CALDARA: a little further up north of Capo d'Anzio, we discover this marine reserve preserved in the absolute respect for the environment. It is a WWF Oasis. The **Horti Sanguiliane** in Aprilia are a must for plant lovers but also for curious people or nature lovers. It is a typical exam-

ple of experimental Mediterranean garden that houses over one thousand species of plants from all over the world. Cared for by the Garden Department of the International Culture Center Florida, it is also the seat of a lab and a research center.



Fairs/Events

Anzio: The last Saturday of June is the day of the patron saint **Sant'Antonio da Padova**, celebrated with a procession that goes out to sea with an evocative pageant of fishing boats.



Local curiosities

This is the kingdom of **bluefish** and in Anzio there is the most ancient (150 years) factory in Italy for the preparation of sardines.



Shopping

In the heart of the ancient town of Anzio, in the area of the **port**, it is possible to find beach wear and local crafts. The traditional auction at the **fish market** offers very fresh fish at unbeatable prices.



ANZIO • NETTUNO



Nettuno: the beach

Useful Info



GETTING THERE

From Rome, take the Via Pontina up to the junction for Aprilia, then continue along the Via Nettunense to Anzio, and along the coast road to reach Nettuno.



USEFUL PHONE NUMBERS

Horti Sanguiliane: Visits can be reserved. ph. +39 06 9269981
Natural Reserve of Tor Caldara:
 WWF Lazio:
 ph. +39 06 84497206



PORTS AND DOCKS

Port of Anzio: 500 berths for a maximum length of 15mt. Muddy and variable seabed, ranging from 2.5 to 3mt in the quay. Sailing forbidden.
Porto Marina di Nettuno: for sports crafts, it has 3000mt of dock and 14 wharves, sandy seabed, 2.50 to 4mt depth in the quay. *Marina di Nettuno - Circolo Nautico S.p.A.*
 ph. +39 06 9805404



CONNECTIONS WITH THE ISLANDS

Port of Anzio
 Motorboats and hydrofoils:
Caremar ph. +39 06 98600083
 Hydrofoils: *Vetor*
 ph. +39 06 9845083

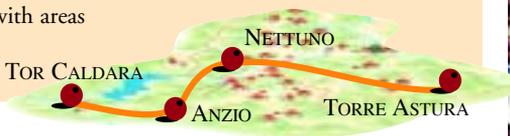
Itineraries



Bike and train in the Park of Torre Astura: for those who enjoy bike riding, we recommend the cycling itinerary between the Park of Torre Astura and Nettuno. About 40 km, of medium difficulty with areas to stop in the Park



and in the Borgo of Nettuno. Organized group excursions possible: www.biciebike.net



Anzio: the port



Seat of the APT Rome



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www.oltreroma.it

TORRE ASTURA SATRICUM

In the footsteps of Cicero, along the ancient Via Astura, we cross the ancient countryside to reach Roman villas and the crystal clear sea.

It will seem to us to have left the world behind, with Saracen towers on the horizon marking the rhythm of our excursion and archeological sites offering charming breaks. Countryside and sea blend in a unique, quiet landscape, a witness to ancient civilizations and tradi-

tions, from the Latin origins and Greek influence right to the present.

Torre Astura



Archeological highlights

Satricum

This very ancient Italic city was one of the first in the Pontine area. Inhabited initially by Latin people, it rose on a high ground west of the Astura river - at that time navigable up to the sea - in the area of Le Ferriere and its history goes back from the C15 BC to the C1 BC.

It was a rich commercial city, the crucial point of a the Agro-Pontine road system, especially



Satricum: Temple of Mater Matuta

when, during the peak of its splendour (C7 - C6 BC), the Appian Way had yet to be built and the boundary wall of the acropolis of *Satricum* was the starting point of at least four different roads leading to Ardea,

Anzio, towards the Astura river and west towards Velletri and Palestrina from the north side. *Satricum* was embellished with the construction of a temple (*peripteral*) - at the centre of the acropolis, on the exact site of the ancient "temple-hut" of the C9 BC. Dedicated to the worship of the *Mater Matuta*, a maternal deity also known as the goddess of Aurora, the temple was one of the most venerated places in pagan Lazio, a destination for

Archeological highlights

the faithful even when the city fell into decline (findings of small votive statues left as gifts dating from the period between 350 and 100 BC). The Temple



Satricum, excavations: detail

was brought to light during the important excavations of 1896-1898, and the finding of valuable remains has made it possible to date the structure to the C7 BC. Today we can admire the votive cabinet found in the Temple (the most significant collection of non-Greek and non-Etruscan Italy) and the funerary objects of the nearby necropolis areas at the Museum of Villa Giulia in Rome.



Kántaros
found in a
tomb of the
south-west
necropolis,
C5BC

Astura

REPUBLICAN VILLA

Perhaps more famous for its medieval tower, this archeological area south of the Astura river mouth is located on a small cape that preserves the ruins of a villa of the late republican period. In



imperial times an artificial port was built near the villa and we can still recognize two of its piers and its fish tanks. The villa was also serviced by an aqueduct that was used as a bridge to reach the nearby artificial island on which the residential structure extended.

TOWER

This medieval coastal fortress was built above the remains of the fish tanks of the villa of Astura, and was connected to the mainland by a brickwork bridge. Although earliest evidence dates from 1193, it seems that the first construction was ordered by the Counts of Tuscolo, lords of Nettuno, who to protect their rich maritime centre from the constant raids of the Saracen pirates (C9 - C10 AD).



ROME

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Email:

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Churches and monuments

In the area of **Le Ferriere** (LT), the House of the Martyrdom of Saint Mary Goretti. In **Latina**, the Civic Gallery of Modern Art with a collection of paintings from the Thirties, and the "Mario Valentini" Museum of Numismatics, Medallistics, Graphics and Photography. The Gallery of Contemporary Art and the Antiquarium are in **Borgo Sabotino**.



Food

This is the area of **dairies** that daily produce **fresh mozzarella**, butter and other fresh cheese products. Kiwi and oil are also produced here. The sea offers exceptionally fresh products for **fish soup** and fish-fries in the classic maritime tradition.



Wine

The DOC wines of the area of **Aprilia** rule here: "**Trebbiano**" (white), "**Sangiovese**" (rosé with an orange colour) and "**Merlot**" (red), wines with strong flavours that appropriately accompany the varied cuisine of the area.

