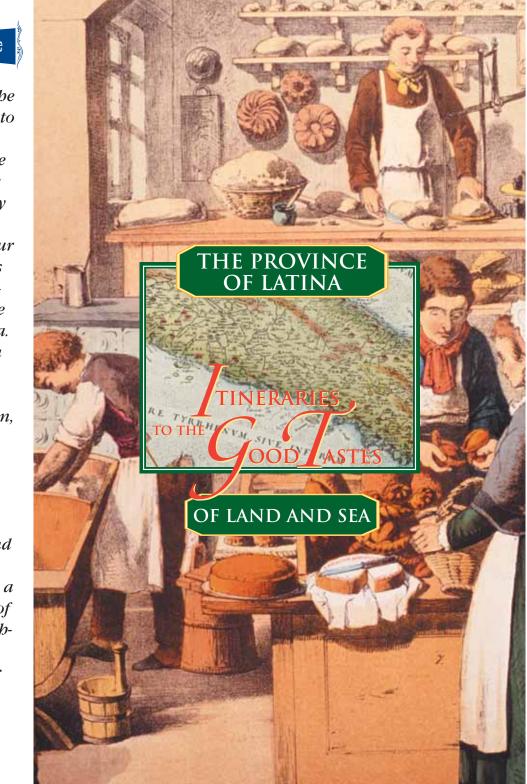
The Routes for Good Taste

A visit to one of the farms, to taste or to buy, or a good meal in one of the many restaurants well able to satisfy the most refined tastes: these are our recommendations to Italian or overseas visitors to the province of Latina Choose between a swim in the clear waters of the central Mediterranean, an excursion or cultural tour, a relaxing walk in the parks or healthy sporting activity, events and festivals of all kinds followed by a night out in one of the many establishments offering entertainment for everyone.



The stops on this 150 km tour are the hill towns of the northern part of the province of Latina, each with its own unique culture but all of them typified by mediaeval roots to be appreciated as you walk through the vineyards, along paths and up stairways, between berfectly conserved bouses and

buildings, and observe the traditions still alive today. Here, Nature still reigns supreme, providing a berfect atmosphere for those seeking to elax and to samble a cuisine broberl based on local and seasonal ingredients lavoured with the finest olive oil and accombanied by good wines produced abundance thanks o fertile land and the expertise of the varioūs farms.

Your starting point is CORI (300m)The town, of very ancient origins, has a characteristic mediaeval centre, still virtually intact. With its chur ches, monuments arches and steps, it is an homogeneous irban site of great nistoric importance. It

is also an ideal place

on the occasion of the Festival of the Fettuccine), of homemade bread, game and confectionery. According to many oenologists the rocky terrain of this area produces an ideal environment for the production of robust, long-lasting red wines. Two famous D.O.C wines, the Cori Red and White, derive their name from the town. Both can be tasted at the Cooperativa Agricola Cincinnato, strada Cori Cisterna. km 2 Tel: 06 9679380 (where vou can also try the D.O.C. Castelli Romani red and white, the I.G.T. Dioscuri Red and White, the Vino Frizzante and the sparkling Brut Cincinnato); and at the Azienda Agricola Biologica Marco Carpineti. 25 via delle Colonne Tel: 06 9679642 (where they also do he whites I.G.T. Collesanti, Moro and Sauvignon, the reds I.G.T. Novello, Ditirambo and Tufaliccio and the raisin-wine Ludus). At he Coop. Colle S.Lorenzo Tenuta Pietra **Pinta** (52, via Gramsci Tel: 06 9678001) vou

vill instead find the Colle Amato red. the I.G.T.

for lovers of pasta (celebrated here in August

Chardonnay Lazio white and the Costa Vecchia red. In addition to wine, however, this area is a major producer of olive oil. You can acquire the finished product - table olives and other oil-conserved produce - and call on some o the local companies to observe the old techni ques of olive pressing; try, for example, **Tenuta Pietra Pinta** (52, via

> $96\overline{7}8668$). The typica cuisine of the Lepir can be found in such restaurants as Zamp (17. via G. Garibald Tel: 06 9679688; clo sed Mondays). Sette Camini (7, via Fontana del Prato Tel: 06 79536: close Wednesdays) and Trattoria da Checco (174, via della Repubblica Tel: 06 9678336; closed Thursdays). 15 kms from Cori, moving in a north-easterly direction along a road that winds itself between tempting vinevards, offering magnificent views over the Pontine plain or one side and Velletri (in the province of

