

WELCOME TO GAETA

BASE NAUTICA FLAVIO GIOIA



WELCOME TO GAETA



WELCOME TO GAETA



Base Nautica Flavio Gioia is pleased to provide you with the following information, and we hope that it will help you to enjoy your stay in Gaeta.

We've collected all of the commercial information from our personal experiences, and our aim is not to advertise any of the following businesses.

Besides Gaeta, we will introduce you to several towns and islands situated in the surrounding area. The most adventurous spirits can get in touch with nature, history lovers will be fascinated by the ancient buildings, and all those who are fond of delicious food will not be disappointed.

Finally, if you wish to learn more about the Italian language and culture, you can attend a tailor made course.

We will update this e-book/booklet from time to time to keep things current.

If you have any questions or comments, please don't hesitate to let us know.

The management staff extends our warmest welcome and wishes you a pleasant stay.

Anna e Luca Simeone

GAETA



- ITALY





PLANIMETRIA DEL PORTO

BASE NAUTICA

04024 GAETA (LT) ITALIA - LUNGOMARE CABOTO 93 - TEL. +39 0771 311013 / 4



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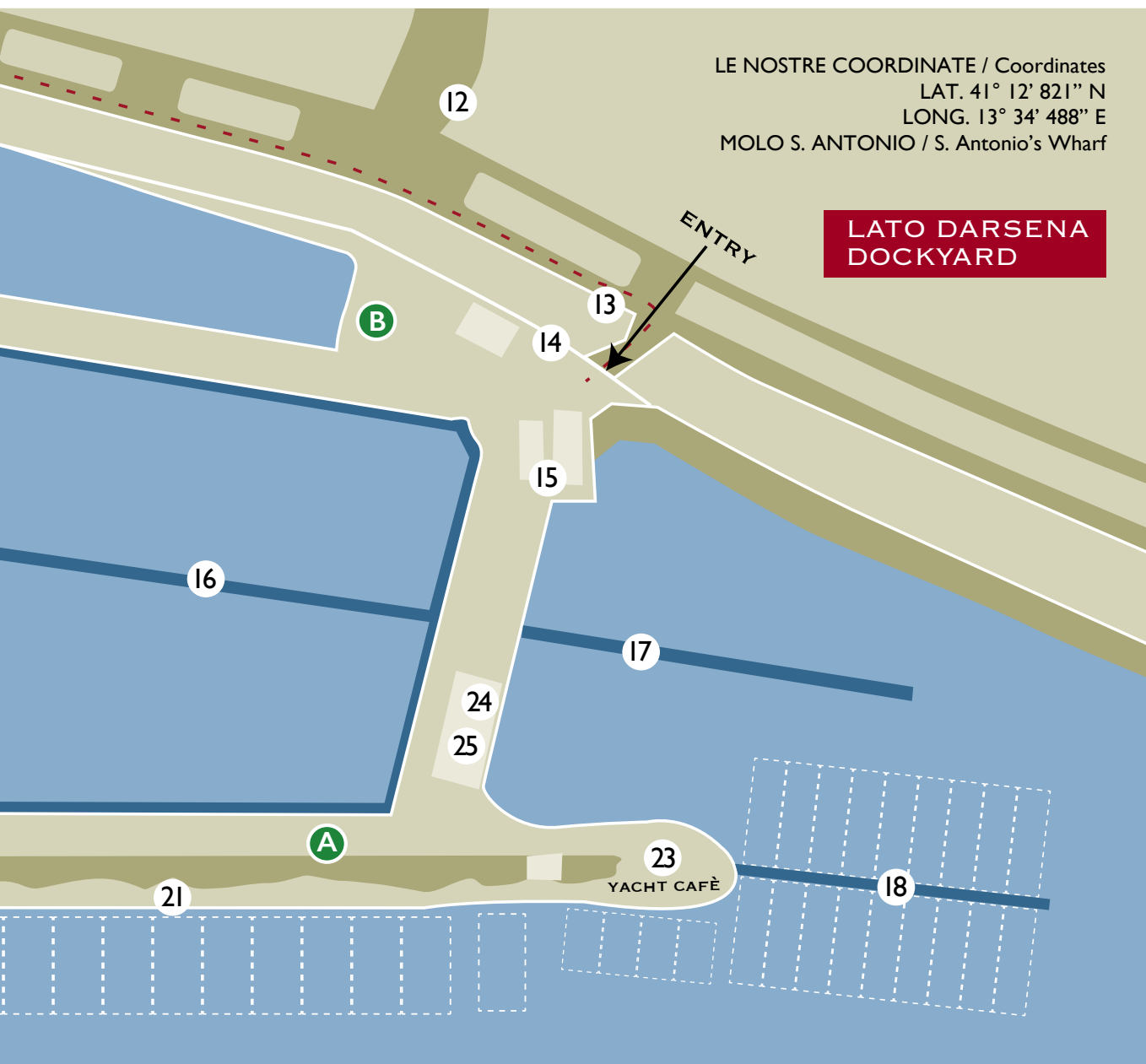
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PLEASE CONTACT MARINA STAFF VHF CH 9 - TEL. +39 0771 311013/4

CA (LATO DARSENA)



AREA ECOLOGICA (LATO DIREZIONE)

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WELCOME TO GAETA

BASE NAUTICA FLAVIO GIOIA

Berths for Superyacht



WELCOME TO GAETA

MARINA SERVICES



WELCOME TO GAETA

OFFICE HOURS

Marina office hours are:
9:00 am to 7:00 pm.

OFFICE PHONES

The main numbers at the office are:
+39 0771 311013 or +39 0771 311014.

MAIL

Incoming mail can be addressed
to the marina:

BASE NAUTICA FLAVIO GIOIA
Lungomare Caboto, 93
04024 Gaeta LT - ITALY

FAX

The fax machine is in the marina's main office. You can send and receive faxes at the number: + 39 0771 46 4580.

E-MAIL

bnfg@basenautica.com

VHF

The Marina Channel is CH 9.

WATER

Two water outlets are provided on the dock for each boat, one drinking water, and the other only for washing. If your boat is on the concrete dock, ask the dock staff for a connector for drinking water. If your boat is on the pontoons, the green pipe is

for drinking water, and the red pipe is for washing water. Please, always use water with a spray nozzle for conservation.

In Gaeta, mineral water is generally consumed at home, with tap water being used to cook. The tap water in Gaeta is, however, perfectly safe to drink. There are many types of bottled water in Italy.

We have listed a few brands below.

Sparkling: Ferrarelle, Sant'Agata

Semi Sparkling: Uliveto

Still: San Gemini (recommended for children)

Still: Levissima, Recoaro, San Benedetto, Boario, Sant'Anna

Still/Semi Sparkling: Rocchetta, Vera

ELECTRICITY

Energy voltage is 220V, 50Hz.

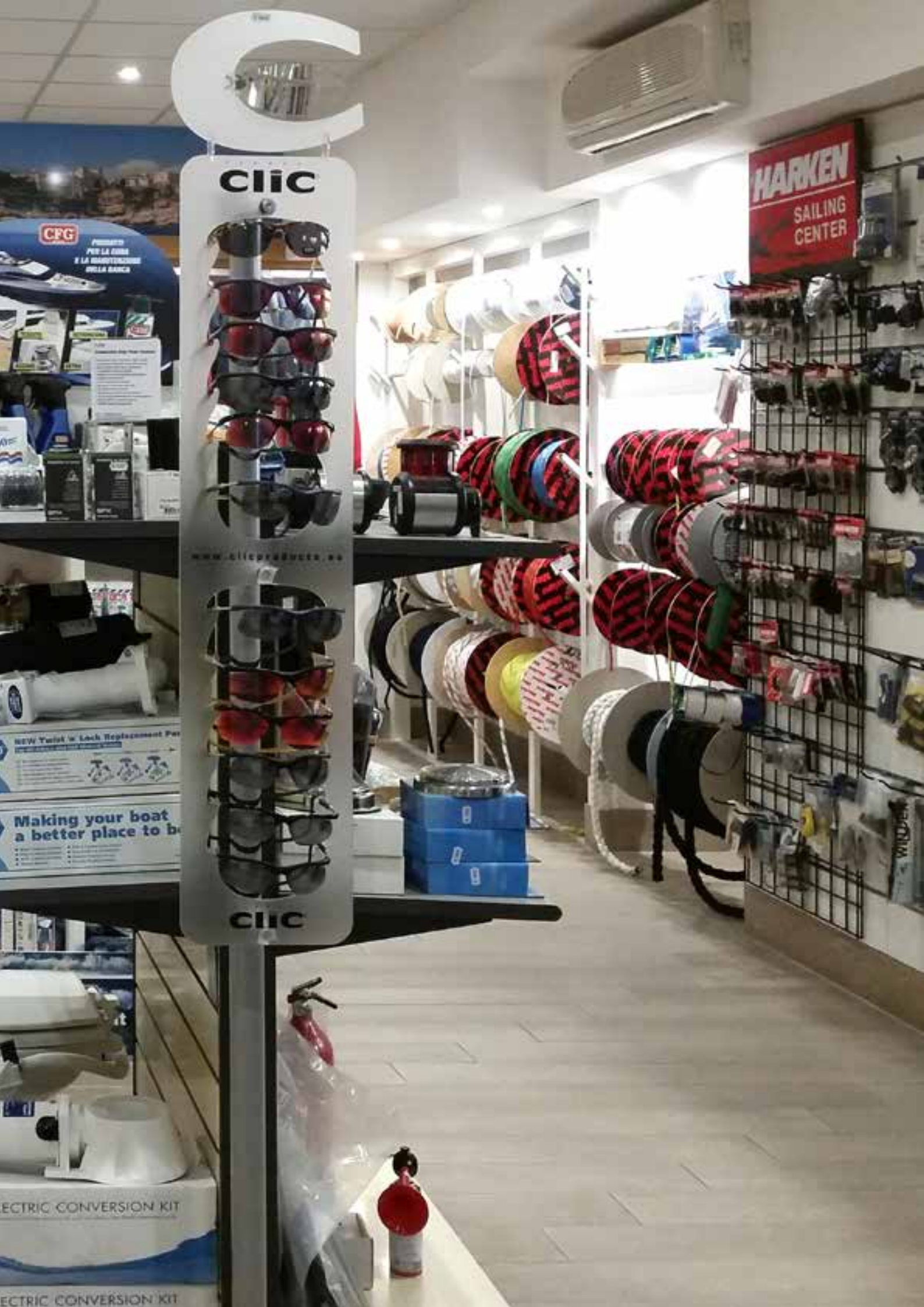
Adaptors and extension cords are available at the Marina Chandlery. 380V also available for amp power of 32/63/125. Use of this power source is billed on consumption.

MARINA SERVICES

Concierge

Food & Beverage - Luxury Car Rental with and without Chauffeur - Flower Arrangement Service - Private Jet and Chopper Service - Car Rental - 9 Seater Van Service - Shuttle Service to International Airports - Customized Tailoring Service - Wellness and SPA - Scooter & Bike Rental - Crew Uniforms





CLIC

www.clicproducts.es

CLIC

HARKEN
SAILING
CENTER

CFG

PRODOTTI
PER LA ZONA
E LA MANUTENZIONE
DELLA BARCA

NEW Tuflok w Lock Replacement Part

Making your boat
a better place to be

ELECTRIC CONVERSION KIT

ELECTRIC CONVERSION KIT

-Laundry Service – Carpet Cleaning – Travel Agency Services –Medical & Dentist Assistance – Food & Wine Tours – Outdoor Activities & Excursions -Traditional Cooking Tutorial – Baby Sitting - Dog Sitting

Ship chandler

OUR BRANDS: 3M, Clean Azur, Barnacle Buster, Semco, Yacht Organizer, Shurhold, Flitz, Autosol, Starbrite, Barka, Poliform, Megafend, Goldstein ropes, Gottifredi e Maffioli, Makita, Bosch, Kärcher, Dyson, Helly Hansen, Musto, AWLGrip, Smallwood, King & King, Fendair.

Technical services

24H Dock Assistance - VHF CH 9 – Dock Fuel Station– Bunker Service (Tax-free Fuel) –Electricity & Water – Diving Assistance – Hauling (100 Tons Travel Lift) - Sailmaker & Rigging Assistance – Tank Cleaning – Oil Disposal – Dock Spot Filter Renting

Shipyard & Refit

Paint & Body Works – Wood, Teak & Interior Reparation – Composit Works– Mechanical Assistance – Electrical Assistance – Air Conditioning Assistance– Water Maker Assistance – Electronic Assistance – Upholstery Service

FUEL

The fuel dock dispenses diesel and gasoline. Engine oil is available at the chandlery. TAX FREE COMMERCIAL - SUPER YACHT FUEL AT THE DOCK

SECURITY

The marina gate is staffed 24 hours a day, and there are security guards on each side of the harbor.

WASHER AND DRYER

There are two laundry rooms equipped with washers and dryers

on the Office side, close to the showers (see the marina map).

If you need to use them, please ask the dock staff for a token (at a small charge), and please fill out the consignment form for the key.

FREE WI FI

We offer a free Wi-Fi line covering the entire port area, whose signal strength per user is 7 MB. Should you need extra power (max 20 MB), you can request the assistance of one of our technicians to have info on installation and costs. Please contact the dock staff or the Seafront office for the password.

LA TAVOLA DEI CAVALIERI RESTAURANT

Within the marina, stems from a partnership between the Simeone family and the chef **Francesco Zamuner**.

A mediterranean cuisine, combining tradition and research, playing with consistences, always safeguarding the **taste**.

YACHT CAFÉ GAETA

A **green carpet**, within the port, among the boats overlooking the sea: the **Yacht Café** is a slice of heaven, a place of rest, to be enjoyed from breakfast until night.

Ideal location for **special events**.

PLEASE COMPLY WITH ITALIAN RULES SHIP ARRIVAL DECLARATION /TRANSIT LOG

All the Non-EU flagged pleasure vessels sailing in Italy are required to obtain a 'Costituto' (transit log) in the first Italian port of call.

They are obliged to return it at the last port of call before exiting Italian waters.

The document contains information regarding the vessel, ownership, crew and passengers.

It has to be updated with any changes occurring while cruising on Italian waters and shown to any Authority demanding it.







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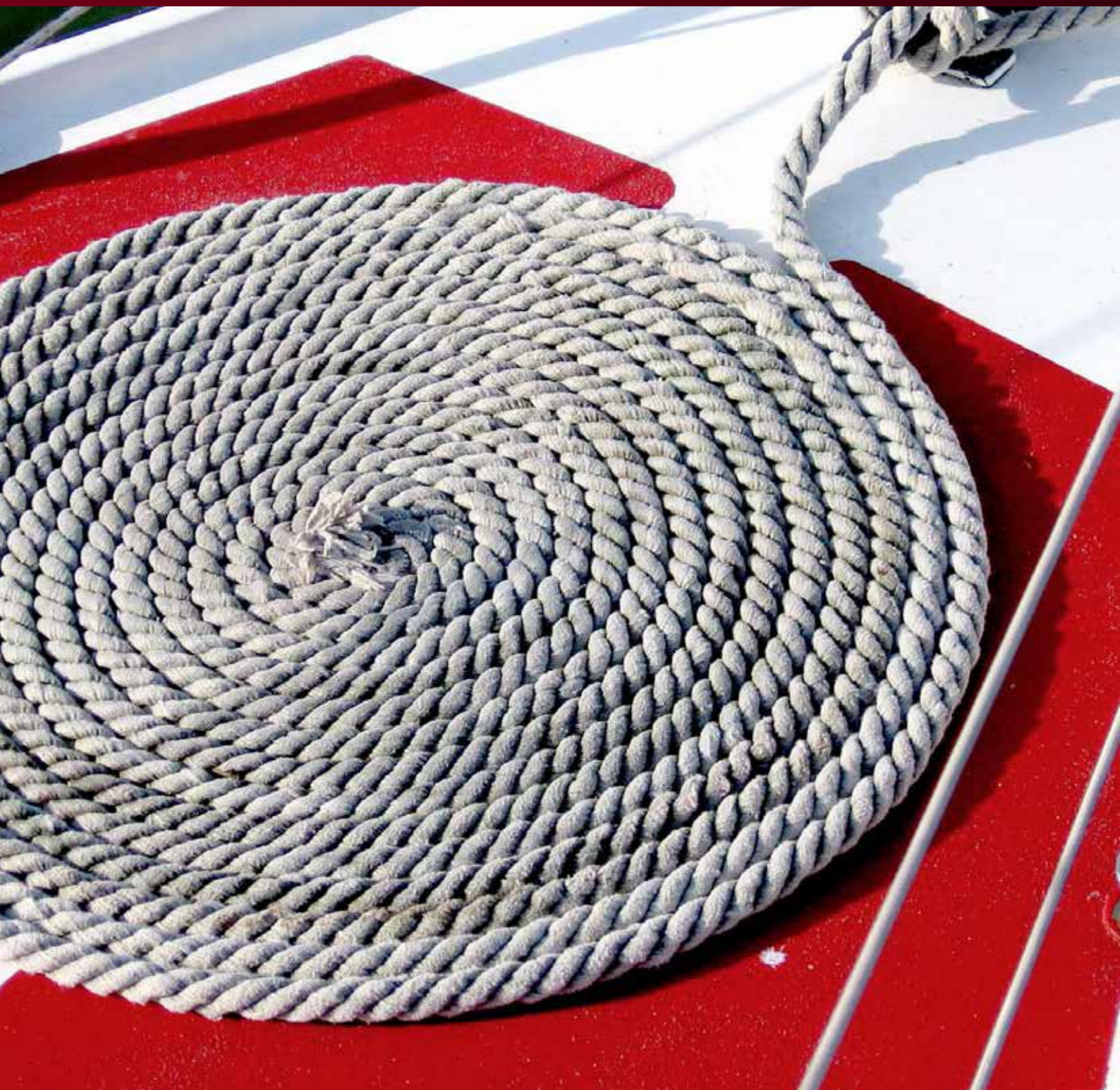
WELCOME TO GAETA

GAETA



WELCOME TO GAETA

GAETA TRAVEL



WELCOME TO GAETA

INFO POINT

An info point can be found in Old Gaeta, at Piazza Traniello 18.

WEB INFO: <http://www.prolocogaeta.it/default.aspx>

TAXI SERVICE

If you wish to book a taxi or a van, you may contact the Concierge concierge@basenautica.com or Front Desk segreteria@basenautica.com

TRAVEL AGENCIES

Viaggi di Kilroy

Via Veneto, 6

phone +39 0771 464560

antonio@kilroy.it

Antonio speaks English, and is very helpful with flights, tours, train tickets, concert and theatre reservations. He can organize daily trips with multilingual guides and transfers by car or mini van.

Parti con Peppe

Via Buonomo, 37

phone +39 0771 208647

particonpeppe@gmail.com

Peppe speaks English and will welcome you and assist you in all kind of Travel Agencies matters and bookings.

Viaggi Preziosi

Via Cavour, 47

phone: +39 0771 452324 / 452484

viaggipreziosi@tiscalinet.it

The team speaks English, and is helpful with flights, tours and train tickets.

INTERNATIONAL AIRPORTS

Rome-Fiumicino

“Leonardo da Vinci” (120 km)

phone: +39 06 65953640 / 65954455

How to get to Rome-Fiumicino by train: Take the train from Formia station to Rome “Termini” Station. Train service from the airport or from Rome’s main train station runs non-stop between the airport and the train station. Trains leave every half hour on Track 22.

Rome-Ciampino (Km 100):

This is a small airport,

specializing in charter flights

phone: +39 06 794941

How to get to Rome-Ciampino by train:

Train from Formia station to Rome “Termini” Station - bus to Ciampino Airport leaves every 20 minutes.

Naples Capodichino

International Airport (90 Km)

Phone: +39 081 7896111

How to get to Naples-Capodichino by train: Take the train from Formia station to Naples

main station "Stazione Centrale", bus (Alibus) leaves every 30 minutes or taxi service to the airport, which is only 6km from the station.

WHERE TO STAY CLOSE TO ROME INT. AIRPORT

Hilton Rome Airport

phone +39 06 65258

This hotel is inside the Fiumicino Airport. There is a connection to downtown Rome by train every half hour.

Rome Marriot Park Hotel

telephone +39 06 658821

This hotel is one of the largest hotels near Rome airport, located just 11km from Fiumicino airport and 14 km from downtown Rome.

BUSES

URBAN LINE (orange color)

These buses stop in front of the marina gate and cover several city routes.

They run approximately every 20 minutes. The Gaeta terminal is at Piazza Traniello in Old Gaeta, but they make many stops in Gaeta. The routes are designated by the letters "A", "B" and "C". Fares are purchased on the bus.

COTRAL (blue color)

For the train station:

when "Gaeta-Formia Stazione" is on the lighted panel on the front of the bus. It stops right in front of the marina gate. Should run approximately every half hour, but there is a schedule available with exact hours at the information office.

Or see website at:

<http://www.cotralspa.it/Orari.aspx>

Quick reference on schedules page of site:

Da: Partenza = From: Departure from
A: Destinazione = To: Arrival to

Gaeta has three departure stops and you want to click on *da* "P.zza della Libertà"

Formia has three arrival stops.

The first is the seaport

"Porto P. Le Vespucci",

and the second is directly to the station *per* "Staz.FS".

Vice versa is the same, so just click on the departure from Formia that you need, as they are the same.

Orario Feriale = Weekdays

Orario Festivo = Holidays

Orario Sabato = Saturdays

IMPORTANT NOTE

Some buses only get to the Port of Formia (end of the line) instead of train station directly. From there a Shuttle Bus (leaving every 20 minutes from the parking area facing the sea) Will take 10 minutes to reach the railway station.

Be sure considering extra time so to avoid delays.

The bus ticket is valid for the shuttle bus as well.

On the way back, the stop is in Piazza della Libertà / Piazza Roma, 38, in front of the La Primula shop.

COTRAL OUT OF TOWN (blue color)

Bus Lines

Gaeta - Sperlonga

Gaeta - Sperlonga - Terracina

Gaeta - Sperlonga - Terracina - Latina- Roma

Gaeta - Cassino

BUS STOPS

Sperlonga direction:

Piazza della Libertà, 38

in front of the Primula Store.

Formia / Cassino direction:

in front of the Marina gate.

TICKETS

- **URBAN tickets** for orange buses
- **ONE COURSE COTRAL tickets** to Formia
- **BIRG DAILY COTRAL** that is good for 24 hours and covers as far as Sperlonga and Cassino.

- **BIRG REGIONAL** that is described below are available at most "Tabacchi" (cigarette stores), or in the stores listed below that are close to the marina:

- **Bar Triestina:** Piazza Roma

(only the bus ticket to Formia)

- **Newspapers kiosks:** Piazza Roma

(most tickets including both BIRGS)

- **Alges** newstand: Via Buonomo, 63 (BIRG)

TRAINS

Trains to Rome and Naples run about every hour.

Train tickets can be purchased at Kilroy travel, or there are ticket machines at the station.

Train schedules are available, and tickets can also be purchased on line at:

<http://www.trenitalia.it/> www.trenitalia.it

Both Kilroy Travel, and Trenitalia Website offer special rates if available

Train tickets (kilometrical tickets - biglietti chilometrici) to Rome and Naples are also available at the same stores as the buses.

B.I.R.G. SPECIAL DAILY TICKET FOR ROME AND LAZIO REGION

The special daily ticket is the B.I.R.G., which can be used for all buses, metro and trains in the Lazio Region for 24 hours. Make sure you stamp the ticket on the bus or at the train station before your de-

parture or you will receive a heavy fine. There is a yellow ticket stamper on the bus and at the station. If you want a faster train, there are the IR (Interregionale) and the IC (Inter City) trains. Both take 1 hour and 10 minutes, but for the IC there is an additional charge each way.

FERRIES AND HYDROFOILS TO THE PONTINE ISLANDS

Departing from the Formia Seaport, you can reach the "Pontine Islands" of Ponza and Ventotene by ferry or hydrofoil. Caremar Ferries and hydrofoil tickets can be purchased at the office on the pier.

phone +39 0771 23800 22710

or visit:

www.traghettilines.it/it/traghetti-isole-pontine.aspx

Call before leaving to make sure of the schedule.

CAR RENTALS

Europcar:

Lungomare Caboto, 210

phone +39 0771 470353

or visit: www.europcar.it/localita/italia/gaeta

Closed Saturday afternoons and Sundays.

It is possible to make a reservation and receive the car at the marina. Please contact our offices.

BIKE - MOTORSCOOTER RENTALS

Viaggi di Kilroy:

Via Veneto, 6

antonio@kilroy.it

phone +39 0771 464560

You can speak to Antonio if you wish to rent a car, bike or motoscooter.



Porto Romano - Ventotene

USEFUL INFORMATION



POST OFFICES

(Poste e Telecomunicazione)

The Main Post Office

is located in Piazza Carlo III

phone + 39 0771 462000

Exit the marina office entrance and turn left, it is the large white building that reads "Poste e Telecomunicazione".

Main Post office hours:

Monday thru Friday from 8:10 to 6:30pm

(continual hours)

On Saturdays, and the last day of the month, from 8:30 to 12:00pm

Post Offices:

- Via Faustina, 7
- Piazza delle Sirene, 10

Post office hours:

Monday to Friday from 8:10 am to 01:00 pm

On Saturdays, and the last day of the month, from 8:30 to 12:00 pm.

Post Offices in Old Gaeta:

- Via Faustina, 7
- Piazza delle Sirene, 10 (close to the fish market).

Post office hours:

Monday thru Friday from 8:10 am to 01:00 pm

On Saturdays, and the last day of the month, from 8:30 to 12:00 pm.

