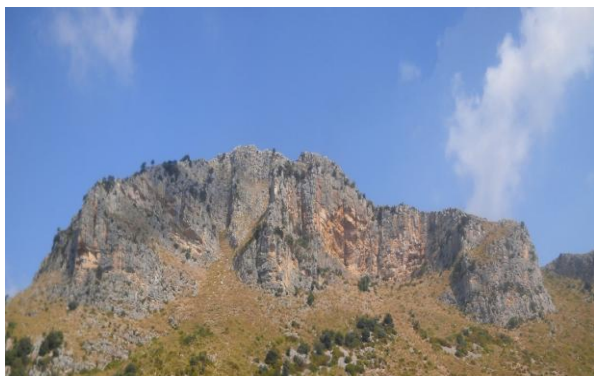


**Difficulty: medium Duration: 3 hours Vertical drop: 360 meters**

## Trekking archaeologist



The archaeologist trail reaches the summit of Mount Moneta coin placed at 360 meters above sea level! It consists of a very intense first part needed to ascend to the mountain and then gradually increasing slope with more sustained circumventing the sheer walls that will be covered later on the edge of their top! At this point the road becomes lighter and the chance to enjoy breathtaking views and exposure! It crosses the summit of the cliff edge and then begin to subside within the first move for a few meters and then regain sight of the sea taking a path that begins with a gradual but irregular slope to descend the mountain! When you reach a wall overhanging the path zig-zagging take a decision on the way back, passing through thickets of

thyme almost inexplicably present in the area (only here you can find it)! Arrived a few meters from sea level to the surprise one encounters in the remains, unfortunately, not considered by local government and left to themselves of a 'ancient Roman construction! the house call -PIAN OF SAUCES-whose description and reconstruction of its original appearance can be seen in the book of historical architecture of Stefania Quilici Gigli is considered by scholars to the unique presence of a dam adjacent to the villa itself which was merged waters from the adjacent valley in large tanks still visible and almost intact! Hence the imagination takes over and defeats the tired legs now try! Left the trodden ground and strategically chosen by our ancestors two thousand years ago, is a few minutes the way back! The path of the archaeologist is considered of medium difficulty, but as the way of a good fortune teller is needed skills to move in difficult terrain and often irregular!

**Difficulty: easy with some exposed Duration: 2 hours**

## Trekking the Ancient Flacca



The path runs along several sections of the trail that linked up to 1930 Sperlonga to Gaeta! We start from the plain of S. Augustine and return to the sea in Sperlonga by passing the galleries of the new artificial Flacca inaugurated in the year about 60 '.During the tour you can see in some places the remains of the ancient road built about two thousand years ago by Tiziano Flacco! The large stones arranged at times balanced on steps overlooking the sea give an idea of the 'ancient architectural genius. The road, never tiring and exhausting, with the sea always present to its visitors, offers a panoramic view of its kind and the chance to swim in a few minutes in the Mediterranean in some sections intact and wild. The path, where the

only danger is to cross the road every time you finish the section of the trail outside the gallery, is always flat. You get the last part of the Ancient Flacca along the beach back Bazzano where you can see the remains of a not yet reassessed the Villa of Tiberius! Once round the last headland has the opportunity to observe from the up the garden of the Villa di Tiberio is where, instead, from about 1960 built a museum for the preservation of the sculptures found in those years. Here ends the walk, but of course the advice is to enter the museum and then headed off the beach in Sperlonga.

**Clothing required:** hiking shoes, long trousers

**Departure time :** Spring / autumn at 8 am and 4 pm. Summer at 7 am and 6 pm.

**Departure from:** close to the place of beginning trekking, private transfers on request

**Note:** The departure time and place will be reconfirmed upon confirmation of booking.

**Trekking price:** Euros 25,00 per person (based on minimum of 5 people, to be confirmed) Other price or transfers to the starting point on request.