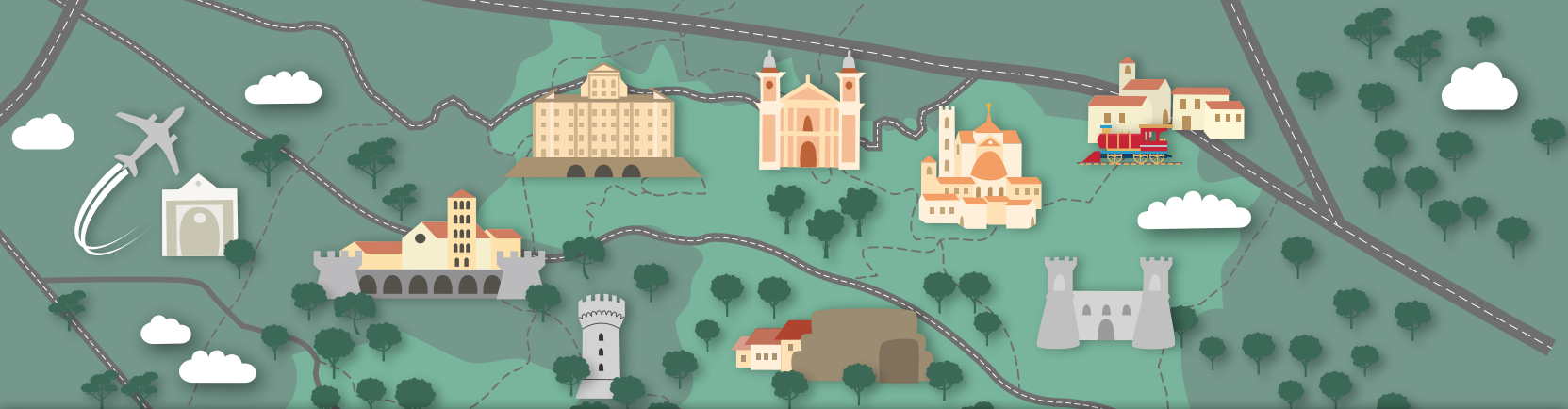




Welcome to the

Castelli Romani

A place to be experienced and loved



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FRONT COVER:

Illustration by Valerio Marino

PRINTING:

CSR - Centro stampa e riproduzione s.r.l.
Via di Salone, 131/c - 00131 Roma

NOTES:

Printed in october 2018.

ENGLISH TRANSLATION:

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MEET THE AREA



NOT TO BE MISSED



THE CASTELLI AT YOUR OWN
PACE ONE-DAY ITINERARIES



FOOD AND WINE, SAVOUR
THE CASTELLI ROMANI



EXPERIENCE THE
ANCIENT BOROUGHS

CASTELLI ROMANI

A PLACE TO **BE EXPERIENCED AND LOVED...**

The **Castelli Romani** is one of the most appreciated tourist destinations in Lazio, for the many renowned food and wine specialties (there are more than 30 certified typical products, including 9 wines), for its history and for the spectacular landscape, most of which is part of the Castelli Romani Regional Park. **A stone's throw from Rome**, you have the chance to relax and unwind and live unforgettable experiences away from the chaos of the city, while immersed in one of the most extraordinary territories the Lazio region has to offer. An area filled with ancient cultural sites that testify and tell the story of its dense and glorious history. The natural splendour and the agreeable climate make the Castelli Romani a favorite destination for those who want to experience a more authentic type of holiday. The Castelli Romani offers you moments of peace thanks to an abundance of woods, meadows, parks, two lakes, mountains, hiking trails, the southern stretch of the "Camino of Via Francigena" path, the ancient Appian way, the Archaeological

Park of Tuscolo, to enjoy on foot, by bike or on horseback. The Castelli Romani is a collective name given to 17 hilltop towns nestling amongst green woods, or lying on the fertile lands of the Lazio volcano, some even right on the edge of two dark blue volcanic lakes. There are villas and palaces, parks and gardens, churches and sanctuaries, animated by all types of festivals throughout the year. Important personalities of ancient Rome preferred the Castelli Romani to live and built their residences right here. Here once stood the city of **Albalonga, the mother of Rome**; the Alban Hills were the first settlement of Roman civilization. The Emperor Domitian had a huge estate that embraced the entire lake Albano, while Caligola held two luxurious floating villas anchored in the Lake of Nemi; the famous Roman ships of Nemi, of which the remains can be admired in the museum dedicated to them. Over the centuries the families of Roman aristocracy competed in building, beautifying and renovating their luxurious country residences, embellished



The two volcanic lakes ©Valerio Marino

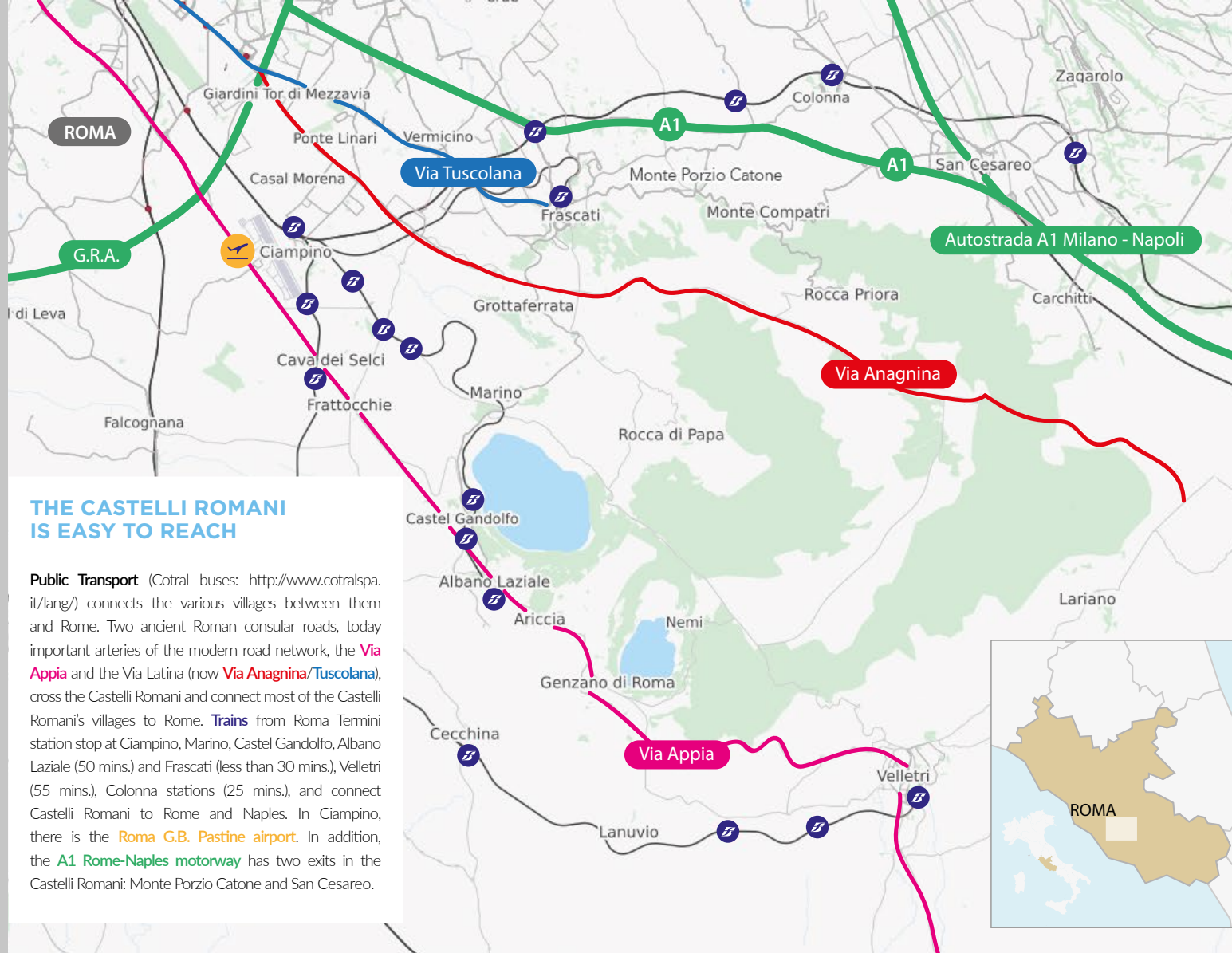
with elegant parks and gardens, thus enriching this territory with important and valuable landmarks. Built initially as country houses, these Famous **Tuscolan Villas** soon became real status symbols for nobility and members of the papal court. The discovery of their long

history will entice you. Among these beautiful residences stands the **Pontifical Palace of Castel Gandolfo**, the summer residence of the Pope, erected in the first half of the 1600s designed by Carlo Maderno. Gian Lorenzo Bernini was also involved in its construction.

Curiosity

WHY IS THIS AREA CALLED THE CASTELLI ROMANI?

In 1309 the papacy went through a period known as "Avignon captivity", when it was forced by the French crown to move to Avignon. Rome, deprived of the important papal presence, subsequently suffered an important crisis, becoming a more vulnerable and less safe city. Thus began the phase known as the fortification, in which the noble families left the city and began to build, in their agricultural properties not far from Rome, fortified residences, such as the fortress of the Annibaldi (remains in Rocca di Papa) and the fortress of the Savelli (current municipal building of Rocca Priora). In 1500, when Rome regained its power, these families left the Fortresses.



THE CASTELLI ROMANI IS EASY TO REACH

Public Transport (Cotral buses: <http://www.cotralspa.it/lang/>) connects the various villages between them and Rome. Two ancient Roman consular roads, today important arteries of the modern road network, the **Via Appia** and the Via Latina (now **Via Anagnina/Tuscolana**), cross the Castelli Romani and connect most of the Castelli Romani's villages to Rome. **Trains** from Roma Termini station stop at Ciampino, Marino, Castel Gandolfo, Albano Laziale (50 mins.) and Frascati (less than 30 mins.), Velletri (55 mins.), Colonna stations (25 mins.), and connect Castelli Romani to Rome and Naples. In Ciampino, there is the **Roma G.B. Pastine airport**. In addition, the **A1 Rome-Naples motorway** has two exits in the Castelli Romani: Monte Porzio Catone and San Cesareo.



