

Rocca Sinibalda & Castel di Tora

Morning:

- Leave Casa Marlita and take a 30-40 minute drive to ***Rocca Sinibalda***. Enjoy a relaxed, easy walk through the historic centre, stopping at scenic viewpoints along the way for photos and great views.

To Note: *The castle is open to individual visitors on Saturdays at 3:30 PM (November-March) and 4:00 PM (April-October). Open on Sundays at 11:00 AM. Reservations are required for all individual visits. Private visits can also be arranged on request. Entrance fee applies.*

Afternoon:

- Drive 20-30 minutes to ***Castel di Tora***. Take time to explore its charming cobbled streets and enjoy stunning lakeside viewpoints over Lago del Turano from the panoramic terraces.

Evening:

- Drive 25-35 minutes to Poggio Moiano. Enjoy dinner at ***Maria Fontana Ristorante*** (weekend dinners usually start around 20:00).
- Afterwards, take a 15-25 minute drive back to Collelungo.

Cascata delle Marmore & Domus Octavia

Morning:

- Aim to arrive at ***Cascata delle Marmore*** around 09:30am. Start at the Upper Belvedere for the best views with minimal effort, then follow the marked paths to the lower viewpoints. (Approx. 1hr drive).

To Note: *Expect steps, wet sections, and plenty of waterfall spray. Bring a light rain jacket and a cloth for your phone or camera. Entrance fee applies.*

Afternoon:

- You may choose to have a light lunch by the waterfall or have a picnic at the next stop.
- Head to ***Domus Octavia • Mulino delle conce*** for some swimming time in crystal clear blue waters. (Approx. 45mins drive).

To Note: *Treat the water as a cold spring—even in summer it can feel very chilly. Keep dips short and bring a towel and dry clothes. Use only the designated access points, and be aware that rocks and paths near the water can be slippery, so water shoes are recommended. Entrance fees may apply.*

Evening:

- Head back towards Casa Marlita. You can choose to have dinner along the way and we'd recommend ***Il Cammino Di Francesco Azienda Agricola Biologica***. A charming restaurant with animals you can feed. (Approx. 41mins drive).

To Note: *WhatsApp first to check if they will be open.*

Orvieto & Narni

Morning:

- Travel to Orvieto (approx. 2 hour drive).
- Visit the magnificent ***Orvieto Cathedral*** (Duomo). Marvel at its stunning facade and intricate mosaics. Explore the town which is known for its ceramics and local foods such as *Torta al testo* (flatbread sandwich).
- You may choose to also visit theTorre del Moro (€3.80 entrance as of 2026)→Climb this medieval tower (250 steps) for panoramic views over Orvieto and the Umbrian countryside.

Afternoon:

- Explore ***Narni***. A dramatic medieval hill town overlooking the Nera River, Narni is all stone lanes, sweeping views, and hidden history. Wander its quiet streets and explore Narni Sotterranea for a glimpse beneath the surface...(approx. 1.5hr drive from Orvieto).

Evening:

- Dinner at ***La Batuffoleria***, enjoying Umbrian specialties along with beautiful views.

Olive Grove & Farfa

Morning:

- A visit to ***Olive Hill Sabina: Award Winning Organic Olive Grove*** will allow you the opportunity to experience one of the many olive groves in Sabina while tasting what this region is known for.

The olive hill taster experiences tour normally starts at 10am, so aim to be there before. (Approx. 1hr drive).

To Note: *Booking is required, they have other experiences including being part of harvesting, always check their website. Dress for outdoors and uneven walk.*

Afternoon:

- After you've stock up on your oil to take back home, head towards Farfa for a slow afternoon of exploring. We'd recommend stopping for lunch on the way down at a café/trattoria style. (Approx. 40 mins drive from Olive Hill to Farfa).
- Explore the charming village of ***Farfa*** and visit the historic ***Abbazia di Farfa***. Please note that parts of the abbey are currently under renovation (2026), so access may vary. Enjoy the exterior views, take some photos, and visit the gift shop if it is open.
- If open, browse for unique treasures at ***Antiquariato del Borgo di Dario D'Artibale***. We recommend contacting the shop in advance to confirm opening hours.