Caieta Post

phone: +39 0771 542478

Located right across the street from the marina, next to Mary's Grocery Store.

All postal services plus payment/recharge services, fax and photocopies, and courier service:

SDA national

UPS international

They will pick up at the marina if needed.

For more information visit: www.sailpost.it

sop.gaeta@sailpost.it

FB page: CaietaPost

AREA CODES (PHONE)

Gaeta: 0771

Naples: 081

Rome: 06

From outside Italy : + 39 (area code) (number)

MOBILE PHONE OPERATORS

TIM:

Lungomare Caboto, 544

phone +39 0771 451002

VODAFONE:

Kosmo Elettronica

Via Papa Giovanni, XXIII

phone +39 0771 464649

(english spoken)

WIND 3:

Corso Cavour, 65/67

phone +39 0771 310635

BANKS

All the listed banks are within walking distance of the marina.

Most local banks will give VISA cash advances.

All bank CASH machines accept NYCE, PLUS, and EXCHANGE cards.

Bank Machines are also enabled to do cell phone money recharges.

Most banks are open
from 8:30 to 1:00pm
and from 3:00pm to 4:00pm.

Banca Popolare di Fondi

Corso Cavour, 31
phone +39 0771 465341

Monte dei Paschi di Siena fil. Gaeta

Piazza Mare all'Arco, 9
phone +39 0771 451911

Intesa San Paolo

Piazza della Liberta' 8/1
phone +39 0771 460201

Unicredit

Corso Cavour, 24
phone +39 0771 466032

EMERGENCY CALLS (FREE)

Medical: 118

Fire: 115

Carabinieri /Police: 112 or 113

Coast Guard EMERGENCY: 1530

The marina staff will be happy to help you with any information you need for, or from the Coast Guard. phone: +39 0771 460100

EMERGENCY MEDICAL CARE

CALL 118 active 24/7

PHARMACIES

In Italy all pharmacies can diagnose and prescribe for minor ailments. There is always a pharmacy open for emergencies, and the schedule and phone are posted on the door.

Farmacia Comunale

Piazza San Carlo, 23
Telefono +39 0771 012849
Opened continuously.

Gualtieri

Lungomare Caboto, 556
phone +39 0771 460543
If you need help speak to Mrs. Sissi.

Falvo

Via Bologna, 24
Phone +39 0771 741049
If you need help speak to Dr. Falvo

Giugliano

Piazza Mazzoccolo, 19
phone +39 0771 462386
If you need help speak to Dr. Attilio.

Centrale

Corso Cavour, 24
phone +39 0771 460319
If you need help speak to Dr. Mino.

PARA-PHARMACIES

Luisa Abbate

Via Docibile, 22
Phone +39 0771 901683
Right in front of the Harbour Offices (Capitaneria di Porto) Dr. Abbate will assist you.

Sonderegger

Via Indipendenza, 7
Phone +39 0771 466162
Five minutes
Nelle vicinanze del Marina, a cinque minuti a piedi.

HOSPITALS

**There is a Hospital in Gaeta,
with Emergency Treatment only**

phone: +39 0771 770795
Salita Cappuccini snc
telefono: +39 0771 770795

FORMIA (Main Local Hospital)

Ospedale Dono Svizzero

Via Appia Lato Napoli, 1
phone +39 0771 7791

Casa del Sole Clinic

Via Giuseppe Paone
S. Remigio. B, 58
phone +39 0771 324901
www.casadelsole.it

This is a private Clinic with many specialists and a laboratory for analysis. There is a Cotral bus stop in front of the clinic. (Gaeta-Formia line)

DOCTORS

DOCTOR ON CALL (*Guardia Medica*):

Salita Cappuccini, 1
phone +39 0771 779337
Here you can find a doctor every night
from 8:00pm to 8:00am
Saturday from 2:00pm to 8:00pm
Sunday from 8:00am to 8:00pm

DENTISTS / *Dentisti*:

(some of them are English speaking)

Dr. Gianluca del Mondo

Via Lungomare Caboto, Vico 20 n. 2
Telefono +39 0771 900013

Dr. Marcello Piccirillo

Via Fratelli Bandiera,7
phone +39 0771 465967

DENTAL TECHNICIANS**Dr. R. Striano e Dr. O. La Brocca:**

Lungomare Caboto, 74
phone +39 0771 470855

OSTEOPATH**Dr. Antonio Siniscalco:**

Via Papa Giovanni XXIII
phone +39 335 1003288

VETERINARIANS

(some English speaking)

GAETA**Dr. Alemanno D.ssa La Selva:**

Corso Cavour 108
phone +39 0771 740681

FORMIA**Formia Vet**

(Veterinarian Private Clinic)
Dr. Stefania De Vita
Via A. Tosti, 3
Phone +39 0771 900 918

Dr. Sandro Valerio:

Largo Paone
phone +39 +0771 770895

Dr. S. Locascio:

Porto Caposele, 5
phone +39 0771 770895
They also have a beauty shop for dogs.

PET SHOPS**Il salotto dei Pelosetti:**

Via Roma,
phone +39 345 8543814
Should your dog need grooming book with Shana.

Acquario Zootecnia:

Corso Cavour, 76.
phone +39 0771 460196
Should your dog need grooming book with Elena.

NEWSTANDS

There are two newstands near the marina.
They are both in Piazza delle Libertà in the main square.

**INTERNATIONAL - NEWSPAPER
MAGAZINES - BOOKS****Alges:**

Via Bonomo, 63
Turn right outside of the marina entrance,
walk to gas station (left side of the street)
the shop is right behind it. There is a book

stand outside the store, and he sometimes carries the International New York Times.

Salvatore:

Piazza Traniello (Old Gaeta)

Sometimes carries the International New YorkTimes, and British magazines

**STATIONERY - PHOTOCOPY
DIGITAL PRINTING - COMPUTER**

Type Studio:

Via San Nilo, 29

phone +39 0771 744475

e-mail: typestudiogaeta@gmail.com

Computer-graphics and digital printing.

Ilaria will help you.

Tech:

Piazza della Liberta', 24 / 28 / 29

phone +39 0771 460880

Here you can find office technical supplies.

Speak to Benedetto or Genny.

You can also make quality color photo copies, typographical work and binding of documents etc.

They also do laser cut decals for tenders/ dinghies, or for other uses.

CRT PC Computer:

Via F.lli Bandiera 30

phone +39 3899414045

They repair computers, cellphones, tablets, and provide assistance with software problems. Located behind the Ariston Theatre.

FORMIA

SohoNYC APPLE Solutions:

Piazza Mattei, 26 Formia

phone +39 0771 900433

Stefano Tibaldi speaks very good english, and sells, repairs, and gives private lessons for all things Mac.

Located right behind the bus stop of Piazza Mattei in Formia.

Has unusual hours due to family so if urgent it's best to call first.

FILM DEVELOPING

Silvano:

In front of the marina entrance.

Via Buonomo, 35

phone +39 0771 466382

Ottica Look:

Very close to the Marina.

Via Indipendenza, 67

phone +39 0771 452022

This is a film developing and optical store.

MOVIE THEATRE

All movies are dubbed in Italian
NO SUBTITLES.

The local theatre is located
in Piazza della Liberta', 19,
and is called Cinema Ariston.

www.aristongaeta.it

Phone +39 0771 460214.

*For English language films in Rome see:
<http://rome.angloinfo.com/af/251/rome-movies-cinemas-and-films.html>

CONCERTS

The Local Music Association "Associazione San Giovanni a Mare", organizes concerts during the winter in different churches in Gaeta. The program is at the local tourist office.

HOTELS AND BED & BREAKFASTS

HOTELS:

Gajeta Hotel Residence:

Lungomare Caboto, 624

phone +39 0771 45081

www.gajetahotel.it

This is a glorious historical building located at the entrance of the medieval town of Gaeta - in front of the Navy Base

Hotel Serapo:

Via Firenze

phone +39 0771 450037

www.hotelserapo.com

This hotel is located not too far from the Marina, on the slopes of the Monte Orlando Natural Park, and very close to Serapo beach. There is an indoor pool and gymnasium.

Hotel Mirasole International:

Via Firenze, 5

phone +39 0771 742021

www.mirasoleinternational.com

This hotel is located not too far from the Marina, on the slopes of the Monte Orlando Natural Park, and very close to Serapo beach. It has an outdoor swimming pool.

Villa Irlanda:

Lungomare Caboto, 6

phone +39 0771 712581

www.villairlanda.com

Formerly an Irish convent, this recently restored hotel offers a beautiful view of the Gulf. Although it is not as close to the Marina, it is one of the finest hotels and restaurants the area has to offer. Thus, we strongly suggest that you make reservations.

Grand'Hotel Le Rocce:

Via Flacca Km 23,300

phone +39 0771 740985

www.lerocce.com

This beautiful property is nestled in a secluded inlet, surrounded with lush vegetation, and is the ideal place for a romantic hideaway, or to spend a pleasant and relaxing holiday. It is closed in the winter.

Aeneas' Landing:

Via Flacca Km 23,600

phone +39 0771 741713

Village set in a breathtaking green oasis. Bungalows right on the sea, swimming pool and equipped beach. During the winter, the hotel is closed.

www.aeneaslanding.it

BED AND BREAKFASTS:

Il Quartuccio:

Via Indipendenza 244-246

phone +39 0771 452434

www.ilquartuccio.it

Is located in the heart of the town of Gaeta, in the characteristic narrow streets of the historic village of Porto Salvo, just a few steps from the seafront, and a short walk from the marina. Housed in a nineteenth-century historic building, and completely restored in accordance with the architectural features of the village.

Vico I:

Via Indipendenza, Vico I

Phone +39 340 633 0927

Just five minutes walking from BNFG.

A lovely 2 floors apartment, fully restored, exposed wooden beams and a wide terrace. Sara is fluent in English and always at disposal to assist and make you feel welcomed.

Villa Fantasia:

Via Roma ,96

phone + 39 0771 464743

www.villafantasia.it

This bed and breakfast is open from March to October and is located very close to Serapo beach.

Il Veliero:

Piazza della Libertà 30

Phone +39 333 3983621

A few steps from the port, in the main square of the city. The reception is open 24 hours a day. Mina will provide you with all the assistance you will require.

La Torretta:

Via IV Novembre

phone +39 320 2617281

www.latorretta.gaeta.com

This bed and breakfast is open from March to December and is located very close the marina. You can speak to Antonio for more information.

Villa di Papà:

Viale Colle Sant'Agata, 14

phone +39 393 4048318





B&B opened from June to September.
Amazing view on the Gulf.
Gluten and lactose free products, upon request.

B&B Il Viaggiatore Serapo:

Via Rimini, 25

phone +393296992459

A few minutes away from Serapo Beach.

Angelo to be contacted for assistance.

B&B Il Viaggiatore Gaeta Medioevale:

Via Salita Colonna, 3

phone +39 +393296992459

A few minutes away from the Cathedral.

Great view. Angelo to be contacted.

RESTAURANTS

Tavola dei Cavalieri

This is the Marina's restaurant, which is located on the office side, in front of the harbor gas station.

Chef Zamuner will delight your palate.

A mediterranean cuisine, combining tradition and research, playing with consistences, always safeguarding the taste.

Phone +39 0771 462037

RESTAURANTS AND PIZZERIE IN GAETA VECCHIA

To reach Gaeta Vecchia, you can take the bus (Cross the street, the stop is the Bar Tri-

estina -Piazza Roma. Get off at the end of Gaeta Vecchia-Piazza Traniello) or get to the center of the Old Town with a pleasant 10-minute walk (Exit the Marina, turn left and follow the road).

Ru22

Piazza Conca, 22

+39 0771 65129

Gourmet restaurant. Refined atmosphere and modern cuisine with intense local flavours. Chef Francesca will delight your palate and Diego will welcome you and assign you a table in the lovely internal room or on the outdoor patio.

La Cocina di Popolla

P.zza Cardinal de Vio, 6-7

+39 0771 741818

Warm and friendly environment.

Chef Massimo and his wife Anna are an unbeatable team. Do not miss the "votapiatto di calamarelle", a typical Gaetano dish of squids.

La Cantina di Ciccillo

Vico Gaetani, 22

+39 0771 740749

Amazing atmosphere, wine bar and restaurant with a really interesting menu.

Chef Nando is known for his 'Coniglio all'Ischitana'. Worthy a try.

Masaniello

Piazza Commestibili, 6

+39 0771 462296

Since 1920, this historic restaurant has been located in what has been nicknamed by the Gaetans 'Piazzetta del Leone'. All strictly homemade, traditional local dishes.

Re Ferdinando II

Via Faustina, 18

+39 0771 464125

Pizzeria and restaurant, traditional cuisine. 'Tagliolini alla telline con datterino giallo' among the typical dishes. Excellent.

La Macelleria

Via Duomo, 16/18

+39 0771 452476

Ancient butcher, recently renovated and used as a restaurant.

Andrea wanders among the tables and makes excellent drinks if you want to have a cocktail before dinner. Booking is recommended.

Nari'

Via Duomo 15

+39 0771 463094

Traditional cuisine. Very simple and casual atmosphere, with an interesting menu.

Da Emilio

Via Annunziata, 72

+39 0771 463149

Among the most popular pizzerie. It also offers excellent croutons with broccoli and mozzarella, ham or mushrooms. Unfortunately they do not accept reservations. Take a little wait into account on summer evenings, we assure you that it is worthy.

O'Nacchenell Mare Cap'e Core

Piazza Conca, 1

+39 0771 465391

Seafaring style restaurant with patio and high tables with stools. Sasà will welcome you with the warmth typical of southern restaurateurs. Pacchero with seafood pesto and pecorino is their specialty.

Calpurnio

Via Docibile

+39 0771 462649

Restaurant with indoor lounge and outdoor tables. The dough of Paride's Neapolitan pizza is a guarantee and Lucia, his wife, will swiftly serve you at the tables with courtesy and kindness.

Osteria Il Ritrovo

Via Duomo, 20/22

+39 338 865110

Small and cute, well known for its attention to cleanliness and services. Excellent seafood products, cod and fried calamari above all. Ivan, the owner, will advise you best.

Mediterraneo

Via Bausan,42
+39 0771 461212

Very pleasant atmosphere with a limited selection of well-prepared dishes. Antonio, the owner, will transfer his passion for raw materials and 'his' Gaeta Vecchia to you.

Antico Vico

Vico Il del Cavallo
+39 0771 465 116

Refined atmosphere in an environment surrounded by frescoes, where local characters are represented. High quality menu.

Le Sale della Regina

Vico Il del Cavallo
+39 0771 462420

The restaurant is very nice and well-kept. Pizzeria and typical cuisine.

ROSTICCERIE, BISTROT & PUB IN GAETA VECCHIA

LO.GO.

Piazza Cardinale de Vio, 15
+39 349 252 3773

Modern environment, excellent staff and tasty sandwiches. If you fancy sweet potato chips, go towards the bell tower of the Duomo, located in the same square.

Rendez Vous

Via Lungomare Caboto, 652
+39 0771 460085

Near the port opposite the Navy Base. It is an American pub that offers truly exceptional sandwiches. Alessia and Simona prepare an excellent fried chicken and serve cold beers in the blink of an eye. Wi-Fi connection.

Birreria dell'Arco

Piazza Traniello, 12
+39 0771 463126

If you want to watch a football game and eat something really good, this is the right place for you. Alessio offers a wide range of rare cocktails. Excellent selection of draft and craft beers.

Stato Brado

Via Faustina, 18
+39 349 252 3773

Modern and well-kept restaurant with an internal butcher counter.

Chef Alessandro will reveal all the secrets of the world of meat, pampering your taste buds. The right place to enjoy a flawless T-Bone Steak in Gaeta.

Lupo di Mare

Via Bausan, 6/8
+ 39 0771 465559

Beautiful location at the ancient port of Gaeta. After being surrounded by this rock and roll atmosphere, you can choose to dine in one of the surrounding restaurants.

Pizzeria del Porto

Via Bausan, 40

+39 0771 46067

Ask Carlo which is the best tiella of the day. Pizza is also delicious. If you wish, Carlo holds 'tiella' tutorials. Fun and educational.

Mare Fritto

Piazza del Pesce, 9

+39 389 146 2018

Fried fish in a very casual atmosphere. The Piazzetta is very pretty and suggestive and the owner nice and affable.

Kasa Incanto

Via Bausan, 20

+39 0771 465480

Young and cute bistro. Excellent for breakfast and appetizers, concise but tasty menu. Rosanna prepares excellent cakes and chocolate muffins. After dinner you can relax listening to live music. Wi-Fi connection.

Amistad

Via Bausan, 32

+39 0771 279802

A place to go to taste carefully prepared drinks and to listen to good music. Platters of rich meats and tasty fish skewers.

RESTAURANTS

Il Follaro D'Oro

Lungomare Caboto, 624

+39 0771 189420

Local and international dishes. Chef Davide cooks paccheri with sublime fish sauce. Bookings are recommended.

La Rete

Via Indipendenza, 145

+39 0771 462959

Excellent pizza and varied menu. Tasty and well-cooked first and second fish courses. Andrea, the owner, will advise you on the best catch of the day. Trust him.

Cellar Door

Via Europa, 49

+39 380 1893651

Very close to the port (15 minutes walking). Good steaks and great appetizers.

Atratino

Via Atratina, 141

+39 0771 462870

Typical cuisine and excellent pizzeria, it offers a fish menu but also meat dishes, for vegetarians or celiac. The wood-fired oven is beautiful and characteristic. Top choice for families on the weekends.

Mandracchio

Lungomare Caboto, 570

+39 0771 462690

Excellent pizzeria and traditional cuisine. The typical 'Neapolitan calzone' is masterfully crafted.

La Lampara

Via Buonomo, 29

+39 0771 463751

Located in front of the Marina entrance (dock side). Pizzeria and local dishes as well. Excellent mussels and clams soutè.

Osteria Gaetana

Via Indipendenza, 271

+39 0771 279623

A typical tavern offering local dishes. Not to miss: gnocchi with prawns and pistachio cream.

La Taverna di Mino

Via Giuseppe Garibaldi, 10

+39 339 7355494

About two kilometres away from the Marina, excellent "steak house" and Iberian cuisine. Live music on summer evenings.

ROSTICCERIE**Pizzeria Rustica**

Piazza Roma, 33

+39 0771 464536

Very close to the Marina, Roberto is a kind, attentive and welcoming host. Excellent pizza.

Pizzeria 2000

Corso Cavour, 36

+39 0771 464611

Excellent tiella, exquisite local specialty, and sliced. Wide variety of flavours.

Da Franco

Via Fratelli Bandiera, 20

+39 0771 462580

Excellent skewer chicken. Upon reservation, on Sunday morning you can also enjoy lasagna or cannelloni.

BAR**Bar Bazzanti**

Piazza Traniello, 3

+39 0771 460505

Among the oldest bars in Gaeta. It is a family run business: Rita, Barbara, Cristiana and Massimo are very helpful and ready to help you. Should you take a walk in Gaeta Vecchia, a stop here for an excellent giant-cappuccino is a must.

Platani

Lungomare Giovanni Caboto, 612

+39 0771 460048

Cross the street in front of the port entrance (offices side).

Cocktail with excellent appetizers and glasses of wine. Wi-Fi connection . In the morning Anna serves croissants filled with homemade cream.

La Triestina

Piazza Roma

E' uno dei Bar piu' antichi della Città. Ubicato di fronte l'ingresso del Marina offre oltre ad una piccola ristorazione un ottimo gelato ed i famosi semifreddi: la "Mattonella" e lo "Zuccotto". Molto buona è anche la granita di caffè con panna.

PUB NELLE VICINANZE DEL PORTO

Hermes

Via G. Buonomo Gaeta - +39 0771 462888

Cross the street in front of the Marina dock. Excellent burgers, sandwiches and fries. Excellent cold beer, good coffee and cappuccino, and delicious ice cream. Famous for its berry cheesecake. Outdoor tables during the summer.

The Dutch

Via Indipendenza, 24 - +39 0771 460683

Classic American-style tavern/bar run by an Italian-Dutch family. Fantastic selection of beers, sandwiches, homemade bread, and

incredible baked potatoes. Maurizio offers excellent music creating a nice and casual atmosphere.

MARKETS

GAETA

Every Wednesday morning from 8:00 am to 1:00 p.m., there is the local market where you can find everything from fruits and vegetables, to shoes and clothing at very reasonable prices. Fruit, vegetables, housewares, shoes, and some clothing are at the western end of Corso Cavour, while fabric and clothing are on Corso Italia.

FORMIA

On Thursday mornings the weekly market moves to Formia and is much larger than the one in Gaeta. It is held from 8:00 am to 2:00 pm.

SPERLONGA

Here the market is held on Saturday mornings in the main square in the old town.

FONDI

The only market open Sunday mornings is in Fondi, which can be reached by train or bus. In Fondi all the stores are open as well on Sunday mornings.





SUPERMARKETS / GAETA FOOD SHOPS

SUPERMARKETS

Conad:

Via del Piano,2

This supermarket is located in the large parking lot close to the old train station in Piazza Mazzini (see map). This supermarket might deliver to your boat.

Sigma:

Corso Cavour, 53

This store is at the end of Gaeta's Main street Corso Cavour, at the intersection with Via Mazzini. They have a very good home made bread (pane casareccio).

Ottimo Market F.lli Natale

C.so Italia

This store boasts a rich selection of cheese And delivery service is always available. Paolo, the owner can advise you on local Specialties and typical dishes.

Todis:

Lungomare Caboto 96

This store is pretty far from the marina. It's on the Lungomare Caboto heading to Formia, near the commercial harbour. Many products are very good, such as: frozen mushrooms, and fresh pasta, as well some organic foods.

MD Discount:

Via Unità d'Italia

This store is located on the way to Formia right after the turn off for Vindiccio. On the left side heading toward Formia from Gaeta, the sign is hidden a bit by the trees. Good selection, and in house brand is upscale.

FROZEN FOODS

All the supermarkets also have a frozen food section.

Seafish:

Lungomare Caboto, 412

They carry fish and a good selection of vegetables and pasta. Excellent "sfogliatelle" typical Napolitan pastry.

FISH MONGERS (*Pescheria*)

Market:

There is a brand new local fish market held every day.

Turn right outside the Marina entrance and walk about 1/4 mile. The fish market will be on your right.

It's open every day, from 6:00 pm to 8:00 pm. Take your camera!

The fishing boats arrive around 4:30-5:00pm and sometimes you can buy directly from them right on the dock.

Scurzone:

Lungomare Caboto, 516

Giuseppe is a young and proactive fisherman. He is fond of fishing and can provide you With fresh fish everyday.

Iliano Pesca:

Directly across the street from the marina. They are serviced by the small local fishermen, so ask Franco "what's today's catch". They also prepare fileted anchovies, cleaned squid, and octopus for easy preparation. They have farm raised fish, as well as open water catch. Also, all of their clams and mussels are expurgated already, so they are clean and ready to cook. Mussels are from their own farms in the Gulf.

BUTCHER SHOPS (*Macelleria*)

In all of the Supermarkets, you will find a butcher section, but visiting the local butcher shops is an experience in itself.

Macelleria Di Fonzo:

Via Cesare Battisti, 13

Phone +39 0771 461622

Not far from the port, at the very beginning of Corso Cavour, the main street of the city. We often organize barbecues at the Yacht Club Cafe with the collaboration of the owner.

Macelleria Lino Gonnella:

Salita Leone

Phone +39 0771 462631

In the heart of medieval Gaeta, Lino will offer you a wide variety of excellent quality local meats.

Boutique della Carne:

Via Indipendenza, 58

phone +39 0771 901031

Excellent butcher very close to the marina, where most locals go. (Always a good sign...) They sell both corn fed and grain fed chickens. They also prepare great meatballs, mixed skewers, and other fresh, ready to make options.

ITRI**Scherzerino**

Corso Vittorio Emanuele II

Phone +39 0771 727140

This ancient butcher shop offers high quality products. In addition to a selection of rice, pasta, organic jams, it has a well-stocked wine shop.

BAKERIES (*Fornaio*)

Gaeta's local savory torte is called "**Tiella**" and is available at all bakeries. This savory pie can be purchased with various fillings such as zucchini and cheese, broccoli rabe and sausage, chard with olives, baby squid,

octopus, mussels, onions, etc. you can purchase a slice or a whole pie.

"I would like a slice of squid tiella. /

Vorrei una fetta di tiella di calamaretti"

Octopus: *polipo*

Mussels: *cozze*

Onions: *cipolle*

Chard with olives: *bietole e olive*

Zucchini and cheese: *zucchini e formaggio*

Broccoli Rabe/Sausage: *broccoletti e salsiccia*.

The bakeries also sell delicious local cookies such as **Tozzetti**, **Taralli** and many more. At Christmas time they make holiday cookies such as **Roccocò**, **Mostaccioli** and **Susamielli**.

For Easter they make the **Tortano di Pasqua** and **Pastiera**.

All of the bakeries offer a wide selection of bread, such as:

- *Pane casareccio*: bread cooked in the wood burning oven. This bread will stay fresh even if kept for over a week.
- *Pane del nonno*: a soft bread
- *Sfilatino*: very common white elongated bread like a baguette in consistency
- *Pane all'olio*: bread made with olive oil
- *Ciabatta*: between sfilatino and casareccio in consistency
- *Grissini*: crunchy bread sticks
- *Fresella*: is a crunchy bread that you can keep on board for a few months.

It is very good and easy to make wonder-

ful salads, such as "Panzanella Napoletana" in the recipe section.

