



# OASI DI KUFRA

SPORT HOTEL & WELLNESS

*Sea - Lake*

## Welcome to the Riviera of Ulysses.

Discover the beauty of the Circeo National Park and southern Lazio.



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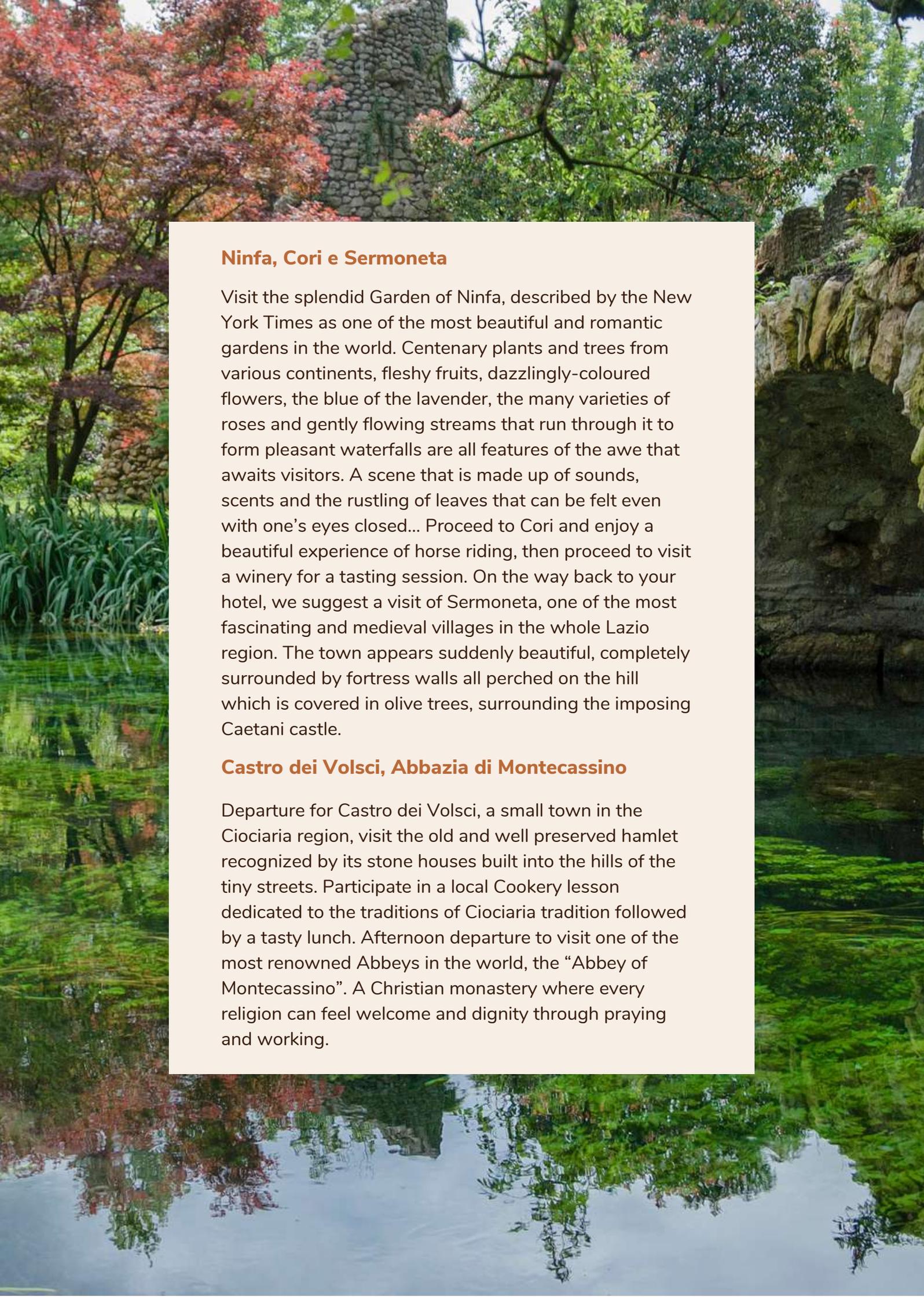
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From the Riviera of Ulysses, one of the most beautiful and scenic stretches of coastline in Italy with its many well-known golden sandy beaches, where the sea is crystal clear and beaches are interspersed with secluded rocky coves, caves, promontories guarded by watchtowers and sheltered harbors, to the rocky cliffs are also popular with free climbers from all over the world, to the spectacular Aurunci, Ausoni and Lepini mountains that border the southern Apennines and the Abruzzo National Park, it is all a succession of protected nature and wildlife reserves.

