



REGIONE
LAZIO



PROGETTO COFINANZIATO DALL'UNIONE EUROPEA



Borghi in cammino nel Lazio *A walk through Lazio's hamlets*

Lazio unveiled in its most authentic points of view



Borghi in cammino nel Lazio

After the great success we achieved in the first edition of our **Lazio Wonders Ways Project** we are delighted to present our wonderful tour “**A walking tour through Lazio’s Hamlets**”. This Tour takes you through many unique areas of Lazio including many fascinating Medieval villages and hamlets. Each unique village and hamlet offer so much from history, religion, art to wonderful monuments. Of course the villages and hamlets are very much alive today which you can see by children running through the streets, the smell of fine Italian food and the small busy coffee shops. During this incredible walk In this great historical area of Lazio we will take the pilgrim way of Saint Francesco and the pilgrim way of Saint Benedetto.

We will of course explore different Etruscan necropolises which we will discover in the villages of Tuscania and Sutri and not to mention a visit to the archaeological Museum in the village Fara Sabina. In this 5 day tour we will stay in the most welcoming farmhouse located in the heart of the countryside and we will have the opportunity to stay a night in an historical abbey with the most magical surroundings. We will be guided and welcomed by art historians and local people to explore every corner of this unbelievable territory. Our tour is presented with the approval and the supervision of **Lazio Tourism Board** and we are very proud to give visibility to the hidden historical hamlets of Lazio.



CORI

1st
day

 Roma - Cori 69,9 Km 1h21

At 11.30-12.00 Arrival at Roma Termini Station you will meet your tour leader where you will then travel directly to the beautiful village of CORI.

At 14.00 you will take part in a wonderful **wine tasting** at one of our local biological wine producers.

At 16.00 you will visit the amazing **S.S. Annunziata's Chapel** which houses breathtaking frescos by different artists.

At 16.40 you will take a short walk along the **Pilgrim way of Francigena**.

At 17.15 you will visit the mysterious **Acropolis of Hercules' Temple** which inspired numerous Piranesi's engravings.

At 17.45 you will visit the historical **Church of Oliva** which is set above a roman Temple that was built in the middle of XII century. It houses a cycle of exciting frescos of 1507 in the apse, and of 1533 in the vault. At the end of the visit, there will be a folkloristic show.

At 20.00 you will have a fine Italian dinner and a peaceful overnight stay in Cori.



NINFA & SERMONETA

2nd
day



Cori - Cisterna di Latina 96,3 Km 1h20

Cisterna di Latina - Sermoneta 96,3 Km 1h20

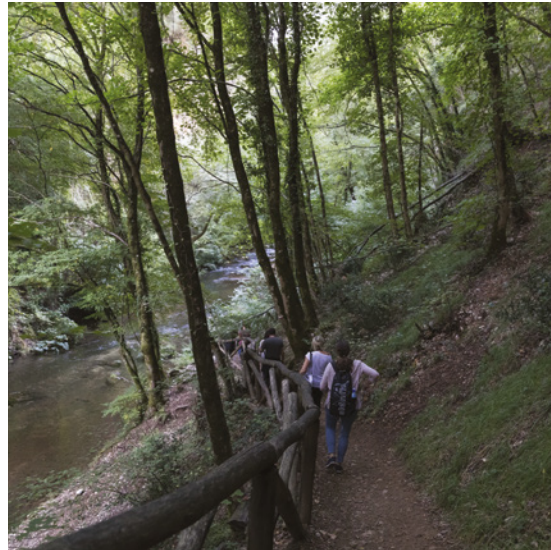
Sermoneta – Anagni 59,7 Km 1h17

At 9.30 you will depart for the village of Cisterna di Latina where the owner of the fabulous garden OASI DI NINFA will take you on a personal guided tour. After the garden tour you will depart for the wonderful hamlet of Sermoneta.

At 13.30 you will experience a fine lunch with local dishes at a gorgeous Agriturismo situated in the area. After lunch you will visit the small hamlet and the antique Castle of Sermoneta. The hamlet has medieval origins, and proof of this is in the large city walls, tall towers and the castle, which was built in the XI century. We do not know the first architects of the project, but it is certain that Antonio da Sangallo il Vecchio was the one who restored it during the Borgia rule. After our visit we will depart for the sleepy village of Anagni.