Prati del Vivaro ©Valerio Marino

MORE ABOUT THE TERRITORY AND ITS HISTORY

The "Roman Castles" arise in the physiogeographic region of the **Alban Hills**. The latter were formed following the intense eruptive activity of the ancient **Latium Volcano**, during various geological eras, originating in several phases especially around the areas of the fields of Hannibal (Campi di Annibale), Monte Cavo (1000 m S.L.), the Iano Hill, from which several volcanic lakes emerged, among which **Lake Albano** and **Lake Nemi**, that we can still admire. Other lakes that subsequently dried up, are now the fertile agricultural valleys where some of the best wines of Lazio are produced. The earliest evidence of human presence dates back to the Paleolithic era, but the event that left a profound mark in the history of this territory is its colonization by **the Latins**,

which began in 2000 BC. and is cited by many ancient authors. Already four centuries before the foundation of Rome, the Latins had built important settlements here such as Alba Longa, Tusculum, Aricia, Lanuvium, Velitrae, all firmly allied in the Latin League. The Latins constituted for centuries a thorn in the side of Rome but they were definitively defeated in 338 BC. and they passed under **Roman rule**. With the Barbarian invasions, the Roman nobility and their courts took refuge on the Alban Hills by building their strongholds, around which over the centuries, villages developed to become the **Castelli Romani**, today representing one of the attractions of this territory. Over the following centuries, the various fiefdoms effectively passed to the **Church** of Rome, which gradually became the owner of all the plots of land in the area. A sequence of events, among which the repeated barbarian incursions, the struggles between noble families, the increasingly cumbersome presence of the Church,

continued until the mid-sixteenth century, when a flourishing period of peace and stability began, during which the families of Roman aristocracy competed building, beautifying and refurbishing of their luxurious country residences and elegant parks and gardens, as well as enriching the Castelli territory with important infrastructures and valuable landmarks. This particular period left a great treasure-trove of cultural heritage that can be visited, from the famous **Tuscolan Villas** to the **noble palaces**, from the wonderful **gardens** to the many works of art. The peace lasted until the second half of the eighteenth century, after which the Austrian succession war, the Napoleonic campaign of Italy and the World Wars, all left wounds and destruction throughout the territory. Today the Castelli Romani is back in focus among the most popular tourist destinations close to Rome, attracting visitors from all over the world, who remain enchanted by the delicious food and wine, landscape and historical-artistic wealth.

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Not to be missed!!!

MEMORIES THAT WILL REMAIN of the mountains, the hills, the lakes and the woods are priceless

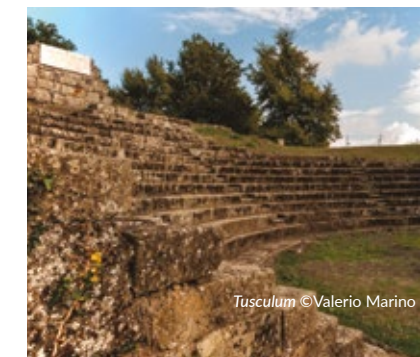
“*... this marvelous country is sublime; this lake resembles a tragedy, with its setting of magic and forests, of solitude and abandonment, of countryside and of marine beaches.*”

Luigi Devoti



FROM THE ANCIENT CITY OF TUSCULUM TO BARCO BORGHESE

A real journey through time, beginning with the **Latins** and **Romans**. From the site where remains of **Tusculum** can be seen (which, by the way, was first a Latin city, then Roman, finally Medieval), you can enjoy the spectacle of a breathtaking view of the Valle Latina and see the beautiful Roman theatre (still used in summer for shows), the paved Via dei Sepolcri and other smaller buildings. Further downhill, between the towns of Frascati and Monte Porzio Catone, discover the vast archaeological complex of **Barco Borghese**, a large rectangular esplanade that was probably the enormous basement of a Roman villa, consisting of 180 'rooms' with vaulted ceilings; these rooms have been reused over the centuries in various ways: as cisterns, warehouses and more recently, in the last century, as mushroom production grottoes. *For info see page 45.*



UNDERGROUND ARCHEO-TOUR IN THE CATACOMBS OF AD DECIMUM AND OF SAN SENATORE



For lovers of underground tourism we recommend two places rich in history and cult: the catacombs of **Ad Decimum** and **San Senatore**. The first are so called because of the location at the tenth mile of the ancient Via Latina (corresponding today to km 6 of Via Anagnina, in the municipality of Grottaferrata); they are among the best known in the area for the excellent state of conservation of the two tunnels dug out of the tuff rock, which branch off into smaller arteries, for a total of 225 meters containing more than a thousand graves. The catacombs of San Senatore are also very interesting, because they are rich in different polychrome frescoes and pagan and Christian sepulchral inscriptions. *For info see pag. 29 and 39.*

FROM THE “OCCHIALONE”... A PANORAMA NOT TO BE MISSED

Would you ever expect to see the two lakes of Nemi and Albano and the sea at the same time, perhaps at sunrise or sunset? From the Campi di Annibale, the highest point of Rocca di Papa under the Cavo mountain you can! Take the path that leads to the ancient **Via Sacra**, a road that the Latin people used to reach the temple of Jupiter in procession, which still retains the original basalt slabs. By following this ancient road you will reach the panoramic point called **the occhialone**, from where you can see the **two volcanic lakes** side-by-side that, due to their circular shape, have come to be compared by onlookers to a huge pair of glasses (Occhialone); while the blue strip of **sea** looks like a mirage in the background. A walk suitable for everyone. *For info see pag. 48.*



THE TOUR OF THE LAKE ON FOOT, BY BIKE, KAYAK OR BOAT

A circuit of ten kilometers along the shores of Lake Albano, to be traveled slowly to fully enjoy the landscape of this natural reservoir. The path first winds along the beaches, the sports clubs and then mostly in the rich greenery.

Along the way you can visit, with a guide, the **Doric Nymphaeum**, the **Nymphaeum Bergantino**, the **Emissary** and the **village of the Macine**.

The shores of the lake can also be admired from the water, by renting a kayak, pedalo or a sailboat from one of the various clubs along the coast, or by boat, along the so-called **“Water Path”**.

For info see pag. 32.



ALONG THE SOUTHERN PART OF THE FRANCIGENA WAY

It was here that the ancient Via Francigena passed, in the stretch that from Rome descended towards Brindisi to lead to Jerusalem, crossing beautiful villages, green

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woods and magnificent lakes. The path of the ancient pilgrims is now well marked in the direction of Rome: starting from **Velletri**, you meet the lake and the village of **Nemi**, the **Via Sacra**, Lake Albano and **Castel Gandolfo**, then continuing to Rome along the Appia Antica. From Velletri (which is served by the railway) to Rome, it takes two days with an overnight stay in Castel Gandolfo. Alternatively you can opt for just the 10 km stretch between Nemi and Castel Gandolfo, which is very beautiful and can be covered in 4 hours.



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WALK AROUND THE EDGE OF THE CRATER

Taking advantage of a beautiful sunny day, we recommend this route, suitable for everyone, which follows the north ridge of the outer crater of the Colli Albani, which leads **from Frascati to Rocca Priora** in a few hours. It starts from Frascati and, at the entrance of Villa Falconieri, continues along **path n.501** that runs along the border wall of Villa Mondragone, then further up to the

Hermitage of Camaldoli, to ascend gradually to Tuscolo, near the archaeological area. From here on, the panoramic walk offers various different wonderful views over the beautiful Valle Latina to continue along the next path, labeled **n.503**; before getting on Monte Salomone you can decide to make a detour to the Convent of San Silvestro to then rejoin the path again and soon reach Rocca Priora. The two villas, Falconieri and Mondragone, and the archaeological area of Tusculum can be visited with a guide. *For info see pag. 36 and 45.*



AN ORIGINAL RAILWAY MUSEUM

A special one-of-a-kind museum, is located on Via Casilina, near Colonna station (on the ancient Rome-Fiuggi-Frosinone railway line, about 600 meters from Colonna Galleria station). The Museum, mostly open-air, has a series of locomotives, carriages, freight cars and other special railway vehicles on display on the ancient railway tracks, mainly coming from the three Lazio railways, under concession. The rolling stock can all be visited and some of the exhibits have been set up with vintage photos and objects related to the railway. Many other railway objects and photographs are displayed in the station and in the goods-warehouse. In the different spaces the rooms of the early twentieth century have been rebuilt, with furniture and mannequins in costume. Not to be missed, for fans of the genre and beyond. *For info see pag. 34.*

NOT ONLY WINE, EVEN BEER AND CHOCOLATE!

The Colli Albani hills are certainly a wine-growing area, but the Castelli Romani has more than just wine to offer. In vibrant Ciampino, for example, **beer festivals** are organised during the holiday season, where you can also taste various quality-food products and attend shows and concerts. But even out of season in Ciampino you can enjoy a tasting tour of craft beers with a bright, fresh, fragrant taste; visiting places like King Arthur, Stazione Birra

and Beerclub where tasting great beer often comes paired with excellent live music. Then for those with a sweet tooth, a visit to the "Casa del Dolce" is a must, to taste chocolate specialities (made with passion by this local Ciampinese company since 1974), where you can also purchase gifts such as Easter-eggs, chocolate blocks and artisan chocolates. Their delicious and fine chocolate is made using the best possible cocoa beans available on the international market, along with other natural and genuine ingredients; their elegant and unmistakable packaging make ideal sweet gifts.