***SABAUDIA, NINFA, GAETA, SPERLONGA, TERRACINA, PONZA, SAN FELICE CIRCEO***

*Here is a tour that will allow you to discover the beauty of southern Lazio, rich in natural paradises, history, architecture, culture and tradition, while staying in establishments with a strong tradition.*



### **Ninfa, Cori e Sermoneta**

Visit the splendid Garden of Ninfa, described by the New York Times as one of the most beautiful and romantic gardens in the world. Centenary plants and trees from various continents, fleshy fruits, dazzlingly-coloured flowers, the blue of the lavender, the many varieties of roses and gently flowing streams that run through it to form pleasant waterfalls are all features of the awe that awaits visitors. A scene that is made up of sounds, scents and the rustling of leaves that can be felt even with one's eyes closed... Proceed to Cori and enjoy a beautiful experience of horse riding, then proceed to visit a winery for a tasting session. On the way back to your hotel, we suggest a visit of Sermoneta, one of the most fascinating and medieval villages in the whole Lazio region. The town appears suddenly beautiful, completely surrounded by fortress walls all perched on the hill which is covered in olive trees, surrounding the imposing Caetani castle.

### **Castro dei Volsci, Abbazia di Montecassino**

Departure for Castro dei Volsci, a small town in the Ciociaria region, visit the old and well preserved hamlet recognized by its stone houses built into the hills of the tiny streets. Participate in a local Cookery lesson dedicated to the traditions of Ciociaria tradition followed by a tasty lunch. Afternoon departure to visit one of the most renowned Abbeys in the world, the "Abbey of Montecassino". A Christian monastery where every religion can feel welcome and dignity through praying and working.

## Gaeta, Sperlonga e Terracina

Morning departure aft to Gaeta, known as the "city of a hundred churches", Gaeta is a beautiful seaside town. The old centre of Gaeta is of medieval origin and is a must see. Known as Gaeta Vecchia, with its small streets and narrow alleys all characterized by scents and colours and of times gone by.

Walking away from Gaeta Vecchia, another place to stroll to is Via Indipendenza and its surroundings. Time looks like it has come to a standstill, it is filled with beautiful houses where the balconies are full of plants, the clotheslines full of colourful laundry, quaint shops and little stalls are all part of normal tradition. Sample the local Tiella Gaetana, a savoury pie made with pizza dough and selection of various fillings!

One of most remarkable places in Gaeta is the Split Mountain and the Turk's Cave.

The split mountain is at the western side of Mount Orlando, where the Sanctuary of SS. Trinity was built, also known as the Sanctuary of the Split Mountain. According to legend, when Jesus died on the cross, the Jerusalem temple veil was torn causing three deep cracks into the rock of what today is known as Split Mountain of Gaeta.

Proceed to Sperlonga a small village of just under 4000 inhabitants during the winter and full of visitors and tourists in the summer months. Whitewashed houses clustered together on the steep climb, the streets are like stairways bringing you to surprising and unexpected little terraces overlooking sea. The old town is charming and a real pleasure to explore.

Discover "The Pearl of the Terranean".

We suggest a visit of Terracina's city centre and a visit to the "Emiliano Forum", a short stretch along the ancient Appian way to the Cathedral of Saint Cesareo. Continue the tour with a visit to the Sanctuary of Mount Saint Angelo to see the ruins of the monumental Temple of Jupiter of Anxur and extraordinary views on the Pontine plain and the sea. In the afternoon visit of a local farm for wine tasting accompanied with delicious local products.

## Ponza

Departure from San Felice Circeo pier to Ponza, a simply perfect spot if you are looking for amazing beaches. Daily boat trip which sets off at the Boarding Area of Porto San Felice Circeo. Sail for about one hour to reach Ponza where you can also board a private motorboat for a full day cruise of the Island, approx. 5 hours. There are stops along the route for swimming and light lunch serviced on board which consists of a pasta plate and drinks.

Explore the hamlet at your own pace into the historical centre to discover the nature and history of Ponza, making a visit to the church of SS. Trinity and admire the breathtaking panoramic views of the island life.

Alternatively enjoy the free time to rest, eat, or buy some souvenirs or swim at the Frontone Beach.

## Amaseno, (Abbazia di Fossanova) e San Felice Circeo

Set off for a drive to the Amaseno Valley, “route of the buffalo mozzarella”. The Valley of the Amaseno is a lush, green area, untouched by pollution or industrialization, ideal for Cheese making. You will see the buffalo cattle in the fields and make a visit to one of the buffalo breeding farms to taste their exquisite cheese. On the return journey, we suggest a stop at Fossanova Village with its beautiful Abbey.

Your day will end in San Felice Circeo, a splendid seaside resort situated on the Pontine coast, at the feet of Mount Circeo. According to the legend, it was here that Homer's epic hero Ulysses was bewitched by the Sorceress Circe and imprisoned for over a year.



Experiences designed by



For



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