

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 PROVINCE OF LATINA

ITINERARIES TO THE GOOD TASTES

OF LAND AND SEA

The route (approximately 126 kms long) covers the entire Pontine plain. This area, once marsbland, has witnessed the cultures of ancient civilisations and has enjoyed, amongst others, long periods of splendour during Roman times. It has many important traces of these and of its mediaeval period - archaeological sites, bouses, buildings and churches. The impressive land reclamation programme of the 1920s restored lost plant life, transforming a region once covered in stagnant and polluted waters into the fertile countryside we see today: of vineyards, meat, fresh cheeses, oil, vegetables and fruit (in particular the grape varieties Italia, Baresena and Pizzutella and the traditional Muscat, watermelons, melons and above all kiwi). The sea also contributes greatly to the region's cuisine through the richness and variety of a produce easily transformable into delicious dishes, and because it is key to the region's tourist economy.

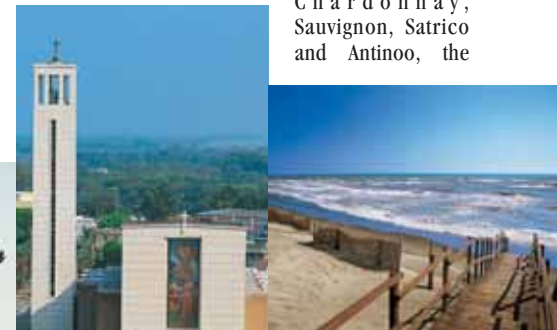
Our tour starts out from the provincial capital of **LATINA**. Founded as Littoria on the 18th December 1932, its public buildings retain the character of the period. From deep-rooted agricultural origins, it has transformed its economy by developing industry, commerce and tourism. The city has a wide range of business enterprises. Amongst the wine warehouses, for tasting and buying, we recommend the **Cantina Sociale Borgo Santa Maria** (1, strada S. Maria Tel: 0773 643009), which produces amongst others the whites Bellone, Moscatt, Barabino, Grigio d'Astura, Astura Frizzante, the I.G.T. Zephyro, Solathyo and the reds Cerreto, Astura, and I.G.T. Antheo and Novello. Typical products of the area (cheeses, vegetables, cold meats and fish) can be tasted in the numerous restaurants of the Latina area: **Hostaria dei Volsci** (35, via dei Volsci Tel: 0773 486817), **Hostaria La Fenice** (8, via Bellini Tel: 0773 240225), **Littoria dell'Hotel**

Cami (12, via Canova Tel: 0773 661281), **Enoteca dell'Orologio** (20, piazza del Popolo Tel: 0773 473684; closed on Mondays), **Bluegiù** (7, via Umberto I Tel: 338 5466510; closed on Sundays), **Il Pachino** (14, via Lamarmora Tel: 0773 666539), **Boca Chica** (loc. Foce Verde; 15, piazza Foce Verde Tel: 0773648793; closed on Mondays), **Giovannino** (loc. Foceverde; piazza di Foceverde Tel: 0773 648433), **Made in Italo** (loc. Foceverde, 308, lungomare Borgo Sabotino Tel: 0773 648353; closed on Tuesdays), **Azienda Agrituristica Fattoria Prato di Coppola** (via del Mare, km 4,200; Tel: 0773 273411), **Il Funghetto** (loc. Borgo Grappa; 326, via Litoranea; Tel: 0773 208009), **Casablanca** (156, S.S.Monti Lepini, km. 51,900 Tel: 0773 241861; closed on Mondays), **La Locanda del Bere** (loc. Borgo Faiti; 26, via Foro Appio Tel: 0773 258620; closed on Sundays). Leaving Latina and moving north-

ward, you come first to **CISTERNA DI LATINA** thence to **APRILIA**, one of the province's important industrial centres, notable for dairy produce and agricultural processing. It is also recognised as one of the most important kiwi-producing centres both in Italy and the world. Founded in 1937 when work on the draining of the marshes was nearly complete, **APRILIA** was totally destroyed by bombing during the Second World War. It was restored to life thanks to agriculture, which today

plays an essential role in its economy notwithstanding the fact that Aprilia is also one of the industrial centres of the province. The area, besides cultivating watermelon and kiwi fruit, is known for its extensive vineyards and wine-producing enterprises. One such is **Casal del Giglio Azienda Agricola** (loc. Le Ferriere, strada Cisterna-Nettuno, km. 13, Tel: 06 92902530; closed on Sundays), a participant in the day of the 'open cellars'. Here one can taste and buy the I.G.T. whites Chardonnay, Sauvignon, Satrico and Antinoo, the

I.G.T. reds Merlot, Shiraz, Petit Verdot; the reds Riserva Madre Selva, Mater Matuta, Cabernet-Sauvignon, and the rosé Albiola. We also recommend the **Consorzio Produttori Vini** (via Pontinia, km. 55,400 Tel: 06 92900017) which offers I.G.T. wines like the Lazio Chardonnay Fabulae and the Lazio Cabernet-Sauvignon Borgo del Sole, or D.O.C. wines like the Velletri red Riserva, the Villa Armellini, and the Aprilia Merlot Borgo del Sole. Aprilia is also home to the 'pearl' of the provincial restaurants, **Il Focarile** (S.S. 148 Pontina, km. 46,500 Tel: 06 9282549; closed on Mondays).



