

EXPERIENCES

Molino
7cento[®]





Guided tour of the ancient village and the organic farm

Discover the workings and all the charm of an old village of 1700 and admire the operation of an ancient water mill. Immerse yourself in the green in our heads and listen to all the ancient stories, myths, legends and old knowledge that have been handed down for centuries among the farmers of this fertile land.

WHEN?

Every day at 4.30 p.m.

WHERE?

Molino '7Cento

BOOKING

Whitin 4.00 p.m. of the same day

FEE

Included in the stay

*Can be combined with tasting of typical products at the point of sale.



Guided tour of the winery and tasting of typical products

Visit our winery and immerse yourself in the scents of must and wine resting in wooden barrels. Let yourself be surprised by the flavors and aromas of the products of the company commented by our experts who will create the right experience to refresh body and mind.

WHEN?

Every day from 4.00 p.m. to 7.00 p.m.

WHERE?

Molino '7Cento

BOOKING

Within 3.00 p.m of the same day

FEE

15,00€ p.p.

*Could be combined with a guided tour of the ancient village and the organic farm.



Aperitif with a view of the vineyards and live music

Enjoy the magical atmosphere of the sunset over the vineyards while listening to good live music and tasting a fine glass of wine accompanied by traditional local products selected with care and skill by our chef.

WHEN?

Saturday at sunset from 6.30 p.m. to 9.00 p.m.

WHERE?

Molino '7Cento

BOOKING

By 1.00 p.m. on the same day

FEE

25,00€ p.p.

*Could be combined with a guided tour of the old village and the farm.



Garden produce harvest and cooking class

Get a behind-the-scenes look at our restaurant. Accompanied by our staff, collect all the ingredients of the recipe provided by the chef from the garden, enter our kitchen, follow the instructions and cook a healthy, genuine and traditional dish. Also suitable for children.

WHEN?

Tuesday to Friday from 11.00 a.m. to 12.30

WHERE?

Molino '7Cento

BOOKING

48 hours in advance

FEE

5,00€ p.p.

*Could be combined with a guided tour of the ancient village and the organic farm.



Cooking class

Become a pastry chef for an hour. Follow our chef's recipe and instructions and make the best cake ever. Also suitable for children.

WHEN?

Tuesday to Friday from 11.00 a.m. to 12.30

WHERE?

Molino '7Cento

BOOKING

48 hours in advance

FEE

5,00€ p.p.

*Could be combined with a guided tour of the ancient village and the organic farm.



Harvest

Join our staff for the most fun time of the year: the grape harvest! Walk through the rows of vines, pick the grapes and take them to the winery for processing, enjoy a typical peasant snack and above all, make peace with Mother Earth.

WHEN?

August - september

WHERE?

Molino '7Cento

BOOKING

48 hours in advance

FEE

5,00€ p.p.

*Inform also about our traditional grape harvest festival at the end of August.



Historical Carousel of the Wards

Watch one of the oldest historical re-enactments in Europe. Among some 400 participants, go back to the Renaissance period and watch the Palio dei Rioni: which gate will win this year?

WHEN?

26 June and 30 July from 5.00 p.m. to 10.00 p.m.

WHERE?

Cori piazza Signina; Stozza

BOOKING

24 hours in advance

FEE

10,00€ p.p.

*Shuttle service is available and strongly recommended at a cost of €5.00 p.p.



Latium Festival

Enjoy a moment of joy and light-heartedness in the company of folkloric groups of dancers and musicians from all over the world: an exciting journey through sounds, dances and colours with the city of Cori at the centre.

WHEN?

First week of August from 9.00 p.m. to 00.00

WHERE?

Cori

BOOKING

24 hours in advance

FEE

10,00€ p.p.

*Shuttle service is available and strongly recommended at a cost of €5.00 p.p.



Urban trekking Cori

Accompanied by one of the city's official guides, discover all the history that Cori jealously hides among its alleys. The temples, churches, mosaics and frescoes: an ancient and precious treasure that will reveal itself to those who want to admire it.

WHEN?

Every day from 10.00 a.m. to 12.30

WHERE?

Cori

BOOKING

24 hours in advance

FEE

40,00€ p.p.

*Shuttle service is available and strongly recommended at a cost of €5.00 per person.
NB at the reception desk it is possible to donate to the restoration of St. Saviour's Church.



Urban trekking Sermoneta

Discover a medieval town that has remained intact over the centuries. Entirely pedestrianised, it has been the set of numerous historical films. Accompanied by one of the city's guides, you can go back in time and experience a few hours in the Middle Ages, discovering the customs, beliefs and daily life of the time.