In most of the bakeries you can buy "pasta lievitata" - flour with yeast, water and oil to make homemade "pizza napoletana".

"Vorrei un chilo di pasta lievitata" / I would like 1 kg. of raised dough.

With 1 kg of pasta lievitata you can make 3 big pizzas. See "Pizza Napoletana" in the recipe section.

Forno Giordano:

Via Indipendenza, 39

phone +39 0771 460603.

This Forno has been open since 1890, and hosts a large selection of tielle, bread, and very good Pane del Nonno (a very soft bread).

L'Arte del Pane di Arciuli:

Piazza della Liberta'

at the corner in front of the marina.

This wonderful bakery has all sorts of interesting new entries. Baguettes, breads made with whole grains, farro, kamut, riso, soia, and without yeast. They also have tiella and pizza*.

*Francesco Arciuli is known as one of the best "pizzaioli" in the area for pizza and tiella.

Forno De Conca:

Lungomare Caboto, 640

phone +39 0771 460651

Close to the Navy Base.

They have special "*tozzetti con le mandorle*". If you are looking for bread without yeast they make it once a week.

Forno Dolc&Pane:

It has two shops, the one on C.so Cavour is the closest.

C.so Cavour, 30

Phone +39 0771 018148

Via Calegna, 1

phone +39 0771 712107

This bakery sells gluten free bread

They also have a good Pan di Spagna, a wonderful base to make the "Mimosa" cake in the recipe section

FRESH PASTA (*Pasta fresca*)

Pasta Fresca:

Next to the Pharmacy, it's a small store with a yellow sign (Pasta Fresca all'Uovo). There are several different kinds of fresh ravioli with various fillings such as: spinach and ricotta, mozzarella and ham, brasato, and various cheeses. They also make the tiny cappelletti to cook in fresh broth, as well as tagliatelle. Fresh Melanzane Parmigiano, and Lasagne can be ordered in advance.

They are open on Sunday mornings.

The store can also be reached from Via Indipendenza, just look for their yellow sign.

MOZZARELLA CHEESE

In this area we have different kinds of mozzarella:

- **Mozzarella di bufala:** very tasty, the southern Lazio and Campania Regions are the only areas where you can find it. (This really is made from buffalo milk) Should NOT be refrigerated when fresh, but eaten within the day! But if you need to refrigerate, there's a trick before serving. Place the mozzarella in the package in hot water for 15//20 minutes before serving. Helps to restore a bit of the "creaminess, but certainly not the same as fresh with no fridge!
- **Nodini di mozzarella:** mozzarella di bufala with a knot shape. Also in "porzioni" which are 125gr single portions in classic balls or "bocconcini" which are the cherry size version.
- **Mozzarella di mucca:** it is a cow's milk mozzarella, with a light taste
- **Fior di latte:** very light, can be used to cook with.
- **Treccia di mozzarella:** a bufala or fior di latte mozzarella with a braided shape. A large one (up to 1 Kg) can be made for a special occasion.
Make a reservation a few days in advance if you need ½ kg portions of any of these.

Santa Rosa

Via Indipendenza, 72 - Via Mazzini, 18

phone +39 0771 464 214

The buffalo mozzarella produced in their laboratories is excellent. They also offer a very good homemade bread from Esperia, which you will find only in the morning. Open on Sunday mornings.

La Salicella

Via Indipendenza, 32

Offre una ricotta eccellente.

Alimentari Mary

Phone +39 347 6546240

Cross the road in front of the Marina (dock side) and continue right towards Bar Hermes. From 8.00 am you can find a delicious white and wholemeal homemade bread. Excellent Parma ham, but also Gaeta olives and tielle.

Lo Spicchio

Via Papa Giovanni XXIII, 1

Phone +39 0771 465360

Own production of buffalo mozzarella produced fresh morning and afternoon. Open on Sunday morning.

GAETA'S OLIVES

Gaeta's black olives are famous all over the world, and can be found in all of the food stores, "alimentari" and supermarkets.

There is a difference in quality so try a few to see which ones you like the best.

VEGETABLE STANDS

On Via Indipendenza there are many vegetable stands, and most of them sell home-grown products.

Many supermarkets also have fruit and vegetable sections, but seeing we are in the middle of a rich agricultural region, it's best to buy from the locals.

Regina

At the entrance of Via Indipendenza (Piazza Roma side), you will find Regina and Peppe's stand, on the right side under an arch. They have a fine selection of produce that they cultivate. Regina prepares interesting vegetables under oil, and will prepare fresh minestrone veggies already to cook, if you ask in advance. They also sell inexpensive wine by the liter.

Vaudo

A little way down at Via Indipendenza 45, you will find another really good fruit and vegetable man that is nice, helpful, and will sell you one pear if that's what you need. Giuseppe has fresh fruit and produce, and also carries non treated lemons.

You'll see much of this displayed on the

street in front of the store, but if you don't see what you need just ask, as the total store area is quite large inside.

ORGANIC FOOD / HERBALIST SHOPS

Gruppo Zero

Via Mazzini, 35

Phone +39 3391394525

This shop exclusively sells organic products, supplements, vegetables, cereals and flour and much more.

Conad:

Via del Piano, 2

There is a small selection of organic vegetables, milk and spaghetti.

Le Buone Erbe:

Via Indipendenza, 157

This is an herbalist store, where you can find natural cosmetics, natural remedies and teas.

ICE CREAM SHOPS (Gelateria)

Gretel Factory

Piazza della Libertà, 22

Phone +39 0771 030041

It is located in the main square of Gaeta, very close to the Marina. Ice cream also

for celiacs and 0 Km products. Open from spring to the first days of winter.

Bar Platani

Lungomare Caboto, 612

Phone +39 0771 460048

Very close to the Marina. Anna makes delicious ice creams, and in the morning she offers excellent croissants stuffed with her homemade cream.

La Triestina

Phone +39 0771 460043

Piazza Roma

It is one of the oldest bars in the city. Located in front of the entrance to the Marina, in addition to a small restaurant, it offers excellent ice cream and the famous semifreddo: the "Mattonella" and the "Zuccotto". The coffee granita with cream is very tasty.

ICE CREAM SHOPS (Gelateria) IN GAETA VECCHIA

Il Pinguino

Piazza Traniello, 29

Phone +39 392 736 9059

In the heart of the medieval city this famous ice cream shop offers excellent hazelnut semifreddo: the 'Mattonella' (tile) and the spumone.

Il Molo

Piazza del Pesce, 1



Castello Angioino e Aragonese



Phone +39 335 818 4881

Near the Harbor Master's Office there is the famous ice cream shop offering delicious traditional ice cream, in addition to excellent quality frozen cakes!

Fruit stuffed with ice cream is not only a beautiful work of art, it also tastes delicious!

PASTRY SHOPS (*Pasticceria*)

Stenta

Via Mazzini, 7

This pastry shop and coffee bar is located at the end of Corso Cavour on the left side, and its specialities are the "Pallaciotta" cake or pastry, and "Lemon Cake".

Try the good selection of "Mignon", the very small pastries "pasticcini", and the wonderful cassata siciliana. They are quite well known locally, and at holiday time they are filled with the festive classics.

Carminè

Via Buonomo, 15

Right opposite the Marina Entrance (dock side) Pasquale offers a variety of excellent pasta, sfogliatelle, babà and many other fresh daily creations. Their chocolates, marzipan sweets and biscuits are very good. There is a small bar inside where you can enjoy their fantastic pastries with an excellent cappuccino.

Lanzetta

Via Fratelli Bandiera, 22

Very close to the Marina, on the street running parallel to Via Cavour, behind Ariston Cinema. Lemon cake is delicious and the home-made baba is simply flawless.

Scalesse

Via Indipendenza, 96

A few steps from the Marina. Good variety of pastries and cakes. Their almond paste sweets are so tasty.. not to be missed.

COFFEE / CANDY STORE (*Torrefazione*)

Café Santos

Via Indipendenza, 80

phone +39 0771 460187.

They have a nice selection of coffees to grind, or buy in beans. They also carry fine Italian chocolates, as well as a vast selection of candy by the ounce.

Recently they've added on, and now carry high quality food gift items, wines, as well as everything you may need for pastry decorating! This is very new to Gaeta.

They also run the café by the same name across the street, where they make very good espresso with Neapolitan style machines.

OTHER SHOPS AND SERVICES IN AND AROUND GAETA

BEAUTY SHOPS

(Estetista)

Nonsoloestetica

Via dell'Indipendenza, 482

Phone +39 327 901 3691

Laura and Lucrezia are highly specialized therapists. Apart from general esthetic treatments, full body Massages are available.

Nave di Serapo

Via Marina di Serapo, 25

phone +39 346 6283686

Fabiola and Roberta do esthetic treatments and massages.

Manicures, pedicures, waxing, to deep facial cleansing.

A very comforting atmosphere.

Open 9:00 - 18:00 daily

except Tuesday and Sunday

Summer hours: 9:00 - 20:00 daily

Reservation requested.

Eidos:

Via Mazzini, 29 (on the first floor) -

phone +39 0771 464253.

Very good and reasonably priced manicures, pedicures, waxing. Wonderful for a day of pampering! Reservation is required. Closed Mondays.

Medea:

Via Napoli, 1

phone +39 0771 462174

Patrizia is very helpful.

Reservation is required.

Closed Mondays.

HAIRDRESSERS (*Parrucchiere*)

Simone:

(hairdresser and beauty shop)

Via Cavour, 24

phone +39 0771 462941

Simone and Dina are hairdressers specialized in cutting and color, with the use of Henna instead of dyes for your color base if preferred.

Simone is great at advanced hair styling, as well as simple cuts to perfection.

During the weekend, reservations are requested.

Gianni:

Via Mazzini, 24 (on the first floor)

phone +39 0771 464180

Reservation requested.

Fausto e Livia:

Via Mazzini, 9

phone +39 0771 460360

They also have a Cosmetic and Perfume store featuring high quality products and a Boutique annexed. Ask for Angelo if you need suggestions on make up products.

*Note: Hairdressers are closed on Mondays.

BARBERS (*Barbiere*)

All of the below are very close to the marina.

Hair Stylist Alberto

via F.lli Bandiera, 26

Acconciature Maschili

Benedetto & Ciccio

Piazza Roma

Lino Coiffeur per Uomo

Piazza XIX Maggio, 6

HARDWARE STORES - LOCKSMITHS (*Ferramenta*)

Magazzini Colozzo:

Lungomare Caboto, 564

phone +39 0771 462763

This is a housewares and hardware "ferramenta" store. The hardware is in the back of the store, and if you don't see what you need, ask. There is a rather large storeroom. They sell Italian made tempered glassware in the housewares area in the middle of the store.

Maria Chinappi

Lungomare Caboto, 542

phone +39 0771 464400

Seemingly small store on the block after Colozzo (look for ladders, rolls of fencing outside), but well stocked, and Antonio is very helpful. They have a variety of sandpa-

pers, marine varnishes, and marine articles. He also makes keys.

Vaudo

Piazza della Libertà, 4

Phone: +39 0771 450042

In front of the marina above the main piazza to the left of the chinese store. Electrical supplies, and also various hardware store items. Serves professionals, so they have some good supplies.

Elettra

Piazza Della Libertà, 12/13

In front of the marina above the main piazza to the right of the chinese store.

Electrical supplies of all types, including 12V LED lighting. Serves professionals, so they are well equipped for electrical supplies.

*For electronic components refer to Kosmo

Fasano

Via Calegna, 31

phone +39 0771 471390

This is a small hardware store.

TELEVISION / STEREO / ELECTRONIC ASSISTANCE

Kosmo Elettronica:

Via Papa Giovanni XXIII, 4

phone +39 0771 464649

They have television, stereo, and video ac-

cessories, as well as a vast array of electronic components such as diodes, condensers, etc. Cosmo speaks English. VODAFONE cellular.

Video In:

Lungomare Caboto, 544
phone +39 0771 451002.
They have television, stereo,
and video accessories.
TIM cellular.

FRAMING (Cornici)

Giampaolo Idile:

Corso Cavour, 42
phone +39 0771 460 424
In addition to a wide range of frames, this store also sells antique prints.

Stefano:

Via XXIV Maggio, 6
Stefano and Veronique are very helpful.

WATCH REPAIRS (Orologiai)

Silvio Gattola:

Corso Cavour, 24/C
Close to the Farmacia Centrale in the gallery. This is a small jewelry and watch repair store. You can find all types of watch batteries. Silvio is very helpful.

EYEGLASS STORES (Ottica)

Karma

Via Europa, 3
Phone: +39 0771 461167
Nicola will be pleased to assist you.

Ottica Look:

phone +39 0771 464701
Via Europa, 22
Via Indipendenza, 167
They have two stores, with a very good selection of the best brand names in eyewear. Bruno and Anna speak English.

JEWELERS (Gioielleria)

Valerio:

Lungomare Caboto, 554
They have fine silver, Sheffield, and a porcelain section. Massimo and Fabrizio are very helpful.

Paone:

Corso Attico, 5
In front of the marina entrance.
Mr. Erasmo and his wife will help you.

FABRIC SHOPS

The only place where you can find good fabric in Gaeta, is on Wednesday mornings at the market. There are several stands at the corner of Via Venezia and Corso Italia which sell very high-quality fabrics.





BEDDING / MATERASSES / ACCESSORIES

Treglia Bianco Casa:

Via E. Filiberto, 1/7/13 - Formia

phone +39 0771 22578

Custom mattresses and toppers in Tempur or in house brand memory foam.

Custom sheets and blankets as well as stock sizes.

Vast assortment of bedding and accessories on lower floor after baby dept.

FABRICS & BED LINEN

It is possible to buy some fabrics on Wednesday morning at the local market (Corso Italia, at the intersection with Via Venezia). The fabrics, trimmings and yarns are of excellent quality. For embroidery enthusiasts it is possible to find DMC products.

Casa del Corredo

Lungomare Caboto, 586

Not far from the Marina entrance (dock side), a historic city shop with quality linen.

Il filo d'Arianna

Via Indipendenza, 27

They have DMC threads and wool of very good quality. They also make handmade sweaters of all types at very fair prices, but they take their own time. Well worth the wait, so better book in advance.

FORMIA

Fiordilana

Via Rubino, 69

Phone +39 0771 26210

Olimpia has a large selection of wool and cotton yarn. Trimmings, buttons and material for bricolage.

BATHING SUITS

Svago:

Via Indipendenza, 91

They make bathing suits with fabrics of your choice all year around.

DRESS MAKER/SEAMTRESS TAILORS / REPAIRS

Paola Scarpellino

Via Tranzano - Formia

Telephone +39 3281015693

Paola creates tailored clothes at the 'Lady Yachting' Atelier. Also available for small tailoring jobs.

Lisa Tibaldi Couture

Via Garibaldi, 23

04020 Santi Cosma e Damiano

Ph. +39 0771 608440

Roman stylist and designer, Lisa Tibaldi Grassi for several years he held the role of Creative Director in elegant women's companies in Italy and Spain, designing and co-

ordinating different collections. Thanks to his excellent knowledge of English, French and Spanish, he was able to work with international teams, personally managing relations with productions relocated abroad.

WOMENS CUSTOM MADE & READY TO WEAR CLOTHING

SPERLONGA

Facili Costumi:

In a little alley by the main square in old Sperlonga, Letizia makes nice summer dresses, and in the winter beautiful wool sweaters and dresses.

SHIATZU

Melusina:

Piazza Cardinal De Vio (Old Gaeta)
phone +39 0771 452428 cell 347 3458427.
If you wish to have a shiatsu massage, call and make an appointment with Paola. She speaks a little English.

YOGA

Antonella Deiola

Phone +39 3289087004

Anthon.68@libero.it

Antonella organizes "bagno di gong" and kundalini yoga sessions, lessons can also be practiced on the seashore.

Raffaella Corte

phone +39 347 1812607

raffaelacorte@libero.it

Offers various options at different times of year. Contact Raffaella for the current program. These may include yoga in the park at Parco Riviera d'Ulisse, yoga at sunset, among others.

DANCE LESSONS

Salsa:

Classes are open to all ages, and held close to the marina. Fun group.

Classes run from Oct-May

For information contact:

Guido +39 392 3860195

Tango Argentino:

Classes are held at Centro del Movimento, close to the marina.

Classes run from Oct-May

For information contact:

Elia +39 347 2638741

Popular Dance (Tarantaterapia):

Dance and relaxation laboratory.

For information contact:

Raffaella +39 3471812607

Elizabeth Stacey +39 3922492547 (english speaking)

GYMS (Palestra)

Palestra Athena:

Via Atratina, 47

phone +39 348 5609785

Serious gym for working out.

Alessandro is a qualified trainer.

Centro del Movimento / Blue Gym:

Via Monte Grappa, 57

phone +39 0771 461260

Gym classes with various platforms, martial arts, personal defense

REGATTA

The Base Nautica Flavio Gioia organizes races throughout the year. Check with the office for the current calendar.

TENNIS COURT

Circolo tennis:

Lungomare Caboto, 20

(close to the Navy Base)

phone +39 0771 460741.

Booking required.

Paddle Court

Lido Risorgimento

Christian Rosato

+39 347 019 8902

Paddle court right on the beach,

Renting available, upon request, in winter Time as well.

Gianola Tennis Club

Via Ponte Ritto - Formia

Phone +39 393 9701026

Danilo is available for both courses and private lessons.

SWIMMING POOL

Hotel Serapo:

Via Marina, 7

phone +39 0771 311003

Indoor swimming pool close to the marina. Check for "open to the public" times, and classes.

XXV Ponti Sport Club

Via Appia

Phone +39 0771 22657

Indoor swimming pool in a magnificent wooden structure. Available yoga and Hydrobike courses.

GOLF COURSES

Pineta Coppola a Mare:

phone +39 0815095150

This Golf course is located on the Pineta Coppola beach, between Naples and Gaeta, about 40 minutes by car from Gaeta. If you are interested, please talk to the office staff.

Oasi Golf Club:

phone +39 06 92746252

email info@oasigolf.it

www.oasigolf.it

This Golf course is an easy 1½ hr. drive just 10 minutes past Latina, and is open all year round.

Closed Tuesdays

CERAMIC COURSES**Marta Bilbao:**

phone +39 348 3820143 / 3895184601

La Valle:

Via Sant'Agostino

Phone +39 0771 741706

They organize ceramic courses for children and adults.

It's also possible to use their oven to bake your ceramics every day from 9.00 a.m. to 4.00 p.m. except Saturdays.

SPERLONGA**Giulia:**

Via 1° Orticello, 12 (Sperlonga old town)

phone +39 338 9224478

This is a very small studio in a typical alley of the old town, near the main square.

They can personalize plates for you.

ITRI**Soscia:**

Via Appia - Itri

Ceramics made with brick and stone, Maurizio Soscia's studio offers a variety of ceramics and marble sculptures. Maurizio comes from a long tradition in the art of ceramics.

CHOCOLATE FACTORY**ITRI****Chocolart:**

Via Santa Lucia, 32

phone +39 0771 721030

<http://www.chocolartitri.it/>

This is a chocolate factory where they produce beautifully wrapped chocolate eggs in the springtime. During the rest of the year, they make nougats, pralines, and many other products that are exported all over the world. They can deliver to your boat.

CULTURAL AND TOURISTIC ITINERARIES

Our booklet goes on with the most suggestive places, Gaeta's history and description of the surrounding area. In addition to the information collected from the web, we have included notions of history and current events that might intrigue you.



A GREEN OASIS IN THE HEART OF THE CITY

Monte Orlando Park.

The beautiful wooded hill of Monte Orlando is a protected area located between Serapo beach and the ancient village of Sant'Erasmo. This is a fascinating historical area, and now a nature reserve located on the Latium coast. The hillside is covered by Mediterranean shrub such as: carob trees, aline trees, mirth and lentiscus. Monte Orlando Park is closed to car traffic, so is a wonderful place to walk, jog, and cycle.

Monte Orlando also hosts the Sanctuary of the Holy Trinity located at the "Split-Mountain". The "Split-Mountain" is caused by a wonderful natural phenomenon, and is surrounded by legends of deep religious meaning.

The Mausoleum of Munazio Planco (a Roman Consul 20BC), overlooks the top of Monte Orlando where there is a stunning view of the sea, the Islands of Ischia, Ventotene, Ponza, and the promontory of Circeo.

The Blue Oasis is a beautiful marine reserve area at the bottom of the Monte Orlando hill, with marvelous cliffs for expert climbers, and amazingly deep waters for scuba diving.

GAETA HISTORY

The seaport village of Gaeta originated and developed in the VII century AD on the slopes of a hill called "Colle dei Cappuccini", in a higher position than the coast and the

surroundings. It was built and developed around a fortified area near the first religious building devoted to Saints Cosma e Damiano (the Saints doctors). It was a small settlement of peasants and fishermen.

The ancient quarter of Sant'Erasmo (Old Gaeta)

This medieval village of Gaeta has been host to several historic events through the centuries. It is a location of remarkable artistic interest. The Cathedral of Saints Erasmo e Marciano was built in the 10th-11th centuries above the Santa Maria del Parco Church (7th century). Behind the Cathedral there is the beautiful bell tower (Campanile) from the XII century in Arabic and Roman style, and is a wonderful example of medieval art.

De Vio Palace and Diocesan Museum

Piazza Cardinale De Vio, 7

The Palazzo De Vio belonged to Cardinal Thomas De Vio, who was born in Gaeta in 1469. Inside the Palace there is the Diocesan Museum with a beautiful Gallery of Paintings featuring excellent works by artists from Gaeta. Some of these painters are Giovanni da Gaeta (15th century), Scipione Pulzone (14th century), and Sebastiano Conca (15th century). You can also admire a wonderful panel painted by "Scuola Giottesca", collections of Exultet Benedettini (10th and 13th centuries), and lovely ceramics of the 15th century. In the

Picture Gallery there is the amazing Battle, Standard of Lepanto (1536) by Girolamo Siciolante, which was the flagship of the Papal fleet, commanded by Don Giovanni d'Austria. After he won the Lepanto battle on October 7th, 1571, Giovanni D'Austria bestowed the flag to the Gaeta Cathedral. Many important exhibitions are also organized there each year.

Call Center phone: +39 0771 286217

Museum Reception phone: +39 0771 4530233

Santa Lucia Church or Saint Mary in Peninsulis

Via Ladislao, 27

Built in the VII century, it is probably the oldest Church in Gaeta. It was the Royal Chapel from 1387, when King Ladislao d'Anjou-Durazzo (the son of Charles III and King of Sicily) used to go to pray with his wife, Queen Costanza Chiaromonte, and his mother Margherita di Durazzo. The Church was renovated between the 12th and 13th centuries.

San Giovanni a Mare

Via Bausan

Built by the sea in the 10th century by Jhon IV Duke of Gaeta. It has a peculiar dome in Arabic style, and a sloping floor to drain the seawater out when the tide was high. The Church was known also as Saint Joseph Church because the congregation of carpenters used to celebrate Mass there.

Church of Annunziata

Via dell'Annunziata and Lungomare Caboto

This beautiful Church is located along the seafront. It was originally built in 1321, but then rebuilt in 1621 by Ferdinand the Catholic and Charles V. A clock was added in the 18th century. The church is attached to the small Cappellina d'Oro /Golden Chapel or Cappella dell'Immacolata, which is covered with paintings surrounded by golden frames.

Church of San Domenico

Via Aragonese

Built in late-Gothic style of the 15th century with two unequal naves and a large apse. It was actually part of a larger monastery overlooking the sea.

Church of S. Maria della Sorresca

Piazza Traniello

The Church of "Nostra Signora di Gaeta", legend has it, was built on the place where the Madonna appeared in 1513. Built on the storehouse of the Albito's, an important and noble Family, where they used to keep the "sorra" or "salt fish". On the wall there was a beautiful painting "Vergine con Bambino" preserved now at the Annunziata Institute (Via dell'Annunziata). The antique floor is beautifully done in tile and marble with the Town's Coat of Arms. The Church is no longer consecrated, and it is used for Musical Events and Art Exhibitions.

Castle Angioino and Aragonese

Piazza Castello (High above Old Gaeta)

Built between the 9th and the 16th centuries, in a strategic location on the sea and the surrounding territory, this edifice and its imposing shape influenced the development of the city's original nucleus. The castle has two connected buildings, built in two different periods. The lower and the oldest is believed to have been built by Frederick II the Swabia in 1229, and added onto later by Charles d'Angio' in the 12th century, during the French domination. The highest is called "Aragonese" built by King and Emperor Charles V in the 16th century. Today, the Angioino side is managed by the Cassino University, and the Aragonese side by the Military from the Guardia di Finanza.

Church of San Francesco

Via Don Bosco

The construction of San Francesco was commissioned by Ferdinand II in 1848-49 upon the request of Pope Pius IX (who had been in exile in Gaeta), and represents an example of neogothic architecture in Southern Italy. This church was built on the location of an old monastery, where San Francesco was believed to have rested during one of his voyages.

Pinacoteca Giovanni da Gaeta

Via De Lieto 2/4

phone 0771 466346

email info@pinacotecagiovannidagaeta.it

This important art gallery is located not too far from the Angioino Castle. Very important exhibitions are organized during the year . For further information visit the website: www.pinacotecagiovannidagaeta.it/eventi.htm

The modern Town of "Elena"

The name comes from the Queen of Italy, Elena. This side of Gaeta was built on the level isthmus of Montesecco and on the hills overlooking the Gulf of Gaeta and Serapo beach. It is precisely here that the Base Nautica Flavio Gioia is located.

Via Indipendenza

This little street was built in the 7th century as the first Elena Village borough outside the walls of the Old Town. The first inhabitants were fishermen and farmers. Today this street is a charming narrow walking lane, lined with many small specialty shops, and produce stalls.