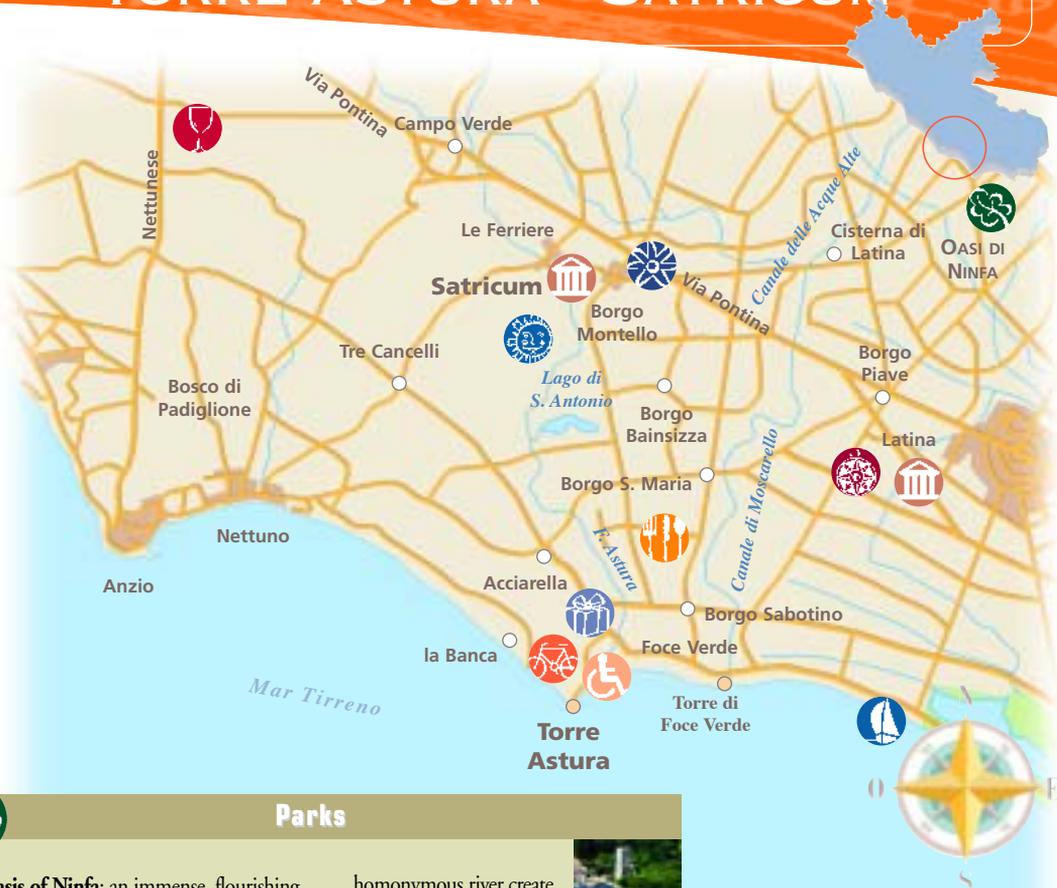


Crafts

In **Borgo Mondello**, near **Le Ferriere**, typical shops offer craftmade objects in **wrought iron**, inspired by traditional design.



TORRE ASTURA • SATRICUM



Parks

Oasis of Ninfa: an immense, flourishing garden created in the 1920s among the remains of the medieval town of Ninfa by the heirs of the Caetani family who had bought the town in the 1200s. Today the Oasis is managed by the “Roffredo Caetani di Sermoneta” Foundation that is also in charge of the ruins of Ninfa and of protecting the local fauna. The little lake and the

homonymous river create the setting for rare botanical specimen, fish, such as the macrostigma trout and beautiful species of birds, such as the peregrine hawk, the African golden oriole and the blue rock thrush, that populate the over 1850 hectares of park with its woods of bamboo, Mexican pines and Japanese magnolias.



Fairs/Events

In mid October **Cisterna di Latina**, celebrates the return of the shepherds from the mountains with the “**Festival of the Riciclata**”. In the past it was the occasion to exchange goods, especially cattle, the real protagonist of the event along with the cowherds of the “**merca**”, the branding of the herds.



Local curiosities

The **remains of the ancient city** were discovered in 1896 by the French scholar Henri Graillot. Since then periods of interest on the part of the Italian authorities have alternated with periods of inactivity. In the 1970s, thanks to excavations led by the Dutch Institute of Rome, many ruins and secrets of the ancient civilization have been brought to light.



Shopping

If we are looking for shop windows and bright lights, this is definitely the wrong place! Along the Via Astura and the SS. Lungomare Pontino we may rather meet farmers selling **local, often organic products**: mozzarella, strawberries, wine and excellent beef.



TORRE ASTURA • SATRICUM

Useful Info



GETTING THERE

From Rome take the Via Pontina up to the junction for Aprilia, then continue along the Via Nettunense in the direction of Anzio/Nettuno.



PORTS AND DOCKS

Dock shelter on the river Rio Martino (LT).



USEFUL PHONE NUMBERS

Oasis of Ninfa: guided tours from April to October, the 1st Saturday and Sunday of each month and special openings in April, May and June. Località Doganelle- Ninfa. SS.Pontina, junction for Cisterna, (LT).

Info: Fondazione Caetani, Viale Botteghe Oscure, 32 Rome.

Ph. +39 06 6873056, 9am-2pm.

Civic Gallery "Mario Valentini", Palazzo della Cultura, Via Umberto I°

ph. +39 0773 652600 / 652623

Civic Gallery of Contemporary Art - Borgo Sabotino,

ph. +39 0773 645060



Torre Astura



Itineraries



Torre Astura - The Tower is located in a military area and is open to the public on Saturday and Sunday during the year and every day in July and August. On the SS. Lungomare Pontino we find the detour for the Tower and from the car park, before the bridge, there are about 3 kilometers of path, for bikes as well.

Excursions by boat (the "Caronte") to visit the area are managed by a local cooperative (*ph. +39 334 7133261*). An association of volunteers arranges guided visits for the disabled who are met at the car park and accom-

panied on the boat excursion as well.

Info: Associazione Portatori di Handicap - Visitatori di Torre Astura (ONLUS)

Via Zara, 53 Nettuno

ph. +39 339 2287985



Seat of the APT Latina



AZIENDA DI PROMOZIONE TURISTICA
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Via Duca del Mare, 19 - 04100 Latina

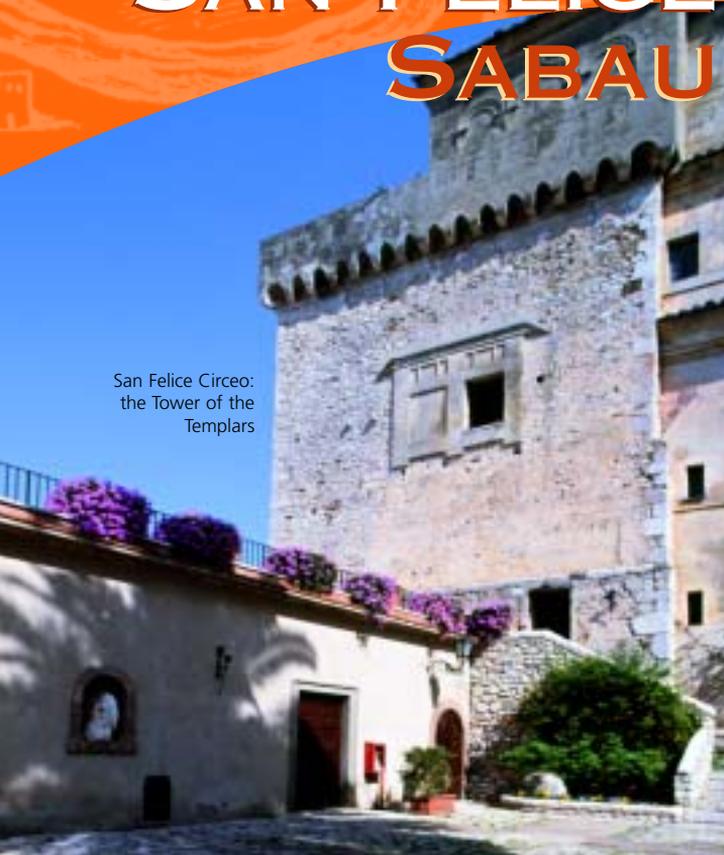
Ph. +39 0773695404 - Fax +39 0773661266

www.aptlatinaturismo.it

SAN FELICE CIRCEO

SABAUDIA

San Felice Circeo:
the Tower of the
Templars



A pleasant green oasis amidst history and mythology.