THE SUMPTUOUS VILLE TUSCOLANE

The landscape of the territory within Frascati, Monte Porzio Catone and Grottaferrata is enriched by a series of sumptuous patrician residences from the late Renaissance and Baroque eras, which the Roman nobility built in the bucolic Alban Hills. Today some can be visited, others are luxurious hotels and others still are private residences. Among the residences that you can visit is **Villa Falconieri**, built in Frascati in the 16th Century and enriched by Borromini's

architecture, boasting beautiful interior fresco decorations and a large park. Today it hosts the Vivarium Novum Academy, an International center of Humanities and educational institution dedicated to the study, teaching and promotion of the classical languages, of Latin and ancient Greek, amongst young people coming from all over the Globe. Arriving in Frascati, you cannot ignore **Villa Aldobrandini**, for its imposing monumentality, that welcomes you and dominates the main square, surrounded by greenery and made unique by the 2500 square meter nymphaeum, with beautiful fountains

and terraces on several levels. The park can be visited and occasionally some interiors. Next to Villa Aldobrandini is **Villa Torlonia**, of which only the beautiful garden remains since the events of WWII, today it is a public park. The largest of the "Tuscolan Villas" is the beautiful **Villa Mondragone**, which is now run by the University of Tor Vergata for conferences and events but also open to the public for guided visits. Then there are **Villa Grazioli** and **Villa Tuscolana**, both in wonderful panoramic positions and which are now prestigious hotels. *For info see pag. 36, 39, 45.*

IN THE FOOTSTEPS OF THE GRAND TOUR

Painters and writers of the Grand Tour era travelling throughout Italy often visited the Castelli Romani; Ariccia in particular. The elegant piazza of the ancient village of **Ariccia** was designed by Bernini with the Church of the Assumption and **Palazzo Chigi**. The latter can be visited, along with the vast park, and is embellished with furniture, decorations, leather-covered walls, a library, a pharmacy and a collection of paintings and sculptures of the seventeenth and eighteenth centuries.

The interiors were chosen as the location for several scenes of the film "Il Gattopardo" (1963) by Luchino Visconti with Burt Lancaster, Claudia Cardinale and Alain Delon. The famous scene of the grand ball, for example, was shot right in the wonderful hall of Palazzo Chigi. A few steps from the main square you can visit the **Locanda Martorelli** which hosted many great artists of the Grand Tour, such as Corot, Turner, Ibsen, Longfellow, Gogol, Costa, Kuntze and many others. Do not miss the series of murals that illustrate the mythological history of the country.

For info see pag. 30.



A BORGO MADE OF FLOWERS

In June in **Genzano di Roma**, many men and women patiently, day and night, "peel" the flowers to collect the petals that will be used to decorate the main street of the city that, slightly uphill, leads to the Duomo. A natural canvas that hosts wonderful images, real works of art made with colorful flower petals. The exhibition is spread over 2,000 square meters and requires about 400,000 flowers. It is the famous **Infiorata** Festival, pride of the Genzanese artists, which takes place during the weekend of Corpus Domini in June. This

event was inaugurated in 1778 and attracts thousands of tourists from all over the world. We recommend that you experience it throughout all its different phases: on Friday evening the Infioratori Masters elaborate the drawings on the ground, which will then be completed Saturday night by laying the different coloured petals on the pavement; on Sunday the designs remain on show and on Monday there is the ritual of the 'spallamento', reserved for children who run over the mantle of flowers creating a joyous cloud of colors and perfumes.

For info see pag. 35.

THE VATICAN IN THE CASTELLI ROMANI

The majesty of the Pontifical Palace, undoubtedly contributed in making **Castel Gandolfo** one of the most **beautiful villages in Italy**. It welcomes those who arrive on the main square. Every Saturday a train leaves from the ancient railway station of the Vatican City to the Castelli Romani, to take tourists to visit the **Pontifical Villas** and the **Vatican Gardens**; through the botanical rarities, the farm and the archaeological remains of Domitian's villa, the enormous cryptoporticus,

on to the discovery of the lush Barberini Garden. Complete the tour by visiting the Pontifical Palace with its rooms full of works of art. Before returning to Rome by train, there is also time for a stroll in the beautiful village of Castel Gandolfo, with its art and craft shops, ice-cream parlours, restaurants and also to admire the fantastic views of Lake Albano (also known as Castel Gandolfo lake). The Pontifical Palace can be visited every day except Sunday from 9am to 1pm (Saturday until 4.30 pm). The Pontifical Gardens can be visited every day from 9am to 8pm.

For info see pag. 32.



BREAD, POLENTA AND MUSHROOMS!

Among the towns of the Castelli Romani, **Lariano** is nicknamed "the village of festivals" for a good reason! It's hard to be bored when there are so many parties, festivals and music animating the village throughout the year. What do they have to celebrate? Mainly food. Lariano is known for its artisan MCG-certified dark flour **bread**, which accompanies **porcini mushrooms** collected in quantity

in the surrounding woods. Among the local specialties we mustn't forget the tasty **cellitti**, long gnocchetti pasta made with water and flour: after boiling they are seasoned with a quick sauce made of tomato, garlic, parsley and pecorino. Bread, porcini mushrooms, cellitti have their festivals (between May and September), on top of which festivals dedicated to bruschetta, pizza, wild boar and polenta are also added. The rustic delicacies of Lariano can still be enjoyed all year round in the typical restaurants of the village.

For info see pag. 42.



A DAY WITH THE “LEGIO SECUNDA PARTHICA SEVERIANA”

In **Albano Laziale** is there one of the largest Roman water reservoirs in the world, consisting of five gigantic naves, the water reserve of the **Second Parthica Legion**: the so-called **Cisternoni** can hold about 10,000 cubic meters of water and are still in use today. Together with the **Roman Amphitheater**, the **Baths of Caracalla**, the **Villa Imperiale**, the **Porta Pretoria**, the **Sepulcher of the Orazi and Curiazi**, the **three Museums**, the **Catacombs**

of **San Senatore**, Albano is an unmissable place to tour. On Saturdays, you could even encounter Roman legionaries doing some military exercises: they are members of the Legio Secunda Parthica Severiana Association, that have recreated the costumes and weapons of the legionaries with great accuracy, and practice every week in archaeological sites. In June the municipality often organises a Festival about the traditions of ancient Romans. Albano is also home to several beautiful churches, some of which, like **San Pietro and la Rotonda**, stand on the remains of Roman buildings of **Castra Albana**. *For info see pag. 29.*

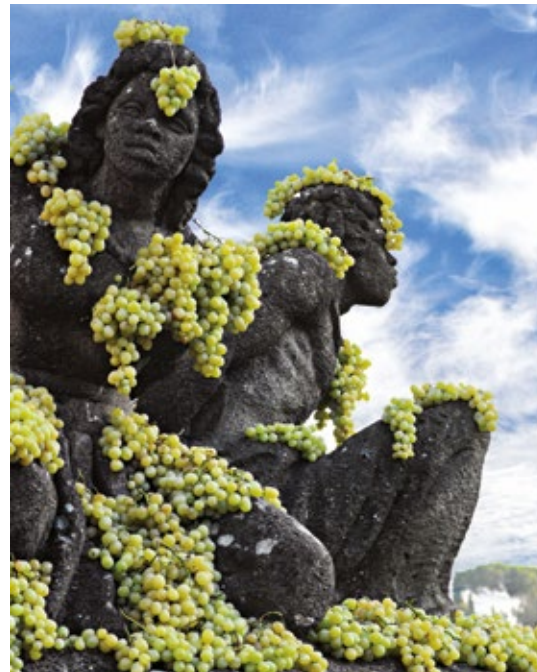


A TOUR OF THE “FRASCHETTAS” INDULGING IN WINE AND PORCHETTA

Wherever you are in Castelli Romani, for lunch you really have to try a sandwich or roll with porchetta (spiced spit-roasted pork), accompanied by a good glass of local wine. La **Porchetta di Ariccia** is a certified IGP product that is famous all over the world. The town centers of Ariccia and Frascati are full of frascette, the typical Castelli Romani taverns. Today there are a couple left where like in the old days, you can take your own food and just order wine, but now most offer their own menu of specialities. However, wherever you go in the Castelli Romani, ask the locals and they'll happily show you where to eat a good sandwich with porchetta, or a plate of local cold cuts and cheeses and drink a glass of wine. You can't go wrong, just sit down, eat, drink and relax, you're in the Castelli Romani!

FIND OUT MORE ABOUT THE BASILIAN MONKS

The fortified **Abbey of San Nilo**, in the town of **Grottaferrata**, dates back to the year 1004 and houses a Basilian congregation, that although still under the Church of Rome, follow the Byzantine rite of the Church of Constantinople. The Monastery, built on the remains of a Roman villa of which the **cryptoporticus** is visible, is enclosed by massive **crenellated walls** with a walkway, a fortress and a semicircular tower.



The beautiful church, with a Romanesque **bell tower**, contains the so-called **Crypta Ferrata** (the primitive church of San Nilo which gives its name to the surrounding town) and the **Farnese chapel** richly frescoed by Domenichino. The cloister, the rich archaeological museum and the library with over 50,000 ancient volumes are also outstanding. The Abbey also hosts the famous **Laboratory of Restoration of Ancient Books**, where the famous “Codex Atlanticus” of Leonardo da Vinci was restored. *For info see pag. 39.*

WHERE WINE FLOWS FROM FOUNTAINS

The famous **Grape Festival of Marino** (Sagra dell'Uva), one of the oldest festivals in Italy, is held every first Sunday in October as it has been since 1925, when it was contrived by the poet Leone Ciprelli, who began what was to become a tradition that would spread throughout the peninsula. For the occasion the fountains of the town actually have wine gushing out and the streets become filled with people who eat, drink and sing together, immersed in a contagious festive joy. The different squares and lanes of the town host performances, concerts, traditional dances, flag-wavers, and much more. The festivities of the Madonna del Rosario, which



commemorate the victory of the Holy Alliance against the Ottoman Empire in the Battle of Lepanto on 7 October 1571, are counterbalanced by the profanity of the wine festival. Do not miss the evocative **re-enactment of the Historical Procession for the return of Marcantonio Colonna from the Battle of Lepanto**, curated by a group of local associations who have recreated the clothes, weapons, musical instruments, flags and hairstyles of the time. *For info see page 43.*

In the Castelli Romani there is so much to do...

ITINERARIES YOU CAN DO IN ONE DAY

Here we have a few suggestions of themed proposals, each of which includes a short one-day itinerary, concentrated in one particular area of Castelli Romani to make transfers from one place to another easier. Choose the itinerary that inspires you the most. If you happen to have two or more days available (even better!) you can simply combine them or even spend more time in the town you are already in. Consult the section "Do not miss" or the different pages dedicated to individual villages and their attractions to make the most of your visit to the Castelli Romani.