Gramsci Tel: 00

9678001) and

Frantoio Agnoni (loc. Copellaro Tel: 06

Rome) on the other, you will come to **ROCCA-MASSIMA**, the highest town in the province o Latina (746m) and geographically the first municipal community of the Lepini mountains Here you can stop and taste olives, olive oil and other produce of the commercial farm Oscar (2, Contrada Basso Le Case Tel: 06 9664883) or try out abbacchio (spring lamb), goat's cheeses, truffles and mushrooms. Turning and skirting the hill in a southerly direction, and before heading for the next stop on the tour (**SERMONETA**), it is recommended that you visit the celebrated gardens of Ninfa, a natural

habitat for its flourishing and seldom surpas

sed variety of plants and flowers from many different continents. Looking down from its domi nant hilltop position, **NORMA** is a necessary stop for the gourmand (The Museum of Chocolate), and for those who appreciate egg pasta (ramiccia) and chestnuts. The town, with its archaeological site and museum of Norba, is also fascinating from an historical and cultural perspective. SERMONETA (257m) sits high on a promontory that is covered in olive and chestnut groves. One of the Lazio's best preser ved mediaeval towns, wrapped round the imposing Caetani castle and itself encompassed by a fortified perimeter wall, it is the venue for



a major summer school of chamber music. well as historical pageants and festivals (in particular the Festival of Polenta). Here, highl recommended, is a visit to Elli Zaccheo (via San.Maria Tel: 0773 30247) to sample the bread and the delicious local cakes. Coming of the hill in the general direction of Bassiano you cannot miss the Abbey of Valvisciolo, one of the earliest examples of Cistercian architec ture in Italy. From here, the road climbs back up to **BASSIANO** (562m), a small town enclo sed within its 17th to 18th century boundary wall, positioned on a small hill completely sur-









• Farms

Abbazia di Valvisciolo

Norma

to **SEZZE** (319m). With Volsci origins, the city contains archaeological remains that record the presence of man in the final phase of the Palaeolithic era, traces of Roman rule in the polygonal walls, buildings, streets and temples and an almost intact mediaeval town structure. Sezze is one of the province's principal producers of baby broccoli but its true boast is the typical round, spineless Roman artichoke, definitely worth trying, along with the bazzoffia

height of 1536 metres. In July, a festival is dedi-

cated to one of the local dishes, the prosciutto

of Bassiano. This ham, an absolute speciality.

can be tasted and bought at the **Prosciutto di**

Bassiano (10. via Casanatola Tel: 0773

about the old techniques of preparation and

355024), where it is also possible to learn

conservation. To try out a genuine cuisine

show-casing local products, such as fettuccine,

bean soup, mushrooms, cheeses and sweets,

you could instead go to the 'Hostaria La

Grótte' (via della Croce Tel: 0773 355387:

closed Mondays). From Bassiano vou move on

(a vegetable soup served with stale bread). either during the festive season or together with other local specialities such as lacchene pasta, bean soup, bread, ranunchi or confectionery. There are three recommended restau-

rants: Roanissimo dell'Azienda

Da Barbitto (47, via Colli Tel: 0773 888523: closed on Mondays). If you follow the Lepini Mountain's S.S.156 you'll be heading for MAENZA (358m), home to Thomas Aquinas during his last days and, like other nearby towns, incorporating a well-conserved mediaeval centre developed around the recently restored Palazzo Baronale. Here, in addition to the bitter cherries celebrated on the occasion of the Cherry Festival, you can sample a few specialities (fettuccine and polenta, porcini mushrooms, lamb, olives and sweets) in the restau-

Agrituristica La Roana (46, via Migliara Tel: 0773 899486; closed Sundays and Mondays)

Santuccio ai Colli (95, via SS. Sebastiano e

Rocco Tel: 0773 888573; closed Mondays) and

rant of the hotel Casal km. 0.850 Tel: 0773

down

Maenza vou will come

to ROĆCAGORGA,

astride a rocky outcrop

of Monte Nero that i

indeed the curious Festival of the Horns, with

its ritual tasting of the traditional minestra). A

few kilometres along the same road lies the

small town of PROSSEDI, an ancient settle-

ment situated on a hill (410m) at the very edge

of the province of Frosinone, with the valley of

the Amaseno stretched out below. Try not to

miss the Festival of Figs and the famous Night of

the Seven Minestre, a fantastic opportunity to

try out some typical local soups. To sample a

few recipes typical of the area, we recommend

the **Osteria Persei** (vicolo del Montano Tel:

0773 957351: closed Mondays, Tuesdays and

Wednesdays). Turning south from here, you'll

reach **PRIVERNO** (151m), a town with a stun-

Wednesdays) and the Antica Osteria Fanti

closed on Thursdays) Facing Priverno, up on a spur of Monte Curio, is ROCCASECCA DEI VOL-

ning mediaeval centre encircling a central piaz-

za with the towering Cathedral of S. Maria and

the Palazzo Comunale, but whose earliest tra-

ces lie in the valley near Mezzagosto where an

important archaeological site has been unear

thed. From here, the village and Abbey of

Fossanova are easily reached, the latter being

the finest example of Cistercian architecture in

Italy. Priverno shares many of its culinary spe

cialities with Sezze, for example artichokes

baby broccoli and bazzoffia; and it also offers

its own very distinctive olives, olive oil, pickles

and oil conserves, and above all its buffalo

mozzarella. In February, you can taste the falia

traditional focaccia bread filled with baby

broccoli, to mark the festival to which it i

dedicated. Many of these products can also be

found in two restaurants: Gliò Montano (10

via Majo Tel: 0773 903838; closed on

sheep and goat meats and cheeses are the best of local cuisine. Our tour concludes with small detour into the Monti Ausoni, to SONNI-**NO** (430m), a tiny village of tortuous paths flights of steps, towers, doorways and stairs leaning on stone buildings supported by archivolts, little doors and pillars. This is an area known for its cheese, egg pasta, goat dishes (that have celebrated in their own August festival), but above all the olive oil so widely reco gnised for its purity and exceptional quality. I is even paraded through the streets to mark a popular festival, during which you can sample the olives and derivative products, also to be found at the Azienda Maggiarra Impero (10, via C. Pellegrini Tel: 0773 98019). **The** Carrubo (strada Provinciale Sonninese

km.2,2 Tel: 0773 939535; closed Mondays) is

among the restaurants to be recommended

SCI. Its historic centre pre-serves the characteristic mediae



Cori Ristorante Zampi

Owner: Ottavio Zambi

Restaurant with a popular atmosphere and simple, authentic cooking that reflects traditional Roman cuisine. Highly rated antipasti and first courses. based on local hill produce, with wines and olive oil from the Cori area.

Ristorante Sette Camini

Owner: Maria Antonietta Cucchiarelli

This large and spacious establishment is ideal for banquets and receptions. There is an agreeable open-air terrace overlooking Cori and the surrounding hills. In season you are guaranteed an excellent dinner. The cooking, high standard and authentic, has obvious ties to traditional Roman cuisine.



Trattoria da Checco

Owner: Luca Zerilli

Old-established, and located at the historic heart of Cori. this trattoria has been a meeting place for intellectuals from the beginning of the century. It offers reliable cooking based on Roman dishes. An attractive veranda is available to guests in the summer.

Cooperativa Agricola Cincinnato

Owner: Temistocle Lucarelli

This co-operative is one of the most representative in the Cori area. Concentrating almost exclusively on the traditional local wines, it produces some 350,000 bottles each year. For organisational reasons, visits are by appointment

Cooperativa Colle San Lorenzo **Tenuta Pietra Pinta**

Owner: Cesare Ferretti

The Ferretti brothers specialise in local grapes. Annual production is circa 400,000 bottles of wine whose quality is assured due to their production methods and experience. The farm is also well known for its table olives, olive oil and oil conserves. Visits are by appointment only.

expectations of the community. Guided visits, to include the cellars and tasting sessions, are also possible.

Frantoio Agnoni

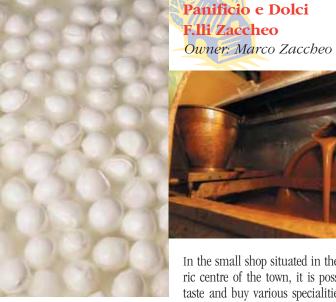
Owner: Romualdo Guidi

The olive plantations of the farm are

predominantly of the Itri variety, produ-

cing the so-called Gaeta olives, whose

quality and flavour are unmistakeable



Azienda Agricola **Biologica** Marco Carpineti

Owner: Marco Carpineti

The farm, now undergoing a period of full development, has used organic methods of farming since 1994 and produces an excellent wine that meets the

Olive-producing farm with a long tradition, certified for organic methods, boasting a wide range of products: table olives, extra-virgin olive oil, aromatic oils and every kind of vegetable preserved in olive oil. Tasting facilities are available to visitors and there are qualified personnel to help.