A pleasant green oasis amidst history and mythology, Mount Circeo, a natural terrace overlooking the National Park and its 20 kilometres of coast, stands out amidst the golden sand of the beaches and the Selva del Circeo. Our itinerary starts north with Sabaudia, the Piana dei Laghi dei Monaci, of Caprolace, of Fogliano and of Paola, and the fascinating Villa of Domitian. Looking south we find San Felice Circeo, with its lively historical centre, promontory, grottoes and archeological remains. A unique excursion awaits us in the places where Homer says Ulysses landed and where his legendary love affair with the Sorceress Circe began, where history and myth have always told their tale in an enchanting and immutable natural setting.

Archeological highlights

San Felice Circeo

ACROPOLIS

At the top of Mount Circeo, in the area of Le Crocette - east of the Promontory - stand the remains of the polygonal walls that surrounded the Acropolis to defend the inhabitants of ancient *Circei*. The construction technique and the historical and archeological data seem to indicate the C6 BC as a likely date, corresponding to the epoch of the founding of the Latin colony. We will find similar



Sabaudia: the Villa of Domitian

ancient constructions also in the town of San Felice. On the opposite side of this irregular polygon, whose original perimeter measured 655mt, we will take a moment to consider the most significant section from an architectural standpoint, the "Western Wall", that in its 6

metres of height alternates the strength of huge blocks and the refinement of small triangular trimming dowels.

SANCTUARY

Dating from the republican period, the wide platform of about 1000 square metres, maintains its massive supporting walls and the polygonal blocks marking the sacred area, which was probably in the open. We are still on Mount Circeo and precisely on Circe's Peak, at an altitude of 504 metres.

Archeological highlights

THE GUATTARI GROTTO



San Felice Circeo: the Guattari Grotto
The Promontory and its grottoes guarded astonishing evidence for thousands of years; a human cranium from the Neanderthal period, whose forms of life went extinct 30,000 years ago, was found perfectly intact in a hollow section on this site. Placed at the centre of a circle of stones, according to the most recent interpretations, the cranium was brought there by carnivorous animals (*jena maculata*) whose remains, along with other 600 fossil bones of 14 species of Pleistocene fauna, form the treasure of this prehistoric ore body.

partially - thanks to an impressive restoration concluded in the late 1980s - it was built over the remains of other villas from the Republican period, and is included in the Circeo National Park. The monumental complex consists of buildings with rich marble decorations and large structures devoted to the care of the body and spirit in the authentic Roman tradition. This implied the creation of hydraulic works and the construction of a system of cisterns.

The villa is divided into two areas - north and south - connected by long avenues and



Sabaudia: the Villa of Domitian

promenades. The northern section includes a large pool (59x32mt) enclosed by corridors dating from the first construction phase of the villa.

Sabaudia

THE VILLA OF DOMITIAN

Considered one of the most imposing residences of the imperial era, the villa was the summer resort of the Emperor Domitian (C1 AD) built on the eastern side of the Paola Lake. Brought to light only



Churches and monuments

In **S. Felice Circeo**, the Church of S. Maria degli Angeli: a sanctuary consecrated to the Holy Shroud. Museum of Sea and the Coast, and the Exhibit "Homo Sapiens and the Habitat". In **Sabaudia** the "Emilio Greco" Museum, in the Town Hall, houses the works of the famous artist: bas-reliefs, plaster figures, medals and a vast collection of lithographs, engravings and drawings.



Food

Local cuisine is tied both to the **sea**, abounding in fish, and to the **land**, rich in vegetables. Tradition offers rustic pizza in the wintertime, and grilled or fried fish in the summer: mullets, cod, bass, shrimp and crayfish.



Wine

"**Circeo**" is produced in the area of the **Pontine coast**, between Latina, Sabaudia, San Felice Circeo and Terracina. Although white, rosé and red varieties exist, it is the strong-tasting dry red that has recently become popular.



Crafts

The numerous **goldsmith laboratories** hand down the art to the new generations, creating actual "schools". Creativity, taste and technique contribute to innovate the product of these master goldsmiths who over the years have developed the special ability to reproduce exceptional ancient **jewels**.



ROME

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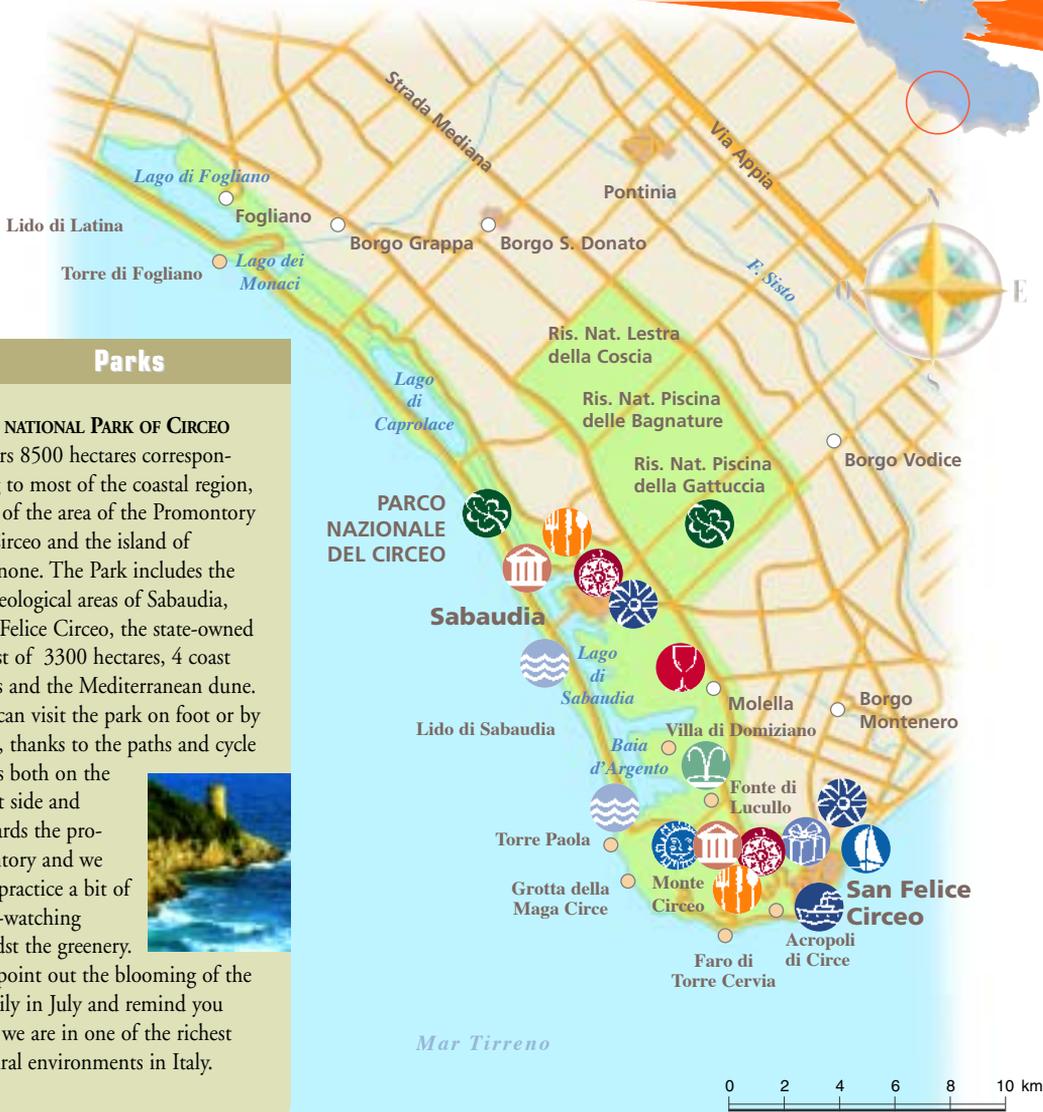
Web site:

www.archeolz.arti.beniculturali.it

Email:

archeologicalazio@archeologicalazio.it

SAN FELICE CIRCEO • SABAUDIA



Parks

THE NATIONAL PARK OF CIRCEO covers 8500 hectares corresponding to most of the coastal region, part of the area of the Promontory of Circeo and the island of Zannone. The Park includes the archeological areas of Sabaudia, San Felice Circeo, the state-owned forest of 3300 hectares, 4 coast lakes and the Mediterranean dune. We can visit the park on foot or by bike, thanks to the paths and cycle lanes both on the coast side and towards the promontory and we can practice a bit of bird-watching amidst the greenery. We point out the blooming of the sea-lily in July and remind you that we are in one of the richest natural environments in Italy.



Fairs/Events

In **San Felice Circeo**, in early September, the **Blue Fish Festival**, an authentic triumph of flavours and traditions. On August 15, **Sabaudia** celebrates the **SS. Annunziata**.



Local curiosities

In these places rich in myth and magic it will seem to us, as we look at Monte Circeo from the beach, to recognize the **profile** of the legendary **Sorceress Circe** laying down: her long mane of hair immersed in the sea, her face, with the hooked nose and forehead, her neck and chest.



Shopping

The area of the **Port** of San Felice Circeo is a traditional meeting place and ideal for a promenade along elegant boutiques where we can find the most prestigious brands of international fashion along with typical restaurants overlooking the sea. The historical center and Viale Tittoni are also perfect for strolling and shopping.



SAN FELICE CIRCEO • SABAUDIA

Useful Info



Torre Badino



GETTING THERE

From Rome, take the Via Pontina up to Latina, then continue along the Strada Mediana to the junction for Sabaudia, then to the junction for San Felice Circeo.



PORTS AND DOCKS

San Felice Circeo: tourist port for over 400 equipped berths on the wharves.



CONNECTIONS WITH THE ISLANDS

Motorboat to Ponza:
Linea Pontina Navigazione:
ph. +39 0773 544157



USEFUL PHONE NUMBERS

San Felice Circeo: S. Maria degli Angeli ph. +39 0773 540566
Grotta Guattari: Giardino Hotel Neanderthal, ph. +39 0773 548016. Monday and Thursday by reservation.
Museum of the Sea and the Coast

ph. +39 0773 511340
Exhibit "Homo Sapiens and the Habitat"
- ph. +39. 0773 547770

Sabaudia: "Emilio Greco" Museum
ph. +39 0773 515791

Villa of Domitian: in the Park, in the area of Palazzo, district of Molella. Visits must be arranged by appointment with the Management of the National Park of Circeo
ph. +39 0773 511385

NATIONAL PARK OF CIRCEO:
Management: Via Carlo Alberto, 107 Sabaudia (LT) ph. +39 0773 511385
Info Point: "Porta del Parco" in the historical centre of San Felice Circeo
ph. +39 0773 549038 and of Sabaudia ph. +39 0773 515046

For excursions in the Park and recreational activities: Cooperativa Mela Cotogna ph. +39 0773 511206

Itineraries



San Felice Circeo

An excursion by boat along the coast, right up to the magnificent **Torre Paola** - built by Pope Paul III Farnese to defend the nearby port - will allow us to enjoy the beauty of the coast, known for its numerous fascinating Karstic grottoes. The most famous ones include the

Blue Grotto, the Grotto of the Goats, the Grotto of the Fassellone and that of the

Sorceress Circe. Scuba-diving excursions are also possible.

Spa of the Spring of Lucullus

Near the remains of the Villa of Domitian, we can refresh ourselves with the mineral waters of the Fonte di Lucullo, a spring of cold water located in a Roman grotto of the 1st century BC. The water is beneficial for ailments of the digestive apparatus and of the urinary tract.



Torre Paola

TORRE PAOLA

GROTTA DI MAGA CIRCE
TERME DI FONTE LUCULLO
SAN FELICE CIRCEO

Seat of the APT Latina



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DELLA PROVINCIA DI LATINA

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TERRACINA VIA APPIA

A glass of Moscato reflects the beauty of this town: intense colours, strong fragrances, traditions that last through time.

Caught between the hills and the sea, surrounded by the promontories of Circeo and Gaeta, Terracina lies right there with its historical center suspended between antiquity and the present. It will be like travelling through time in an instant, amidst traces of its Roman origins, the splendour of the Middle Ages and the evidence of the rebirth in the 18th century. We will then arrive at the present, rich in history and tradition, and enjoy its tourist and seaside resort setting, the long white beach, the atmosphere of the port, and the age-old tranquillity of the small fishermen's port.

Terracina: the ancient Appian Way



Archeological highlights

Terracina

TEMPLE OF JUPITER ANXUR

The remains of the imposing sanctuary rise on the top of the Monte Sant'Angelo with its splendid view. Owing to its historical value and its harmonious integration with its natural setting and the surrounding archeological site, it has been declared "natural monument" and it is still possible to distinguish the part that was cut



Terracina: the Temple of Jupiter Anxur

directly in the rock from the section supported by foundations below the ground. The complex dates from the first decades of the C1 BC and has a "facade" consisting of 12 communicating vaulted rooms connected at the back by a corridor. The remains

of the temple are to be found on the terrace above. It measured 18.70 x 32.56mt. and was doubtlessly devoted to the worship of Venus, in spite of its name that refers to the father of the gods.

THE EMILIAN FORUM

In the Piazza del Municipio, in the heart of the old city, the original pavement of rectangular slabs of limestone still preserves the inscription placed by Aulo

Archeological highlights

Emilio, who ordered the construction of the Emilian Forum. The buildings in the modern square trace the ancient acropolis of which evidence of varying relevance indicates the vastness. Among the ruins of temples, columns, walls and the theatre, stands the arch beneath which the Appian Way passed and that provided the entrance to the Forum. During the Middle Ages the cathedral of San Cesareo was built above the foundations of the Great Temple of which the podium in opus quadratum still remains.