#1

WANDER CHARACTERISTIC VILLAGES, TRAINS AND GOOD WINE

This day starts from **Monte Porzio Catone**. The itinerary includes a visit to the small village and the Wine Museum for which the town is famous. Continue towards **Monte Compatri**, buy some pizza and go up to the Santuario di San Silvestro to have a snack while enjoying the beautiful view. Descend towards **Colonna** to immerse yourself in the world of traditional local rail transport by visiting locomotives and electromotive vehicles and the reconstructed station environments. From here, take a trip to **Rocca Priora** to end the visit with an aperitif or a good typical dinner.



#2

SAVOUR THE VILLAGES

Begin your journey with a visit to the beautiful Abbey of San Nilo in **Grottaferrata** in the morning. Continue to the village of **Rocca di Papa** and go up to the Medieval Fortress and follow the tour of the murals on foot. Go down to **Frascati** and chill in some fraschettas to taste typical local specialties. Later on, immerse yourself in history by visiting **Marino** underground, in the 'peperino' caves that once housed the barrels containing the good wine of the Castelli Romani. Round off the day with a stop at **Ciampino** to taste handcrafted chocolates or to drink a good local beer.

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#3

TASTE THE APPIAN WAY

This itinerary crosses four marvellous villages along the Appia Antica (Regina Viarum), tasting their delicious enogastronomic products. It begins with the archeological circuit of visits in **Albano**: The Cisternoni, Roman amphitheater, Pretoria Gate and museums. Continue with a visit of Palazzo Chigi and Locanda Martorelli in **Ariccia**. For lunch, you can't miss a rustic sandwich with porchetta or stop in a fraschetta! Have merenda (a mid afternoon snack!) in **Genzano** with homemade bread and cold cuts or homemade desserts. Then last stop, relax and stretch your legs in **Castel Gandolfo** with a walk through the art and craft shops of the pedestrian city center. Maybe you'd like to round off the day by having dinner with a view of the lake.

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#4

LAP UP LOCAL NATURE AND CULTURE

We suggest beginning with a short walk in the open air in the natural area of the Fonte Ontanese (Lariano), then reach the village of **Lariano** to taste the excellent bread and, if it is the season (late summer to autumn) wild porcini mushrooms. Move on to **Velletri**, for a brief visit of the historic city center: the Torre del Trivio, passing through the ancient Convent of the Carmine to then reach the Piazza of the city hall (Comune) to admire the view of the Pontine Islands in the distance. Continue to **Lanuvio** for a visit of the remains of the Sanctuary of Giunone Sospita and the diffused Civic Lanuvino Museum with its medieval tower. At sunset you must make sure you are at **Nemi** to sip a fresh and sweet "sprit" with strawberries, overlooking the lake!



#5

WEEKEND IN THE CASTELLI ROMANI WITH YOUR CHILDREN

If you are spending a weekend in the Castelli Romani with children there are kid-friendly activities. In Grottaferrata try the **Adventure Park** that has routes for both adults and children plus a picnic area where you can spend a pleasant spring, summer or autumn day. At the **mosaic laboratory** in Castel Gandolfo you can create true works of art with the whole family to take home as a souvenir. At the **Colle degli Asinelli** in Monte Compatri you can empathize with the donkeys at the donkey sanctuary. For small bike lovers there is **Bio&bike**, between Rocca di Papa, Nemi and Velletri, where children can learn techniques of riding or just be introduced to mountain bike sport amongst the beautiful scenery of the Pratoni del Vivaro. If you prefer horse-riding, go to Equiazione <http://www.equiazione.it/> in **Vivaro**.

Taste The Castelli Romani

FOOD & WINE

There are many typical products and “certified” dishes in the Castelli Romani. These have names that are followed by DOC, DOCG, IGP, DOP, PAT, MCG. There are more than thirty in total, including 9 wines. Did you know that the Castelli Romani produces 80% of the certified wine from the Lazio Region? There are too many to list them all, but here we give a few suggestions of things to taste while you are in the Castelli Romani. Many festivals actually celebrate these typical products: from wines to roasted pork, from strawberries to bread.



The wines:

A Dionysian delight: COLLI LANUVINI WINE



In the straw-colored “bianco” version with exotic scents, the Trebbiano verde grapes enrich its appearance, offering purity and subtle green nuances, enhancing its harmonious and velvety flavour; superlatively expressed in its “superiore” version. In the ‘rosso’ version on the other hand, it’s the warm blend of persistent and harmonious Merlot that offers a round and soft red.



The nectar of the Alban Hills: WINE COLLI ALBANI



In the aromatic purity, typical of this particular wine, Malvasia Bianca di Candia plays an important role. Locally known as “Red Malvasia” it makes up for up to 60% of the blend, with Trebbiano and other local grapes that are the bearers of the wine’s fruity fragrances and gentle persistence.

The emblem of tradition: CASTELLI ROMANI



The carefree and easy going atmosphere that you encounter when visiting Castelli Romani, is epitomised in the fresh and fruity taste of the white version of “Castelli Romani” wine. While tasting the fragrant softness of the homonymous red, you can savour all the joy and love for life that pervades the area in its round and lively taste.

A sweet emotion: CANNELLINO



The particular late harvest to which they are subjected, concentrates the taste and characteristics of our local grapes (mainly Malvasia Puntinata and Candia) to tantalize your taste-buds.

A volcanic taste: VELLETRI



The types produced include "Bianco" and "Bianco Superiore", both of which are straw-yellow in colour, with delicate and fruity aromas, and a velvety sweetness to discover and enjoy. The "Rosso" version has a ruby colour of varying intensity, tending towards garnet red in the "Riserva" version.

28 shades of white: MARINO WINE



Generations have been able to enhance the exceptional qualities of this white wine in many different types. This is the case for the Bianco, Superiore, Classico and Classico Superiore, versions which each include the Secco, Abboccato, Amabile or Dolce categories. Further varieties can be savoured for the Sparkling, Late Harvest, Passito and Spumante versions for a total of 28 fabulous shades of a unique incredible wine.

The white wine of the Popes: FRASCATI WINE



The sublimity of this wine derives from the selection of marvellous bunches of Malvasia Puntinata grapes, typical of the Lazio Region, together with other local white grapes, that offer exclusive qualities linked to the land's volcanic properties.

A history of excellence: FRASCATI SUPERIORE



A straw-colored wine, a notch above the others, enticing with its intense floral scents; rich, savoury and mineral, completed by its soft and velvety, slightly almondy, aftertaste. Enhanced thanks to the soft pressing of the grapes, and the careful selection both of the grapes at harvest and of the different batches of must.

A journey through tradition: VINO MONTE COMPATRI- COLONNA



A delicate and elegant perfume, the prelude of a harmonious and characteristic flavour that distinguishes the Monte Compatri-Colonna wine from every other since the time of the Latin Georgics. A superb white, that reflects a territory and tradition that has given the world one of the greatest pleasures of life for thousands of years. Everything, in tasting, shows the uniqueness and incredible quality of this wine.

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Other agri-food products:

The tears of the goddess Venus: FRAGOLINE DI NEMI



The ancient essence of a goddess, enclosed in a timeless fruit. Two thousand years of sweetness on the banks of Lake Nemi. The small wild-strawberry of Nemi, with its sweet aroma and an aftertaste of sophisticated delicacy, has won a special place in the shops, bars and restaurants of this bijoux-town.



The best of IGP certified breads: PANE DI GENZANO



It comes in the form of a classic loaf, with a heart of soft, ivory-colored crumb enclosed by a thin and crisp dark crust, with the fragrant smell of wheat.

A truly tasty encounter: PORCHETTA DI ARICCIA



A gastronomic work of art. Its origins date back to pre-Roman times, to those Latin priests who had the important task of working and preparing pigmeat to offer in sacrifice to Jupiter Laziale, in the temple on the nearby Cavo mountain. Even today, the preparation



of this pork specialty is a real ritual, for which only female specimens are used, whole, hence the (female) name "porchetta", whose meat is notoriously more lean and tastier.

A soft temptation: PANE DI LARIANO



Semi-wholemeal wheat flour and sourdough (or starter yeast), are the basis of its original dough, rich in fiber and highly digestible. Subjected to a double leavening, it is loved particularly for the spongy softness of the breadcrumb, and the fragrance of its golden crust. A rustic and savory taste, with a delightful aftertaste of cereal.



Vineyards ©Sergio Bufalini

The “Venus” of Frascati: PUPAZZA FRASCATANA



Plain type 00 flour, extra virgin olive oil, sweet millefiori honey from the Agro Pontino, and finally a sweet orange distillate that infuses this yummy biscuit with its typical aroma and taste, that is delightfully aromatic. The voluptuous goodness of Frascati that seduces with her sweetness of honey and the charm of her many curves, as legend has it, one of the three breasts is reserved for wine.



Best wishes of a happy marriage: CIAMBELLA DEGLI SPOSI



Delicious, fragrant and golden ring-biscuits. The success of the wedding depends on their delicious taste. The romantic sweetness of cherry, combined with the aromatic intensity of anisette liqueur, are probably the key to the tasty success of these biscuits, with a crisp and light consistency.



in the kitchen with...

CAVOLETTI AND BACCALA SOUP

An ancient dish. The best a Peasant could wish for as a mid-morning breakfast.

Ingredients for 4 people:

- 800 gr. of salted cod
- 4 potatoes
- 1 onion
- 100 gr. of cherry tomatoes
- 1.5 kg of black cabbage
- Extra virgin olive oil
- salt
- pepper
- Slices of stale bread

Cut the cod into large pieces and boil for 5 minutes to remove most of the salt and drain. In a saucepan, boil together in 4 or 5 liters of water: the onion, the tomatoes and the cod for about 20 minutes, add the black cabbage, the potatoes and cook for another 20 minutes. Add salt only after tasting to check if necessary. In a deep dish lay the stale bread cut into cubes, sprinkle with cooking-water from the saucepan, wait a few minutes for

the liquid to be absorbed, drain any excess, place the cabbage, potatoes and cod on the bread, season with oil extra virgin olive oil and pepper.