Lucio Sempronio Atratino Masuleum

On the Atratina hill you'll find the majestic building of elliptical shape, built by Lucius Sempronius Atratino, consul in 34 BC. It was looted of its beautiful travertine marble and marble decorations during the past century.

BEACHES



La spiaggia di Serapo

Serapo:

Between Monte Orlando and Fontania. In the winter the beach is empty of umbrellas, and makes for a beautiful walking beach.

Fontania:

This small beach at the far end of Serapo, still offers the visible ruins of an ancient Roman Villa.

Going North within 1km of Gaeta center:

Ariana, 300 Scalini, 40 Remi, Arenauta, St. Vito, St. Agostino all of which maintain their natural scenic beauty.

From Gaeta to Sperlonga there is a 10km stretch of coastal beaches separated by rocky bluffs.

Summer months offer limited access, but the winter months are magical...



La spiaggia dell'Ariana



WELCOME TO GAETA

OUTSIDE GAETA



WELCOME TO GAETA

SUGGESTED NATURE AND CULTURAL ITINERARIES OUTSIDE GAETA



ITRI

Distance from Gaeta: 11 km - 7 mi

How to get there:

by local bus to Formia - departure approximately every half hour from in front of the marina. Get off at the stop accross from the "Casa del Sole" Clinic on the Appian Way. Cross the street (in front of the Clinic), and take the local bus heading to Itri.

Itri is a characteristic town in the Aurunci Mountains. The small town has a strategic position between two mountain chains. In medieval times it was a mountainous fortress, and its military role was confirmed by the features of its 9th century Castle. The Castle has three main towers of different shapes and four minor towers connected by a watch route. Approximately twelve kilometers north of Itri, there is the Santuario della Civita. It is located on the top of the hill, where it is possible to enjoy a beautiful view of the Pontine islands.

Weekly market:

Thursday from 8:00am to 1:00pm

SPERLONGA

Distance from Gaeta: 12 km - 7.5 mi

How to get there:

by local bus from Piazza Roma, the main square in Gaeta, across from the marina.

Sperlonga is a little town above the sea

that offers a spectacular view. It has a typical Mediterranean look.

The historical center is a tangle of alleys, stairs, and paths between small, white-washed houses.

The Villa of Tiberius, of the Roman Emperor, was found in the South east side of the town at the beginning of the last century. Today it is an important Archeological Museum. In the Grotta of Tiberio several important Hellenistic statues were found, such as: Polifemo and Ulysses. The Museum* hosts the many Roman artifacts.

Not far from the town, going south on the Flacca road, you can admire two lookout towers: Torre Truglia, and Torre Capoveneto, which stand as memoirs of sea raids throughout the centuries.

***Archeologica Museum:**

Via Flacca, Km 16,600

phone +39 0771 548028

Open Tuesday to Sunday from 9:00 am to 7:20 pm

Weekly market: Saturdays from 8:00am to 1:00pm

FONDI

Distance from Gaeta: 13 km - 8 mi.

How to get there:

by bus - from Piazza Roma, the main square in Gaeta, across from the marina.

by train - a twelve minute ride heading toward Rome. (regional train)

Fondi is a large agricultural center in contact with major European markets. In the 4th century, when it became a flourishing Jewish community, famous for commerce in linen and the art of dyeing, it was often invaded by Barbarians and North Africans. The peak of splendor was achieved during the time ruled by the Caetani family. The Castle, with a characteristic round tower standing more than 30 meters, and symbol of the town, was built in the 14th century by Onorato I Caetani over a stretch of ancient Roman walls. In the 16th century it was the place of Giulia Gonzaga's court of literates and artists. Since 1987 it houses the Museum of the town.

The Cathedral of St. Peter was built in the first half of the 12th century. A medieval pageant is held in honor of the Gonzaga family every year. The Jewish Ghetto with its medieval synagogue is very interesting. The Palazzo del Principe ("Prince's Palace") was built in 1466-1477 by the Catalan architect Matteo Forcimanya. Its portals, the mullioned windows, the court, and the "loggiato" represent the synthesis of Catalan-Gothic architectures.

All of Fondi's stores are open on Sunday morning.

Weekly market:

Sunday from 8:00am to 1:00pm

TERRACINA

Distance from Gaeta: 33 km - 20.5 mi

How to get there:

by train - from Formia railway station to Monte San Biagio heading toward Rome.
bus or taxi to Terracina (15km).

Terracina was formerly called Latin Tarracina and Volscian Anxur. In 509 BC Terracina was dominated by the Romans. The new Appian Way, built in 312 BC to connect Rome to Capua, made Terracina an important agricultural and commercial town by the sea. It includes a medieval area on top of the hill and a modern town built by the sea, on the Roman ruins.

The Temple of Jupiter (Giove Anxur) dominates the town at the summit of Monte St. Angelo. It was built in the I century BC, and from there you can enjoy a wonderful view of Zannone and Ponza Island, and the Circeo promontory. There is a small cafe' at the top where you can enjoy a coffee or glass of wine.

The Cathedral of SS Pietro e Cesareo (Duomo), was consecrated in 1074 and renovated in the 12th and 18th centuries. It has a beautiful "portico" adorned by the mosaics of Sicilian-Norman artists. The brick Campanile / Bell Tower is in Gothic-Romanesque style, and it has small columns with little pointed arches and Arabic majolica in the walls.

The Gothic Palazzo Venditti is to the right of the

Duomo, and was built in the 14th century. Very close it is also the Torre Frumentaria 13th century, which now hosts the Museo Pio Capponi - Piazza Municipio, 1 - phone +39 0773 707313

MONTE SAN BIAGIO

Distance from Gaeta: 35 km - 21.5 mi

How to get there:

by train - from the Formia railway station heading toward Rome, a twenty minute ride.

Monte S. Biagio lies on the Appia Way. The Romans defeated the Samnite at the Passo della Portella, where a fortified gate was built. Very close to the "Portella", on the Appian Way, you will find the Torre di Epitaffio built in 16th century by the Popes Sisto V and Clemente VIII, to mark the border between the Papal State and the Kingdom of the two Sicilies. You can also admire the beautiful Mausoleum belonging to the Roman Emperor Galba.

SAN FELICE CIRCEO

Distance from Gaeta: 52 km - 32 mi.

How to get there:

by car - take the SS 213 Flacca to Terracina and the SS 148 heading toward Rome.

The town of San Felice Circeo includes a medieval area on the top of the hill and a modern town by the sea. The hillside covered by Mediterranean shrub (Macchia Mediterranea), was once an island, but is

now connected to the mainland by an isthmus. The Templari Tower together with the Cavalieri House are medieval buildings now housing the town offices.

THE CIRCEO NATIONAL PARK

The beautiful Circeo Park became a protected area in 1934 to preserve the natural beauty of the Mediterranean shrub. For more information contact Radford University. https://php.radford.edu/~swoodwar/biomes/?page_id=98.

The wonderful environment of the Park is full of prehistoric and archeological sites, such as caves and natural shelters: the Grotta dei Guattari, the Grotta delle Capre, the Grotta del Fossellone. A skull belonging to the Neanderthal Man was found in the area in the 1939. The Homo Sapiens Habitat Museum is also a very interesting to visit. For further information visit:

www.fondazionemarcellozei.com

Guided tours of the Park upon request.

SABAUDIA

Distance from Gaeta: 60 km - 37 mi.

How to get there:

by car - take the SS 213 Flacca and the SS 148 Pontinia heading toward Rome.

The modern town of Sabaudia was planned and built in the 1930's according to the architectural style of the time. The Palazzo Comunale and the Post Office are of par-

ticular interest. There is a beautiful view from the sand dunes of amazing houses from the 1960s. Behind the dunes there is a wildly natural salt lake.

PRIVERNO

Distance from Gaeta: 63 km - 39 mi

How to get there:

by train - from Formia train station heading toward Rome.

Priverno was an medieval agricultural town located between the Lepini and the Ausoni Mountains. Although it has pre-roman origins, most of the buildings in the town are Gothic. The Cathedral has a Gothic "portico", as does the City Hall building. The S. Benedict Church from the 9th century, has frescoes of different periods.

FOSSANOVA ABBEY

Distance from Gaeta: 63 km - 39 mi

How to get there:

by train - from Formia train station heading toward Rome.

The Abbey was founded by Benedictine monks in the 9th century, and it is the first Italian example of Cistercian-Gothic constructions from the 11th centuries. It was the model for several Abbeys in the south of the country. The garden, the cloister, (made

of small coupled columns) and the Foresteria, (Guesthouse) where St. Thomas of Aquinas died in 1274 are really magnificent.

SEZZE

Distance from Gaeta: 70 km - 43.5 mi

How to get there:

by train - from the Formia railway station heading toward Rome. Forty minute ride.

Sezze was formerly called Setia around the 5th century BC, and it was a Volscian settlement. It became a Roman colony in 382 BC, and flourished for its strategic and commercial position near the Appian Way, which was built in 312 BC to connect Rome to the South. The ruins of the Polygonal Walls from the 4th century BC, the Tempio di Saturno, and the Gothic-Cistercian Duomo/Cathedral are the main monuments in Sezze. The Antiquarium hosts several prehistoric artifacts, medieval documents on parchment, and paintings. Some Upper Paleolithic remains were found in Sezze Scalo and they include Grotta Iolanda (13,000-18,000 years old), the Riparo Roberto (probably 9,000-10,000 years old) with wall graffiti, and the Grotta Arnaldo dei Bufali, with a painting on rocks. Sezze is also famous for the re-enactment of Christ's passion held on Good Friday.

For further information visit:

www.sezze.it

SERMONETA

Distance from Gaeta: 78 km - 48.5 mi

How to get there:

by car - take the SS 213 Flacca heading toward Terracina and the SS 7 Appia heading toward Rome.

Sermoneta is a charming medieval village set on the top of a hill. It is surrounded by strong walls, and has picturesque streets. It is a well preserved example of the medieval village in Latium.

The Castello Caetani was built on the ruins of a temple of Cibebe in the 13th century, and enlarged in the 14th century. It is a "maschio" - a massive cylindrical tower with a drawbridge - and belonged to the Caetani family in the 13th century. The Castle dominates the village, and open air concerts are held here in July. The beautiful Church of Arcangelo Michele is a building from the 9th century. You can enjoy a beautiful view of the Pontine islands from Sermoneta.

For furthered information visit: www.sermoneta.it and www.fondazionecaetani.org

GARDEN OF NINFA

Distance from Gaeta: 87 km - 54 mi.

How to get there:

by car - take the SS 213 Flacca heading toward Terracina and the SS 7 Appia heading toward Rome.

The town of Ninfa takes its name from a little temple dedicated to the nymphs during the Roman period, and is built on one of the richest springs at the foot of the Lepini Hills. These waters gave life to the original river Nymphaeus. Of the abandoned medieval town there remains today an imposing double wall, and the ruins of a castle, churches, municipal buildings, and many private dwellings. As in the past, water is still the key to Ninfa's survival.

Ninfa had a significant economic and strategic identity as early as the 8th century. This came about due to the flooding and impassability of a stretch of the Appian Way between Cisterna and Terracina, and the consequent spread of malaria. A water dam, seen to this day at Ninfa, is an example of advanced engineering from early times. By the beginning of the 11th century, Ninfa had grown to the status of a small town. It continued to expand and prosper, and in 1159, Rolando Bandinelli was consecrated as Pope Alexander III in S. Maria Maggiore, the largest of Ninfa's seven churches. Several papal families - among them the Tuscolo, Frangipani, Conti, and Anibaldi - fought over Ninfa which was at various times destroyed and rebuilt before passing finally to the Caetani family in 1298. 100 years of prosperity followed. But as the result of papal wars and inter-family disputes, the town was substantially destroyed in





1382, leading to an exodus of the population, and an unstoppable decay that lasted until the 20th century. In the 17th century, Ninfa was for a time used for commercial activity, for example, with iron-works and a tannery, or, as a recreational retreat for the Caetani who then commissioned Francesco da Volterra to design the Hortus Conclusus (enclosed garden). In the 18th and 19th centuries artists and travelers regularly visited the ruined town.

Due to its delicate environmental balance (plants, birds and insects), the Garden of Ninfa offers a limited number of public openings each year.

The Garden is open for public visits on the first Saturday and Sunday of each month from April to October; on the third Sunday in April, May and June; and on the first Sunday in November. The management reserves the right to cancel or to reschedule public openings in the event of bad weather, or other circumstances beyond its control.

No pre-booking is required for public openings. For further information visit:

www.fondazionecaetani.org/giardini.php

VALVISCIOLO ABBEY

Distance from Gaeta:

85 km - 53 mi. (near Sermoneta)

How to get there:

by car - take the SS 213 Flacca heading toward Terracina and the SS 7 Appia heading toward Rome

The Valvisciolo Abbey is located between Sermoneta and Latina Scalo. It was founded by Greek monks in the 8th century, and rebuilt by the Knights of the Order of Templars in the 13th century. In the 14th century the Cistercian monks arrived. The Church represents one of the earliest examples of Romanesque-Cistercian architecture.

The crosses, such as those on the windows, are features of the Templars' influence. During a restoration, a Templar palindromic Sator Square was discovered on a wall.

NORMA

Distance from Gaeta: 86 km - 53 mi.

How to get there:

by car - take the SS 213 Flacca heading toward Terracina and the SS 7 Appia heading toward Rome.

Norma, formerly called Norba, is particularly outstanding for the remains of the Volscians and Romans. The Megalithic Wall of the 4th century BC is one of the most fascinating, ancient walls in Latium. The two acropolis situated within the walls are very interesting. Norma has several beautiful churches such as the SS Annunziata with the chapel of refuge, the Immacolata and S. Rocco. You might also enjoy a visit to the Civic Museum and the Virtual Museum of the Ancient Norba.

The ruins of the town destroyed by Sulla in

89 B.C. are in the archaeological site on Colle della Civita

The Chocolate Museum is also an interesting place to visit: Via Capo dell'acqua, 20.

For further information visit:

www.museodelcioccolato.com

CORI

Distance from Gaeta: 94 km - 58 mi.

How to get there:

by car – take the SS 213 Flacca heading toward Terracina then the SS 7 Appia heading toward Rome.

Cori, formerly called Cora, is located on the Monti Lepini. It was a flourishing commercial town in the 5th century BC. In Cori there are many archaeological remains. The Tempio di Ercole (1st century BC) is the symbol of the town. The City walls were restored in the Middle Ages and strengthened with new towers, fortifications, and three gates: Romana, Signina and Ninfina.

Cori also has many interesting churches, such as the Sanctuary della Madonna del Soccorso (16th century), the Church of Santa Maria della Pietà, and the Chiesa Collegiata in Romanic style built in the 12th century and built over the ruins of a Roman Temple. It was completely restored at the beginning of the 17th century.

The Church has a beautiful Cero Pasquale/Paschal Candle Holder from the 12th century,

and is the oldest Cero Pasquale ever found. The Chiesa di S. Francesco is 16th century, and the Oratorio della Chiesa dell'Annunziata of the 14th century has beautiful frescos with depictions from the Old and New Testaments. The Church of Sant'Oliva in Piazza Sant'Oliva is a beautiful medieval church of the 15th century, and was built over Roman ruins as well. This Church also hosts the History Museum of Cori.

FORMIA

Distance from Gaeta: 5 km - 3 mi.

How to get there:

by local bus – departure approximately every half an hour from in front of the marina.

Formia was founded by Laconi and was formerly called Greek Ormiae and Roman Formiae. It is located on the Appian Way, and was a well-known resort during the imperial era. You can see the ruins of several important Roman houses such as Villa Mamurra and Villa Mecenate, and the remains of the Roman harbor "Porticciolo Caposele". Marco Tullio Cicerone built his country house on this beautiful Gulf, and it is where he was killed in December 43 AD. Here it is possible to visit his mausoleum. It is a 24m high tower which is located in a large garden on the Appian Road. The Villa Rubino built on the Villa of Cicerone, was purchased by King Ferdinando II of Bor-

bone, and was the site where the armistice that ended the siege of Gaeta was signed on February 13th, 1861. The "Cisternone of Castellone", located on the top of the ancient Roman acropolis, is another interesting site to visit. It was an important and imposing Roman cistern of the 1st century BC. It is supported by a row of limestone pillars which divide the structure into four naves with cross-vaults. The Cisternone was supplied with water coming from the spring on the hill in the area of Santa Maria La Noce to provide the town with water. It resembles the most important cisterns in the world: The Piscina Mirabilis of Miseno and the famous Yerbatan Saray of Istanbul. It can be considered extraordinary proof of Roman hydraulic engineering. The City Hall hosts an interesting Archeological Museum. Weekly market: Thursday from 8:00am to 1:00pm.

MINTURNO

Distance from Gaeta: 20 km - 12 mi.

How to get there:

by local bus – from Piazza Roma, the Gaeta main square, across from the marina.

by train – from Formia train station heading to Minturno-Scauri, and then by bus or taxi for the historical center.

Minturno, formerly called Minturnae, is an agricultural town built on the Aurunci

Mountains. It was originally a flourishing commercial settlement built near the Garigliano river. It was started by the Ausoni people along the Appian Way, but Minturnae was subsequently pillaged by the Longobardi. It was important because of its control of the bridge on the Appian Way over the Garigliano. In 1930 archaeological digs discovered and revealed the beautiful Amphitheatre (I AD) which, in the summer, hosts plays and other performing arts to over 4000 spectators.

It is possible to see some Roman ruins, such as the amphitheater, an aqueduct, and a statue of Sepeone (Scipione), from the Late Empire age. Near the Appian Way the remains of a Capitolium were built in Italic-Etruscan style after 191 BC.

The Castle Baronale (12th century) is in the medieval section of the town. It was built by Archbishop Leone, and owned by the Caetani family. The Convento of San Francesco was built in 1320 by Roffredo III Caetani, nephew of Pope Bonifacio VIII. It hosts a beautiful frescos of the Madonna delle Grazie. The Cathedral dedicated to St. Pietro is of the 11th century. The Church of the Annunciation, at the entrance to the town, holds frescoes from Neapolitan artists (3rd-4th century).

Minturno was part of the Gustav Line during World War II and suffered heavy bombings.

THE SUIO THERMAL BATHS **(Terme di Suio)**

Distance from Gaeta: 36 km - 23 mi.

How to get there:

by car – Superstrada heading toward Cassino Napoli, exit Castelforte-Suio.

by train – from Formia train station heading toward Minturno-Scauri and then by bus

Suio is located on the Monti Aurunci along the right bank of the river Garigliano. The village of Suio Alto is on the hill where there is a Castle built in the 10th century AD to defend the town from the Saraceni attacks, and to control the estuary of the river Garigliano. The village of Forma di Suio is at the feet of the Castle, where the thermal baths are located. The baths have been famous since the Roman Imperial age, and the Aquae Vescine were mentioned by Plinio the Elder and Lucanus. Close to the Garigliano estuary there was the sacred grove of the Italic goddess Mariva.

You can also visit the Church of Santa Maria in Pensulis (13th century), which was built on the ruins of a Roman Villa, and was originally owned by The Knights Hospitaller of Gaeta. It is also interesting to visit the Church of San Michele Arcangelo in Suio Alto.

CASSINO

Distance from Gaeta: 36 km - 23 mi.

How to get there:

by car. Superstrada heading toward Cassino Napoli, exit Castelforte-Suio.

by bus: from Formia train station.

Cassino is located by Monte Cairo near the joining of the two rivers Garigliano and Liri. The town is known for the site of the Abbey of Montecassino, and of the Battle of Monte Cassino during World War II. Today Cassino is a cultural and industrial town, dominated by the Monte Cassino Abbey.

It was famous during the Roman Republic and the Roman Empire. You can visit the beautiful Roman Amphitheater and the Mausoleum built by Ummidia Quadratilla in the 1st century AD. It still hosts 3000 seats during summer theater.

SPELEOLOGICAL ITINERARIES



WELCOME TO GAETA

CAVES OF PASTENA

Distance from Gaeta: Km 51 - 56 min

How to get there: road SS7 towards Itri, SR82 Campo di Mele - Pastena

The striking Caves of Pastena are defined as "crossing caves". They can be entirely covered (the active branch is limited to speleologists). The sinkhole (the current cave entrance) into which the waters of the Mastro ditch are thrown, is 20 m high and 12 m wide.

The site is divided into two main routes consisting of an active lower branch and an upper fossil branch, and it is considered among the major speleological complexes of our peninsula. It allows you to admire the most interesting forms of underground karst: majestic and suggestive rooms, stalactites, stalagmites and bizarre shaped columns, ponds and thunderous waterfalls during the rainy season, which make visiting the caves an exciting experience.

THE WELL OF ANTULLO

Distance from Gaeta: Km 99 - 1 H

How to get there: Drive along Via Flacca / SR213. Take SS7, NSA 255 Terracina Prossedi, SR156 and SR155 in the direction of Via Cabina Porpuro / SP48 in Alatri

The Pozzo d'Antullo is located about 1 km from the built-up area of Colleparado, on the

slopes of the Monti Ernici of La Monna and La Rotonaria: it is a very large karstic abyss with a diameter of around 140 m, a perimeter above 370 m, depth about 60 m, which was created from the collapse of a cave's vault. The overhanging walls have numerous stalactites, while the bottom is covered by a rich and luxuriant vegetation, with trees up to 20 meters high. According to an ancient tradition and until a few decades ago, the sheep were brought down by the shepherds and left to graze for months. The chasm has inspired curious legends: one of them tells that in the place where the well is located, there once was a farmyard where some pagan peasants, refusing to celebrate and honor the Madonna dell'Assunta, kept on beating the wheat as well. The divine punishment caused the threshing floor to sink, creating the enormous cavity.

THE COLLEPARDO CAVE

Distance from Gaeta: Km 99 - 1 H

How to get there: Drive along Via Flacca / SR213. Take SS7, NSA 255 Terracina Prossedi, SR156 and SR155 in the direction of Via Cabina Porpuro / SP48 in Alatri

The Grotta di Colleparado, also visited by the Queen of Italy Margherita di Savoia back in 1904, keeps on impressing and attracting visitors thanks to its majestic vaults rich in

multiform stalactites, which connect to the stalactites that rise towards them, in a very slow but still active process. The stalactites and stalagmites scenario is of an incomparable charm: because of the singularity of the shapes, representing human and animal figures; the reason why they were called "Grotte dei Bambocci". Many of the findings date back to the middle Bronze Age, about 3,500 years ago.

THE COMINO VALLEY

A land defined by a strong identity, breath-taking natural elements and a precious historical heritage. Places where time seems to have forgotten to flow.

Closed between the Meta mountains to the east and the Mainarde mountains to the south-west, the Val di Comino is rich in natural scenery, forests, flowers and animals evoking a wild and mysterious world, made of rounded slopes and rugged steep walls. It's a group of little houses anchored on the hills between 400 and 800 meters: Atina, Alvito, Belmonte Castello, Casavieri, Casalattico, Gallinaro, Picinisco, Sa Biagio Saracinisco, San Donato Val Comino, Settefrati, Terrelle, Vallerotonda, Vicalvi, Villa Latina.

Not a few illustrious names have discovered and experienced these lands: D.H. Lawrence got married here for the third time and Picini-

sco is the setting for the writing of *The Lost Girl*. Ernest Hébert here meets the girls here who can still be admired today at the Orsay Museum in the famous painting 'Les Filles d'Avito'.

SPORT TOURISM AND CULTURE IN VAL DI COMINO

The area offers a range of Canyoning, horse riding, Nordic walking, skiing, snowshoeing, climbing, and even a characteristic mule back transportation!

Nordic Walking

A sport for everyone, to be practiced with the minimum effort to enjoy the beauty of the natural context: transhumance paths, ancient sheep tracks, mountain lakes, woods and forests, pastures full of flocks.

Contact: Alessandra Farina

www.atinatrailrunning.com

Phone +39 348 3302382

Climbing

About 257 equipped routes to choose from according to your preparation in the Abruzzo and Molise National Park at a height of 800 meters above sea level, just above the Canneto Valley.

Contact: Fabio Lattavo

flattavo@yahoo.it

Phone +39 334 7004973

Snowshoeing (Ciaspolata)

During the winter season, heading towards Prati di Mezzo you will find shelters where you can rent the so-called 'ciaspole', typical snowshoes. Sport suitable for everyone, even for those who cannot ski but still want to enjoy the natural snowy beauties of the place.

Contact: Lorenzo Vacca
vacca.lorenzo@libero.it
Phone +39 348 7202610

Ski

Don't be fooled by the name, the 'Valley' of Comino abounds with mountains and discreet peaks. Slopes used as school camps are available for beginners and more experienced skiers.

Contact: San Donato di Val di Comino SkiClub
www.sciclubvalcomino.it
Piergiorgio Pittiglio
Phone +39 347 9126624

Canyoning

The Contieri stream can be used by beginners to learn the basic techniques, while the more experienced ones, can try their hand at the water slopes of the Fosso di Terelle. The Melfa river allows you to practice hydrospeed among its gorges as well as to venture among the canyons of the Lacerno stream.

Contacts: Carlo Scappaticci
www.ecoturismpogoledelmelfa.it
Phone +39 320 6305974

Horse Racing

In Atina the Equestrian Center has riding stables, two large stables and individual boxes for horses. Riding lessons are available on site as well as horseback riding in the surroundings with qualified guides.

Contacts: Atina Horse Racing Association
www.associazioneippicatina.eu
Phone +39 0776 691064

Muleback

A muleback excursion is a truly unforgettable experience thanks to the company of a docile and obedient animal.