I.G.T. reds Merlot, Shiraz, Petit Verdot; the reds Riserva



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The Coast and the Pontine Plain



rationalism'. Set at the heart of an enchanting natural environment, including the Circeo National Park with its long and impressive dune barrier fronting the sea and its lagoons, it has long been a famous tourist destination. To try the local produce (fish, mushrooms, cheeses, vegetables and wines) two stops are recommended: the restaurant of the **Hotel Le Dune** (16 via Lungomare Tel: 0773 51291) and **La Giunca** (via Lungomare km. 29,100 Tel: 0773 515251; closed on Tuesdays). At the edge of Sabaudia, at the very heart of the Pontine plain, lies **PONTINIA**, one of the four young "sister towns" of the province of Latina, an important centre for the production of buffalo mozzarella cheeses. Leaving Sabaudia, keeping the Mediterranean to the west and the lagoon of Sabaudia to the east and with the Circeo promontory in the foreground, you come to **SAN FELICE CIRCEO**. Inhabited since ancient times (this was confirmed by the discovery of a Neanderthal skull) it is also linked to the myth of Ulysses and the sorceress Circe. The town's small

Leaving Aprilia, heading back down the S.S. 148, possibly taking one of the many detours along the Mediterranean coast, you come to **SABAUDIA** little more than 50 km away. The city's infrastructure, unchanged since 1934 when Sabaudia was founded, caused it to become known as the 'city of



historic centre captures the essence of the mediaeval spirit, almost distracting from the natural beauty of the location that is best appreciated from a boat. The land around is an abundant source of vegetables and grapes, the latter being turned into the D.O.C. Circeo whites, reds and rosés. Other specialities are the fish dishes. Here, too, you'll find **La Casina delle Api** (34, via Duca d'Aosta Tel: 0773 598116) renowned for its honey and other apicultural products. To try out the exquisite local products the recommended stops are: **La Stiva Park Hotel Circeo** (32, lungomare Circe Tel: 0773 547276), **La Veranda della Maga Circe** (via A.Bergamini Tel: 0773 547821), **Il Grottino** (2, via Vittorio Veneto Tel: 0773



548446; closed on Thursdays), and **Serena** (208, via Sabaudia Tel: 0773 596931; closed on Mondays), **Il Caminetto** (19, via Cavour Tel: 0773 702623; closed on Mondays), **La Capannina** (S.S. 7 Appia, km.103 Tel: 0773 702539; closed on Tuesdays) and the **Hostaria Porto Salvo** (S.S. 7 Appia, km.102 Tel: 0773 702151).

Of Volsci origins, the town centre still evidences numerous and important traces of the Roman era, juxtaposed with mediaeval buildings, and on the Monte S. Angelo where the foundations of the Temple of Jupiter are to be found. The 'new' part of the town stretches out along 15 kms of coastline in the sweeping bay, hemmed in by the promontories of Circeo and Gaeta and fortified by the Ausoni mountains dropping down towards the sea



and separating the Pontine and Fondi plains. The cuisine of Terracina follows the Mediterranean tradition by combining land and sea produce; and is pre-eminent in the production of Muscat wine. Amongst the local producers, the **Cantine S. Andrea Azienda Agricola** (loc.Borgo Vodice; 1720 via Renibbio Tel: 0773 755028) are recommended. They specialise in D.O.C. wines of the

Circeo such as the White, the Trebbiano Riflessi, the Reds Preludio and Sogno, the Red Riserva, Rosé, Rosso Novello, and Sangiovese in addition to the dry Terracina Moscato I.G.T. Oppidum (but also the raisin-wine Capitoliun and the sparkling wine).

The restaurants to be recommended are: **Hotel Fiordaliso** (Str. Prov. Terracina S.Felice C.km.10,800 Tel: 0773 780897), **Bottega Sarra** 1932 (34, via Villafranca Tel: 0773 702045; closed on Mondays), **Saint Patrick** (56, corso Anita Garibaldi Tel: 0773 703170; closed on Tuesdays), **Hostaria del Vicoletto** (9, via Quartiere Tel: 0773 703781; closed on Mondays), **Il Caminetto** (19, via Cavour Tel: 0773 702623; closed on Mondays), **La Capannina** (S.S. 7 Appia, km.103 Tel: 0773 702539; closed on Tuesdays) and the **Hostaria Porto Salvo** (S.S. 7 Appia, km.102 Tel: 0773 702151).