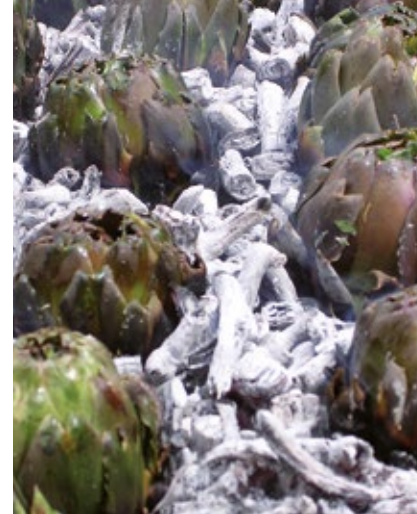
Recipe by *Benito al Bosco*
restaurant in Velletri

MATTICELLA ARTICHOKE

Typical dish from Velletri. Prepared in the embers of a bonfire and left to cook, the artichokes release a unique scent. Peasants used to prepare this recipe in spring when they cleaned the vineyard from the old branches after pruning, which were collected in small bundles known as “matticelle”, kept to be used in winter to start fires in the fireplace.

Preparation:

Light a few bundles of matticelle at least 10 cm high, and leave to burn. Wash the artichokes, leaving 3 or 4 cm of stem and leave them wet upside down until they open. Or bash them to open them on a work surface. Fill them with chopped mint, garlic, coarse salt and olive oil. Put them in the embers upside-down. When the seasoning starts to emit its aroma, remove them from the embers and serve them still very hot (cooking at least 40/50 minutes).



PASTA CACIO E PEPE

Historical and fun dish of Castelli Romani cuisine, all that is needed is a piece of “Pecorino Romano” and a little pepper and the recipe is complete! Eat at any time of the day or night, excellently paired to a nice glass of wine.

Ingredienti per 4 persone:

- 400 gr of spaghetti
- 125 gr of pecorino cheese
- salt and pepper

Boil the spaghetti until cooked, drain then season with the mixture of grated pecorino and pepper, to which you have previously added 2 ladles of cooking water whilst away from the heat.

WINE RING-BISCUITS

So called because wine is used in the dough, along with aniseed. Made with wine, ideal to dip into wine! A great way to soak up your wine after dinner.

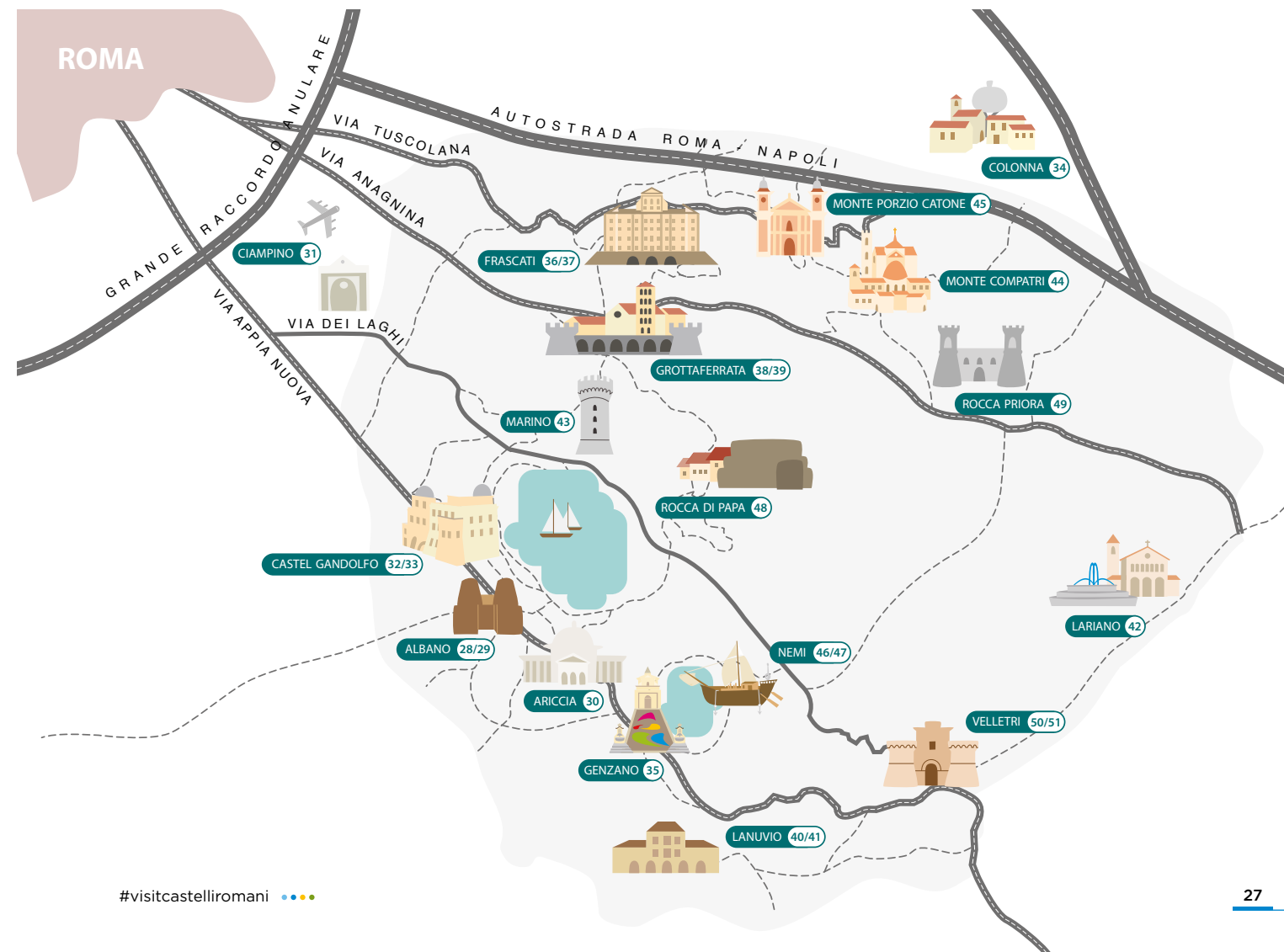
Ingredients:

- 300 gr of flour
- 2 cups of olive oil
- 100 gr of sugar
- 1 glass of dry wine;
- 25 gr of aniseed
- a pinch of salt

Recipe taken from *La Cucina Velletrana*
by Roberto Zaccagnini



EXPERIENCE THE ANCIENT BOROUGH



ALBANO LAZIALE and the origins of Rome



Curiosity

Broccolo Capoccione, this variety of high quality broccoli is the most important typical product of Albano, so named for the size of its big inflorescence. It is the main ingredient of one of the most renowned dishes of Albano's gastronomic tradition: the broccoli "attufati"... a real pity not taste it while you are here!

Pro Loco Albano

Largo Leonardo Murialdo, 4
3405928026

Ufficio Turismo e Cultura

Viale Risorgimento, 1
06 93263240

Museo Civico Archeologico di Villa Ferrajoli

Viale Risorgimento, 3
06 9323490

Museo Diocesano e catacombe San Senatore

0693269490
info@musediocesanolalbanolazio.it

Associazione Legio Secunda Parthica Severiana

www.secundaparthica.com

It was chosen by Septimius Severus who built a city on the **Appia Regina Viarium**, to establish his Legio Secunda Parthica Severiana. Albano is worth a visit for the numerous archaeological sites: the **Amphitheater**, the **Porta Pretoria**, the gigantic **Cisternoni** (water reserve of the city), the **Baths of Caracalla**, the **Villa Imperiale**, the **tomb of the Orazi and Curiazi** as well as the opulent **San Senatore catacombs**. Three interesting museums enrich the city, the **Civic museum**, the **museum of the Second Parthica Legion** and the **Diocesan Museum**, together with several beautiful churches some of which

were built on pre-existing Roman buildings, such as the church of **San Pietro** and **La Rotonda**. The lively town streets are full of bars and pubs open until late at night. The town distinguishes itself for the large series of events that take place throughout the year. These include "Atmosfera del mondo romano antico", an historical re-enactment of the ancient roman period in June, the **Bajocco Festival**, a festival of street artists during the first part of September, and the **Anfiteatro Festival** which takes place in the evocative setting of the Roman amphitheater, between second part of July and 15th of August.



Roman Amphitheater ©Valerio Marino



ARICCIA and the Grand Tour

Curiosity

Luchino Visconti chose Palazzo Chigi of Ariccia as the set for much of his masterpiece "Il Gattopardo" that starred Burt Lancaster, Claudia Cardinale and Alain Delon. The dance scenes shot in the sumptuous halls of the Palazzo are unforgettable... not to be missed!

Ufficio Attività culturali e turistiche
Piazza S. nicola snc
06 93485236

Parco e Palazzo Chigi
Per le visite: palazzochigiariccia.it
Piazza di Corte 14
06 933 0053

Locanda Martorelli
3883636502
(archeoclub aricino-nemorense)

Villino Volterra
069320097
parco@villinovolterra.it



Located between Albano and Genzano, it can be reached by crossing the **monumental bridge** after Albano, which is considered one of the most important engineering works of the nineteenth century. The vibrant city center rises on top of a rocky spur that faces towards Vallericcia, the ancient dried up lake basin below, where the remains of the ancient Aricia and the **Appian Way** can be found. Renowned painters and writers of the Grand Tour wouldn't miss stopping in Ariccia at the **Locanda Martorelli**, which can now be visited. The beautiful **Piazza di Corte** of the ancient village was designed by Bernini and houses

the **Church of the Assumption** and **Palazzo Chigi**. The latter can be visited, together with the vast park, and is filled with precious period furniture, decorations, walls covered in leather, a library, and a collection of paintings and sculptures from the seventeenth and eighteenth centuries. Do not miss the **Villino Volterra** and the **Sanctuary of Santa Maria di Galloro**. Ariccia is famous all over the world for its porchetta PGI, to which a festival is dedicated in September. This typical product, accompanied, as always, by a good glass of wine, can be savored all year round in the various frascettas that fill the historic center.

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CIAMPINO gateway to the Castelli Romani

Curiosity

The airport of Ciampino was originally an airfield dedicated to the flights of dirigibles in 1916, and then became a military airport open to civil traffic in the '30s. Since the 1960s, because of its high security, it has been the preferred airport for most heads of state and personalities visiting Rome and Italy.