Looks like a few benefits derive from it: pain in the lumbar vertebrae and sciatica significantly improve.

Contacts: Carlo Scappaticci
www.ecoturismpogoledelmelfa.it
Phone +39 320 6305974

CULINARY TRADITION THE PRODUCTS OF THE TERRITORY

A land of endless flavours.

'Pecorino di Picinisco' is a cylindrical cheese made from sheep's milk, with no inoculation of lactic ferments or preservatives of any kind. Only rennet milk and salt put into forms aged on beech or fir wood for a period of 30-60 days for the 'Suede' type and over 90 days for the 'Seasoned' one.





The **'Cannellino di Atina'** bean is not just any bean, but a kind of local ecotype obtained from the *Phaseolus vulgaris* L. plant, which has been registered in the PDO register since 2010. A territory culinary icon, telling the rich history of the area.

'Salumi dal Maiale Nero'

The Black Pig from Caserta is a very ancient and valuable breed from which meats chops, lonzini hams, sausages are produced.

'Torroncini di Alvito'

Already in the eighteenth century a soft and tasty nougat was produced in Alvito.

Today these nougats made from top quality ingredients are produced in three classic types, real pasta and crunchy. Tasting them all is a must.

VM Macione Pastry Shop

Piazza Umberto I, 31 - +39 0776 510617

Ancient pastry shop Di Tullio

Corso Gallio, 1 - +39 0776 510841

Truffles

The countryside of Alvito, San Donato Val di Comino, Gallinaro and Campoli Appennino are populated by the following fine varieties of truffles: bianco, bianchetto, nero pregiato, moscato e scorzone.

THE LAKES

POSTA FIBRENO LAKE

How to get there: From Gaeta, take SS7, then follow directions for Cassino (via Pesca). Continue on the SS627 and Via Rivolta.

Distance from Gaeta: Km 82.4

By car: 1H and 20 min

In proximity of Atina, we can stop on the shores of the suggestive Lago di Posta Fibreno, a lake where during the migration period a multitude of birds can be observed: the gargane, the teal, the gray heron, the egret. The most common species are the ones nesting in the reeds around the lake or along the banks: the coot presents with a very large number of specimens, together with the dip and the moorhen.

The lake is a natural reserve, one of the most beautiful, characteristic and uncontaminated naturalistic oases of all central Italy. Part of the green Comino Valley, this huge source of pure water, coming from the slopes of the nearby mountains of the Abruzzo National Park, gives life to the icy and clear Fibreno river. Singular peculiarities of the lake are the floating island and the ancient ship with a flat bottom. The small trout called "Carpione del Fibreno" is a rare trout finding its natural habitat here. The Fibreno lake is a pond with a bizarre zigzag shape that stretches to become a river.

CARDITO LAKE or SELVA LAKE

How to get there: From Gaeta, take SS7, then follow directions for Cassino. Take the freeway to Sora, following it up to Atina. After about 20 km follow directions for Isernia.

Distance from Gaeta: Km 76.4

By car: 1H and 29 min

Shaded by oak and beech trees, Lake Cardito, a few steps from San Biagio Saracinesco, offers a few options for outdoor activities: sport fishing, bird watching, canoeing, mountain biking. Surrounded by numerous paths it is a relaxing glimpse into a naturalistic paradise.

VILLA LATINA BOTANICAL GARDEN

How to get there: From Gaeta, take SS7, then continue on SR630, Madonna di Loreto riverside and SR509 in the direction of SS627 until you arrive at Villa Latina.

Distance from Gaeta: Km 69.7

By car: 1H and 9 min

The Botanical Garden derives from the old house of Maria's grandfather. Shaded paths, forest animals to be seen and a well-kept organic garden.

Maria warmly welcomes casual patrons and schoolchildren and always says that 'being in a wood makes you different, it makes you better', and we completely agree.

SANCTUARY OF THE MADONNA DI CANNETO

How to get there: From Gaeta, take SS7, then continue on SR630, Madonna di Loreto riverside in the direction of SR509 in Atina. Take the exit towards Atina / Ponte Melfa / Picinisco from SR509. Then take Valle dell'Aquila in the direction of Via Canneto a Sette Frati.

Distance from Gaeta: Km 84.8

By car: 1H and 36 min

Within the 'Lazio Abruzzo and Molise' National Park, the Sanctuary is the destination of one of the longest-lasting Italian religious pilgrimages. Every year about 200,000 pilgrims come along the mountain paths. Its symbol is found inside the Church, where the wooden statue of the Black Madonna dating back to 1100 is kept, the oldest in the whole Diocese. Plunged into the green frame of the Apennines, it is a must for anyone visiting these lands.



Lago di Posta Fibreno



ATINA

How to get there: Cassino - Sora - Atina highway

Distance from Gaeta: Km 64.5

By car: 1 H

The ancient city is part of the most beautiful villages in Italy and appears firmly perched on a hill, once impregnable. For this reason Virgilio nicknamed the village "Atina potens". Legend has it that it was founded by Saturn in the Golden Age, together with five other cities in the Lazio region. Historical and literary sources, on the other hand, attest to its existence in pre-Roman times: Virgil, in his Aeneid, counts it among the cities that helped Turn against Aeneas.

The most important church is the Cathedral of Santa Maria Assunta, built between 1725 and 1746, said to be located on the remains of the temple of Saturn.

The Doge's Palace, is a Gothic-style building and is the oldest in the city. After knowing the glories of medieval power, it unfortunately fell under the prince of Maddaloni Diomedea Carafa who had stripped him of his most beautiful works. Thus disfigured, it served as a home for field masters, lieutenants and captains of the ducal house. It was later used as a prison, while the hall was restored in the early 1900s and transformed into a theater and conference room.

Palazzo Visocchi, built in 700 with large rooms covered by barrel and cross vaults, has

neoclassical frescoes representing mythological and allegorical figures. From the main floor, through an entrance with linear stone jambs, you enter the private chapel dedicated to the Madonna of Loreto. The altar, in wood and delicately painted stucco, has, in its center, a precious ciborium with gilded stuccos from the Neapolitan school.

There are numerous archaeological sites: remains of polygonal walls from the Roman period, Roman inscriptions on the buildings of the historic center, remains of a Roman domus near the cemetery area of San Marco, three ancient tombs.

ATINA DOC CABERNET WINE

This quality of wine comes from grapes grown and produced from vineyards planted in Cabernet Sauvignon, within an area extending throughout the valley and including the municipalities of Belmonte Castello and Sant'Elia Fiume Rapido. About fifteen wineries carry on values linked to tradition, passion and territory.

If you would like to take a guided tour with tasting, we recommend the Mancini Winery - La Ferriera - Via Ferreira, 743 - Phone +39 0776 691226 - +39 348.6603095.

La Ferriera is an imposing structure built by Ferdinando II of Bourbon for the working of iron, extracted from the mines of Mount Meta and which still preserves an ancient blast furnace.

The ancient workshop is today the Mancini Winery, a winery where quality wines are produced for their aging with large stone rooms with constant temperature and humidity. Interesting visit with tasting.

ATINA JAZZ FESTIVAL

The very first edition of this festival dates back to 1986, and year after year has seen and continues to see the succession of sacred monsters on the world jazz scene such as Bob Berg, Chick Corea, Gilberto Gil, Enrico Rava, Tito Puente ..the list is endless. Theaters, churches, squares and restaurants during the Festival are teeming with music and tourists from all over the world to enjoy excellent music and unforgettable atmosphere.

PICINISCO

How to get there: Expressway from Formia - Cassino and continue towards Sora - Atina. After Atina, a few kilometers away you will find the crossroads for Settefrati-Picinisco (10Km)

Distance from Gaeta: Km 76.3

By car: 1 H 17 min

Located on a hill 700 meters above sea level, in the Abruzzo National Park – on the Lazio side, Picinisco dominates the entire Comino

Valley, leaving behind the Meta chain. Here you can breathe fresh mountain air. In winter it is possible to practice ski mountaineering or cross-country skiing starting from the plateau in Prati di mezzo (1,420 m a.s.l.). During the summer season it is possible to organize guided excursions on Monte Meta which reaches approx. 2000 meters. In Capod'Acqua, the waters of the Melfa, a torrential river collecting the waters of the surrounding mountains, are blocked by a grandiose dam that forms the artificial lake of Grotta-campanaro.

The last natural feature is the Fonte Scopella, rich in healing waters. Its history unites it to the other centers of the Comino Valley: possession of the Abbey of Montecassino, it was then part of the Duchy of Alvito.

In 1919 Picinisco, as already mentioned, hosted the famous English writer, painter and playwright D.H. Lawrence. Author, among the various essays of "Lady Chatterley's Lover". He found hospitality in Serre, where you can still visit the house where he stayed.

WHERE TO STAY

Albergo diffuso sotto le stelle

Via Giustino Ferri, 3/7,

Telephone: 346 602 7120

www.sottolestellepicinisco.com

concierge@sottolestellepicinisco.com

The hotel represents the excellence of the





hospitality of the area, located within the beautiful historic center of Picinisco. A few steps from the central square, the 'town's living room' (as described in the book "The lost girl" by David H. Lawrence) in which its symbol and point of reference reigns: the majestic plane tree. From the terrace of the square, overlooking the valley, you can enjoy a breathtaking view in an old atmosphere, far from the chaotic metropolitan rhythms.

FARM HOLIDAY - LAWRENCE HOUSE

Contrada Serre, Picinisco

Phone +39 349 072 3087

Phone +39 0776 688183

Casa Lawrence is a complex that includes a farmhouse, a farm producing goat and sheep cheese and a small restaurant for tasting the delicacies they produce.

The house is named after the famous writer David Herbert Lawrence, who stayed there in the early 1900s and where he found inspiration to complete the famous novel "The Lost Girl". The house has become a small museum worth visiting. The farm follows the tradition of sheep farming for about 200 years. Their sheep-goat breeding is the main reason why their cheeses is considered part of the excellence of the area. Within the farm, the Caciosteria is the place where the cheese is aged and refined: the Pecorino di Picinisco DOP, the Conciato di San Vittore, the Caso-peruto, the Blu Valcomino, the

Marzolina (Slow Food presidium) and many others from sheep, goat and cow.

Generally open during the weekend.

Reservations:

Phone +39 0776 688183 - +39 3490723087

THE VILLAGE - I CIACCA

A characteristic village finely restored by the Ciacca family where they have resided since 1500. It has been transformed into a farm devoted to the rediscovery of history and crops of the past.

Cesidio and Selina recovered the ancient vines of Maturano from two nearby areas, two hills nearby, and made them reproduce in a 30 hectare vineyard, exclusively cultivated with local grapes.

In addition to the wine, the company produces an excellent extra virgin olive oil, Pizzutella plum jams, mulberry and figs, wildflower honey and acacia. In addition, Cesidio's plan is to open an academy with a master's degree in international food and wine born between the University of Cassino and a University in Scotland.

ALVITO

How to get there: From Gaeta take SS7, then SR630, Madonna di Loreto riverside, SSV Sora-Cassino towards Via Stradone Vicalvi.

Distance from Gaeta: Km 76.7

By car: 1 H 14 min

A medieval town perched halfway up the Mount Morrone on whose top you can admire the remains of an ancient castle with a horseshoe-shaped plant. The historic center is characterized by small squares and very narrow alleys. Beautiful walk, about fifty minutes, from the center of the lower village to the Castle, on an ancient paved path.

Interesting historical buildings such as: the Palazzo ducale (seat of the Town Hall), Palazzo Panicali with its two dovecote towers, the gates to the city from the countryside (in particular Gothic-style Porta Vado Grande), the church of Santa Maria del Campo with traces of Byzantine frescoes, the Parish church of San Simeone, the convent of San Nicola, the fountains and, in the Castello district, the walls of the ancient manor with its cylindrical towers.

SAN DONATO

How to get there: From Gaeta take SS7qtr, SR630 and Lungofume Madonna di Loreto in the direction of SR509 in Atina. Take exit towards Atina / Ponte Melfa / Picinisco from SR509

Distance from Gaeta: Km 90.1

By car: 1 H 35 min

Characteristic medieval village on the carbonate cliffs of Monte Pizzuto

The inhabited center is divided into two large districts: "The Castle", the oldest one, enclosed in the walls of the fortress now incorporated in the houses, circumscribed by austere access gates; while beyond the walls of the castrum, there is the Rione "Valle". Beautiful walks to discover the ancient village: I Rioni - "Gl 'Spuort" - The Keys of Volta - The sacred shrines. The path of the sources.



Il Borgo "I Ciacca"



THE ABBEYS



WELCOME TO GAETA

THE BENEDECTINES ABBEYS

MONTECASSINO ABBEY

Distance from Gaeta: 36 Km. - 23 mi.

How to get there:

by car - follow the Autostrada A2 heading to Cassino and follow signs to the Abbazia di Monte Cassino. (A quick sharp left turn).

by bus - at the Formia train station there are buses departing approximately every hour from 0800 to 2100 every day. Get off at the center of Cassino. From there take the bus to the Abbey (Abbazia).

The Abbey of Montecassino is one of the most famous Abbeys in the world. In 529 Saint Benedict chose this mountain to build a monastery that would host him, and those monks following him on the way from Subiaco. Paganism was still present there, but he managed to turn the place into a well-structured Christian monastery, where everybody could have the dignity they deserved through praying and working.

Throughout the centuries the Abbey has met magnificence and destruction many

times, and has always come out of its ruins stronger. In 577 Langobards destroyed it, then Saracens in 887. In 1349 a violent earthquake occurred, and in February 1944 a bombardment almost flattened it.

Ora et labora et lege: this is the motto of Saint Benedict's Rule that the monks still follow in their daily routine.

Some of them study in the library surrounded by ancient books, or do research of breathtaking manuscripts in the archives. Every day thousands of visitors from around the world come to this threshold.

They silently go through the cloisters, and then up the big ramp to the Basilica at Saint Benedict and Scholastica's grave.

The Crypt beneath, reveals the astonishing golden mosaics. But it is in the museum where visitors can finally see the magnificent paintings, the wonderful manuscripts, and ancient books.

They can go through the history of the Abbey from the very beginning up to today, and grasp why Montecassino Abbey is known as the Lighthouse of Western Civilization.

For further information visit:

www.montecassinoabbey.org

SAN VINCENZO AL VOLTURNO ABBEY - ROCCHETTA AL VOLTURNO

Distance from Gaeta: 70 km - 44 mi.

How to get there:

It became one of the most important monasteries in Europe during the age of Charlemagne. Benedictines may have arrived in Molise at the same time the Abbey was built in the Valley of Volturno.

Thus, they are likely to be the founders. St. Vincent, in the valley of Volturno can be reached from Cassino across the Annunziata Lunga Pass. During the Frankish Empire, Charlemagne gave it so many privileges that the monastery was elevated to be one of the most important European convents of the time. In the ninth century the monastery housed more than 350 monks, and could count amongst its property ten churches and numerous holdings, mostly located in southern Italy. However, in 848 the buildings of the monastery were seriously damaged by an earthquake. In 881 the monastery was pillaged by the Arabs, who imprisoned some of the monks.

After the attack on the monastery, some of the monks managed to escape to Capua

from where they returned about thirty years later to found a convent once again with the financial support of the German emperors Otto II and Otto III.

After the arrival of the Normans, the monks decided to transfer the monastery to a safer location on the right bank of the Volturno. The new church was consecrated by Pope Paschal II in 1115, the same period in which the Chronicon was compiled.

Today, San Vincenzo Abbey is the home of the American Benedictine nuns of the Regina Laudis convent of Connecticut.

For further information visit:

www.sanvincenzoabbey.org and

www.archeologicamolise.beneculturali.it

THE CISTERCIAN ABBEYS

These holy buildings all share such features as a simple façade, an elegant rose window, and an interior with three naves resting on large non-ornamented pillars. Coupled with the use of local building material, these elements responded to the dictates of the Cistercian order, which advocated a return to simplicity and purity in religion. The high, stained glass windows serve to elevate the faithful's look skyward.

FOSSANOVA ABBEY

Distance from Gaeta: 63 km - 39 mi.

How to get there:

by train - from Formia train station to the Priverno-Fossanova station.

Founded by Benedictine monks in the 9th century, this Abbey is the first Italian example of Cistercian-Gothic construction, and was the model for several other Abbeys in the southern part of the country. Places to visit are the Gardens, the Cloister (made of small coupled columns), and the Foresteria (guesthouse) where St. Thomas of Aquinas died in 1274.

VALVISCILO ABBEY - SERMONETA

Distance from Gaeta:

85 km - 53 mi (close to Sermoneta).

How to get there:

by car – take the SR13 heading toward Terracina - then the SS7 to Sermoneta.

Founded by Greek monks in the 8th century, the Abbey was reconstructed by the Knights of the Order of Templars (13th century), and subsequently passed into the hands of Cistercian monks (early 14th

century). The Church represents one of the earliest examples of Gothic-Cistercian architecture. Close to it lies the large Monastery featuring a 13th century square-shaped cloister resting on small columns.

TRISULTI ABBEY - COLLEPARDO

Distance from Gaeta: 117 km - 72 mi.

How to get there:

by car - follow SR13 heading toward Terracina, exit Frosinone/Priverno/MI-NA - SS7 heading toward SS156 to Priverno - follow SS156 e SS155 heading to SP48 Alatri - SP115 heading to SP224 Collepardo.

Carthusian Monastery of Trisulti is located in Collepardo close to Frosinone. The Carthusian Monastery or Certosa is 825 metre high. It is surrounded by the secular oak woods of the Hernici Hills, bordering the National Park of Abruzzo. This wonderful complex of buildings is the perfect place to relax and regenerate. The construction of the monastery dates back to 1204, when it was built on the remains of the ancient Benedictine abbey (1000), whose ruins can still be seen today. Despite a series of restoration works, the building has kept its original Roman-

esque-Gothic style. Originally, it was inhabited by Benedictines for around two centuries, then handed over to the Carthusians in 1204, who constructed the building we can still see today. The Carthusians kept it until 1947, when it was entrusted to the Cistercian Congregation of Casamari.

CASAMARI ABBEY - VEROLI

Distance from Gaeta: 117 km - 73 mi.

How to get there:

by car - go to Formia heading toward Cassino. take the A1/A45 heading toward Rome and exit at Ferentino to SS214 heading toward Veroli and exit Casamari.

The Abbey of Casamari is the main example of Cistercian-Gothic architecture in Italy. A "vertical" style, of which the common denominators are simplicity, almost total absence of decorative elements, a bell tower, and a construction of monastic buildings on a common plan. Casamari is an obvious and magnificent example of this style.

Casamari is one of the few remaining complete examples of the spatial organization created by Bernard of Clairvaux, founder of

the Cistercian Order. A jewel of Gothic Italian architecture, the building dates back to 1096, when it was constructed by the Benedictines on the remains of the Roman town Cereatae Mariane, birthplace of the famous Roman condottiere Caio Mario, reflected today in the name of the abbey (from the Latin for "House of Mario").

The abbey itself initially saw great economic development, but at the beginning of the 12th century it was the victim of a severe crisis, leading the monastery, along with other Benedictine monasteries in Italy, to join the Cistercian Order, which was started in France in that period by St. Bernard of Clairvaux.

Except for brief periods of time, the abbey has been run by the Cistercian Order since the 13th century. The changes and extensions begun by the Cistercians in 1203, respected the simple and austere style dictated by the head of the French order in Citeaux. Aside from the Church, the Cloister, and the Library, the tourist will find it particularly interesting to visit the famous Herbalist's Shop. Here the monks sell products they prepare following age old traditions: herb-based medications, teas, and delicious treats such as chocolate and liqueurs.



WELCOME TO GAETA

THE PONTINE ISLANDS



WELCOME TO GAETA



WELCOME TO GAETA

THE PONTINE ISLANDS

The archipelago of the Pontine Islands features wild nature and clear blue seas. The Islands came up from the water 200 million years ago as volcanic lands. It was known since the Pre - Roman and Roman era as one of the most striking and fascinating places in the Mediterranean sea. The bays and shelters of the six islands are extraordinarily beautiful.

Ponza, Gavi, Zannone and Palmarola are 35 miles from Gaeta to the south-west, whereas Ventotene and S.Stefano are 25 miles from the marina.

PONZA

Distance from Gaeta: 35 nautical miles.

Ponza is the largest island and Zannone is the oldest.

Ponza was colonized by the Etruscans and might be the island of the Sorceress Circe in Homer's Odyssey. The Grotta della Maga Circe is on the west side of the island between Capo Bianco and Chiaia di Luna beaches. The island was formerly inhabited by Phoenicians, Greeks, Romans and Byzantines. You can visit the ruins of Roman Villas and the perfectly preserved underground tunnels.

The town of Ponza is a fishing and boating port, with docks for almost 200 boats. The

highest hill on the island is Monte Guardia. In Ponza there are two narrow roads that go from the north to the south of the island, and where it is advisable to pass through only with small cars or scooters. Ponza provides tourists with hospitality, excellent food, mild climate, comforts, and such natural beauty like the small coves of Chiaia di Luna, Frontone and Cala Feola. beaches closed better coves at anchor.

PALMAROLA

Distance from Gaeta: 35 nautical miles.

Distance from Ponza: 5 nautical miles.

Palmarola is on the west of the Arcipelago. Its shelter is terrific, and its anchorages are beautiful. The island is mostly uninhabited, but there are few little houses and a small restaurant on the shore of Cala del Porto (Cala Francese). You can anchor off of Punta Tramontana, in the amazing bay called "La Cattedrale", or on the south side off of "Punta Mezzogiorno". Both have steep cliffs, where in the afternoon you might see the little goats pasturing. You can swim in the beautiful caves below the cliffs, and inside the "Faraglioni di Mezzogiorno".

ZANNONE

Distance from Gaeta: 26 nautical miles.

Zannone is the northern island of the Arci-

pelago. It was formerly called Greek Sino-
nia. It was very well known by the Greeks
and Romans. You can visit the ruins of an
important Cistercian Monastery, but only
with permission in advance. During the
summer, only the two guardians of the
Lighthouse live on Capo Negro. In spring
the island is inhabited by the ornitholo-
gists that do the migrational bird census
yearly. Zannone is part of the Circeo Na-
tional Park.

VENTOTENE

Distance from Gaeta: 25 nautical miles.

Ventotene is on the border between Lazio
and Campania. It is a very small, yet import-
ant island. It is 3 kilometer long, and only
800 metre wide. It is inhabited by around
700 people. This includes the small island
of Santo Stefano located 1 mile to the east.
Ventotene was formerly called Greek Pan-
daria. It is well known as the island where
the daughter of emperor Augustus, Julia
the Elder, was exiled for 5 years in the 2nd
century BC for adultery, and where Agrip-
pina, the grandniece of Tiberius suffered
the same penalty in 29th AC.

The Romans built a very safe harbor to
moor their fleets, and was later the Bour-
bons. The Roman harbor is still used today
for boats up to 13 mt. Ventotene is known
for its peaceful atmosphere and wild na-

ture. The Antiquarium is very interesting,
hosting Roman remains found on both
land, and in the sea. The island is also a Scu-
ba Diving mecca due to the various wrecks
and ruins. In the spring the island hosts
ornithologists from all over the world, that
do a migrational bird census yearly. It is a
marvelous thing to see in early spring.

Ventotene is well known in Europe for
the "Manifesto di Ventotene" written by Alt-
iero Spinelli, who was the "Founding Father
of the European Union".

SANTO STEFANO

Distance from Gaeta: 27 nautical miles.

Santo Stefano is located 1 mile east of Ven-
totene. It is circular in shape, and less than
400 metres (1,300 feet) in diameter. Like
the rest of the archipelago, the island is of
volcanic origin. The island hosts an old pris-
on built by the Bourbons in 1797, and only
closed in 1965. It has 99 large cells, 4.50 by
4.20 metres (14.8 by 13.8 ft) around a cen-
tral watchtower. There is also Julia's private
bath which is worth a view.

The island is a natural reserve, and has been
uninhabited since the prison was closed. It
is possible to visit the island, through the
local boats with permission to land. They
also offer tours if requested. The reserve is
delineated by yellow bouys, and navigation
is prohibited within these bounds.

Carcere borbonico di Santo Stefano







WELCOME TO GAETA



HIKING ITINERARIES

HIKING ITINERARIES FROM SV CALABAR (WINTER 2002)

WELCOME TO GAETA



WELCOME TO GAETA



WELCOME TO GAETA

HIKING ITINERARIES

This diary of itineraries was provided by David Black and Barbara Brady of SV Calabar. They spent the winter in Gaeta with a large group of cruisers in 2002.

Gaeta Live-aboards - Hiking Expedition #0
Thursday Dec. 7th.

PARCO DEL CIRCEO

Original Hike:

Information:

Mount Arunci 34 Hikes and Treks Handbook Hike number 54.

Ditto Map

Start of Hike: 9:20 am

End of Hike: 3:00 pm

Details:

Parco Del Circeo

Via Carlo Alberto

0773 511386

Comments:

We failed to get up to the shoulder because the trail markers were very difficult to follow. In fact we lost them after about half a kilometer after the farm. In the fog it was unsafe to proceed. We will try again!

An alternative hike would be to take the Itri

bus and get off about half a kilometer after the bus passes under the old viaduct (the one which curves across the valley).

There is a small road to the right, opposite a traffic mirror. Head up this to the top of the saddle at the farm mentioned above, and walk back down the hill to Formia. Very nice views. Instead, we descended to the farm in the valley and found a road down.