Latina**Hostaria dei Volsci***Owner: Gianluca Scaramella*

A relatively new establishment, simply designed and located near the town centre, it offers imaginatively prepared local meat and fish dishes. Run by two local enthusiasts, the menu also includes original dishes. The wine list is well chosen and includes a significant number of local labels.

Hostaria la Fenice*Owner: Stefano*

Comfortable and in a scenic setting, it recreates the atmosphere of a piazza. This restaurant is not to be missed because of the management's passion for high quality local and national products and careful selection of the wines.

Ristorante Littoria**Hotel Cami***Owner: Giovanni Cammisano*

Situated inside the hotel, the restaurant is spacious and nicely furnished. It is used for exhibitions, featuring international artists. In addition to international dishes, the chef prepares local specialities.

Enoteca dell'Orologio*Owner: Graziano Bernini*

At the centre of Latina, this elegant establishment gives directly onto the piazza del Popolo. Graziano Bernini offers cooking that highlights Pontine specialities. The service is attentive and the wine list good.

Ristorante Blùegiu*Owner: Giorgio e Pietro Mazzola*

More wine bar than restaurant, this establishment is passionately and professionally run by three young people. Amongst many outstanding features are their use of superior local raw ingredients and refined regional and national wines. The service is unfussy and efficient.

Ristorante il Pachino*Owner: Antonio Paccassoni*

This smallish restaurant (approximately thirty covers) boasts a large summer terrace and is situated near the town centre. Run by the obliging Paccassoni brothers, the simple and authentic cooking depends very much on Pontine produce. The wine list is unassuming.

Ristorante Boca Chica*Owner: Massimo Guadagnoli*

Offers an inspirational view of the sea (Loc. Foceverde), a well-conceived atmosphere and attentive service. The menu is based on what the local fish markets offer on the day.

Ristorante Giovannino*Owner: Annamaria Noro*

An historic establishment set on the beach at Foce Verde, which offers welcoming and spacious rooms with captivating views over the beach. The service is simple and friendly. The menu presents a good choice of seafood and always uses the freshest ingredients. The wine list includes the best of the Lazio and numerous national and international labels.

Ristorante Made in Italo*Owner: Italo Di Cocco*

Original restaurant right on the coast (Loc. Foceverde), set apart by the very detailed furnishings and interior design. The menu is based on creatively prepared fish dishes and includes recipes from outside the Lazio.

Ristorante Azienda**Agrituristic fattoria****Prato di Coppola***Owner: Giovanna Castiglione*

In a beautiful woodland setting, the restaurant is approached through an inviting hall. Buffalo meat features heavily in the cooking, accompanied by regional wines. The first courses are particularly interesting and pizza is available as an alternative.

Ristorante il Funghetto*Owner: Michele e Michela*

This restaurant in Borgo Grappa is well worth a visit. Michele, the magnanimous owner, is also a fine chef, careful in sourcing local products. The dishes, therefore, offer Pontine fish and vegetables prepared with passion and skill. The wine list is excellent and the coffee list is to be commended.

Ristorante Casablanca*Owner: Cioffi*

This establishment, with a large parking lot and prestigious atmosphere, is ideal for functions and receptions. Characteristic features are the terrace giving onto a beautiful garden and the variety of local produce featured on the menu.

Ristorante**La Locanda del Bere***Owner: Maurizio Mangoni*

This is a most pleasant place to eat with a warm, welcoming atmosphere (Loc. Borgo Faiti). The mise en place is elegant, the menu interesting, and tempting dishes with local ingredients are offered at the table. An excellent array of national wines and wines from the Lazio.

Cantina Sociale**Borgo S.Maria***Owner: Sergio Nardin*

This producer (Loc. Borgo S.Maria) offers genuine products from well-blended grapes applying new technology to a base of traditional expertise. A warm welcome is guaranteed to the many visiting tourists. Wine-tasting groups can visit the cellar, even on Sundays.

Aprilia**Ristorante il Focarile***Owner: F.lli Lunghi*

The most famous establishment in the province, it has lived up to its Michelin star rating for years. Elegant and spacious with punctual and professional service, large wine list and excellent use of local produce. For the gourmet, this is a refined experience.

Casal del Giglio**Azienda Agricola***Owner: Antonio Santarelli*

This company enjoys national fame. The meticulous organisation, high level of professionalism and the beauty of the farmland make this a must for wine-lovers. The three-hour tour more than justifies the fee, as does the tasting accompanied by an expert. Wines, as you would expect, can be bought over the counter.