At 20.00 You will have a wonderful dinner and comfortable overnight stay in Anagni.





ANAGNI & SUBIACO

3rd
day

 **Anagni - Subiaco** 96,3 Km 1h20

At 09.00 you will have a tour around this fascinating village of Anagni. The history of this village is very old with Greek and Roman mythology roots. Romans believed that the village of Anagni was created by the god Saturn. The village is considered as the City of Popes because four Popes were born and lived here.

At 10.00 you will take a visit to the **Cathedral and Crypt of Anagni**. Anagni's Cathedral is very simply designed, and inside features a unique beauty which reflects important historical events.

At 11.00 you will visit the magnificent **Bonifacio VIII Palace**. It is said that the Palace was built at the beginning of two hundred and completed in the first half of the XIII century.

At 12.00 you will depart for **Subiaco** through the famous pilgrim way of Saint Benedetto.

At 13.30 you will have lunch at a selected restaurant in Subiaco.

At 14.30 you will continue a walk through the pilgrim way and visit the fascinating **tomb of Nerone**, you will also have the chance to visit the splendid **Benedetto's lake** located in the park of Simbruini Mountains.

At 15.30 you will pay a quiet visit to **Saint Benedetto and Scolastica's Monastery**.

At 20.00 you will enjoy a great dinner and well deserved overnight stay in Subiaco.

FARA IN SABINA & TUSCANIA



Subiaco - Fara in Sabina 100,3 Km 1h26
Fara in Sabina - Tuscania 113,5 Km 1h29

At 8.30 you will depart for the hidden **village of Fara in Sabina** through the pilgrim way of Francesco

At 10.00 you will have a guided tour of the glorious **Farfa Abbey** which is a unique imperial abbey. You will then visit the interesting and curious Textile Laboratory of Gustavo Scipioni. Then you will head towards the picturesque **hamlet of Fara in Sabina** and visit the memorizing Museum del Silenzio translated to the **Museum of Silence**.

At 13.30 you will experience a traditional local Lunch at a local restaurant and then finally depart for the wonders of Tuscania.

At 16.30 you will arrive in the wonderful **Tuscania** situated in Tuscia area (north of Lazio) and visit the hamlet, **Saint Maggiore and Saint Pietro's Cathedrals**. Some ruins

confirm that Tuscania has amazingly been inhabited since prehistory. In this astonishing area we can see numerous Etruscan and Roman tombs.

At 20.30 you will enjoy a delicious dinner and welcoming overnight stay in Tuscania





SUTRI

5th
day



Tuscania - Sutri 39,7 Km 42min
Sutri - Roma 59 Km 1h05

At 09.30 saving the best until last you will depart to the spectacular **village of Sutri**.

At 10.30 you will arrive at the Hamlet of Sutri which is located on a **tuff hill**. From below you will see its wonderful towers and city walls hidden in a woods. The main landmark is the **Roman amphitheater**, which dates back between the II century and I century. You will take a marvellous walk through the pilgrim way of Francigena located inside the park of Sutri.

At 13.00 you will have an unforgettable farewell lunch followed by departure to Rome.



THE CUISINE'S TASTE OF LAZIO'S HAMLETS

1st Day

THE PRODUCT OF THE DAY

HAM WITH WINE OF CORI.

It is a unique product which comes from an old recipe. This excellent ham has been enriched by the aroma of the hay, sage and rosemary, bathed with good white wine. Once selected, the best hams are prepared with care. Particular attention is paid to preserve the characteristics of the meat, the quantity of salt and its maturation. Great for snacks or appetizers or as a second alternative meal, unique for buffets, as long as it is accompanied by good wine and good bread.

THE SYMBOL DISH OF THE DAY

BISCUITS WITH ALMONDS OF CORI.

Dried cookies are a great classic of Italian cuisine consumed by families, whether in a village or a town. It is rare to find a family without it, as it's a must of the tradition. These crispy and aromatic biscuits which are typical of the Cori area, really taste like wine.