Gaeta Live-aboards - Hiking Expedition #1
Thursday Nov. 16th

GIANOLA – MONTE DI SCAURI NATIONAL PARK

An easy four hour hike along the shore of a pleasant park. Reachable by regular bus service.

Meet: At the marina office (harbour end) at 8:45 am.

Itinerary:

9:00 am Bus to Formia,
then 9:30 am bus to Scauri.

20 minute walk to the park entrance.

2-3 hour walk through the park to the west end.

20 minute walk back to main road and bus to Gaeta.

Difficulty:

Easy. Natural path through the hills.

There are NO facilities and definitely no hamburger stands

Bring:

Get your bus ticket in advance. A day ticket is best. Can be had in the Piazza de la Libertà.
Comfortable hiking clothes
Good walking shoes
Wet gear. Anorak or cape
Lots of water (1 liter per person)
Snack or Picnic

Cancellation:

If the weather is poor, better to postpone.

Additional Details

Original Hike:

Information:

1. "itinerari nei Parchi" Azienda di Promozione Turistica della Provincia di Latina Available from Gaeta Tourist office.
2. Parco regionale suburbano di GIANOLA E MONTE DI SCAURI.

Single page map and guide obtainable at Park Entrance (If anyone is there!)

Start of Hike: 10:00 am.

End of Hike: 3:00 pm

Details:

Bus to Formia Railway station.

Bus to Scauri. Get off at the bus stop near the east end of the park (just over the hill before descent to Scauri at Kilometer 150 on the via Appia.)

Walk back up the hill about 150 meters to

park signpost on the south side of the via Appia. Walk down the via Mura Megalitiche to the Park entrance (about 500m) Turn right, through a little field to entrance to track.

Up the track for 200m Track turns left, gets wider and flattens out. If you see this, you have gone too far! Just before this, head up a little trail to the right.

Follow path up the hill, veer south and zig-zag down hill to coastal path. Follow path 1-2 kms to entrance to Oasis Blu. Turn left down to bay and picnic. Follow coast around to Roman Harbour.

Optional extension east along the shore to Roman ruins. Worthwhile.

Back up track or road to East Park Entrance. Walk out road to North, via Fosse dell'Olive, to via Appia On main road turn right and walk 150m to bus stop for bus back to Gaeta.

Comments:

This route chosen to facilitate connecting with the bus!

Easy walk with pleasant views of the sea. You need the map! The trails are poorly marked and it appears that the Park is relatively unused. If you take the Roman Ruin extension, some trail finding is necessary. Good walk to start the winter season!

Gaeta Live-aboards - Hiking Expedition #2
Thursday Nov. 23rd.

CIMA DEL REDENTORE

A moderate climb on a good path to a great lookout at the Redentore rock, altitude 1259m. We take the bus to Maranola, where "Antonio" will transport us, four at a time, to the parking lot. The ascent by foot is 450m. On the return we will walk the whole way to Maranola, a descent of 1000m. It may be possible to arrange transport back from the car park, or other variations!

Itinerary:

Meet at the marina office
(harbour end) at 8:45 am.
9:00 am Bus to Formia,
then 9:50 ATP bus to Maranola
Relay transport by "Antonio" to Car Park
1-1.1/2 hour climb to Redentore rock
2 hour descent back to Maranola
Return to Gaeta by bus.
Estimated return time 4-5 pm.

Difficulty:

Moderate: 450m ascent and 1000m descent, on good path / road.
It may be possible to arrange additional transport..

Needed (per person).

Comfortable (and warm) hiking clothes.
Good walking shoes
Wet gear. Anorak or cape.

It's always a good idea to bring a Flashlight & Compass.

Lots of water (1 liter per person)

Snack or Picnic.

Purchase two bus tickets

(to and from Gaeta to Formia)

Need to purchase two bus tickets to Maranola return.

Purchase in the railway station at Formia.
(Not at the bar– different bus line!)

Cost of car shuttle to the Car Park from Maranola may vary with numbers)

Cancellation:

If Redentore is cloudy, better to postpone.
Alternative: Bus to Castellonatoro and stroll down the road to Maranola. Easy walk with nice scenery on a small quiet road.

Original Hike:

Information:

Route number 60, page 13, Monti Arunci
34 hikes and treks.

APT. Handbook in English.. A must!

Monti Arunci 34 hikes and Treks

Map Companion to the handbook (Italian)

Start of Hike:

10:45 am. From the Car park at Comunita Montana Forestry house.

End of Hike:

6:00 pm

Details:

Bus to Formia Railway station.

Bus to Maranola. Note. Different bus, ATP. Buy ticket in railway station!

Prearranged car ferry from Bar de Meo, in the town square of Maranola. Note that not all buses go to the town square; you may have to walk up, but it's only 200 steep meters!

We contacted Bar "de Meo" at Tel: 0771 735252 and spoke to "Mauro". He arranged with a local "Antonio" to have a car available for us at 10:00 am. We ferried everyone to the car park, in three trips.

This was a one way arrangement. We could have asked him to pick us up on the way back. If Mauro or Antonio have moved on, I am sure the bar can still set up an arrangement.

The hike is magnificent. A little intimidating at first but a very clear, easy path. Until just after the church of San Michele. It becomes a little vague but just keep going up the rock in a moderate climb, until you pick up the red and white trail markers again, in about 200m. Walk down the road from the car park to Maranola. About 4-5 kms. Easy walk, but a 650m descent. Option to call for a car or hitch hike.

Comments:

A magnificent walk. Moderate, but many "bail-out" options.

Pick a clear day. The viewpoint is often in the mist later in the day.

Alternative:

Bus to Castellonoro and stroll down the road to Maranola.

Easy walk with nice scenery on a small quiet road.

Gaeta Live-aboards - Hiking Expedition #3
Thursday Nov. 30th.

MADONNA DELLA CIVITA

A moderate climb up the pilgrim's path to the sanctuary of the Madonna della Civita, which we can visit.

Starts at a point about 2 1/2 km along a level road, north of Itri. From Itri we will take a taxi to the start, or walk.

It may be possible to take a bus back down from the sanctuary to Itri at about 3 pm.

Itinerary:

Meet at the marina office
(harbour end) at 7:30 am.

7:40 am Bus to Itri.

Local Taxi, or walk 2 1/2 km along road to Car Park at Raino 1 1/2 hour climb to Madonna della Civita 1 hour tour of the sanctuary.

1 1/2 hour descent to car park & then back down road to Itri.

There will be time for a tour of old Itri - or a little pasta!

Return to Formia by 4:00 pm bus.
(Next bus is at 6:00 pm!)

Difficulty:

Moderate: 460m ascent and descent, on "pilgrim's" trail.

Taxi / walk 2½ km Itri to/from Car Park.

Needed (per person).

Comfortable and warm hiking clothes.

(It's getting colder)

Good walking shoes

Wet gear. Anorak or cape.

It's always a good idea to bring a Flashlight & Compass.

Lots of water (1 liter per person)

Snack or Picnic.

One all-day bus ticket.

Small additional cost for Taxi to the car park.

Cancellation:

If the weather is poor, better to postpone.

Alternative:

If the weather turns nasty at Itri, it's still worth hiking up the hill to the old town.

Gaeta Live-aboards - Hiking Expedition #4

PIANO DI TERRUTO

An exceptionally attractive climb from Formia up into the Arunci Mountains. Moderately long and hard. Total altitude gain is 800 m. Guide book times are 2½ hours up and 2 hrs down. Easy access. Option to turn back at an intermediate point.

Itinerary:

Meet at the marina office (harbour end) at 7:45 am.

8:00 am Bus to Formia. Ask bus to stop at intersection of via Appia and the road up from the seafront at Vindicio. At km 140 on the via Appia.

Head west from intersection for a few meters and take road to the right, pass under the railway and up the path.

2½ - 3 hour climb to Piano di Terruto

2 - 2½ hour descent to Formia. Bus back to Gaeta

Difficulty:

Moderately difficult:

800m ascent and descent.

Option to turn back part way.

Needed (per person):

Comfortable and warm hiking clothes.

(It's getting colder). Good walking shoes

Wet gear. Anorak or cape.

It's always a good idea to bring a Flashlight & Compass.

Lots of water (1 liter per person)

Snack or Picnic.

Two bus tickets to / from Formia

Cancellation:

If the weather is poor, better to postpone. It's worth waiting for a day with really good visibility.

Original Hike:

Information:

Mount Arunci 34 Hikes and Treks Handbook Hike number 54.

Ditto Map

Start of Hike: 9:20 am.

End of Hike: 3:00 pm

Details:

Bus to Formia

Get off at the top of the road which leads up from the shore; the intersection of Via Appia and the road from Vindicio. Walk back west and go up the little street directly opposite the road up from the shore. It has high walls on either side. Go up, zigzag to the left and under the railway. There is a little red and white trail marker with "54" in the centre just under the bridge.

Up the long zigzag road to the farm at the top. An easy gentle climb.

Bear right through a barbed wire fence/gate and up the hill. At the first bend there is a path leading north, with a trail sign.

Follow this trail up the mountain, traversing up the left (west) slope of Mont S Maria. Eventually cross a little ravine and head upstream to the top. Moderate to difficult scrambling with no obvious trail!

This is as far as we got! The trail markers are very infrequent and hard to see. Look for them on the trees. There is NO Visible Trail.

Fog rolled in and we could not proceed. Instead we descended to the farm in the valley and found a road down to the Via Appia and walked back to Formia.

Note that it is best to take the FIRST road to Gaeta, because there is a bus stop just west of the point where this road emerges on the shore.

Comments

We failed to get up to the shoulder because the trail markers were very difficult to follow. In fact we lost them after about half a kilometer after the farm. In the fog it was unsafe to proceed. We will try again!

An alternative hike would be to take the Itri bus and get off about half a kilometer after the bus passes under the old viaduct (the one which curves across the valley. There is a small road to the right, opposite a traffic mirror. Head up this to the top of the saddle at the farm mentioned above and walk back down the hill to Formia. Very nice views.

e top of the road which leads up from the shore; the intersection of Via Appia and the road from Vindicio. Walk back west and go up the little street directly opposite the road up from the shore. It has high walls on either side. Go up, zigzag to the left.



WELCOME TO GAETA

NAPLES



WELCOME TO GAETA

DAY TRIPS NEAR NAPLES

POMPEI

How to get there:

by car: drive to Naples, then take the A3 Autostrada to the Pompei exit.

by train: from Formia train station, every hour the train runs to Naples - Central Station, then take the Circumvesuviana line heading toward Sorrento. It takes about 40 minutes to get to Pompei. Get off at the "Pompei Scavi" stop.

Circumvesuviana train schedule:

www.vesuviana.it

The entrance is about 50m away from the station, and there's a Tourist Information office

For more information visit:

<http://wikitravel.org/en/Pompeii>

Pompeii is located in the Campania region pretty close to Naples. Pompeii, along with Herculaneum, and many villas in the surrounding area, was mostly destroyed and buried under 13 to 20 ft of volcanic ash and pumice in the eruption of Mount Vesuvius in 79AD.

It was founded in the seventh or sixth century BC by the Osci or Oscans, and was captured by the Romans in 80 BC. By the time of its destruction, 160 years later, its population was probably approximately 20,000. The city had a complex water system, an

amphitheater, gymnasium and a port.

The eruption was cataclysmic for the town, as we learned by Pliny the Younger's letter, who saw the eruption from a distance, and described the death of his uncle Pliny the Elder, an admiral of the Roman fleet, who tried to rescue citizens.

The site was lost for about 1,500 years, until a Spanish military engineer Rocque Joaquín de Alcubierre, rediscovered the ancient town in 1748. The objects that lay beneath the city have been well preserved for centuries due to the lack of air and moisture. These artifacts provide an extraordinarily detailed insight into the life of a city during the Pax Romana.

During the excavation, plaster was used to fill in the voids between the ash layers that once held human bodies. This allowed one to see the exact position the person was in when he or she died.

Pompeii has UNESCO World Heritage Site status, and is one of the most popular attractions of Italy, with approximately 2.5 million visitors each year.

For more information visit: <http://goeurope.about.com/cs/italy/a/pompeii.htm>

ERCOLANO (HERCULANEUM)

How to get there:

by train - from Formia train station, every hour the train runs to Naples - Central Sta-

tion, then take the Circumvesuviana line heading toward Sorrento. It takes about 30 minutes to get to Herulaneum. Get off at "Ercolano Scavi" stop.

Circumvesuviana train schedule:

www.vesuviana.it

Herculaneum is a much smaller site in comparison to Pompei, and it is very easy to find once you get off the train. There is a kind of long bridge/walkway that goes over the excavations, and gives you a great overview of the whole site before you actually go down into it. On the 24th of August, 79AD, Mount Vesuvius erupted and destroyed the city of Pompei by covering it in volcanic ash. It was discovered in the 1700s, and is still being excavated today. The same event also destroyed 3 other towns, including Herculaneum. The excavations here are just as amazing as at Pompei, and offer a different view of Roman life. Most of the buildings are open to the public, so you can walk about quite freely, and as it's not as busy as Pompei, you can really take your time and have a good look at everything at your leisure, without being bustled about. There is a shop which was preserved almost in its entirety, where some of the goods were also preserved, as well as a ladies baths with some beautiful mosaic floors. The digs began at Herculaneum in 1738, using the technique of underground tunnels with ex-

ploratory and ventilation shafts until 1828. Later, the "open-air" digs were authorized, and were carried out until 1875. After a very long interruption, Amedeo Maiuri began work again in 1927, and continued to lead the digs until 1958. But already in 1942 the current archaeological park was brought to light, and restored and covered. Additional work was done between 1960 and 1969, in the northern sector of Insula VI and along the main street or "Decumanus Maximus", while the last twenty years have concentrated on exploring the ancient shoreline, corresponding to the southern most strip of the archeological area. In this area 12 rooms were uncovered. These were rooms (fornici), with arched entrances, shelters for boats, and warehouses, where many people took refuge escaping from the eruption. In this area a wooden boat was found. It is now displayed in the pavilion adjacent to the modern offices of the Soprintendenza and the Antiquarium, waiting for the complex work of restoration. In 1991 a program of excavation for unveiling Villa of Papyri started. Carlo Weber discovered Villa of Papyri in 1750 by chance. He excavated the Villa through underground tunnels and accurately surveyed it. The new excavation was concentrated at the western side of the modern Vico Mare, and is connected to the archaeological park through a narrow and deep trench, starting from the House





La Reggia di Caserta

of Aristide, and continuing through a gallery beneath Vico Mare. In reality, only the atrium of the Villa was uncovered, as the remains of the luxurious residence are under some properties that have yet to be expropriated. In the eastern section of the excavations, and in the southwestern extremity of the city, large buildings were uncovered, including some houses, and a thermal complex with an apsed nymphaeum. Because of the collapse of the ancient coastline, after the eruption of 79 A.D., a system of water pumps were installed to control the water level, and to aid in these newer excavations.

CASERTA ROYAL PALACE

How to get there: by car - take the Superstrada heading toward Cassino – take A1 autostrada south to the Caserta exit. The Caserta Royal Palace /Reggia di Caserta is the biggest Royal Palace in Italy, called the “Versailles of Italy”. It was built for the Bourbon kings of Naples, and was also one of the largest buildings in Europe during the 18th century. It's been a UNESCO World Heritage Site since 1997. The Palace building was started in 1752 for Charles VII of Naples, working closely with his architect Luigi Vanvitelli, who was influenced by the Palace of Versailles. The king's primary objective was to have a magnificent new royal court and administrative center for the

Kingdom in a location protected from sea attack. Vanvitelli died in 1773, and his son Carlo along with other architects, went on with the project. The elder Vanvitelli's original project, which included a large pair of frontal wings similar to Bernini's wings at St. Peter's, was never finished. The palace has 1,200 rooms, including two dozen state apartments, a large library, and a theatre. The industrial complex of the Belvedere, designed to produce silk, is also of outstanding interest because of the idealistic principles underlying its original conception and management. The park, which lies behind the palace, was planned by Luigi Vanvitelli, but completed by his son Carlo. The main axis is punctuated by a series of Baroque fountains and stretches of water. This magnificent perspective terminates at the Great Fountain, where water cascades down from a height of 150m into an ornate basin that depicts Diana bathing, observed by the unfortunate Actaeon.

SAN LEUCIO SILK FACTORY

San Leucio is located 10 kilometers from the Royal Palace. Bourbon King Charles VII and his son Ferdinand I, chose to turn their hunting lodge in San Leucio into a silk factory. They maintained the elegant rooms for their family, and built houses for the silk artisans across the narrow street. All

had a commanding view of Caserta and the Reggia from the belvedere. The artisans had a good lifestyle, but were forced to live in the factory their entire lives. It was the first example of life under socialism which produced the best silk of the era. Silk from San Leucio decorated all of the Royal palaces around the world. The factory, now a UNESCO World Heritage site (1997), has been turned into a museum. On display are full-size replicas of the machines used to spin the dyed thread onto reels, patterned after a water-powered model by Leonardo Da Vinci. Also available are several fascinating old looms which used computer-like punch cards to dictate the patterns. The shuttle was released by the weaver once the pattern had been coded. For the first time, silk for furniture, elegant wall coverings in palazzi, and clothing was able to be made industrially. Many in San Leucio recall, with fondness, the noblesse oblige approach taken by King Ferdinand, implementing many social reforms in this utopian town of his, called Ferdinandopoli. Then again, he also practiced the droit de seigneur, giving him the right to all brides on their wedding night! When your visit is over, you may want to drive to the lovely medieval town of Caserta Vecchia (about six miles) for lunch. Try the restaurant La Castellana, Via Torre 5.

NAPLES

How to get there:

by train - from Formia station trains run every hour heading to Naples Central Station.

SPACCA NAPOLI - CHIESE- MUSEI - PIZZA

Lots to see, but wear simple clothes, no jewelry, and keep your money hidden. (big city rules) As sights are spread around, and museums close early, it would be advisable to plan one or two each visit if doing day trips. One such visit should be devoted to the churches and the neighborhood of Spacca Napoli (spacca meaning "splits" and is literally the street that splits the city for its entire length). Visit the churches near Piazza Gesù Nuovo - Chiesa del Gesù Nuovo, Chiesa di Santa Chiara (a sight not to miss are the tiled cloisters behind the church), Cappella S. Severo with the magnificent veiled Christ, and the Chiesa di S. Domenico Maggiore. To visit Spacca Napoli get off the metro at Piazza Cavour. Turn right until you come to the Museo Nazionale. Cross the street and walk down Via S. Maria di Costantinopoli to Piazza Gesù Nuovo. In this ancient area of Naples another sight not to be missed is the National Archeological Museum, one block from the Piazza Cavour metro stop. This is where the mosaics and frescos from Pompei and Herculaneum are kept. There is also a Station Museum "Neopolis" directly under the Museum in the





Metro stop underground that is worth a stop before heading back. One can spend almost an hour there, as it gives a vivid history of Naples in a compact area. Or save it for when you come back to go to Pompei and Herculaneum.

Many of the artifacts displayed here were found while building the metro line 1. You may also want to take the time to visit the fascinating street of the nativity figurines called Via San Gregorio Armeno. It is in the same area, and is a cross street. A once in a lifetime experience, and well worth it.

Also, back on SpaccaNapoli (San Biagio dei Librai) and not far away, is the "Ospedale delle Bambole" (Hospital for Dolls) Another curious stop, and definitely a recommendation for those who appreciate the fine artisan work held over from the past. Four generations of "doll doctors" have kept this activity flourishing.

After all of this cultural overload, you may want to stop for a pizza at one of several famous pizzeria in the area of Spacca Napoli, where pizza originated! Probably the most famous is "Antica Pizzeria da Michele" on Via Cesare Sersale, which is a cross street going back toward the station. No frills, just great pizza.

The Naples Underground Tour Naples, in truth, is a tale of two cities. One, with the narrow streets that seemingly have no log-

ic, full of bustling traffic. The other, more than 3,000 years old, that curves, collapses, and hollows underground. Sixty percent of Neapolitan inhabitants live on top of more than seven hundred cavities underneath the city. These subterranean passageways include old Roman markets, theaters, grottos, crypts, and former bomb shelters. Most of these underground sites remain closed, or barely discovered; many are even privately owned. Neapolitan spelunkers dedicate themselves to the study of these cavities. Otherwise known as speleologists, they study the structure, physical properties, history, and life forms inside these caves. They also study the processes by which caves form, (speleogenesis) and how caves change over time (speleomorphology). The term speleology is also commonly known as caving, spelunking, or potholing. For further information visit:

www.naplesnapoliguide.com/naples-underground/

TWO MORE NAPLES TOURS

How to get there:

by train - from Formia station trains run every hour heading to Central Naples Station

Walk through Piazza Garibaldi and walk up Corso Umberto I to Piazza Municipio.

The first itinerary includes the San Carlo Opera House, built in 1737 with a glorious

interior (guided tours in the morning); the Royal Palace (Palazzo Reale), a palace for the Bourbon Kings of Naples decorated with beautiful doors in the style of Pompei (open daily 9:00 am to 2:00 pm); the Galleria Umberto I; and a stop for a coffee or gelato at the venerable Gambrino's Cafe, across from Palazzo Reale. The second route takes you to the Capodimonte Museum and Picture Gallery, beautifully restored and recently reopened to the public. To get to this museum a taxi is best.

CAPRI

How to get there:

by train - from Formia train station heading to Naples Stazione Mergellina (not all trains stop here; you may have to catch the train to Napoli Centrale and then the metro to Mergellina) From there, walk to Mergellina port, on the waterfront. You can also get a ferry from the Molo Beverello, near Piazza Municipio. To get to Capri, take the ferry (which takes 80 minutes), or a hydrofoil (which is faster but more expensive). Tickets are sold at the pier. Check the return schedule before you leave, and if you have a return ticket, be sure to return on the same line. The main town, Capri, located on the island that shares its name, is actually above the port landing.

It has been a resort since the time of the

Roman Republic. Some of the main features of the island include the following: Marina Piccola (the little harbour), Belvedere of Tragara (a high panoramic promenade lined with villas), the limestone crags called sea stacks that project above the sea (the Faraglioni), the town of Anacapri and the Villa di San Michele, the Blue Grotto (Grotta Azzurra), and the ruins of the Imperial Roman villas. The island has two harbours, Marina Piccola and Marina Grande (the main port of the island). The separate comune of Anacapri is located high on the hills to the west and well worth a visit. The etymology of the name Capri is unclear; it might either be traced back to the first recorded colonists to populate the island, the Ancient Greeks calling it "kapros", meaning wild boar. But it could also derive from Latin "capreae" or goats. Fossils of wild boar have been discovered, lending credence to the "kapros" etymology; on the other hand, the Romans called Capri "goat island". Finally, there is also the possibility that the name derives from an Etruscan word for "rocky", though any historical Etruscan rule of the island is disputed. Capri is a large, limestone and sandstone rock. The sides of the island are perpendicular cliffs and the surface of the island is composed of more cliffs. According to the Greek geographer Strabo, Capri was once part of the mainland. This has been confirmed by geological sur-





veys and archaeological findings. The city has been inhabited since early times. Evidence of human settlement was discovered during the Roman era; according to Suetonius, when the foundations for the Villa of Augustus were being excavated, giant bones and 'weapons of stone' were discovered. The emperor ordered these to be displayed in the garden of his main residence, the Sea Palace. Modern excavations have shown that human presence on the island can be dated to the Neolithic and the Bronze Age. Augustus developed Capri; he built temples, villas, aqueducts, and planted gardens so he could enjoy his private paradise. Anacapri, and Villa San Michele on the other hand, is known for the Swedish doctor Axel Munthe, who loved Capri, and in a way brought it to world fame. The villa remains a wonderful place to visit and pay homage to a doctor that dedicated his life to the area. The views of Capri and the harbour, are magnificent from "La Sfinge" of the Villa.

SOUTH OF NAPLES

POSITANO

'Positano bites deep. It is a dream place that isn't quite real when you are there and becomes beckoningly real after you have gone' wrote John Steinbeck in the 1950s.

Although the dream element can rapidly be dispelled by the throngs of tourists in high summer, Positano is indeed picturesque. Moorish-style houses are packed tightly on a steep terraced hillside above a small bay with a majolica-domed church and a small beach with fishing boats. There is just one narrow street through the town and a maze of steep staircases and narrow alleys ('You do not walk to visit a friend, you either climb or slide' wrote Steinbeck). Terraces festooned with bougainvillea, and streets flanked with cafes and boutiques, selling gaily colored dresses, give the whole place something of a festive air. Steps lead down to a small grey beach and the canopied restaurants that cluster around it. For the local boats, the richest catch these days is the tourists taking coastal trips. Positano prospered in the Middle Ages as part of the Maritime Republic of Amalfi (medieval towers can still be seen along the shoreline), and in the 18th century under the Bourbons, when a trading fleet again filled the harbor. The end of the Bourbon rule in 1860 marked the start of Positano's decline; tourists who ventured here in the later 19th century found no more than a village of farmers and fishermen. In the 1930s, when it could still be described as a quiet fishing village, Positano became a colony for artists and writers, and was otherwise known as 'the poor man's Capri'. Today it's the richer tourists and celeb-

rities that live or stay here (Franco Zeffirelli has a villa), but thanks to restrained tourist development and a far from flashy atmosphere, it has retained its charm.

AMALFI AND ITS COAST

Information provided by our dearest friend Mrs. Marjorie Abbot.

