

## **TREKKING IN LEPINI MOUNTAINS**

**8 days / 7 nights**

***Nature, culture and fascinating views – in one program***

1st day - Rome - Latina

Transfer from the airport of Rome in Latina suburb for check-in in hotel \*\*\*.

Meeting with the trekking-guide. Wellcome cocktail and dinner in hotel.

2nd day - Latina - National Park of Circeo - Latina

09:30 After breakfast in hotel we go by private bus to the National Park of Circeo for an easy track. At desire it is possible to hire mountain bikes to sweep on Park.

15:00 Stopover in Sabaudia, the town known for the "rational" architecture thanks to Mussolini. Visiting of its historical center. Then, if time permitted, proceed for visiting of the Fogliano Villa, an exotic garden in colonial English style.

19:00 Returning to hotel. Dinner and overnight.

3<sup>rd</sup> day - Latina - Reserve Ruins of Circe - San Felice Circeo

09:30 After breakfast excursion by boat from the promontory Sorresca to Reserve Ruins of Circe. Departure from Shrine Santa Maria Sorresca (places of stay of Templars). Visiting of an ancient Roman country house of Domitian with its well remained thermal building.

15:00 Moving by the private bus in San Felice Circeo - a small medieval town. Visiting of its historical center. Visiting of a cave of Guattari where a skull of the Neanderthal man living here 50 000 years ago was found. Visiting of stalactite caves of Delle Kapre (the Cave of Goats) which stores set of secrets of the ice age.

19:00 Returning in hotel. Dinner and overnight.

4<sup>th</sup> day - Latina - Monte Malaina - Norm

09:30 After breakfast we will rise on Mount Malaina (1480m), the second top of the Lepini Mountains . Admire the plains covered with rich greens, centenary beeches and various appered karst zones: from Supino, through the Plane Della Croce, the plain of Santa Serena and to the Mount Fato. The whole mountain chain will open from the top of the mountain, beginning from a southeast part of the Abruzzo National Park and towards Tyrrhenian coast, to the Mount Circeo. Go back on the same way.

15:00 Moving by the private bus in Norm for excursion on the historical center with visiting of antient Norby.

19:00 Returning to hotel. Dinner and overnight.

5th day - Latina - Mount of Redentore - Priverno

09:30 After breakfast - an easy track: we will rise on Mount of Redentore. From village Maranola we will go in «rifugio», a smal mountain house in wood in Pornito. Therefrom on "a footpath of donkeys» we will reach tops from which in a good shiny weather the fascinating area from the Pontine islands to the Vesuvius and island Ischia opens.

15:00 Moving by the private bus in Priverno. Visiting Abbey Fossanova.

19:00 Returning in hotel. Dinner and overnight.

6<sup>th</sup> day — Latina — Ausoni Mountains — Terracina

09:30 After breakfast - an easy track on the Ausoni mountain. We will see a natural oasis of Campo Soriano which is little-known, but nevertheless it is very rich with "a tropical karst»: extravagant strange peaks and rocks, the earthen boulders rich with minerals.

15:00 Moving by the private bus to Terracina. The sightseeing tour with visiting of a magic Temple of Jupiter which rests has been decorated the mountain top since many centuries and from which the magnificent view on the Pontine islands and plains is open.

19:00 Returning to hotel. Dinner and overnight. .

7th day - Latina - Gardens of Ninfa - Sermoneta

09:30 After breakfast - an easy track on the most beautiful botanical Gardens of Ninfa (as option a full day excursion to the Ponza island).

15:00 Moving by the private bus to Sermoneta. The sightseeing tour with visiting of the medieval Caetani Castle.

19:00 Returning to hotel. Dinner and overnight.

8th day

After last breakfast in hotel, we drive off to the airport, saying goodbye to magnificent Italy.