WHEN?

Every day dalle 4.30 p.m. alle 6.30 p.m.

WHERE?

Sermoneta

BOOKING

48 hours in advance

FEE

40,00€ p.p.

*Could be combined with a visit to the castle of Sermoneta

** Available and strongly recommended shuttle service at a cost of €10.00 per person.

(Private vehicles are not allowed to enter the town and must be parked at the foot of the hill. Our shuttle bus is allowed to enter the town).



Sermoneta Castle

Visit an impregnable fortress! Built in the 13th century by the Annibaldi family, this old castle has known moments of peace, war and attempted invasions over the centuries. An official guide will accompany you on your discovery of the castle and the families who built and inhabited it, and will show you all its treasures.

WHEN?

Saturday, Sunday and public holidays (open to the public) - Tuesday to Friday private visit

WHERE?

Sermoneta

BOOKING

48 hours in advance

FEE

8,00€ p.p. for the public tour; 75,00€ p.p. for the exclusive private tour + dedicated guide

****Possible to combine with Trekking in Sermoneta**

****Available and strongly recommended shuttle service at a cost of €10.00 p.p.**

(Private vehicles are not allowed to enter the town and must be parked at the foot of the hill. Our shuttle bus is allowed to enter the town).



Visit to the ruins of Ancient Norba

Walk with an experienced guide through the ruins of a small Pompeii and listen to what the ruins of the ancient city of Norba have to tell. Destroyed by Sulla's troops, the city was completely abandoned and never rebuilt. Today it is one of the most impressive archaeological sites in southern Italy.

WHEN?

Every day dalle 4.30 p.m. alle 7.00 p.m.

WHERE?

Norma

BOOKING

48 hours in advance

FEE

40,00€ p.p.

****Paragliding launch possible**

****Available and strongly recommended shuttle service at a cost of €10.00 p.p. (the road to Norma is a mountain road).**



Paragliding

Looking for an adrenaline rush? A paragliding experience is just what you need! From the airfield located among the archaeological ruins of ancient Norba you have the possibility to try a double flight with a view of the Agro Pontino, the sea and the Ninfa oasis.

WHEN?

Every day dalle 6.00 p.m.

WHERE?

Norma

BOOKING

48 hours in advance

FEE

80,00€ p.p.

*Can be combined with a guided tour of the ruins of Ancient Norba.

**Available and strongly recommended shuttle service at a cost of €10.00 p.p. (the road to Norma is a mountain road).



Flying in the sky

An experience you will hardly forget! Suspended hundreds of metres above the ground in the woods of the Lepini mountains, you will travel 2,225 metres (the longest in Europe) at an average speed of 110KM/H and enjoy the view from a unique perspective.

WHEN?

Friday - Saturday - Sunday from 10.00 a.m. to 6 p.m.

WHERE?

Rocca Massima

BOOKING

48 hours in advance

FEE

40,00€ p.p.

*Shuttle service is available and strongly recommended at a cost of €10.00 per person. (the shuttle will take you to the start and pick you up on arrival).



Aperi-kayak on the Cavata River

Looking for an alternative aperitif? Here it is! Kayak on the waterways that once formed a huge, dense swamp and discover lush vegetation and enjoy your aperitif on the boat. Also suitable for children.

WHEN?

Friday - Saturday - Sunday from 5.30 p.m. to 7 p.m.

WHERE?

Sermoneta Scalo

BOOKING

48 hours in advance

FEE

35,00€ p.p.

*Shuttle service available at a cost of €10.00 p.p.



Visit to the gardens of Ninfa

An experience not to be missed! Defined by the TIMES as the most beautiful gardens in the world, this wonderful view of the medieval town of Ninfa will amaze you with its colours and scents in every season. An exceptional walk that will put you back in peace and harmony with nature.

WHEN?

*Every day in private visit and Saturday
and Sunday in public visit*

WHERE?

Sermoneta Scalo

BOOKING

3 days in advance

FEE

*75,00€ p.p. on private visit
15,00€ p.p. on public visit*

*Shuttle service available at a cost of €10.00 p.p.



Visit Fossanova Abbey

Are medieval villages your passion? Fossa Nova Abbey and its village will satisfy you! One of the finest examples of Gothic-Cistercian art in Italy, the Abbey was built in the 12th century on the site of an existing Benedictine monastery. Set in a perfectly preserved medieval village, this monument is famous for its magnificent cloister, its imposing capitular staircase and its spacious refectory. Our guide will be able to answer all your questions.