The Appian way: "basolato"

THE APPIAN WAY

Built by Appius Claudius the Blind in 312 BC to connect Rome to Capua, the Appian Way is the most ancient of the great roads starting from Rome and for this reason was called regina viarum (queen of roads) by the poet Statius. The first section is the most ancient and covered a distance of 132 Roman miles, corresponding to 195 km and following Rome's expansion



Terracina: historical center

towards the south, was extended at different times. The greatest innovation was the variant built by Trajan in the early C2 AD. Along the new Appia Traiana, it was possible to reach Brindisi from Rome on a 365-mile (540km) route that the poet Horace covered in 14 days in 37 BC. The Appian Way emerges near Terracina at its 100th kilometer, in the area of Ponte Maggiore, where it crosses the Valle dei Santi in what is actually an open archeological site. The route goes up in the hilly area towards the city from the Porta Romana and continues towards the eastern side with the section along the coast opened on the sea in Trajan's era by cutting a spur of rock, the Pisco Montano. The large stone slabs of basaltic rock ("basoli"), typical of the construction technique of Roman roads, make the paving of the Appian Way a true symbol of the creativity, pragmatism and functionality that permeated the Roman civilization.



ROME

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Email:

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Churches and monuments

Civic Archeological Museum "Pio Capponi"

Piazza Municipio

ph. +39 0773 707313.

Info at the Culture Office

ph. +39 0773 707277.

Cathedral of San Cesareo

(C11 AD) Piazza del Municipio

ph. +39 0773 701100.



Food

The sea is the real protagonist of Terracina's traditional



cuisine: locally caught fish provides many ancient recipes such as **fried fish**, grilled prawns and the tasty **fish soup**. The land also provides **ancient flavours**: stewed goat's meat and polenta with "spuntature"



Wine

The tradition of wine making in this area dates back to the C2 BC., and the "**Moscato**" of Terracina dry and sweet, can still be enjoyed today.



Crafts

The patient and silent preparation of **fishing nets** is the expression of an age-old craft that is now disappearing.



Terracina is also the centre of **gold and amber** manufacture: particular, charming jewels made by a school that blends craftmade techniques and goldsmith art.

TERRACINA • VIA APPIA

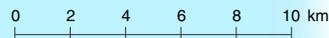


Parks

The natural and geological Area of **Camposoriano** extends about 3km, from Terracina to Sonnino. From the valley, up through the hilly area, we meet the Madonnina of Leano (676mt) looking over the Pontina Plane, and arrive in the heart of this Karstic territory with its large rock formations that look like stone icebergs. Between its



cultivated areas and orchards, this protected natural area, declared "**Natural Monument**" by a regional law, should not be missed.



Fairs/Events

Sea Festival: around the middle of July a procession of boats, decorated in honour of the Virgin Mary of the Carmel, follows the "**paranzella**", the boat that has the privilege of transporting the image of Mary out to sea. The third Saturday and Sunday of the month the **Antique Fair** "Cinque Piazze" in the Historical Center.

Local curiosities

Founded as a fishing town, Terracina is **twinned** with as many as eight cities: Bad Homburg (Germany), Cabourg (France), Coira (Switzerland), Bad Monford (Luxembourg), Mayrhofen (Austria), Jurmala (Lettonia), Exeter (Great Britain), and Pécs (Hungary).

Shopping

Shops and canteens where we can find local craftsmanship and gastronomical specialties. The very central "**Corso**" Anita Garibaldi offers elegant boutiques and traditional shops, but also places in which to discover local customs.

TERRACINA • VIA APPIA

Useful Info



GETTING THERE

From Rome, take the Via Pontina, then the province road 156 in direction of Sezze up to the intersection with the Via Appia. Continue south along the Via Appia up to Terracina.



USEFUL PHONE NUMBERS

Natural and geological Area of Camposoriano.
Info ph. +39 0773 727759



CONNECTIONS WITH THE ISLANDS

Motorboat port for Ponza:
Mazzella ph. +39 0773 723406



PORTS AND DOCKS

Fishermen's Canal Port

Port of Terracina:

Depth from 2,80mt to 3,50mt.
And two docks for sports crafts

Foce Badino: Great Canal of Badino (for nautical assistance) river dock from 2,10mt to 2,70mt

Foce Sisto: along the homonymous river, suitable for small boats

District maritime office

ph. +39 0773 720060



The Towers of Leano and the sea at Terracina



Itineraries



Following the **Litoranea Flacca** (Coast Road) that starts from Terracina and reaches Sperlonga and Gaeta, we can partly trace the route of the road opened

in the 3rd century AD.
A great opportunity for a bike ride or a walk through the Mediterranean bush.



Seat of the APT Latina



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SPERLONGA FONDI



From the Monti Ausoni to the sea; typical products, vegetables and wines await us in a climate of sincere cordiality.

This area, amidst hills, lakes and the sea, was favoured by illustrious ancient Romans as a holiday resort. The fascinating medieval fortresses were erected in later times as defense from the pirates sailing on the Tyrrhenian Sea, and today provide unique views.

The sea Sperlonga shares with nearby Fondi, located higher up, is one of the cleanest in Italy and the surrounding natural oases and parks are the treasures of a landscape that has remained virtually intact.

Sperlonga:
Porta Carrese

Archeological highlights

Sperlonga

THE VILLA OF THE GROTTO OF TIBERIUS

The residential complex is attributed to the emperor Tiberius because historians Suetonius and Tacitus mention the collapse of a grotto (*spelunca*) in which the emperor was saved by Sejanus. The site was brought to light at the end of the 1950s during excavations for the construction of the modern Via Flacca.



Sperlonga: Villa of the Grotto of Tiberius

Erected on the side of a natural sea grotto, it is the most grandiose of the summer residences built on the coast of Lazio between the C1 BC and the C2 BC. It con-

sists of the main body of the villa, the bath complex, the residential section, the grotto with the *nymphaeum*, and a basin ending in a pool with a imperial triclinium at its centre from which the sculptures of Deeds of Hercules could be admired. The precious sculptures were in fact found in the famous Grotto of Tiberius (*nymphaeum*), reconstructed and are now on display in the adjoining National Archeological Museum of

Archeological highlights



Villa of the Grotto of Tiberius: the *vivaria* and the *stibadium*

Sperlonga. They represent the myth of the great Greek hero and are often of impressive proportions. Their late Hellenistic style anticipated the date of their making to the C1 BC. The most curious feature was the large fish farm fed by springs and provided with a system that made the sections used for fish hatching emerge from the brackish water of the lake.



Sperlonga, Museum of the Villa of Tiberius: Ulysses

Fondi

According to legend, the city was founded by Hercules. In the C6 BC *Fundi* was a Volscan city, yet the central urban nucleus from the Middle Ages -that recalls the

typical “Roman quadrilateral” plan, with the *Cardus* and *Decumanus* - dates from the C4 BC, as indicated by the technique of the polygonal walls. The *Fondi Antiquarium*, housed in the cloister of Saint Francis (present seat of the Town Hall), contains a statue of a man in a toga from between the end of the C2 BC and the beginning of the C1 BC, and a limestone funerary relief of the late Republican period. Numerous other objects constitute the archeological patrimony of this ancient *civitas romana*.

