



# Lord Byron Viaggi

incoming tour operator - agenzia di viaggi e turismo



## A Journey through Ciociaria

*Programme 5 Days / 4 Nights*

The name Ciociaria comes from the word "ciocia", an ancient and typical footwear once worn by local shepherds, which was characterized by a curled-up tip held on by strings around the leg covered by a white cloth. The history and spirit of this land have been shaped along the centuries, together with the form of its territory, from the pre-Roman era, as shown by the ancient acropolises encircled by megalithic walls, to the Imperial Age, as witnessed by many prosperous towns along the Via Latina. Moreover Ciociaria was mostly shaped during the first centuries of the Middle Ages, through the civilizing work of the Benedictine and, later on, Cistercian abbeys and the beauty of loads of Medieval towns set amongst olive groves and vineyards. A visit to Ciociaria means also enchanting natural sceneries, delicious food and rare wines. Ciociaria is a land to discover by a journey into the past through history, myth, and legend.



### 1st Day (Thursday): Fiuggi

Arrival at Leonardo da Vinci or Ciampino airport in Rome. Transfer to the hotel in Fiuggi and check-in. Lunch in hotel. Leisure time. Transfer to Fiuggi old town and dinner in a typical restaurant. Overnight stay.



### 2st Day (Friday): Ferentino, Anagni and Fumone

After breakfast, departure for Ferentino, a very ancient town of Hernician origin, completely surrounded by polygonal walls. Guided tour of the town. Lunch in a restaurant in Ferentino or Anagni. Guided tour of Anagni, the Popes' town: the Cathedral of Santa Maria and the Crypt are completely covered by frescoes from the 13th century. Visit of Boniface VIII's Palace where the legendary event of the "lo Schiaffo di Anagni" took place. After the visit, transfer to Fumone and guided tour of the medieval centre with the castle where Pope Celestine V was kept prisoner. 'Medieval dinner' in Fumone. Overnight stay in Fiuggi.





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## 3rd Day (Saturday): Abbey of Montecassino , D.H. Lawrence's House and Abbey of Casamari

After breakfast in hotel departure for the Abbey of Montecassino, beacon of civilization in the whole Christian Europe. Visit of the monastery. Departure for Picinisco. Lunch at "D.H. Lawrence's House" where the famous English writer stayed and found inspiration when writing his novel "The Lost Girl". This will be the ideal opportunity to sample typical goat cheese, wines and local meats of the Comino Valley. Departure for the Abbey of Casamari, one of the most important Gothic architectural masterpieces in Italy. Visit of the monastery: the Church, the Cloister and the Capitular Hall. Dinner and overnight stay in Fuggi.



## 4th Day (Sunday): Charterhouse of Trisulti, Veroli and Alatri

After breakfast in hotel, departure for the Charterhouse of Trisulti, a monastery situated in the heart of the Hernician mountains. Visit of the monastery. Departure for Veroli, an elegant town with a partly medieval and partly 18th-century architecture. It has very ancient origins: the Hernici people settled in this area around the 12th century B.C. and founded the ancient "Verulae". Guided tour of the town. Lunch in a restaurant in Veroli. Departure for Alatri, "the Cyclops' town": it still has some of the most imposing surrounding walls of pre-Roman epoch. The walls, which dates back to the 4th century B.C., surround the whole area of the Acropolis, the upper part of the old town. Dinner in a typical restaurant in Piglio. Overnight stay in Fuggi.



## 5th Day (Monday): departure

After breakfast/lunch in hotel, transfer to Leonardo da Vinci or Ciampino airport in Rome.

