

Sperlonga

Italy Luxury Travel Guide

Sperlonga is a coastal gem along the Italian Riviera, known for its whitewashed village, crystal-clear beaches, and refined yet relaxed atmosphere. Offering a balance of seaside luxury and authentic Italian charm, it provides a quieter alternative to more crowded coastal destinations.

Where to Stay

- A boutique beachfront hotel with panoramic sea views
- A refined coastal stay within walking distance to the historic center
- A luxury villa overlooking Sperlonga's coastline

Where to Eat

- Seafront restaurants serving fresh seafood and Mediterranean cuisine
- Elevated dining experiences with coastal Italian specialties
- Local trattorias offering authentic Lazio dishes

Signature Experiences

- Beach club day with full-service relaxation
- Private boat day along the coastline
- Exploring the historic old town
- Sunset dining overlooking the sea

Suggested 10 Day Italy Itinerary

Day 1

Arrival Rome. Transfer to Sperlonga.

Day 2

Beach day and explore town.

Day 3

Private boat day.

Day 4

Beach club relaxation.

Day 5

Explore historic center.

Day 6

Day trip to Gaeta.

Day 7

Relaxation and dining.

Day 8

Optional Ponza excursion.

Day 9

Free day by the sea.

Day 10

Return to Rome and depart.

Italy Travel Notes

- Best visited May–September
- Less crowded than Amalfi Coast
- Beach clubs offer premium experience
- Ideal for couples and coastal escapes

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