Sperlonga: Roman wall



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Churches and monuments

Sperlonga: The National Archeological Museum houses reconstructions of the large stuary groups related to the myth of Ulysses. **Fondi:** The historical center with the Caetani Castle (C13- C15 AD). Opposite the Castle, the Renaissance Palace of the Princes (C15 AD). Cathedral of St. Peter (C12 AD) built above a temple dedicated to Jupiter.



Food

Tradition offers vegetables and salads “in pinzimonio” , with the excellent local extra virgin olive oil. Soup with “**erbe pазze**” – chicory, wild fennel, and borage, picked in the fields – or with peas and fresh onions, are famous. We can also find delicious **watermelons** and grapes.



Wine

Already in the C2 BC, the area of the Fondi plane offered the *fundanum* and the famous *caecubum*, considered one of the best wines in Italy. Thanks to its great commercial success it was exported to Gaul already in the C2 BC. The *Cecubo* produced today is a dry red wine.



Crafts

Sperlonga offers refined **woodwork**, wood inlay and wood mosaics that decorate furniture and objects. The creation of rustic furniture is also significant.



SPERLONGA • FONDI



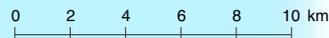
Parks

The Regional Park of the Riviera di Ulisse

consists of three areas featured by particular environmental and cultural values: the Regional Park of Giànola - Monte di Scauri, the Regional Park of Monte Orlando and the natural monument that is the Promontory of the Villa of Tiberius and the Capovento Tower – Punta Cetarola. The sea washing the shores of the **Villa of Tiberius** is a Blue Oasis and entrusted to the custody of WWF Italy.



Didactic and underwater itineraries, boat rides and sea-watching sessions in a setting where nature and archeological assets coexist in perfect harmony, can be arranged. **Fondi**: Botanical Garden of the Monti Ausoni with the typical flora and vegetation of the area. Guided visits can be reserved.



Fairs/Events

Fondi: September 10 is the day of the procession in honour of the Madonna del Cero. **International Folklore Festival "Città di Fondi"**. Every year, from the 16th to the 19th of August, **Exhibit of Ancient Agricultural Tools**, folk groups from the 5 continents and local groups present their customs and traditions.



Local curiosities

An agricultural area already in Roman times, today Fondi is the seat of one of the most important **fruit and vegetable markets** in Italy, (the M.O.F) through which tons of produce transit every year.



Shopping

Shops and typical restaurants and trattorias provide lots of local colour to this Mediterranean town made up of **white medieval houses** and lovingly cared-for balconies. The fragrance of sweets and delicacies fill the streets until late at night, when the real heart of the summer nightlife starts beating.



SPERLONGA • FONDI

Useful Info



GETTING THERE

From Rome, take the Via Pontina up to Latina, then continue along the Strada Mediana up to Terracina. From Terracina, follow the coast road (litoranea) 213 up to Sperlonga or continue on province road 7 up to Fondi.



PORTS AND DOCKS

Sperlonga: small municipal port for small fishing boats and small wet dock for tourist water crafts.



USEFUL PHONE NUMBERS

Sperlonga: National Archeological Museum Via Flacca km 16.300.
Info: ph. +39 0771 548028
Park of Giànola
ph. +39 0771 614268
Regional Parl of Monte Orlando
ph. +39 0771 450093
Regional Park of the Riviera di Ulisse ph. +39 0771 557341



Sperlonga: Torre Truglia

Itineraries



The Beach of the **Bambole**, of Bazzano, d'Angolo and of the Canzatora.

Torre Truglia, on the extreme point of the Sperlonga promontory, is a fascinating place, connected with the landing of the pirate Barbarossa in 1534.

Via Flacca: south of Sperlonga, one of the loveliest sections of the coast of Lazio, crossed by the Via

Flacca already in Roman times. From the site where the **Spartivento Tower** stood until recently, we can identify the remains of the ancient road with the substructures of the original route. From the modern Via Flacca, follow the signs for the path of the Torre Spartivento.



Sperlonga: remains of the Spartivento Tower



Sperlonga: the port



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GAETA FORMIA

The Gulf of Wonders

Nature has truly outdone itself here: on the slopes of the Monti Aurunci, down towards the hills broken up by rough promontories, we arrive at the coast and suddenly discover its many spectacular inlets, coves and views.

The origins of these cities are ancient and their history is intense. Gaeta was a maritime Republic and seat of the Bourbon monarchy, and Formia was well known by the ancient Romans who loved its shores and built their villas with piscinae and ports there.

And the myth of Ulysses returns once again as he may have landed here on his journey home...

Formia: the Tower in the Piazza S. Erasmo



Archeological highlights

Gaeta

MAUSOLEUM OF LUCIO MUNAZIO PLANCO

The mausoleum at the top of Monte Orlando was dedicated to General Lucio Manuzio Planco, founder of Lyon (Lugdunum) and of Basilea (Raurica), in the Augustan era. Only the concrete nucleus lined with blocks of stone, round in shape and with a diameter of 29,50mt, has survived. The top



Gaeta: view with Mausoleum of Lucio Munazio Planco

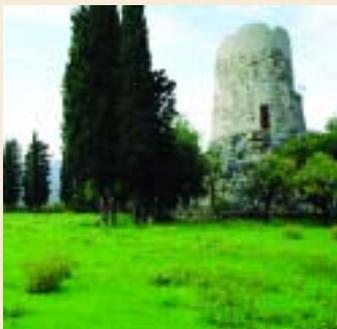
of the mausoleum is crowned by a Doric frieze and military symbols recalling the achievements of this important politician who lived in the second

half of the C1 BC. As was typical in most mausoleums of the period, a statue of the deceased was placed at the top of the tumulus, as indicated by the presence of a supporting pilaster at the centre of the tomb. A circular corridor with four cells surrounded the structure and shows one of the most ancient examples of brickwork in mixed style of brick and net pattern.

Archeological highlights

MAUSOLEUM OF LUCIO SEMPRONIO ATRATINO

This other mausoleum was dedicated to Lucio Sempronio Atratino (born in 73 BC), and is located in the area of Atratina, incorporated into modern buildings. Only parts of the circular corridor in concrete and of the funerary chambers have survived. The original stone covering was re-utilized during the construction of the bell tower of the Cathedral of Gaeta. This mausoleum also belongs to the classical type, and so used to have a tumulus

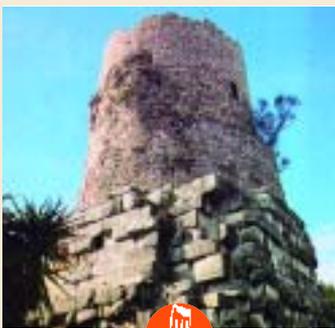


Formia: two images of the tomb of Cicero

at the centre with a statue of the deceased at the top. The tomb was decorated with a Doric frieze with objects connected with priesthood. The *lituo*, the typical staff of the augurs whose order Atratino belonged to, appears numerous times. A quote from Suetonius, mentioned again by Saint Jerome, helps us date his death, which arrived quite late, in 7 AD.

*Formia***THE TOMB OF C.D. CICERO**

The most significant monument in the vast archeological area around Formia, it is located along the Appian Way, in the direction of Itri, at km. 139. The attribution of this mausoleum is a mere hypothesis, given the absence of precise indications, but it can be dated to the C1 BC on account of the building technique and the style. It is an imposing tower-like structure, placed at the centre of a burial ground surrounded by a wall in limestone reticulate style with pillow-shaped stone blocks.