2nd Day

THE PRODUCT OF THE DAY

MOZZARELLA BUFALA

On the Lepini Mountains, in Priverno, Prossedi, Roccasecca dei Volsci, Sermoneta, Sezze and Sonnino, mozzarella bufala has been awarded the DOP Brand (Denomination of Controlled and Guaranteed Origin) since 1996. Today, the production follows a scrupulously traditional method and is exclusively made with buffalo milk, rennet and salt. The mozzarella is produced in the morning and remains to rest for a few hours to mature. The result is a product of unmistakable flavor, with

slightly elastic consistency in the first 8/10 hours after production, but subsequently more soft. An authentic wonder for the eyes, the touch and the palate.

THE SYMBOL DISH OF THE DAY

TIMBALLO CIOCIARO

It is a dish prepared for special events and on Sundays in Southern part of Lazio. Its origins are linked to the peasant tradition: once it was prepared by housewives who wanted to delight their family members and diners. It was made of "leftovers" of the table, giving to it a better and new taste.

3rd Day

THE PRODUCT OF THE DAY

"CESANESE WINE DOCG"

It is considered the "Main red wine of Lazio". It is born in an area situated in the central part of Lazio, once covered with forests (Nemora). The inhabitants used to remove the trees from the wood in order to plant this grape wine. From here comes the name "Cesanese"; wine produced in the "caesae" a latin term to indicate "places with cut trees".

THE SYMBOL DISH OF THE DAY

"STROZZAPIEDI (TYPE OF PASTA), ALL' ARRABIATA" All'Arrabiata is one of the cornerstones of the Roman and Lazio culinary traditions, becoming one of the most famous sauces of the Italian cuisine: tomato, olive oil, chili pepper, and garlic clove. In the sublacense tradition, the strozzaprete pasta is used instead of the classic penne, (classic short pasta), and the result is without doubt excellent: Try and you will believe it!

4th day

THE PRODUCT OF THE DAY

DOP OLIVE OIL OF SABINA

The origins of the oil production in this area date back to the pre-Roman period. The production area is entirely in the area of DOP Sabina, among the first recognized DOPs in Italy together with the "Canino" of the province of Viterbo. The excellent quality of this oil is also due to the fact that the limestone soils are positioned at a height, ranging from 400 to 700 m.s.l. where the climate is cold and does not allow the development of the oleaginous fly. This prevents ant parasitic treatment detrimental to the quality of the final product.

THE SYMBOL DISH OF THE DAY

STRINGOZZI (TYPE OF PASTA) ALLA SABINESE

One of Sabina's main dishes. The main peculiarity of the dish is the delicious sauce in which the meat is completely absent: it is a vegetable "ragout" sauce with porcini mushrooms, leccino olives, tomato and the typical "persa" (maggiorana). A dish that fully embraces the tradition of this generous land.

5th Day

THE PRODUCT OF THE DAY

SALAME COTTO DI SUTRI (COOKED SALAME OF SUTRI).

Cooked salame, recognized as PAT, a traditional agro-food product, is extremely typical in Sutri's territory. The recipes used for preparing Salame Cotto, have been handed down orally from generation to generation: it is said that Apicio, a famous cook who lived at the end of the first century BC, used to cook it. In his book he devotes his "culinary" pages to Salame Cotto. What is it? It is a cylindrical shape, a rosy

color given by salnitro, a particular ingredient, consisting of various pork cuts, such as the thigh, bacon fat, salt and pepper. All stuffed into the bowels, then boiled and dried, like in the past, with the smoke of our fireplaces.

THE SYMBOL DISH OF THE DAY

MALTAGLIATI AI FAGIOLI DI SUTRI, (TYPE OF PASTA WITH BEANS OF SUTRI).

Rustic dish prepared in autumn and winter. What is the original element of Sutri version? It is the Sutri bean, also called "Queen"! According to a legend, Carlo Magno was among the ones who first appreciated and made known this local bean. In fact it is said that, after his coronation in the papal state, the king was struck by a gout attack and was healed thanks to this legume. Its characteristics make it particularly suitable for this dish.



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in cammino
nel Lazio