Optional: Farfa is well known for its antiques and collectibles market, which is often held on the first Sunday of the month. If your visit happens to coincide with this date, it can be a great addition to your day. However, please verify the schedule before making plans around it.

Evening:

- Head back towards Casa Marlita. You can choose to have dinner along the way on your way back.

Sacro Bosco, Vitorchiano & Villa Lante

Morning:

- Depart Casa Marlita for ***Sacro Bosco (Monster Park)***, one of Italy's most unusual and fascinating gardens. Quite a few uniques sculptures for you see such as the giant ogre mouth & the elephant sculpture. (Approx. 1.5hr drive).

To Note: *Entrance is €15 per adult, €9 per child (4 to 13 yrs old) but always check online. If visiting on a weekend or public holiday, try to avoid 11:30–14:30 when the park is busiest. On hot days, this is a great first stop thanks to its shaded walking paths.*

Afternoon:

- After your visit to Sacro Bosco, take a 20 mins drive to ***Vitorchiano***, a medieval village with tall narrow hourse poinsed on rocks. Enjoy a relaxed lunch on arrival, with plenty of local trattorias and cafés offering traditional dishes, panini, and excellent Italian coffee.
- Stroll through the beautiful hilltop village of Vitorchiano soaking in the charming, Historic arches, doorways, and stone buildings perfect for photographs. Don't miss the *Moai statute* while there.

- Last stop of the stay is a visit to ***Villa Lante***, one of Italy's most elegant Renaissance gardens. An approx. 10 mins drive, enjoy a relaxed space while exploring, so do be mindful of the time so you do not feel rushed when there.

Evening:

- Head back towards Casa Marlita. You can choose to have dinner along the way on your way back.

Underrated Rome Wonders

If you've been to Rome and want other areas to see, or you simple like exploring lesser known places the below are some recommended places, entrance fees may apply:

- **Recommended Visit Days for all:** Monday, Tuesday, Thursday, Friday, or Saturday.
  - ***Galleria Doria Pamphilj (Spend 75-90 mins there)*** - Step inside one of Rome's most beautiful private palaces and discover an impressive collection of art, lavish state rooms, and centuries of aristocratic history.
  - ***Aventine Hill & the Famous Keyhole (10-20 mins)*** - Visit one of Rome's most charming hidden gems. Peek through the famous Aventine Keyhole for a perfectly framed view of St. Peter's Basilica and enjoy a peaceful walk through this elegant neighbourhood.
  - ***Basilica of San Clemente (60-80 mins)*** - Explore one of Rome's most fascinating churches, where layers of history unfold beneath your feet. Descend through medieval, early Christian, and ancient Roman levels dating back nearly 2,000 years.
  - ***Quartiere Coppedè (30-45 mins)*** - Wander through one of Rome's most unique neighbourhoods, known for its whimsical architecture, hidden courtyards, and fairytale-like atmosphere. A paradise for photographers and architecture lovers.
  - ***Via Appia Antica (Appian Way) (45-60 mins)*** - Walk along one of the oldest roads in the Roman Empire, surrounded by ancient ruins, pine trees, aqueducts, and countryside scenery just outside the city centre.
    - **Please Note:** While the road itself is always open, individual attractions along the route, such as catacombs and archaeological sites, may have their own opening hours and closure days.

We hope you enjoy these recommendations! They are simply suggestions to help you explore this beautiful part of Italy. Feel free to follow them, pick and choose what interests you, or ignore them entirely and enjoy your own itinerary.

Good to Know: *Opening hours in these areas can be a little unpredictable, and some businesses don't always update their online listings. We've been caught out by this ourselves! Before making plans, it's a good idea to send a quick WhatsApp or social media message to check that they'll be open when you want to visit. Also for visits that have the online booking option, book in advance.*