Roccamassima

Oscar Azienda Agricola Owner: Patrizia Priori e Mauro Del Ferraro

> ric centre of the town, it is possible to taste and buy various specialities such as the different types of bread (caserccio, made of whole wheat and flavoured) and the typical sweets of the area (tarts with home-made marmalade preserves, orange amaretto and the serpetta).

Club-Gusto

inPROVINCIA DI LATINA

and that are particularly well conserved

in brine. The extra virgin olive oil is also

of top quality, sweet and low in acidity.

Guided tours and tasting can be arran-

ged by appointment.

Sermoneta

cellars (outdoor space is also available).

The Routes for Good Taste

The Tour of

TYPICAL RESTAURANTS and FARMS

in the Province of Latina

Bassiano

Hostaria La Gròtte

Owner: Adriana Salvagni

Set in large grounds, the restaurant is

annexed to the hotel Locanda Bella

Lisa. It offers a family atmosphere,

comfortable and evocative, characteri-

sed by old grottos, partially used as wine

In the small shop situated in the histo-

The quality and freshness of the local products lie at the heart of the most classical traditional recipes.

Azienda Prosciutto di Bassiano Owner: Ruggero Reggiani certified quality. There is a dedicated area for retail sales and for tasting. Group visits must be booked.

This is a renowned supplier of ham at

local and national level. The prosciutto

crudo (cured ham) of Bassiano is

matured and dried naturally. It has a

pleasing aroma, a delicious taste and a

Sezze

Ristorante Roanissimo Azienda Agrituristica La Roana

Owner: Mayte Torre



It is not easy to find this restaurant, set garden and wines from the magnificent

Ristorante Da Barbitto

Owner: Gualtiero De Angelis

This restaurant, to be found in the

countryside near Sezze, offers a number

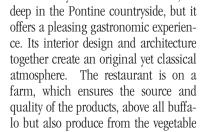
of dining rooms adaptable for banquets

The cuisine is typical, relying on seaso-

nal produce prepared according to tra-

ditional local methods, and dishes of

the day are on offer.





Owner: Giannino Perciballe

This restaurant, in the Sezze countryside, has a dining room with a family atmosphere. The kitchen focuses on authentic homegrown products, meaning to say almost entirely local and strictly seasonal ingredients at table.

Maenza

Ristorante Albergo Casal dei Lupi

Owner: Gianluigi Alla



In a natural setting. the restau-

rant highly agreeable and relaxing. Here you can taste original dishes and cooking methods overseen directly by the owner, faithfully using products from the Pontine plain and from the Lepini mountains.

Prossedi Osteria Persei

Owner: Angela e Daniela This elegant hostelry, located in the

heart of the old township of Prossedi offers an interesting choice of food and regional products supplied by small local farms. The terrace is charming and there is a small outside area overlooking the neighbouring hills. With good local or national wines and service that is polite and attentive, this is a most attractive place to eat.

Priverno

Ristorante Gliò Montano

Owner: Elvira Frasca

Situated in the historic centre of Priverno, deep in the Lepini mountains, the restaurant was developed from an old building that once housed an ancient olive press. It has a charming atmosphere and a simple down-to-earth menu that invokes tradition and the taste of locally produced foods.

Owner: Impero Maggiarra

resistance. Ample room is set aside for tasting and for the sale of products.



Owner: Tommaso Fanti At the Fanti hostelry, every dish has its

links with the culinary history of this part of the country. The products set a high standard, and are prepared with a light and experienced touch. There is an excellent wine list and a choice of spirits and cigars. For those seeking local cuisine, buffalo meat as well as greens and vegetables from the Pontine region are all on offer.

Sonnino

Ristorante Il Carrubo

Owner: Giuseppe Celani Just outside Sonnino is Il Carrubo, a family managed establishment, with simple but decorative furnishings. Here

you will find a typically Pontine cuisine with plenty of traditional dishes made from almost exclusively local ingredients.





Among the best known and long-established in the region, the azienda has a very wide range of high quality products such as local olives, aromatic oils and oil-conserved products. Its extra-virgin olive oil is the pièce de