Consorzio**Produttori Vini***Owner: Nicola Di Bari*

This wine-producing consortium offers a huge range of products (sixteen labels), all of excellent quality. The company has ample hospitality areas and the various production stages can be followed. The wines are on sale at a sole outlet in the town of Velletri, near Rome.

Sabaudia**Ristorante Hotel le Dune***Owner: Giulio Zertanna*

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The Tour of
TYPICAL RESTAURANTS and FARMS
in the Province of Latina

This hotel restaurant is dependable in both cooking and service. The enchanting seaside location can best be appreciated from the terrace, with its panoramic view. The kitchen uses only the freshest international and local ingredients and the wine list features many local labels.

Ristorante La Giunca*Owner: Romeo Beoni*

Tucked away in an unforgettable corner of the Sabaudia beach, the Romeo Beoni restaurant provides a romantic, intimate atmosphere and friendly service. Romeo and his wife, respectively in restaurant and kitchen, make this a pleasant and satisfying place to eat, with local wines cleverly matched to the fresh fish.

Ristorante La Veranda della Maga Circe*Owner: Antonella Di Genua*

Situated on the sea in an unspoilt location, the restaurant of the hotel Maga Circe is the oldest in the area. At the heart of the refined and varied menu are fish and shellfish accompanied by traditional local side dishes and a good choice of wines.

Ristorante il Grottino*Owner: Paolo*

Not to be missed, it is managed by Signor Paolo, a man who typifies the area. Although small, with the pergola a distinctive feature, the restaurant is an excellent discovery for anyone wanting the freshest fish cooked simply. The style of cooking reflects the area and its produce, and it is complemented by a genuine hospitality.

Ristorante Serena*Owner: Emanuela Di Giorgio*

The setting is simple, mirroring an authentic cuisine. The outdoor pergola and barbecue are attractive. The strength of this restaurant lies in the freshness of its fish, meat, cheese, bread and desserts.

Azienda**La Casina delle Api***Owner: Sabina Carotenuto e Guarino Tufano*

This company is a longstanding and certified organic producer of honey, pollen, wax and royal jelly. It also processes honeycombs and provides services to agriculture. Products can be tasted and bought over the counter.

Terracina**Ristorante****Hotel Fiordaliso***Owner: Famiglia Corradini*

Located on the road linking Terracina to San Felice Circeo, the restaurant of the Hotel Fiordaliso benefits from a large car park and plenty of garden space, making it ideal for ceremonies and banquets. The Corradini family offer appealing dishes of fresh fish and vegetables, prepared in the simplest fashion.

**Ristorante****Bottega Sarra 1932***Owner: Luigi Sarra*

Luigi Sarra's historic establishment is characterised by few tables and a welcoming atmosphere. Fresh fish and meat are at the heart of the cooking. The wine list is ample and offers the best of the local labels.

Enoteca Saint Patrick*Owner: Ivana e Massimo Masci*

In this restaurant, set inside a mediaeval dwelling, one can eat or simply enjoy a glass of wine. The dishes are uncomplicated with a few hot choices and a large selection of cheeses, salamis and cold meats. The enchanting wine cellar (excavated from a water cistern going back to Roman times) houses the best wines available regionally and nationally.

Hostaria del Vicoletto*Owner: Biagio*

This restaurant, typical of the area, is located in the town centre. Patronised by the stage and screen celebrities on holiday at Terracina, it offers a typical cuisine that varies according to what is on offer at the local markets. The primary produce is of high quality. Local wines are available, as well as the best of the national labels.

**Ristorante il Caminetto***Owner: Nazareno Fontana*

A paradigm of Terracina cuisine, thanks to the enthusiasm of Signor Fontana, head chef and proprietor. The restaurant offers two rooms, one more select and intimate and the other larger. It is much in demand owing to the professionalism and competence of the management. The wine list is of good quality, with an appropriate number of local labels.

Ristorante la Capannina*Owner: Emanuele Panici*

This is a well-organised and attractively located establishment. The young owner, sommelier and barman, is a considerable bon vivant and offers a cuisine of seafood and local products. The vegetables are home grown. The wine list contains many local choices and the service is polite and friendly.

Hostaria Porto Salvo*Owner: Guido Girardo*

This is a spacious establishment with large windows looking out over the sea and an outside area ideal for summer occasions. The dining room itself is peaceful and romantic. Authentically prepared fish dishes are the speciality, with original touches and emphasis on the selection of raw ingredients.

Cantine Sant'Andrea**Azienda Agricola***Owner: Andrea Pandolfo*

One of the best-established wine-producing companies in the province, certified for organic production since 1993. The tour of the plant and vineyards is suitably impressive. Products can either be bought over the counter or in one of fourteen outlets in Terracina, Latina, Formia and Sabaudia.