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**Churches and monuments**

Gaeta: Sanctuary of the Montagna Spaccata including the Chapel dedicated to Saint Filippo Neri, the Chapel of the Holy Sacrament and the Church of SS. Trinità. Byzantine Church of San Giovanni a Mare (C 12 AD) and the Golden Grotto, a Renaissance chapel with precious paintings of the C 16 AD. **Formia:** Church of Santa Maria ad Martyres.

**Food**

Gaeta: famous for its tasty **black olives** and the traditional “**tiella**”, a rustic pizza filled with vegetables, anchovies, small octopus and seafood seasoned with garlic, capers and olives. **Formia:** The city of oranges and tangerines offers traditional Neapolitan **sweets**, such as the famous “**pastiera**”. A typical product of the area is Lenola **goat cheese**.

**Wine**

The typical wine of the area, produced from Formia to Campania, is the **Falernum**, a white wine with very noble origins, straw-coloured with green nuances.

**Crafts**

Gaeta: celebrated every year at Christmastime, the production of **artistic crèches** is the specialty of local craft, and is inspired by the deep faith and strength of the religious culture of the people.



GAETA • FORMIA



Ventotene: Villa of the Augustan era



Parks

The sea in front of the town has been declared **Blue Oasis** and the marine area is managed by the WWF with scientific and didactic activities. Fishing, navigation and mooring are obviously forbidden. The seabed is rocky and rich in flora and fauna, including the Oceanic Posidonia, that we can admire on particular boats with transparent sides.

VENTOTENE: This island of volcanic origin, along with the nearby Santo Stefano, is a protected sea and land natural reserve that preserves remains of ancient Roman villas and fish farms among birds, reptiles and sea-mammals of various species.



Gaeta: view from the Church of Saint Francis



Fairs/Events

Gaeta: in August, the **Sea Festival** with the spectacular procession of boats in honour of the Madonna of Porto Salvo. **Formia:** at Christmas, **living crèches** are set up along the streets and in the town square. June 2 is the feast of the patron saint, Sant'Erasmus, bishop of Antioch, martyred in the ancient city in 303.



Local curiosities

In 1861, when Gaeta was the capital of the Kingdom of Naples and King Francis II resided in the Villa Caposele, the surrender of the city was signed there. Mementos of Bourbon culture and of the Piedmontese siege are on display in the **Central Historic Cultural Museum** "Cardinale De Vio" in Gaeta.



Shopping

Gaeta: take a pleasant walk through the **Borgo**, along Via Indipendenza known as "il budello", and passing under the arch of the Madonnella. The ancient houses, the liveliness of the shops, the delicious smell of the local cuisine, will truly make us feel in the heart of the Mediterranean.



GAETA • FORMIA

Useful Info



GETTING THERE

From Rome, take the Autostrada A1 in direction of Naples up to the exit for Cassino, continue along the SS 630 and then north on the coast highway up to Formia, or further to Gaeta.



PORTS AND DOCKS

Gaeta

Nautical Base "Flavio Gioia": the tourist port (200 berths) is in a sheltered roadstead and has a dockyard and laying up. Excellent reference for nautical tourism. Lungomare Caboto, 98 - ph. +39 0771 311013 www.basenautica.com

Port of Santa Maria: in Gaeta, in the district of Sant'Erasmus, this small port offers moorings for small boats.

Port of Gaeta: In the low season "fishing-tourism" is offered with the guidance of expert fishermen. We set sail on a real fishing boat at 7am and sail out to sea, four miles from the coast. Equipped with fishing lines and bait, whatever the outcome is, we will have lunch on board with freshly caught seafood and fish. *Gaeta Sea Tour*: ph. +39 0771 461086

Formia

Porto Nuovo: besides commercial and fishing boat traffic, docking for

motor-ships and hydrofoils for the islands, the wide dock also reserves an area for a lively touristic port.

Darsenetta Lido Scogliera: in Vindicio the protective cliff barrier creates an ideal shelter for boats.

Porto Caposele: is a tourist port and the seat of a nautical club (ph. +39 0771 25025)

CONNECTIONS WITH
THE ISLANDS

From the Port of Formia connections to the Pontine Islands are provided all year round by motor-boats (around two hours for Ventotene, a little longer for Ponza), or with hydrofoils (55' for Ventotene, 70' for Ponza). It is possible to transport cars but severe traffic limits are enforced on the islands. Info and reservations:

Caremar - ph. +39 0771 23800 / +39 0771 22710

Vetor - ph. +39 0771 700710



USEFUL PHONE NUMBERS

Museum of Palazzo De Vio
Piazza Cardinale De Vio, 9
ph. +39 0771 464293

Itineraries



Gaeta: From the town we can follow the signs for the **Promontory of Monte Orlando**, the main range of the peninsula of Gaeta. A nice walk along the path up to the top will take us about 1,30h round trip, if we arrive by car at the parking lot and continue on foot. We are in the **Regional Park of the Riviera di Ulisse** that preserves the Mausoleum of Lucio Munazio Planco, among palmettos, age-old carobs and wild orchids.

Formia: Following the Via Appia, after the km5 from Formia, we find a junction indicating **Torre Giànola**. Remains of a small ancient Roman port (C1 BC) await us in a surreal atmosphere with crystal-clear water and Mediterranean bush, in the **Regional Suburban Park of Giànola-Monte Scauri**.



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MINTURNO

Rural and maritime traditions, a spa park and a marine oasis promontories and beaches, a medieval town and Roman ruins: this is the double identity of Minturno, contained in a single history.

Minturno:
Roman Theatre

We are in Lower Lazio where, caught between the sea and the hills, two cities share the fame and glory deriving from the wealth of the archeological remains and the state-liness of the medieval town. In between the Promontori d'Oro and d'Argento, the ancient golden Garigliano and beaches immersed in

the natural oasis, we will discover an area rich in history. The very ancient Roman and Aurunci origins, the domination of the Lombards, Saracens and later of the Normans, followed by the struggle for power among noble families (Caetani, Colonna, Carafa) lasting until 1806, are evidence of the strategic importance and wealth of the area.



Archeological highlights

Minturno

ARCHEOLOGICAL AREA OF MINTURNAE

The vast archeological area contains the most ancient settlement (*castrum*) in Minturno, where the large town whose remains are still visible developed in later times. In the pre-Roman era, the inhabited section of the town already possessed a character of its own, even in its urban layout, but it



Minturno, excavations: *opus reticulatum*

was the construction of the Appian Way that made commerce flourish and brought full development. A Roman colony

by 296 BC, Minturno reached the height of its splendour in the C2 BC, as indicated by the presence of temples, porticoes, baths, the *macellum*, a theatre and an amphitheatre within the circuit of the city walls in *opus quadratum*. A colony with a lively commercial and social life, with an agricultural area closer to the hills and a residential section along the coast, in the vicinity of the port and shipyards.

Archeological highlights

THEATRE

This magnificent structure built in the Augustan era (C1 AD), with its *cavea*, *scaena* and orchestra, is the real symbol of ancient *Minturnae*, and is still fit for use. During the radical restoration of 1942 most of the tiers of seats were reconstructed revealing that the full capacity of the theatre could reach 4600 spectators.

