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BESPOKE ITALY TRAVEL
THOUGHTFULLY DESIGNED

Formia Italy Luxury Travel Guide

Formia sits along the Gulf of Gaeta between Rome and Naples and offers an authentic Italian coastal experience without the crowds of more famous destinations. With beautiful beaches, historic sites, incredible seafood, and easy access to islands like Ponza, Formia is a perfect base for exploring the Lazio coastline.

Where to Stay

- Grande Albergo Miramare - historic seafront hotel with private beach
- Villa Maria Teresa - elegant boutique stay overlooking the coast
- Bajamar Beach Hotel - modern seaside hotel along the waterfront
- Kora Park Resort - peaceful resort surrounded by Mediterranean gardens

Where to Eat

- Al Solito Posto - modern seafood restaurant in the port area
- Ristorante Zi Anna Mare - classic local seafood restaurant
- Il Gatto e la Volpe - excellent Italian cuisine and wine selection
- Chinappi Formia - famous seafood restaurant from the Ponza family
- La Tavola dei Cavalieri - refined dining near the historic center

Top Experiences

- Take the ferry from Formia to Ponza island
- Walk along the Formia waterfront promenade
- Visit the Roman Cisternone archaeological site
- Explore nearby Gaeta including Monte Orlando and Serapo Beach

Suggested 7 Day Formia Itinerary

Day 1	Arrival in Formia. Walk the marina and enjoy dinner overlooking the sea.
Day 2	Beach day along the Gulf of Gaeta followed by seafood dinner in the port.
Day 3	Ferry excursion to Ponza island with boat tour around the island.
Day 4	Explore Gaeta including Monte Orlando and the old town.
Day 5	Visit the Roman Cisternone and historic center of Formia.
Day 6	Relaxing coastal day with lunch at a seaside restaurant.
Day 7	Morning espresso along the waterfront before departure.

Formia Travel Notes

- Formia is an ideal base for exploring the Lazio coast and Ponza island.
- The town offers authentic Italian life with fewer tourists.
- Fresh seafood and local markets are highlights of the region.
- High speed trains connect Formia to both Rome and Naples.

Ciao For Now Travel

For bespoke Italian itineraries, luxury hotels, and curated coastal experiences contact Ciao For Now Travel.