Pro Loco Ciampino
Viale del lavoro, 61
06 7915275

URP
Viale del lavoro, 71
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Ufficio Comunicazione
comunedicampino@gmail.com



it is a passing city for many Italian and foreign tourists who want to visit Castelli Romani and Rome, because of its international airport. The village is of modern construction but in the surroundings you can find various remains, both medieval (such as the **Torre dell'Acqua Sottoterra**) and Roman (such as the remains of the **Roman villa** attributed to Marco Valerio Messalla Corvino). In Ciampino you can immerse yourself in a tasting tour of **craft beers**; bright, fresh and fragrant, be it at King Arthur, at Stazione Birra or at Beerclub. For those with a sweet tooth, the Casa del Dolce

is also a must to stock up on gifts: chocolate eggs, chocolate blocks and especially handmade chocolates. Since 2015, the Municipality of Ciampino organizes **The Week of Culture**, every third week of May, full of exhibitions, concerts and cultural initiatives. In addition, every year, on the third Saturday of September, **the Notte Bianca event** and **the Festa dello Sport** takes place in Ciampino, with exhibitions and food and wine stands, street performers and sports demonstrations. In summer for the entire month of August, the Municipal Park hosts the **CinEstate festival**, with outdoor film screenings!

Overlooking Lake Albano in splendid poise on the edge of the volcanic cone, Castel Gandolfo is known for the beauty of the surrounding nature, bucolic scenery and for the elegance of its historic town center, which has earned it the title of **one of the most beautiful villages in Italy**. The town is famous all over the world for having been home to the summer residence of the Popes; which along with the magnificent gardens, has been open to the public only since 2015.

The beautiful gardens are site of the remains of the ancient **Roman villa** that was built for Domitian. There is also the Vatican Farm, that provides agricultural produce to the Pope. In the square in front of the **Papal Palace**, there

is the beautiful church of **San Tommaso di Villanova and the fountain**, both designed by Bernini, and the oldest Post office in Italy. The village has a series of panoramic spots overlooking the lake and surrounding woods, and is dotted with art and craft shops and excellent restaurants. We also recommend a visit down to the shores of the lake that fills the volcanic crater. You can walk along the **lakefront** full of restaurants and bathing establishments, sail on a boat, kayak, canoe, or walk, run or cycle the path that surrounds it. You can also visit interesting Roman remains that overlook the lake such as the **Doric Nymphaeum**, the **Ninfeo Bergantino** and the **Emissary** of the lake.



CASTEL GANDOLFO

The Popes' Summer Residence

Curiosity

In the City of the Popes, even the local typical product has a religious nuance! The typical peaches of Castel Gandolfo, are known as "priest's cheeks", so called for the rosy and velvety appearance; particularly delicious thanks to the fertile volcanic soil. For 80 years now there has been a festival at the end of July to celebrate peaches, which showcases more than a hundred types of peach from local producers, from the rest of Italy and from abroad. The typical Sunday peach aperitif is obviously made with the excellent local wine.



Pro Loco Castel Gandolfo
Via gramsci snc c/o stazione FS
info@prolococastelgandolfo.it
www.prolococastelgandolfo.it





COLONNA

grapes, wine and pincinelle pasta

Curiosity

It is said the Noble Colonna family takes its name from the fief, and not vice versa! In fact the name of the village probably derives from the remains of an ancient Roman column.

Pro loco Colonna
P.zza Vittorio Emanuele II, 5
proloco.colonna@tiscali.it

Ufficio Comunicazione
info@comune.colonna.roma.it

Ferrovia Museo
www.ferroviamuseo-colonna.it
stazionecolonna@alice.it



Colonna ©CarlaAlberto Leonardi

This is the smallest municipality of Castelli Romani but still attracts tourists from all over Lazio for its lively festivals, agriculture and craftsmanship. The village is located on a hill on the northern slopes of the Latium Volcano. Colonna is best known for "Italia" Grape variety (dessert grapes), kiwis and peaches, but also for the wine **Monte Compatri-Colonna DOP** and for **pincinelle**, a long pasta made with only water and flour. All these typical products are

celebrated in September with the **Sagra delle Pincinelle** and the **Sagra dell'Uva Italia**, the latter dedicated not only to the prized grapes, but also to kiwis and peaches. At Christmas there is an exhibition of Nativity scenes in the caves and in the cellars of the village. Places to visit are the **Church of San Nicola di Bari** and, on the edge of town, the **Station Museum**, full of many items from the Lazio region railways, of memorabilia and an exhibition of photographs.

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GENZANO DI ROMA

bread, flowers and creativity

Curiosity

Why is Genzano strewn with "norcinerie"? For the settlement in the town of some artisan families from Norcia during the last century; typically butchers producing salami and pork products. Do not miss a taste of these delicacies produced in Castelli Romani, to eat with the artisan IGP certified bread of Genzano.

Pro loco Genzano di Roma

Via Achille Grandi, 7
339 78 01 933
prolocogenzanodiroma@gmail.com
prolocogenzanodiroma

Ufficio Cultura e URP

Via Italo Belardi, 81
0693711347-358-359-387

DMO Castelli Romani - Consorzio SBCR

Viale Mazzini, 12
0693956063 int. 18
www.visitcastelliromani.it



Infiorata ©Valerio Marino

Genzano is the city of the **Infiorata**, a historical event that mixes elements of religiousness with folklore. The Infiorata has been taking place since the end of the eighteenth century, during the weekend of Corpus Domini, and every year it attracts thousands of tourists. The main road leading up to the Cathedral becomes carpeted with wonderful images, true works of art made with colorful petals from all sorts of flowers. It is interesting to follow the infiorata through all its different phases: from the drawing on the ground, the laying out of the petals, the presentation and right up to the "spallamento" where children run over the "paintings". Genzano is also renowned for its **artisan bread IGP** (There is a festival in September) produced by

ancient ovens and characterized by the contrast between the crunchy crust outside and the soft and spongy interior. The history of Genzano di Roma has seen as protagonist the noble **family Sforza-Cesarini**, which transformed the town's appearance and the urban layout during the seventeenth century by erecting the **Palace** that takes their name and later building the **beautiful and romantic nineteenth-century garden** overlooking the lake of Nemi. The village is also rich in beautiful churches: **Santa Maria della Cima**, **Santissima Trinità**, **San Francesco**, **Santissima Annunziata**. The town also hosts the headquarters **DMO Castelli Romani-SBCR Consortium** that has the task of promoting tourism throughout the territory.

The most famous of Castelli Romani's villages and towns, renowned for the elegance of the **Tuscolan Villas** as well as for its delicious food and wine specialties. The Tuscolan Villas are a series of sumptuous patrician residences from the late-Renaissance and baroque eras, which the nobility of Rome built in the bucolic Alban Hills, often over the remains of Roman villas and surrounded by formal green gardens and parks. We recommend a visit to: **Villa Falconieri**, **Villa Aldobrandini**, **Villa Torlonia** (of which only the beautiful garden remains since World War II). **Villa Tuscolana** can also be visited, as today it is a prestigious hotel (see page 45 for **Villa Mondragone** and page 39 for

Villa Grazioli). In Frascati we also recommend a visit to the Cathedral, the Episcopal Palace, the Church "del Gesù" and the Aldobrandini Stables, now housing the City's Archaeological Museum. Frascati is also a renowned wine city, producing Frascati Superiore and Cannellino (both DOCG) and the Frascati DOP (the first wine in Italy to be given the DOC status in 1966). Wine and typical products can be tasted in the restaurants, in the taverns and in the famous "fraschettas". The city is always very animated, day and night. Excellently connected to Rome (30 minutes) by public transport, thanks to the train station located right in the city center.



Look a **FRASCATI**,
always with a smile on her face!

Curiosity

In 1856 Frascati was the first city of the Pontifical State to be served by a railway. The event influenced the modern food and wine history of the area: the railway was popularly called *the hangover train* because on Sunday it brought back visitors to Rome from the taverns and the fraschettas!

Pro Loco Frascati

Via G. d'Estouteville, 4
Tel. 3356795857
prolocofrascati@gmail.com
www.prolocofrascati.com

Frascati Point

Piazza Marconi, 5
frascatipt@stsmultiservizi.it
0694184406-07



GROTTAFERRATA

the ancient crypta ferrata



Pro Loco Grottaferrata
Via Cicerone, 1 📍
3396868510 📞

Abbazia di San Nilo
visite: 3409619736 📞
Corso del Popolo, 128 📍

Villa Grazioli
Via Umberto Pavoni, 19 📍
06 945400 📞

Catacomba Ad Decimum
Via Anagnina 4 📍
3484066708 📞
info@gruppoarcheologicolatino.org

Museo dell'Abbazia:
069459309 📞
www.polomusealelazio.beniculturali.it
Corso del Popolo, 128 📍

Curiosity

At Villa Grazioli, Mario Monicelli shot an exhilarating scene of his famous movie "Il Marchese del Grillo" with Alberto Sordi: he transformed the elegant, princely villa of the Odescalchi family into an abandoned country manor, where the Marquis takes his friend Blanchard, captain of the French troops. He also filmed the scene where the Marquis throws red hot coins to the beggars beneath his window.

Small and elegant, Grottaferrata is famous for the **Abbey of San Nilo** and for the historic fair of medieval origin which is still held annually in March (now over 500 years old). The abbey, fortified with massive crenellated walls, hosts Basilian Catholic monks who follow the Byzantine rite of the church of Constantinople. The abbey church of Santa Maria is flanked by a Romanesque bell tower with Romanesque

ornaments and Baroque style stucco cladding. The side aisle contains the so-called **Grotta Ferrata** (crypta ferrata) and the **Cappella Farnese** with frescoes by Domenichino. The Abbey also preserves a beautiful cloister, **the cryptoporticus** of an ancient Roman villa, the **Archaeological Museum**, the library containing more than a thousand ancient manuscripts and about 50,000 volumes of great value, and a famous **Antique Book**

Restoration Laboratory, which can boast amongst its most important works the restoration of the famous "Codex Atlanticus" by Leonardo da Vinci. Not to be missed in Grottaferrata are the Ad-Decimum catacombs, which contain about a thousand tombs of the II-V century AD, and also **Villa Grazioli**, one of the 16th century Tuscolan noble villas, today a hotel structure that can be visited on request.