AQUEDUCT

The aqueduct was originally 11 km long and has survived in a long sequence of arches that make it possible to reconstruct



Minturno, Giànola: Roman Port

its course. The concrete structure started in the area of Capo D'Acqua, at the foot of Mount Spigno Saturnia, and was erected between the end of the republic and the beginning of the imperial era. The aqueduct met the city walls - in opus quadratum of tufa - at the Porta Gemina, named after its two openings.



Minturno: archeological area



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Churches and monuments

The **Medieval Town** is known for its exceptional vaulted ring road. The **Baronial Castle** (C 9 AD), where Thomas Aquinas was a guest in 1272.

Church of Saint Francis (C 14 AD), with the convent and the cloister.

Collegiate Church of Saint Peter (C 11 AD): open to worship, it is a magnificent church with three naves.



Food

The area has handed down flavours and recipes from the cuisine of the sea and the hills with obvious references to the tradition of Campania, as in the production of buffalo mozzarella. In **Spigno Saturnia**, near Minturno, we can taste some "gliu zeppolone", very tasty omelets with eggs and fragrant wild vegetables.



Wine

The typical wine of the area is the **Falernum**, straw-coloured with shades of green.

It is worth tasting another wine, produced inland, in Atina, towards the border between Campania and Abruzzo. It is the Atina DOC, a more recent red with a fruity scent and a full, dry taste (12°).



Fairs/Events

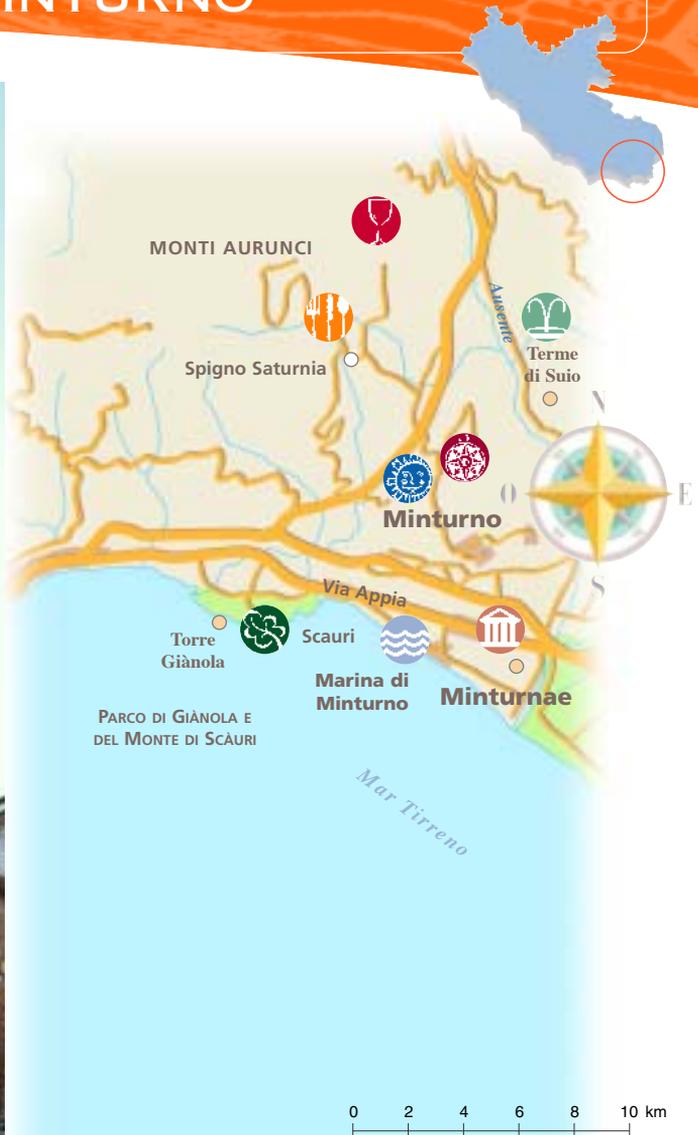
Every second Sunday of July, Minturno relives one of its ancient local traditions (C14 AD), connected with its rural origins. The "**Sagra delle Regne**", also known as the "Offerta del Covone", in honour of the Madonna delle Grazie. The "vigilatori" beat the harvested corn, made into bread for the poor.



MINTURNO



Minturno: Church of S. Pietro apostolo



Parks

REGIONAL MARINE PARK OF GIÀNOLA AND OF THE MONTE SCAURI: an oasis comprising the territory between Formia, Scauri and Minturno. In between the land and sea, on a small peninsula ending at the Monte Scauri (128m), we can explore geological and Karstic formations and their colours, scents and sounds, the typical featu-



res of the Mediterranean bush, inhabited by foxes, weasels, hedgehogs, and reptiles by the protected marine area “Blue Oasis”, managed by WWF Italy. We can practice sea-watching, with due respect for the environment, among archeological ruins of the Roman era (Temple of Janus, C1 BC).



Local curiosities

The ancient origins of Minturno date to C 5 BC, when the Ausoni settled at the mouth of the Garigliano and built their stronghold. The inhabitants later moved inland to the site of the present town of Minturno, which in antiquity was named **Traetto** after the boats used to ford the river.



MINTURNO

Useful Info



GETTING THERE

From Rome, take the Autostrada A1 in the direction of Naples up to the exit for Cassino, then continue south to the end of the coast highway up to Minturno.



PORTS AND DOCKS

In the beach resort of Marina di Minturno, in the area of Spiaggia Monte D'Oro, a picturesque tourist port for small boats offers shelter in between the Monte D'Oro and the Monte D'Argento: "Darsena Flying" ph. +39 0771 683925

Minturno, Monti di Scauri:
pebble beach



USEFUL PHONE NUMBERS

Blue Oasis WWF Italy
Sez. Aurunca
ph. +39 0771 683850



Itineraries



Minturno, Giànola:
Roman Port

The typical "pebble beach" awaits us on the coast, in the beach resort of Scauri that with **Marina di Minturno** offers a wide shore, with very fine sand alternating with sand and rocks, in the context of thick Mediterranean vegetation between the **Promontories of the Monte D'Oro and the Monte D'Argento**.

The small **Port of Giànola**, in the homonymous Natural Park, was built over the remains of the ancient fish tank of a Roman villa.

Spa of Suio: In the plain of the river Garigliano, numerous springs originating from a single underground stratum, created a spa park of cold water, thermal and hypo-thermal, that vary in temperature from 15° to 64° C. Classified as sulphurous, bicarbonate, calcic, alkaline, earthy, the water has therapeutic properties already known in antiquity, when the Roman aristocracy chose the "*Aquae Vescinae*" for relaxing, healthy holidays. At the Spa of Suio - in antiquity called *Suji* or *Sugi*

from the Latin *exurgere*, meaning rise - it is still possible to indulge in this ancient, healthy custom, even just for a day, in one of the perfectly equipped spa complexes.

Terme di Suio - Via delle Terme, Castelforte (LT).

Ph. +39 0771 607925

www.comune.castelforte.it



Seat of the APT Latina



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Via Parigi, 5 - 00185 Roma
www.romaturismo.it

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www.oltreroma.it

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www.provincia.vt.it



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