This enchanting locality is worth paying a visit to while in Gaeta. There are several ways to visit the Amalfi Coast from Gaeta on a day trip. It is difficult to see the entire coast at one time, thus it would be better to take several trips by car. You can begin the drive at Vietri, stopping to do some hopping at one of Italy's main ceramic towns, then drive along the coast to Amalfi. Park the car, walk to the magnificent Byzantine Cathedral and see the famous cloisters, then have a coffee in the Piazza del Duomo. From Amalfi, backtrack toward Vietri, climb the mountain and visit the charming little town of Ravello. Not to be missed is Villa Cimbrone with its unbelievable view of the coast and its magnificent gardens. After vowing that you too will someday own a villa in Ravello, return to Naples, over the hills, following the green autostrada sign as you leave Ravello. A second way to tour the Amalfi Coast is to begin at Sorrento (a difficult town to drive through and one whose many sights are difficult to see in one day). Head to Positano, walk

down the hill to the beach and have lunch. Then make a quick stop in Amalfi to look at the Cathedral and head to Ravello in time to watch the sun set from Villa Cimbrone. Again, head home through the hills. Rather than continuing on to Vietri and Sorrento, I recommend you spend the night somewhere, perhaps in Ravello or Amalfi, and doing Vietri or Sorrento the next day before heading back to Gaeta. Driving the coastal road can be very exciting, and it is advisable to avoid it during July and August.

GROTTA DELLO SMERALDO

The grotto is situated in the enchanting bay of Conca dei Marini, 4km outside of Amalfi. It can be reached by lift from the road, or by a stairway from the sea. The grotto was discovered by some fisherman in the 1930s. What they found was a magical cave of a brilliant emerald green color. The stalagmites and stalactites form all kinds of figures and shapes. See the natural nativity scene and the ceramic crib placed four meters beneath the water. A true marvel of nature.

RAVELLO

Ravello was founded in the 6th century A.D. by Roman colonies who arrived on the shores of the coast, searching for high ground to defend themselves against the

aggression of their attackers, the invading Unni, Goti, Visigoti and Longobardi peoples. These new inhabitants of Ravello, recognized the fundamental need to trade, and so navigated ships containing their merchandise (mainly cloth) to the Orient. This proved to be very successful economically for the people of the area. The noble families that reigned here built great palaces, castles and churches, (approximately 80 in all). Ravello, from the time it truly established itself, found rivalry from nearby Amalfi. In fact it was probably the people of Amalfi, who first named this town "Rabellum" then "Ravellum" both names deriving from the word 'ribbelarsi' which in English means 'to Rebel' that Ravello got its name. Ravello at its most flourishing age, had a population of approximately 40,000. But crisis after crisis followed in the form of internal conflict, earthquakes, pestilence, and the invasion from the Saracens.

San Pietro alla Costa

From the 13th Century. Reutilization of old columns. With glazed, earthenware tiled (majolica) flooring, typical of the Costiera.

Chiesa di San Michele a Torello

Bell tower in Arabo-Sicilian style. Inside one can see a painting of the A. Sabatini School dating from the 15th century.

Convento di San Francesco

13th Century. Restoration done recently. Very interesting paintings in the four lateral altars and on the high altar which holds the beatified body of Bonaventura.

Monastero di Santa Chiara

Founded in the first half of the 14th. Century; very old columns have been reused in the building of the church.

Santa Maria delle Grazie

The entrance is surmounted by a lunette which encircles the fresco; flooring in ceramic tiles.

Two circular openings in the door permit a look at the interior.

Chiesa della Madonna dell'Opedale

Partly constructed in the rock in about the 11th. Century, it was connected to the Hospital of which few traces remain. Two small plain columns frame the entrance. Through two openings made in the door, one can make out a pulpit in brickwork, resting on simple columns and with frescoes of the Venetian School.

Fontana Moresca

Constructed in about the year 1000. Has had numerous readjustments and additions over the course of time.

Santa Maria a Gradillo

A three-aisled church built during the first half of the 11th century, it has been the subject of many restorations. One can see inside the church during exhibitions and public festivities.

Villa Cimbrone

Built in 1904. A great number of antique and medieval artifacts; Belvedere, splendid gardens, the small temple to Bacchus, the crypt, Eve's Grotto, and the tea-room. Open from 9.00 a.m. until sunset.

Chiesa di San Giovanni a Toro

Erected during the 11th century, a church with three aisles. Appreciable the 11th century pulpit, with mosaic and frescoed decorations, along with the 13th century Chapel of the Crib (Cappella del Presepe), and frescoes of the 11th century in the crypt. The noteworthy bell tower is open from June to October between 10.00 a.m. and 1.00 p.m. and from 3.00 p.m. to 6 p.m.

Belvedere "Principessa di Piemonte"

Gardens found on a sloping terrace with a tremendous view of the Amalfi coast looking east towards Capo D'Orso.

Villa Rufolo

Built in the 13th century. Splendid gardens, the Great Tower (also called Klingsor's

Castle), belvedere, thermal baths, Moorish cloisters, dining-room. The Villa, mentioned in Giovanni Boccaccio's 'Decameron': is where Richard Wagner stayed when in Ravello. Open all the year round.

Duomo di San Pantaleone

Built about in 1086, with the bronze doors being cast in 1179. Plan is in the form of a Latin cross. Worthy of a look is the "Ambone del Vangelo" (a fine example of an early Christian pulpit from the end of the 12th century, with its mosaic and sculptured decorations). The small pulpit "Ambone dell'Epistola" displays the mosaic which represents Jonah's being swallowed by the whale. The collection of artistic works kept in the vestry is of particular interest. "The most beautiful place I have ever seen in the world is the landscape of the Belvedere of Villa Cimbrone in a bright winter day, when sky and sea are so vividly blue that it is impossible to distinguish the one from the other". Gore Vidal.

MAIORI

For those of us who prefer sunbathing and strolling, just relaxing and taking one's time, Maiori is the perfect place to be. A day on the beach, a good meal, and a stroll along the beautiful promenade to end the day. The town was built in the 9th century by Prince

Sicardo of Salerno, and was called Rheggina Maior, it soon became a town of shipbuilders, as the seashore was flat and sheltered by the wind. The town soon prospered with a merchant fleet that developed good trade relations with many other ports. 1656 was a bad time for Maiori, as it was hit by a plague reducing its inhabitants to fewer than 1000, and quickly spread through the human population, as well as livestock from its flourishing market. In 1954 the rivers overflowed and much of the centre of the town collapsed. The people of Maiori quickly set about restoring it, and today it's probably the most modern town on the coastline. There are so many historical places to visit and walks to take. The castle of St Nicholas is an important historical and geographical feature, built in the 15th century at the foot of the Ponticchio hill. It has a wonderful 18th century facade with three doors, of which the main one is bronze pillars covered in marble, and gilt caisson ceilings designed by Alessandro Fulco in 1529. Near the hamlet of St. Pietro is the Shrine of Santa Maria della Grazie, which was rebuilt in 1910 after a flood. The Church of Santa Maria a Mare is one of ancient foundation, but whose original medieval structure has mostly been obscured by later restoration, but is still worth a visit. After, you can carry on up the steps, and take a walk over the mountain to Minori. Just a small way away

from the Torre Normana is a grotto named Pandoras Grotto. This is similar in shape and coloration to the Emerald Grotto found between Amalfi and Praiano.

PAESTUM

How to get there:

by car - take the A3 past Salerno. At Battipaglia, head south to Paestum.

by train - from Formia station every hours trains runs heading to Naples Central Station - take train heading to Salerno (make sure it stops at Stazione di Paestum).

The site is a 15 minute walk from the train station. From the front of the station, walk through the gate in the old city wall and continue until you see the ruins in front of you.

Site of the only well preserved Greek temples north of Sicily. Open Tues/Sun.

Paestum has been a romantic ruin for a thousand years in the midst of a solemn wilderness. Its Doric temples, hardly surpassed even by those of Athens in noble simplicity and good preservation, produce an incomparable effect of majesty and grandeur. The ancient site is set in a grassy field surrounded by gardens and hills, south of Salerno, at the bottom of the Piana del Sele. Although the site is small, it's so charming that you may want to spend time just relaxing here.

The museum is also exceptional. Paestum, or Poseidonia as it was known, was founded by the Greeks from Sybaris in the sixth century BC, and later in 273 BC, colonized by the Romans, who Latinized the name. By the ninth century a combination of malaria and Saracen raids had decimated the population and left the buildings deserted and gradually overtaken by the thick forest, so the site was not rediscovered until the eighteenth century during the building of a road through here. Paestum is a desolate, eerie place which boasts three golden-stoned temples. Of these, the temple of Neptune, dating from about 450 BC, is the most complete, with only its roof and parts of the inner walls missing. The Basilica of Hera, built a century or so earlier, retains its double row of columns, while the temple of Ceres at the northern end of the site was used as a Christian church for a time, though it is now sectioned off from the public. The museum across the road holds finds excavated from the site and area surrounding, including a set of archaic period Greek metopes. You can also see the 4th century ceramics and the tomb paintings at the back of the building, one of which, from the so-called "Tomb of the Diver", a graceful and expressively naturalistic piece of work, is possibly the only existing example of Greek wall painting in Italy. While you are exploring Paestum, keep an

eye out too for the wild flowers. More than one nineteenth-century traveller claimed to have found descendents of Paestum's famous rose growing wild, and some may still be around.

The Salento Area, is famous for the delicious "Mozzarella di Bufala", we wish to give you some suggestion where to enjoy and taste it.

Tenuta Vannulo

Via Galileo Galilei, 101 - Paestum (SA)

Here you can take guided tours while tasting buffalo mozzarella and bread and chocolate as well. The Peasant Permanent Museum Civilization is very interesting.

Caseificio Jemma

Via Velia, 2 - Battipaglia (SA)

Just half an hour's drive from Paestum, this dairy offers the opportunity to taste products made with fresh milk from the local buffaloes.



WELCOME TO GAETA



Paestum



WELCOME TO GAETA

ROME



WELCOME TO GAETA

How to get to downtown Rome from Termini Train Station:

- Take the metro inside the station, a floor below the trains arrival/departure
- Take the line in the direction of Lepanto
- Barberini, Piazza di Spagna, Piazzale Flaminio (close Piazza del Popolo): all these stops are in downtown Rome.
- Lepanto is the stop closest to the Vatican.

*Please note that most local businesses in Rome are closed on Monday mornings.

IN THE CITY MUSEUM AT THE STATION:

MUSEO NAZIONALE ROMANO TERME DI DIOCLEZIANO

While it would be impossible to note all of the historical and cultural attractions in Rome, this one is usually left out, and seeing it is in front of the train station, noteworthy in our minds.

This archeological museum also hosts exhibitions by world renown artists.

Open Tuesday thru Sunday 09.00 – 19.30

Closed Monday, Dec. 25, Jan. 1, May 1

B&B Giulia

Piazza De Renzi

Tel. +39 338 1506818

Elegante appartamento nel cuore di Trastevere con vista sulla bellissima magnolia di Piazza De Renzi.

Giulia è una magnifica padrona di casa e sarà lieta di fornirvi tutte le informazioni di cui avete bisogno.

SOME RESTAURANTS AND BARS IN DOWNTOWN ROME

Restaurants:

most restaurants in Rome are experienced with tourism and serve very good food.

The places listed below are personally recommended.

Nino:

Via Borgognona, 11

phone 06 6786752.

Very good restaurant but somewhat expensive.

Closed on Sundays.

Porto di Ripetta:

Via di Ripetta, 250

phone 06 3612376.

Very close to Piazza del popolo.

Closed on Sundays.

It is expensive but excellent.

Il Galletto:

Via Cassia, 248

phone 06 363 01 743.

It's nice to eat outside. T

ypical Roman food.

Piperno:

Via Monte de Cenci, 9

phone 06 68806629

Closed in August, at Christmas, Easter, on Sunday nights and Mondays.

In the heart of the Jewish ghetto, this restaurant has been famous for over a century for its traditional Jewish/Roman dishes. Despite the competition, the restaurant is still unbeaten for lightly fried courgette flowers, vegetable "fritto misto," "carciofi alla giudia", tripe and superb fish served in unpretentious surroundings.

Il Bolognese:

Piazza del Popolo, 1/2

phone 06 3611426.

Very good and somewhat expensive.

Forum Hotel:

Via Tor de' Conti, 25

phone 06 6792446.

Occupying a palace built out of materials from ruins of the nearby Imperial Fora, the Forum is an old-fashioned Hotel with a sunny roof-terrace restaurant giving a wonder-

ful vista over the archaeological centre.

This is a special place for a special breakfast.

Fried Codfish:

Largo dei Librari, 88.

This is something you should not miss.

This small, crowded place serves tasty fried fillets of cod - one of the Rome's most traditional dishes - and offers a truly Roman experience.

La Prosciutteria:

Via della Panetteria, 34

Near the Fontana di Trevi, this tiny wine bar has the best quality cheese, and fresh cold cuts (amazing selection of prosciuttos) and wines for a quick lunch at a reasonable price.

Opens at 11am and suggest getting there then, as it fills up quickly. Takes credit cards, and has free wifi.

There is another one in the Trastevere area.

CAFE' AND TEA ROOMS (*Sala da tè e caffè*)**Rosati:**

Piazza del Popolo.

Very nice to sit outside for a coffee and watch Romans and tourists pass by.

Ciampini has two café:

Via Frattina at the corner of Via del Gambero and Via Frattina.

Piazza Navona. This location is delightful for

sitting outside with some wonderful ice-cream while enjoying the beautiful Piazza.

Cafe Greco:

Via Condotti, 86

At the beginning of the Piazza di Spagna on the right side of the street. This is the oldest cafe' in Rome and famous as the haunt of writers, artists and intellectuals in the 19th century. This cafe' still retains the faded grandeur and has an elegant atmosphere.

Babington:

Piazza di Spagna, 23.

This old-fashioned, genteel establishment at the foot of the Spanish Steps serves English tea and cakes. Very nice atmosphere and somewhat expensive.

Tazza d'Oro:

Via degli Orfani 82/8. Close to the Pantheon. One of the best cafès in Rome.

Made Creative Bakery:

Via dei Coronari, 25

phone +39 06 98932195

www.madebakery.com

Near Piazza Navona, and a very nice place for breakfast, brunch, or just a dessert. Special Red Velvet cupcake! Francesca will be happy to help you with suggestions. Open every day 9AM to 7PM.

INTERNATIONAL BOOK STORES
(Librerie Internazionali)

Il Mare

International Sea bookstore:

Via Vantaggio, 19/A

phone 06 361 21 55

Anglo/American bookstore:

Via della Vite, 102

phone 06 679 222.

Close to Piazza di Spagna.

The Lion Bookshop:

Via dei Greci, 33

phone 06 326 54 007.

Close to Piazza del Popolo.

The Corner Bookstore:

Via del Moro, 48 (Trastevere)

phone 06 583 69 42.

La Libreria del Viaggiatore:

Via del Pellegrino, 78

phone 06 688 01 048.

This is a bookstore for travelers.

Close to Piazza Campo dei Fiori.

Termini Train Station Bookstore:

inside the Station, close to the main entrance.

This is a large bookstore with an English section.

OUTDOOR MARKETS IN ROME STREET SHOPPING

Apart from being the most unique source of souvenirs and consolation gifts for the friends you left behind, outdoor markets are some of the most interesting places in Italy. Almost all of them offer a collection of items that range from near-worthless knickknacks, to priceless works of art, from the ancient to the post-post modern. Some markets are specialized, but all welcome visitors, and you are encouraged to have fun bargaining in English, Italian, sign language or any combination of the above.

A word to the wise: keep your money and valuables stashed under at least one layer of clothes. Who wants to spend the whole time worrying why all those people are jostling you?

Rome (Porta Portese, every Sunday of the month):

This is one of Europe's famous flea markets. Basically, there's nothing you can't find here, from used Russian phonograph records to priceless kilim rugs (sold out of the trunk of the car that travels to Turkey every other month to buy them.)

But get there early and be prepared to walk for miles. A great place to have lunch afterward, especially in the summer when you

can relax under the grape arbor, is Da Albino il Sardo all'Angoletto, on Via della Luce, just off Viale Trastevere.

This Sardinian restaurant's antipasti are fabulous but pricey; we suggest the delicious *mallureddu* or any other pasta dish. They cost less.

Rome (Via Sannio, week days):

A much more prosaic type of flea market specializing in clothes and personal accessories. Great bargains, and even if you find nothing, you can wander next door to San Giovanni in Laterano, the Pope's personal church.

DAY TRIPS NEAR ROME

TIVOLI

How to get there:

by car - take Via Tiburtina (S-5) from the GRA (the autostrada circling Rome.) This goes directly to Tivoli and passes Hadrian's Villa en route. by train - take the train for Avezzano and Pescara from Rome's Termini Station (one single run in the morning); the ride to Tivoli is 40 minutes long. The return service operates until early evening. The Tivoli Gardens includes Villa D'Este, its fountains and gardens, as well as Hadrian's Villa, built in 125 AD, and defined as "The most lavish imperial villa of all antiquity." Also known as Villa Adriana, it is an excep-

tional complex of classical buildings created in the 2nd century A.D. by the Roman emperor Hadrian. It combines the best elements of the architectural heritage of Egypt, Greece and Rome in the form of an 'ideal city'. The villa covers more than 120 ha on the slopes of the Tiburtine Hills. It was originally occupied by a late Republican villa, the property of Hadrian's wife, Vibia Sabina. The imperial residence was built over it in AD 118-38. It was a symbol of the power that was gradually becoming absolute, and which distanced itself from the capital.

After Hadrian's death in 138, his successors preferred Rome as their permanent residence, but the villa continued to be enlarged and further embellished. Constantine the Great is alleged to have removed some of its finer pieces to his new capital, Byzantium. The villa was sacked and plundered by successive barbarian invaders and fell into neglect, being used as a quarry by builders and lime-burners. Interest in the ruins was rekindled in the 15th century by Pope Pius II (Aeneas Silvius). Excavations to recover its glories were ordered by Alexander VI at the beginning of the 16th century.

When Cardinal Ippolito II d'Este began construction of his nearby Villa d'Este he continued the excavations, supervised by his architect Pirro Ligorio, to obtain works of art to adorn it. The many structures are ar-

ranged without any overall plan within this area. They fall into four specific groups. The first group includes the Greek Theatre and the Temple of Aphrodite Cnidi. The theatre, which is in a good state of conservation, although only fragmentary, is of conventional design. Its cavea is cut into the hillside and is some 36m in diameter. The small circular temple is situated in a large semi-circular exedra. The second group, including the Maritime Theatre, Court of the Libraries, Latin and Greek Libraries, Imperial Palace and Golden Square, is the core of the complex, aligned with the Vale of Tempe. The various elements are grouped round four peristyles. The Maritime (or Naval) Theatre is a circular structure 43m in diameter; the Ionic marble peristyle encloses a circular moat surrounding a central island with a miniature villa.

The Court of the Libraries, the oldest part of the ensemble, is a colonnaded portico with a nymphaeum on its northern side. The two 'libraries' are reached by passages on either side of the nymphaeum. The palace consists of a complex of rooms around a courtyard. The Golden Square is one of the most impressive buildings in the complex: the vast peristyle is surrounded by a two-aisled portico with alternate columns in cipollino marble and Egyptian granite. The third group comprises the Pecile, Stadium and its associated buildings, Small and Large

Thermae, Canopus, Serapeum and Cento Camerelle. The Pecile (or Poikile) is a reproduction of an imposing structure in Athens, famous for its paintings and its associations with the Stoic philosophers, which consists of a large rectangular enclosure. Part of its massive walls survives; having colonnades on either side. In the centre was a rectangular pool enclosed by a free space, perhaps used as a racetrack. The two sets of baths are conventional in form. The smaller is considered to have been used exclusively by women. The Canopus is an elongated canal imitating the famous sanctuary of Serapis near Alexandria. The semi-circular exedra of the Serapeum is located at its southern end. The fourth group includes the Lily Pond, Roccabruna Tower, and Academy. The tower is a complex of buildings, the purpose of which is not clearly established. In addition to these structures, there is a complex of underground elements, including cryptoportici and underground galleries, used for internal communications and storage.

A number of the ancient structures are overlaid by a series of farmhouses and other buildings, mostly from the 18th century. They were built directly on the earlier foundations and it is difficult to dissociate them from the ancient structures.

DAY TRIPS NORTH OF ROME

SULMONA

How to get there:

by car - head toward Cassino. From Cassino, take the road to Venafrò and then Carpinone. Before Carpinone, take 17 north to Sulmona. The birthplace of Ovid and the town where "wedding confetti" originated, nuts covered in sugar. These are then made into flowers or given to guests at weddings. It is very interesting to visit the Museum of the Pelino factory, the oldest Confetti factory. The drive to Sulmona takes you through the Abruzzi hills and is beautiful in autumn.

ORVIETO

How to get there:

by car - from Formia, take the road toward Cassino to get to the A1. Take the A1 towards Rome. When you see the sign for A1 Firenze, follow the A1 north of Rome as far as the Orvieto exit. by train - from Formia to Orvieto take a direct train from Rome's Termini Station (trains depart several times in the morning for the seventy-five minute trip to Orvieto.) These trains are marked for Firenze (Florence). Return service operates until mid-evening.

Orvieto is a Cathedral town perched on top of a plateau overlooking the Umbrian countryside. Started in 1290, this remark-

able edifice was originally planned in the Romanesque style, but as work proceeded and architects changed, Gothic features were incorporated into the structure.

The black-and-white marble banding of the main body of the church is overshadowed by the rich rainbow colors of the facade. A harmonious blend of mosaic and sculpture, plain stone and dazzling color, it has been likened to a giant outdoor altar screen. The building took 30 years to plan, and three centuries to complete. It was probably started by Fra Bevignate, and later additions were made by Lorenzo Maitani (responsible for Florence's cathedral), Andrea Pisano and his son Nino Pisano, Andrea Orcagna and Michele Sanicheli. The great bronze doors, the work of Emilio Greco, were added in the 1960s. Inside, Luca Signorelli's fresco cycle, *The Last Judgement*, shimmers with life. Look for it to the right of the altar in the Cappella di San Brizio (admission €3,00 closed during Mass). Signorelli began work on the series in 1499, and Michelangelo is said to have taken inspiration from it. Indeed, to some, Michelangelo's masterpiece runs a close second to Signorelli's work. The Cappella del Corporale houses the blood-stained altar linen of the miracle, preserved in a silver reliquary which has been decorated by artists of the Sienese school. The walls feature frescoes depicting the miracle, painted by Ugolino di Prete Ilario.

DERUTA

How to get there:

by car - take the A1 past Rome towards Firenze. At the Viterbo exit, go east towards Terni on 204. Before Terni, take the E45 to Deruta.

*It is not advisable to go by train as it would be too difficult to carry all your purchases. Deruta is a town known for its ceramics. Ceramic art is one of man's most ancient activities. Countless works have been created in our country using just a handful of clay and a little fire. From the definition by Giuseppe Liverani, a ceramics expert, who uses the term "ceramics" to denote "the earth on which human workmanship and the consolidating action of fire intervene, to transform it into objects with a practical and ornamental purpose derives the identification of the three elements necessary for the process whereby clay is transformed: earth, human workmanship, and fire". Hence it may be said that the ceramic art is, above all, the expression of a manual activity which, if originally of a practical character only; subsequently however became primarily ornamental. Its very nature, fragile, yet not perishable, has meant that in the subsoil of various areas inhabited by man, even in remote times, strata containing ceramic fragments have been built up over the years. A careful archaeological survey of these remains can provide us with an impressive amount of

data which may be used to build up a picture of the socio-economic, as well as artistic, characteristics of the life of a particular group of people. It should also be said that even though pottery, being an expression of human workmanship, is considered an artisan product, in many cases, over the course of the centuries, man has created unique artifacts of such beauty that they can be defined as genuine masterpieces. If the ceramic art is one of the oldest in the world, then Italy without doubt represents one of the most distinguished birthplaces of this human activity. In countless villages and kilns, new techniques have been created and tested, new clays experimented with, new shapes designed, new enamels and new glazes tested, new colors used, and new decorations designed and painted. Against this backdrop, in a position of the utmost importance and distinction, lies Deruta, without question one of the most noble and ancient centers of ceramic production, whose name is in fact celebrated not only by scholars and enthusiasts, but is now known worldwide. For centuries its kilns have been turning out outstanding masterpieces, housed in museums, in private collections and antique galleries in all five continents, and today, more than ever before, tourists flock by the thousands to visit its factories, the museum and the artisan workshops lying at the foot of the old

village, as undeniable proof that, despite the passing of time, Deruta has managed to preserve unchanged those characteristic traits which have made its name acclaimed throughout the world. Situated in the heart of Umbria, a short distance away from Perugia, it stretches along the Via Tiberina, which, following the path of the Tiber leads to Rome. Its strategic position in the vicinity of a communication route which has always represented one of the major road axes of central Italy, has indisputably played a role of the utmost importance in its productive development.

Information provided by Anna





WELCOME TO GAETA

LOCAL RECIPES



WELCOME TO GAETA

This section offers a variety of recipes, and approaches to the Italian kitchen. The first few sections are local recipes, and offer some great insights and options.

The last section is from Aorangi's galley, and is more of a "what works on a boat" sort of collection of recipes from the Italian kitchen. These recipes include ideas from other cruisers that have left their favorites with us, and some of our best tried and trues from over the years as well.

We will update this section as new ones come in, and the yacht and its author will always be mentioned of course.

Buon appetito!

IMPORTANT NOTE

For linguistic help with Italian in the kitchen and beyond, you can find all you need at:
www.italiancookingdictionary.com/

PIZZA NAPOLETANA:

Spread the dough in a greased pan, until it is thin and even.