Surrounded by lush vineyards, Lanuvio is a fundamental in getting a detailed grasp of the salient phases of the history of the Castelli Romani area, from pre-Roman to medieval times. The orator Cicero testifies how Lanuvio was a place full of many religious buildings, amongst which **the sanctuary of Giunone Sospita Lanuvina**, whose cult dates back to very ancient times, stood out particularly. The portico of the sanctuary, originally on two floors, is of notable scenographic impact. A door at the end opens and leads to a series of underground galleries, which some archaeologists believe to have been the cave where the sacred snake was located at Juno Sospita, cited by Properzio and Eliano. The work of recovery and redevelopment of the



Lanuvian heritage now permits the complete usability of some sites (the Western side of the Sanctuary of Giunone Sospita, **Ponte Loreto**, the area of the **Villae ad Bivium** and the Roman domus of Via Gramsci), while the finds recently uncovered at **the Pantanacci votive site** (4th-2nd century BC) are on display in the **Lanuvian Municipal Museum**. The calendar of popular and religious festivals is also dense with appointments, among which, in a more modern key, is the **Music Festival** held in June. The medieval village enclosed by its walls is also interesting to see.



LANUVIO the City of Emperors

Curiosity

Together with only three other cities, it boasts the distinction of having given birth to two Roman emperors: Commodus and Antoninus Pius and for this reason it is recognized with the title of *Urbs Imperatorum*; it is also located on the exact place where, according to the ancient *Lanuvium* legend, it was founded by Lanoios, one of Aeneas' companions. In the barbarian age the village experienced a profound crisis from which it recovered in the twelfth century, when it changed its name to *Civita Lavinia*, a name that it maintained until 1914, when it finally became Lanuvio.

Ufficio Turistico

Via Roma, 20

06 93789256

urp@comune.lanuvio.rm.it

Museo Civico Lanuvino

Piazza della Maddalena, 16

06 93789237

cultura@comune.lanuvio.rm.it



LARIANO

Festivals galore!

Curiosity

Who in Italy has never heard of Lariano's bread? Compact, quite dark and tasty, that can stay fresh for several days. A centuries old recipe, the real bread of Lariano MCG is obtained from a mixture of semi-wholemeal, soft wheat semolina, with the use of natural yeast (biga), a double leavening, cooked in wood-fired ovens that burn mostly local chestnut wood. Beware of imitations!

Ufficio Informazioni
Piazza S. Eurosia, 1
06 96499204

Nestled in the woods that cover the mountain group of Artemisio, it owes its fame to the excellent **bread made with dark flour** (MCG certificate - Marchio Collettivo Geografico) and the many festivals that animate the village every year, among which the famous **Festival of Porcini Mushrooms** stands out. Do not forget the **Cellitti Festival** (typical fresh local pasta), or the bruschetta, pizza, wild boar and polenta festivals either. But Lariano is not only known for its excellent gastronomy, but also for the beautiful territory that falls largely within the Castelli Romani Regional Park. The woods that surround the town

offer interesting **naturalistic excursions** (best during the more clement seasons) on foot and by bike along the mountainous relief of the Maschio d'Ariano; the latter, formerly known as Monte Algidus, in the Imperial era housed an outpost of Roman defense, of which some remains are still visible by reaching the summit of the mountain. A variant of the Via Francigena del Sud Camino (Southern Francigena Way) passes through Lariano. Chestnut wood, obtained from a careful and sustainable management of the woods, is one of the main sources of livelihood of the local economy.

#visitcastelliromani



MARINO

where fountains spurt wine

Curiosity

In the heart of the historic center of Marino you can come across the Vicolo Baciadonne ... so narrow that if you are in a pair you end up being very close, almost kissing your partner in fact! The underground caves of Marino are a vast labyrinth dug entirely in the peperino stone, mainly where wine in its barrels found the perfect conditions for storage.

URP
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06 93662280
urp@comune.marino.rm.it

Museo Civico Umberto Mastroianni
Piazza Matteotti 13
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museocivico@comune.marino.rm.it

Visita ai sotterranei Archeoclub Colli Albani
3336723842
archeoclubcollialbani@gmail.com

Visite Museo del Vino
06 9386783 / 3284589142
info@fordeporta.it

Altri musei / Pro loco Marino
prolocomarino@gmail.com



Marino ©Valerio Ciaccia

Marino was a thriving Roman settlement on a spur of peperino (as evidenced by the discovery of a frescoes **Mitreo**) later becoming an important possession of the noble Colonna family, who erected the homonymous palace and **the Basilica of St. Barnaba**. Today it is, above all, a destination chosen by tourists for its beautiful old town, for the surrounding landscape and for its fine white wine, which is celebrated every year in October with the famous **Sagra dell'Uva** (Grape Festival); during which the fountains of the village spurt wine instead of water. The festival is an opportunity to remember, with a magnificent **historical parade**, the battle of Lepanto in 1571, during which the Christian

fleet of the Santa Lega managed to beat the Moorish fleet and permanently stop the Turkish advance in Europe. Do not miss **the U. Mastroianni Civic Museum** and the beautiful church of the Santissimo Rosario, the church of Santa Maria delle Grazie and the Sanctuary of the Madonna dell'Acquasanta. You can also visit, directly underneath the town, underground galleries excavated in the peperino stone used to preserve local wine, **the museums dedicated to wine and to the art of the bottaio** (craftsman who built the barrels to store wine). If you are visiting at harvest time, make sure you taste one of the amazing **doughnuts al mosto**, a huge bun made using wine-must.



MONTE COMPATRI

the rock of the Castelli

Curiosity

In Monte Compatri, on the slopes of Monte Salomone, there was the most famous quarry of the so-called "Pietra Sperone del Tuscolo". Similar to the tufa stone, but darker in color. This stone was one of the most commonly used building materials in the Castelli Romani area was used in Rome for the Colosseum!

Ufficio Turismo

Via Placido Martini, 24
06 94780304

Convento San Silvestro

06 9485023
Via S.Silvestro, 970

La collina degli asinelli

località san silvestro/pratarena
3479306410

Monte Compatri is the third highest village of Castelli Romani area. The village stands on a tufa hill of volcanic origin that overlooks the Aniene Valley and its houses are characterized by having underground cellars forming an intricate network of tunnels right underneath them. The places of interest of the village are **the Church of Santa Maria Assunta**, **Palazzo Borghese** and the library of **Palazzo Annibaldeschi**. Just outside the center, climbing to **the Convent of San Silvestro**, (that has a picture gallery), you will find the tiny sanctuary of **the Madonna del Castagno**. From Monte Compatri there is a very interesting walking itinerary- both from a naturalistic and geological point of view - where

it is possible to reach the top of Monte Salomone at 773 m a.s.l.. There are many activities for adults and children at the Donkey Sanctuary, at the **Collina degli Asinelli** ("Donkey Hill") where you can discover this animal considered man's good friend; finally, the panoramic trail that leads from Rocca Priora to Frascati passing through Tusculum Hill. Events to remember in particular are the solemn evening procession of **the Assumption** on August 14, with figures in historical costumes of the sixteenth/seventeenth century, and the spring food and wine fair **Degustando** showcasing typical products, beer, where workshops for adults and children and music animate the village.

MonteCompatri ©Flavio Felici

#visitcastelliromani



MONTE PORZIO CATONE

amongst wine, archaeology and orchids

Curiosity

If you arrive in Piazza Borghese, the main square of Monte Porzio Catone, you cannot avoid seeing the statue dedicated to *Tocco*. He was the mascotte of the village whose nickname comes from the fact that he recognised the *tocchi* (the different rings) of the bells. He knew what kind of celebration was being announced and was obviously always the first to arrive!

URP

Via Roma, 5
06 9428323

Ufficio Turismo

Via Roma, 5
06 9428332

Villa Mondragone

Via Frascati, 51
06 9401941

Osservatorio Astronomico

Via Frascati, 33
06 9448315

visite guidate al Tuscolo

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Monte Porzio is considered the "city of orchids and of Christmas Nativity scenes", as these are the two beautiful and acclaimed exhibitions held every year that are always a great success. Monte Porzio Catone rises on the northern slopes of Tuscolo, between Frascati and Montecompatri; from a distance the village is recognizable by the massive silhouette of its **Cathedral** that dominates the vast expanses of vineyards surrounding. It has a characteristic entrance to the town, consisting of a vaulted arch incorporated into the **Palazzo Borghese**. Walking through the streets of the historic center, you can come across **the City Museum**

(next to the Duomo) and **the Wine Museum**. From different points of the village you can enjoy beautiful panoramic views of Rome and towards the surrounding chestnut woods. Nearby there are four very beautiful places not to be missed: the remains of the ancient **pre-Roman city of Tusculum** with its wonderful amphitheater and a magnificent view over the whole Latina Valley; **Villa Mondragone**, one of the best preserved noble Tuscolane villas; **Barco Borghese**, a vast archaeological complex probably built on a Roman villa, with 180 rooms with a barrel vault; **the Astronomical Observatory**, an important scientific structure, designed in 1939.

Monte Porzio Catone ©Claudio Viviani

NEMI

the Goddess Diana's mirror



Curiosity

The original core of Nemi is known as the "Pullarella". A name that derives from "pulla" or courtyard for hens, and is linked to the romantic idea that imagines the castle as the hen and the houses of the village as its chicks.

P.I.T

Piazza Roma
06 9368819
3312929222

Museo delle Navi Romane

Via del Tempio di Diana, 13
06 9398040

Nemi ©Valerio Marino

This delightful medieval village lies gently on the edge of the crater surrounded by woods; Nemi overlooks the small volcanic lake of the same name. The charm of this village of ancient origins, with its tower and houses reflected in the blue waters of **the lake**, surrounded by sugar reeds and greenhouses full of strawberries, has enchanted poets and painters over the years, the same way it fascinates the many tourists who constantly visit today. Now famous for its tasty **strawberries**, which are celebrated every year at the beginning of June with the homonymous festival, as well as for its numerous food and wine events. The

history of Nemi is ancient and significant: the Latin League already considered this a sacred place, for the **Temple of Diana Nemorensis** that stood here; later the Romans also had a certain preference and Caligula had chosen the lake as location for two large ships that he had built to use as floating reception halls: what remains of these ships is now preserved in the interesting **Museum of Roman Ships**, on the shores of the lake. Nemi is also crossed by the **Via Francigena del Sud** Camino (The Southern Francigena Way). The village has been awarded with the prestigious **Orange Flag by the Italian Touring Club**.



