

## Tour Itinerary – 6 Nights / 7 Days

### Day 1 – Arrival in Terracina: Welcome to Southern Lazio

Arrival at your hotel in the **Terracina/Gaeta area**.

After check-in, enjoy a refreshing **welcome drink**.

Depending on arrival time, take a relaxing stroll along the beach or through the historic center of Terracina.

Dinner at the hotel and overnight stay.

### Day 2 – Gardens & Legends: Anzio, Nettuno & the Garden of Ninfa

After breakfast, meet your local guide for a full-day excursion to the towns of **Anzio and Nettuno**, two coastal gems with fascinating wartime history and scenic charm.

Continue with a visit to the **world-renowned Garden of Ninfa**, a romantic landscape garden built among medieval ruins, often referred to as the **“most beautiful garden in the world.”**

A stop for **artisanal gelato** adds a sweet touch to the afternoon.

Return to the hotel, dinner, and overnight stay.

### Day 3 – Between Sea and History: Sabaudia, Circeo & Fossanova Abbey

Today's excursion begins with a guided tour of **Sabaudia**, an elegant town born from Fascist-era architecture, and the **Circeo National Park**, a protected coastal and forest area rich in flora and mythology. On the way back, stop at the mystical **Fossanova Abbey**, a masterpiece of Cistercian architecture.

Enjoy a **coffee break with local “cacchietti” cookies**, a regional sweet specialty.

Dinner at the hotel and overnight stay.

### Day 4 – Flavors & Temples: Dairy Delights, Terracina & Sperlonga

The day begin with a guided tour of **Terracina**, where ancient Roman and medieval layers coexist beautifully.

Visit the majestic **Temple of Jupiter Anxur**, perched above the sea with panoramic views.

Savor a light **lunch with the traditional Terracina-style Fish soup**, a humble yet flavorful dish.

In the afternoon, visit **Sperlonga**, one of Italy's most picturesque seaside villages, with whitewashed houses and winding alleys.

Entrance to the **Villa of Tiberius** and its adjoining **Roman caves**, where precious sculptures were discovered. The day will end with a visit to a **local dairy farm**, where you will enjoy a **tasting of fresh buffalo milk cheeses**, including the famous mozzarella di bufala.

Dinner at the hotel and overnight stay.

## Contact

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## Day 5 – Coastal Icons: Gaeta, Formia & Olive Oil Traditions

After breakfast, enjoy a full-day guided tour exploring **Gaeta**, a seaside town known for its ancient fortifications and religious sites. Visit the **Cathedral of Gaeta** (free entrance), with its impressive bell tower and crypt.

**Taste the city's culinary treasure: the Tiella**, a savory stuffed pie typically filled with octopus or vegetables.

Continue to **Formia** to visit the fascinating **Roman Cistern**, a marvel of ancient hydraulic engineering.

End the day at a local **olive oil mill**, where you'll learn about traditional oil production and sample extra virgin olive oil.

Return to the hotel, dinner, and overnight stay.

## Day 6 – Island Escape: Full-Day Excursion to Ponza

Early transfer to the port of Formia and boarding for a ferry crossing to the **island of Ponza**.

Upon arrival, meet your guide for a full-day discovery of this enchanting island: crystal-clear waters, pastel-colored fishing villages, rugged cliffs and hidden coves.

Walk through the narrow streets, enjoy scenic viewpoints, and immerse yourself in Ponza's slow-paced island life.

Return to the mainland in the late afternoon.

Back at the hotel, enjoy a **festive farewell dinner** and overnight stay.

## Day 7 – Departure Day

After breakfast, check-out and departure.

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