Spread diced tomatoes "pelati di pomodoro", oregano and salt, and bake for 30 minutes at 180° C. (this really depends on your oven so watch closely)

Mozzarella should only be added during the last few minutes. Add a leaf of fresh ba-

sil in the center and serve.

The original Pizza Margherita, and of course in the colors of the Italian Flag in honor of the queen.

PANZANELLA NAPOLETANA:

Moisten the "fresella" with water in a bowl until it is softened but not mushy

Add olive oil, salt, Gaeta olives and basil

Add cut tomatoes and toss lightly.

Sliced sweet onions (optional)

Prepare an hour in advance to allow it to absorb all of the flavors.

OUR CULINARY CULTURE

by Nicolina Di Ciaccio

APPETIZERS - Antipasti

Crostoni with Mozzarella and Anchovies
- Crostoni di mozzarella ed alici Spread a small amount of butter, along with a few slices of salted anchovies and a slice of mozzarella on slices of bread. Place them on a cookie sheet and bake them for about 10 minutes. They will be ready when the cheese is melted and the bread is toasted.

Marinated Swordfish - Pesce spada marinato

Slice a fresh swordfish thinly, and marinate it in lemon juice, vinegar, and salt for two days. When it has been thoroughly marinated, drain, dry and dress the swordfish

with olive oil and freshly chopped parsley. As it has been marinated in acidic dressings, it will need no additional cooking. It makes a wonderful appetizer on slices of toasted bread.

Mussels with Lemon - *Cozze al limone*

Place live, cleaned mussels in a covered pot without water. After a few minutes, the shells will open; those shells that did not open should not be on, a dash of pepper, and chopped parsley.

FIRST COURSES - *Primi piatti*

Spaghetti with Clams - *Spaghetti alle vongole*

Clean fresh clams and place them in a covered pot with half a ladle of water on the stove. After a few minutes, they should open. Be sure to keep the broth that results from cooking these clams, as it will be used later. Shell the clams and sauté them in a skillet with olive oil and a few cloves of chopped garlic. Add some of the broth, some chopped parsley, and very little chili pepper. When the pasta is al dente drain and add the clam sauce. Serve immediately and enjoy it!

Linguine with Shrimp - *Linguine agli scampi*

Fry the shrimp in oil, garlic, chopped parsley, and a small amount of chili pepper. Cook the linguine until they are al dente,

drain, and mix with a simple tomato sauce. Add the scampi with their dressing and mix thoroughly so that the pasta will absorb the flavor. Before serving, add some more chopped parsley as a garnish.

Fisherman's Spaghetti - *Spaghetti alla pescatora*

To start with, prepare a simple sauce using fresh tomatoes, and let simmer.

In a frying pan, fry calamari, prawns (shelled and slightly pre-cooked), mussels, and clams (both shelled as well), with garlic and olive oil. Add chopped fresh parsley and a bit of chili pepper.

When the spaghetti is al dente add equal parts of the tomato and fish sauce.

SECOND COURSES - *Secondi piatti*

Seafood Soup - *Zuppa ai frutti di mare*

Prepare in a pot the base: olive oil, garlic, chopped tomato, chili pepper, and a dash of salt.

When it is partially cooked, add the seafood of your choice (mussels, clams, razor clams, and/or any other shellfish) already cleaned and opened.

Finally, add the broth that resulted from cooking the shellfish and let simmer.

Clam Sauté - *Vongole aglio e olio*

After cleaning the clams, place them in a pot or saucepan with garlic and olive

oil. Cover and cook until the clams have opened (about 10 or 12 minutes).

Add a splash of vinegar and some chopped parsley.

Serve immediately.

Sea Bass and Potatoes - *Spigola in crosta di patate*

Prepare the potatoes by slicing them very thin and dressing them with olive oil, salt, and a bit of pepper. In a baking pan, spread the potatoes along the bottom. Place raw fillets of sea bass (with the bones already removed) and cover with additional dressed potatoes. Add about half a cup of water and some more olive oil, and bake for about 20 to 30 minutes at 180°C. When it is ready, the potatoes will be dry, well-cooked, and brown.

SIDE DISHES - Contorni

Roasted Peppers - *Peperoni arrosto*

Place whole peppers (red, yellow or orange) in a baking pan and bake them at a minimum of 160°C. When the peppers' skin is seared on one side, turn over.

The peppers should stay in the oven for at least 30 minutes. When they are ready and soft, remove and let them cool. Then remove the skin and seeds

and cut into narrow strips. Dress with salt, olive oil and basil. Eggplants and ripe tomatoes may be prepared in the same manner.

Trifolati Mushrooms - *Funghi trifolati*

Wash and chop mushrooms into bite-sized pieces. Fry them in garlic, oil, and a small amount of anchovy strips (or paste) in a frying pan. After about 15 minutes (when the water from the mushrooms has evaporated), add salt to taste. Before serving, add a small amount of chopped parsley.

TRADITIONAL RECIPES OF GAETA

by Nicola Tarallo and Nonna Maria

ANCHOVY FISHBALLS - *Polpette di Alici:*

Makes about 20 fishballs

½ lb. fresh anchovy filets

(1lb. If whole to be fileted)

2 pieces of dried bread

1 egg

pinch of salt

chopped fresh italian parsley

2 tblsp. grated parmigian cheese

1 clove of garlic

pinch of grated lemon rind

vegetable oil for frying

white wine for marinading

fine bread crumbs for coating

- Filet anchovies if not already done.
- Place on a plate and cover with white wine for about 10 minutes
- Soak dried bread in water until soft, then squeeze out and crumble

- Strain well and chop anchovies fine
- Add salt, parsley, garlic, egg, parmigian, lemon rind, and bread
- Mix well
- Roll mixture into small fishballs
- Roll fishballs in fine bread crumbs
- Fry in boiling oil
- Serve warm

EASTER CAKE - *Tortano di Pasqua:*

Serves 12

Prep Time: 40 min

Cook Time: 35 min

2 ½ cups cake flour

1 cup granulated sugar

4 eggs

¼ cup olive oil

¼ cup milk

A pinch of salt

1 teaspoon vanilla extract or cinnamon

1 (16 gram) packet Pane degli Angeli (or substitute 3 tsp baking powder + ½ tsp vanilla extract)

1 1/8 cups powdered sugar, for the glaze

- Preheat oven to 360° F.
- Separate 1 egg and reserve the white for the glaze.
- With an electric mixer beat 3 eggs and one yolk, sugar, salt and vanilla or cinnamon extract, in a medium sized mixing bowl until smooth.
- With a whisk, add a little of the flour, plus

the oil and milk to the beaten egg mixture.

- Gradually whisk in the remaining flour little by little, until completely added.
- Sift the Pane degli Angeli (or baking powder + vanilla) into the mixture, stirring until incorporated.
- Pour the mixture into a well buttered angel food cake pan or bundt pan. Be sure that the batter does not reach more than halfway up the sides of the cake pan, to allow for rising during cooking.
- Bake for 35 minutes.
- Let the cake cool in the pan.
- Invert the cake onto a serving plate.
- Prepare the Glaze: Whip the egg white into a froth, add the powdered sugar and beat until smooth and creamy.
- Brush the glaze over the cooled cake and decorate with sprinkles.

MIMOSA CAKE

- 1) Buy a medium sized Pan di Spagna.
- 2) Make a 4" opening in the center, using a spoon to remove the whole center from the cake. Save the piece from the 4" opening. The cake will look like a box.
- 3) Fill the hole in the cake with whipped cream, and add little pieces of chocolate.
- 4) Cover the opening with the top that was set aside.
- 5) Cover the entire cake with whipped cream, then sprinkle with the rest of the Pan di Spagna crumbs

CIANFO'

Serves 6

½ kg eggplant
½ kg red bell peppers
400g potatoes
2or3 ripe tomatoes
Salted capers, gaeta olive, garlic, basil, olive oil, salt

- Cut up vegetables and place in saucepan
- Add a cup of water, desalted capers, pitted olives, basil, garlic, oil, and salt lightly.
- Cover and cook medium heat 30/40min. - Stir now and then. Serve warm.
- Optional a sprinkle of Parmigiano.

COOKING CLASS:

Nicola Tarallo organizes cooking classes to teach traditional Gaeta dishes." La Tiella". La Tiella is the most distinctive dish in the city of Gaeta - kind of a double crusted deep pizza or pie. Traditionally it's made with seafood (squid, anchovies or catch of the day) or vegetables. Any seasonal vegetable is suitable for la tiella: zucchini, escarole and spinach are popular favorites. Its name comes from the pan in which it is baked. In Gaeta, the local dialect uses the word "tiella" to refer to a pan with low sides which flare out. Therefore, the dish created in this pan is also called tiella. Nicola also teaches Christmas and Easter Cake Baking. Nicola's contacts: Mobile: 3402518721 e-mail: mangiatiella@gmail.com

NOTES FROM AORANGI'S GALLEY:

by Jayne and Co.

Only recipes that have been enjoyed on one boat or another and in good company are shared in this chapter. Galley safe.

SOUPS

So one asks, why start with soups? That's so not Italian! Not true at all... and not only is it true that the soups are amazing in Italy, they are also easily transformed (as are most things in the true Italian kitchen) into a saute, a sauce, or a base for something else all together. The best thing about the "homestyle" Italian kitchen is that it's as vast as your creativity! Ex: I never throw leftovers away, as they get converted into appetizers of some sort or another, with a little help from an egg, bread crumbs and some oil...but we'll get to that later with the "leftovers" chapter;-) On to the soups, and as always we feature cruising favorites from other galleys too!

Cream of Pumpkin Soup (Crema di Zucca)

John / Auckland NZ

(serves 8)

- 1 large onion chopped
- 1 tbsp. butter

1.5 kg of pumpkin squash cut into pieces
1 large potato cut into pieces
1 tsp. of curry powder (chinese if possible)
chicken stock
1 carton 200ml of coconut milk or heavy cream*
salt and pepper to taste
parsley garnish

- Saute the chopped onion in butter for 5 minutes
- Add pumpkin, potato pieces, curry powder and stir
- Add chicken stock enough to cover pumpkin
- Bring to a boil then simmer for 30 minutes
- Let cool and then blend until pureed
- Add coconut milk or cream
- Adjust salt and pepper
- Garnish with parsley and serve

Tuscan Classic Onion Soup **(Zuppa di Cipolla Toscana)**

Jayne / Aorangi
(serves 4)

4 onions
2 tsp. flour
80gr butter
1 egg yolk
Toasted bread
Emmental
Parmigiano

Pepper

- Put sliced onions in melted butter and saute
- Add flour and mix
- Add 2 lt. water or light stock
- Cook for one hour
- Mix lightly with mixer or pimer
- Whisk in egg yolk
- Prepare bowls with a slice of toasted bread (preferably tuscan style), a handful of shredded emmental (swiss cheese)
- Pour hot soup over this and then sprinkle with parmigiano and freshly ground pepper.
Buon Appetito.

Note: the cheeses are salty so careful about salting the soup itself...

Ventotene Lentil Soup **(Zuppa di Lenticchie alla Ventotenese)**

Anna / Il Giardino
(serves 4)

350gr. tiny reddish brown lentils
(Ventotene has amazing ones)
2 cloves of garlic
5 cherry tomatoes
1 stalk of basil
1 stalk of celery
4tblsp. e.v. olive oil
hot pepper* (optional)
salt to taste

- Place all ingredients together in a pot of very good untreated water with the exception of the oil and salt
- Cook for 50 minutes
- Add oil and salt and cook additional 10 minutes (this allows the lentils to remain soft)

Note: the lentils SHOULD NOT be soaked in advance!

Spring Vegetable Stew (*Cianfotta alla Ventotenese*)

Candida / Il Giardino
(serves 4)

This is a recipe, that like minestrone, has a version for every region of Italy, and also in France. And like minestrone, it's fun to experiment with what you have on hand, or available in the region you're in.

This version is with the first spring veggies from this area.

- | | |
|------|---|
| 4 | potatoes cut into medium pieces |
| 6 | small artichoke hearts quartered
(violet or spiny artichokes if available) |
| 200g | fresh peas shucked
(appx. ½ kg in pods) |
| 300g | fresh fava beans shucked
(appx. 700g in pods) |
| 2 | leeks or wild onions sliced |
| 1 | stalk of celery diced |
| 10 | stalk of wild asparagus cut into large pieces |

- | | |
|------|------------------------------|
| 60g | slab bacon diced* (optional) |
| | e.v. olive oil |
| | salt |
| 1lt. | good water |

- Warm oil and saute leeks or onion, celery, and slab bacon
- Add the rest of the vegetables washed and drained, and saute for 4 minutes
- Add water and cook for 30 minutes

Tuscan Vegetable Soup (*Minestrone Toscana*)

Jayne / Aorangi
(serves 4)

Minestrone is as different from town to town as are the dialects of the language, so there's almost no limit as to what you can throw in this soup.

But seeing I started cooking in Tuscany and with Artusi we'll begin with a similar version to what's been done for the past several centuries...

- | | |
|-----|--|
| 1 | clove of garlic |
| 1 | stalk of celery |
| 3 | leeks |
| 2 | carrots |
| | basil |
| 30g | bacon diced or prosciutto
or sausage meat* (optional) |

250g white bean or borlotti beans
(if fresh ½ cook them first)
250g swiss chard (bietole)
250g savoy cabbage (verza)
250g black cabbage (cavolo nero)*
e.v. olive oil
salt and pepper to taste

*can be substitutes w/cauliflower

**You can also add a zucchini,
pumpkin but in modest doses as they are sweet...

- Prepare a chopped base of celery, leeks, garlic, carrot, and basil and saute in oil
- After a few minutes add meat and continue cooking
- Puree a small amount of the beans
- Cut the balance of vegetables in small strips and add them to the saute
- Add the bean puree and the whole beans and mix
- Add add a small amount of hot water and check salt and pepper
- Cook for at least ½ hr.
- At this stage you can cook pasta or rice in the soup if you like, but feel it's best served hot with croutons and grated parmigiano cheese.

Potato and Leek Soup (Zuppa di Porri e Patate)

Jayne and Grandma / Aorangi
(serves 6)

This is a great pressure cooker soup just in case you're under way and need something nutritious and fast.

2tblsp. butter (unsalted if possible)
4 leeks cut into small slices, only white and light green part
1kg potatoes diced
1 small carrot diced
1 ½ lt chicken or vegetable stock
bay leave, thyme, parsley, garlic in mesh ball infuser
salt and pepper to taste

- Melt butter over medium heat
- Add leeks and stir until soft about 10m without browning
- Add potatoes, stock, herb ball, salt and pepper and bring to a boil
- Turn heat down and cover and simmer until potatoes are done. About 15-20m
- Remove herb ball
- Serve as is, or puree' with pimer or blender until smooth
- If desired heavy cream can be added, but this is optional
- Garnish with homemade croutons

Neopolitan Beans and Pasta (Pasta e Fagioli Napoletana)

Jayne / Aorangi

(Serves 6)

350g canellini or borlotti beans cooked
250g pasta 'maltagliati' or 'pasta mista'
1 clove garlic
1 stalk of celery
6 cherry tomatoes
basil
e.v. olive oil
salt and pepper

- If using fresh beans cook al dente
- Strain beans and place in saucepan
- Cover with fresh water
- Add garlic, celery, tomatoes, basil
- Once boiling simmer for 10 min.
- Raise heat
- Add pasta and oil, and cook for 10 min.
- Add pepper, check salt
- Turn off, let stand for 5 min. and serve

Always a hit!

Cream of Peapod Soup (Vellutata di Buccie di Piselli)

Jayne / Aorangi

(serves 4)

This is a favorite old recipe when things came from Grandmas' garden, but if you're lucky you can still find organic peas around, which is imperative for Peapod Soup.

Peas can be used elsewhere, as this only calls for the peapods. Did you know that botanically peapods are a fruit? So I guess this is a fruit soup!

600g peapods (from 1kg. total appx.)
2 potatoes
4-5 spring onions or 1 scallion
e.v. olive oil
salt and pepper

- Clean peapods of head and center filament
- Cut peeled potatoes, onions and well washed peapods into pieces
- Cover with enough water to cover well
- Bring to a boil then lower to simmer
- Cook for about 1hr. or until all is soft
- Strain or pass through a sieve to obtain cream without the filaments
- Serve with a drizzle of olive oil and homemade croutons

We obviously didn't have olive oil growing up, so that's the Italian touch ;-)

You'll really be amazed at how good this is, and good for you. Buon Appetito!

Homemade Croutons

Jayne / Aorangi

Make a lot as they keep for a while if you store them in a dry place.

1kg bread (Any good bread works and no need to be fresh from the day)
1c. e.v. olive oil
3 cloves garlic
3tsp fresh or dried thyme
salt
pepper
additional herbs to taste

- Take herbs, salt and pepper and mince together until well blended
- Cut bread into cubes and place in bowl
- Place Herb mix in Olive oil and mix well
- Drizzle over bread and mix constantly

Place bread cubes on baking sheet in warm oven no higher than 110°C as they need to dry out cooking slowly. This will take a bit of time. 1hr. or more. Store in a sealed dry container

Mussel Soup (Zuppa di Cozze)

Jayne / Aorangi

(serves 2)

1kg fresh mussels
2 cloves garlic
500g ripe tomatoes
bunch of Italian parsley

e.v. olive oil
salt
fresh ground pepper
*hot pepper (optional)
4 slices of good bread

- Clean the mussels with a brush or knife under running water. The shells need to be cleaned of parasites and growth.
- Take out the "beard" pulling up toward the rounded part of shell.
- Chop a good bit of parsley with all but one piece of garlic for rubbing the toast.
- Wash and chop the tomatoes removing seeds first
- Heat oil in large high wall fry pan
- Add garlic parsley chop and saute
- Add tomatoes, a pinch of salt and cook for about 10/15 min stirring often
- Toast bread and rub with garlic set aside
- Add mussels to mix on high heat until all have opened stirring to assure even heat (only takes a few minutes for this part!)
- Add a little *hot pepper here if desired
- Place mussels in single bowls with the toast wedged in at the side, a grate of fresh pepper, and garnish with fresh parsley
- Serve hot
- *I always make a few extra toasts just in case, and they're usually gone...*

This base can be used as a pasta sauce or risotto base as well, just careful cooking it down as the mussel "milk" is potent and gets stronger when concentrated.

Beans and Mussel Soup (Zuppa di Cozze e Fagioli)

Jayne / Aorangi
(serves 2-4)

1kg mussels
500g cannellini beans cooked
5 cherry tomatoes
2 cloves garlic
½ scallion
100g slab pork diced* (optional)
e.v. olive oil

- Clean mussels and remove beards
- Place olive oil and 1 clove of garlic in saucepan and saute
- Add mussels and cover raising heat until all mussels have opened (few minutes)
- Remove from shells and strain liquid
- Puree a small part of beans and set aside
- Place olive oil a remaining garlic, scallion, slab pork and saute
- Add tomatoes chopped coarsely and cook for about 10/15 min.
- Add puree of beans, beans, and mussel liquid and cook about 10 min.
- Add mussels and cook until heated a few minutes
- Add a grated fresh pepper and serve.

*Times are really appx. As you will see when things are ready in each phase.
Important not to overcook the mussels!*

Irish Seafood Chowder

Jayne / Aorangi
(serves 4)

This is our tried and true St. Patrick's aboard Aorangi chowder, so hope you like it!

450g white fish filet (cod is best in Gaeta)
225g mussels or clams or mixed
125g prawns* (optional)
110g salmon filet
25g butter
55g bacon* (optional)
1kg vegetables onion, leek, carrot, potato
570ml water
570ml milk
90g kernal corn* (optional)

- Cut all fish into 1cm cubes
- Dice all vegetables about the same
- Clean mussels shells and remove beards
- Cut bacon into small strips*
- Melt butter, add bacon* and cook to crisp
- All all vegetables but potatoes and sweat them for appx. 5 min.
- Add water, potatoes and milk and simmer until potatoes are soft
- Add all the fish, and shellfish, and cook for 3-5 minutes
- Check seasoning
- Serve with chopped parsley or chives

This can be modified by adding a small amount of cream and a bit of saffron as well. And can be easily varied with shellfish and fish in type and quantity, depending on what's available fresh.

Stock of Capon (or other types too) **(Brodo di Cappone)**

Jayne / Aorangi
(serves 8)

- ½ capon or corn fed hen*
(capon is more delicate)
- 1 onion
- 1 carrot
- 1 stalk of celery
- 1 bay leaf or 2 stalk of Italian parsley
- 1 crust of parmigiano (ask your grocer)
- salt and pepper

- Place all ingredients into a large kettle and fill with cold water.
- Bring to a boil and then cover and simmer for at least 4 hrs.
- Check salt only toward the end to avoid over salting.
- Strain and cool to remove eventual fat in part depending on taste.

Many ways to serve the meat used for the broth, but just one is to serve it as "lesso" or

boiled meat with a variety of condiments. The Italian favorite is fresh green sauce. (Salsa verde, recipe follows)

This basic broth can be used in a variety of recipes from just adding some pasta, rice, or cappelletti (tiny tortellini), or the base for risotto, ragu, or gelatins. Or even to give a heartier flavor to many sauces just by adding ladle to your sauce when cooking and then letting it cook down.

- * for beef broth replace with 1kg of mixed beef parts and a marrow bone (in Italy just say "manzo per brodo")
- * for mixed broth use ¼ chicken and ½ lb. of beef with a marrow bone (in Italy just say "misto per brodo")
- * for vegetable broth use more vegetables and if you can a net herb ball with herbs of choice

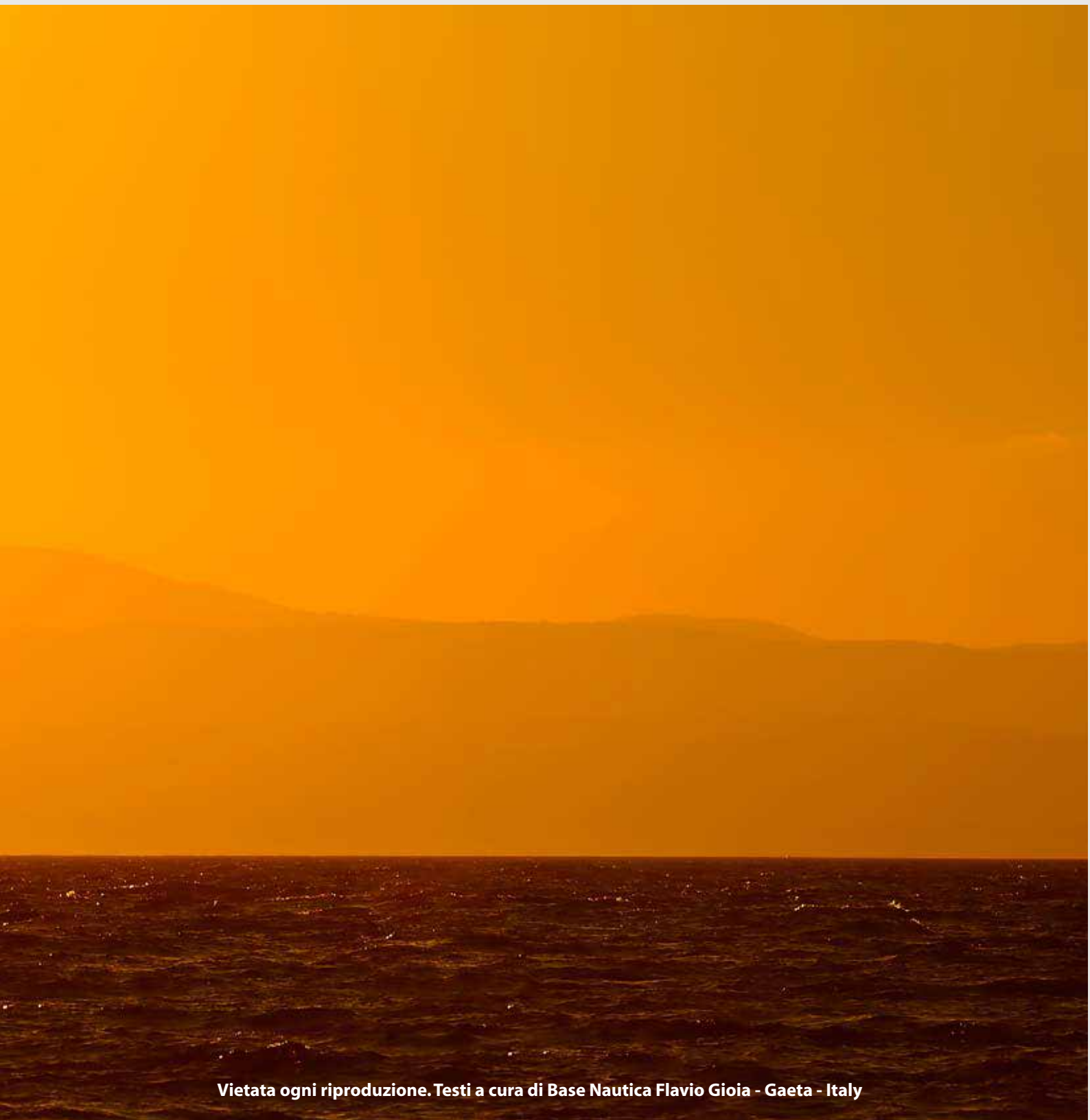
In Emilia-Romagna this is a staple with cappelletti, or passatelli, or zuppa imperiale. All of these can be bought at larger super markets in Italy, but with the exception of cappelletti which are better bought from a housewife or restaurant, passatelli and zuppa imperiale are relatively easy to make.

Recipes are available upon request to Jayne

GOODBYE
UNTIL NEXT YEAR



WELCOME TO GAETA



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