ROCCA DI PAPA

the Queen of the Castelli Romani



Rocca di Papa ©Valerio Ciacchia

The picturesque medieval village, located on the slopes of Monte Cavo, is located in a panoramic position at 681 meters above sea level. The village preserves intact its medieval structure and offers wonderful glimpses of houses clinging to the rock and an intricate maze of steep alleys hidden among the buildings. There are several churches of interest: **Santa Maria Assunta**, the **Church of the Crocifisso**, the **Sanctuary of the Madonna del Tufo**, the **Convent of Palazzolo**. The town is dominated by the "Belvedere" of the **Medieval Fortress**, which offers a unique view that reaches as far as the sea and Rome. Further along from the fortress at the same altitude, there are the

so-called **Campi di Annibale**, from where the flagstones of the ancient **Via Sacra** intercept. Following the latter uphill for a short distance, you reach a panoramic point called the **Occhialone**, which offers you an amazing view of the two lakes side by side, with the sea in the background, all in one glance. Do not miss: an interesting itinerary in the village to discover beautiful **murals**; the **Museum of Geophysics** and **Volcanology** equipped with interactive and educational spaces; the **Pratoni del Vivaro** for its out-of-town trips full of riding facilities and the **Astronomical Park**. The village is home to the **Castelli Romani Regional Park** and the educational trail of Villa Barattolo.

Curiosity

Those who marry in Rocca di Papa cannot avoid the tradition of giving wedding 'ciambelle' (anything round with a hole in Italian is called doughnut!) to guests. These typical local biscuits are offered in different quantities depending on the degree of kinship: 6 to neighbours, 8 to cousins, 12 to uncles, 18 to baptism godmothers and 24 to confirmation godmothers... and the quantities are cumulative, maximum 54!

Pro Loco

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Museo Geofisico

www.museoroccadipapa.com

Via dell'Osservatorio, 40 📍

Parco Regionale dei Castelli Romani

www.parcocastellioromani.it

Villa Barattolo, via Cesare Battisti 5 📍

Parco Astronomico Livio Gratton

www.ataonweb.it



ROCCA PRIORA

the ancient ice-box of Rome



Curiosity

The snow trade between the seventeenth and nineteenth centuries was the major economic activity of Rocca Priora. Snow was collected and stored in wells covered by hay, then taken with carts to Rome and sold to wealthy families, who used it to keep their iceboxes cool, precursors of modern refrigerators!

With its 768 meters of altitude, Rocca Priora boasts the supremacy of the highest village of Castelli Romani. For centuries the town's economy was based upon the snow trade, used to store food, so much so that it earned the title of **Nevaio di Roma**. The **Sanctuary of the Madonna della Neve** still bears witness to the close relationship that the town has always had with this characteristic activity. A walk in the alleys of the old town, perched on the side of a high hill facing Monte Ceraso, offers glimpses that still have a flavour of the old days. Those who look out from the belvedere at the top of the village can enjoy one of the most evocative views of the whole of the Castelli Romani, towards Rome and the Monti Tiburtini and Prenestini. There are also panoramic points on the other side of the edge of the crater,

towards Via Latina. Things to see in particular in the village are; the **Church of Santa Maria Assunta** and the adjacent Castle **Palazzo Savelli**, now the municipal seat, the **Robazza museum**, Robazza being a contemporary artist who is present with his works in various other places in the village. For nature lovers we recommend: the panoramic trail that leads to Frascati through the archaeological area of Tuscolo; the **Pantano della Doganella**, a wetland that hosts rare specimens of newts and salamanders; the **Bosco del Cerquone**, where it is possible to admire some centuries-old examples of Turkish oak and English oak that exceed three meters in circumference. The village is home to the headquarters of the **XI Comunità Montana Castelli Romani and Prenestini**.

Ufficio cultura e spettacolo

Piazza Umberto I, Palazzo Savelli 📍

06 940751300-301 📞

XI Comunità Montana Castelli Romani e Prenestini

Via della Pineta, 117 📍

06 9470944 📞

www.cmcastelli.it

#visitcastellioromani ●●●

Velletri was the ancient Velitrae, situated in a panoramic position on a buttness of Monte Artemisio, at the southern end of the Colli Albani. Velletri is a city rich in history and tradition, which offers its visitors interesting alternatives of tourist routes and hiking. Abundant in churches, palaces and museums; in the **Archaeological Museum** you can admire the famous richly decorated *Sarcophagus of the Labors of Hercules* of the 2nd century AD. The **Geopaleontologic and Prehistoric Museum of the Alban Hills** is particularly interesting if you wish to get to know the territory and the history of the Castelli Romani. The recently recovered **archaeological area of the Stimate** has been brought to the attention, with exhibits from the late Iron Age to the present day. The **Diocesan Museum** is of particular interest, with valuable works of art, such as the **Cathedral of San Clemente**, the **Porta Napoletana**, the **Churches of San Michele Arcangelo**, **Santa Lucia**, **San Martino** and the **Torre del Trivio**. Today Velletri the most populous of the Castelli Romani, an appreciated wine-growing center, a destination for cultural tourism and holidays. Among the many events we recommend the **Festa delle Camelie** (Camelia Festival) in March, which attracts hundreds of tourists. Among the food and wine specialties are, *matticella* artichokes and a **cabbage soup with cod**, accompanied, of course, by the **Velletri DOP wine**.

Curiosity

During its long history, Velletri hosted illustrious personalities, both ancient and modern: it gave birth to the father of the Emperor Octavianus Augustus; it hosted Goethe, who in 1787 made it a stop on his Grand Tour, as described in his famous "Viaggio in Italia"; among its citizens were Giuseppe Garibaldi and his son Menotti; in more recent times it was finally chosen as a residence by the actor Ugo Tognazzi (his marriage to Franca Bettoja took place here) and the actor Gian Maria Volontè (who spent his last years here, in the villa that had already belonged to Eduardo De Filippo, another famous Italian actor).



VELLETRI and the terrace towards the Pontine Marshes



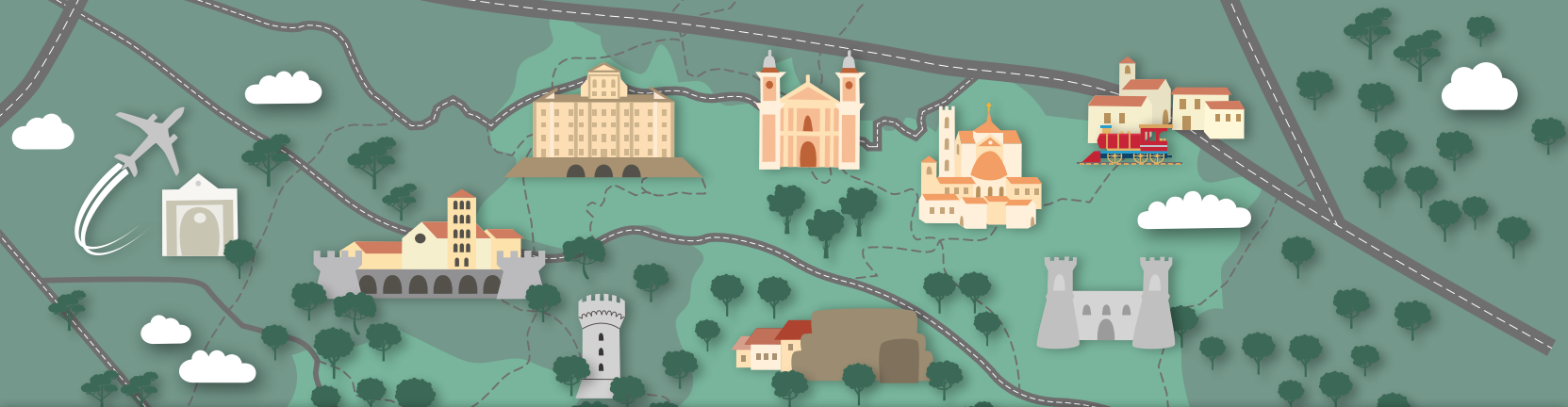
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06.96158461-406

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Museo Diocesano
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Consorzio **SBCR**
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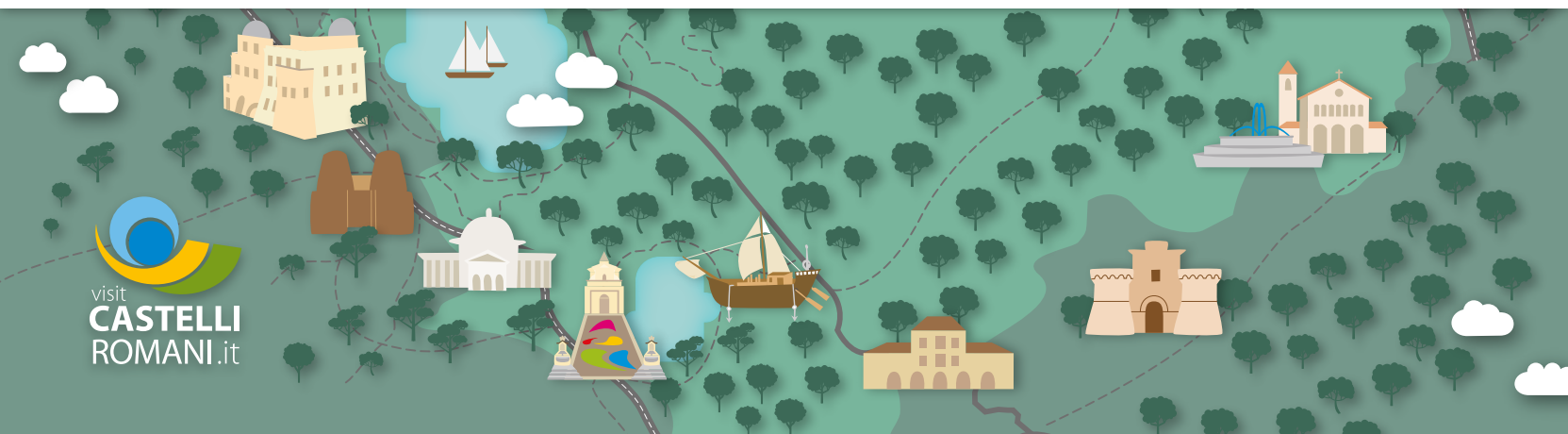
Fondazione
CULTURA CASTELLI ROMANI

Parco dei
Castelli
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