WHEN?

Every day in private visit

WHERE?

Priverno

BOOKING

3 days in advance

FEE

20,00€ p.p.

*Shuttle service available at a cost of €10.00 p.p.



Visit Valvisciolo Abbey

Looking for Templars? Valvisciolo Abbey is the place for you! Founded in the 8th century by the Greek Basilian monks of San Nilo, it was a famous Templar settlement that was very active between the 13th and 14th centuries. The signs of this glorious past are still clearly visible inside the abbey, both in the central rose window and in many other parts of the architectural complex, which our guide will show you.

WHEN?

Every day in private visit

BOOKING

3 days in advance

WHERE?

Priverno

FEE

40,00€ p.p.

*Shuttle service available at a cost of €20.00 p.p.



Visit to Torreccchia Vecchia

Do you love the combination of old and new? Torreccchia Vecchia is a stunningly beautiful example. It is an ancient settlement dating back to the 6th and 5th centuries BC, which was excavated and restored by Prince Carlo Caracciolo in 1991. An exclusive English garden, ancient ruins and a beautiful villa restored by Gae Aulenti await you for a private guided tour that will leave you breathless.

WHEN?

Every day in private visit

BOOKING

4 days in advance

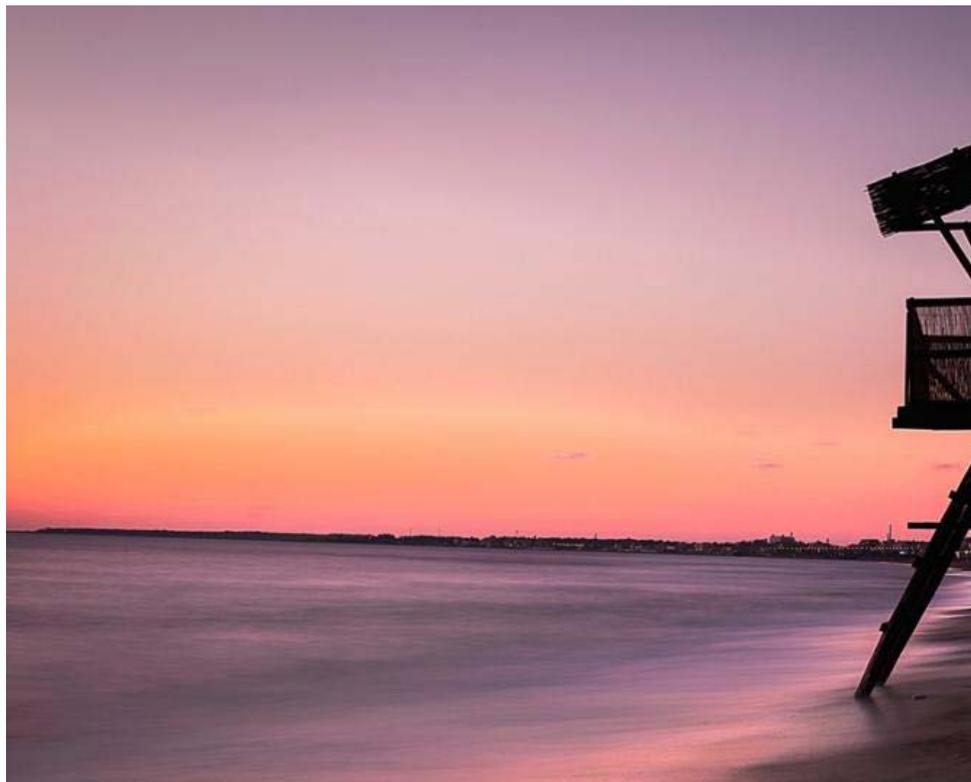
WHERE?

Cori

FEE

125,00€ p.p.

*Shuttle service available at a cost of €10.00 p.p.



A relaxing day at the beach

Looking for some relaxation on the beach and an excellent fish restaurant? An exclusive private beach at the foot of the Circeo awaits you! At the Hotel Miramare di Latina you'll be able to enjoy a beautiful, fully-equipped beach, crystal clear sea and a terrace with a view of the Pontine Islands.

WHEN?

Every day

WHERE?

Hotel Miramare Latina

BOOKING

48 hours in advance

FEE

25,00€ p.p. + drinks at the restaurant and bar

*Shuttle service available at a cost of €20.00 p.p.



A walk around the lake of Giulianello

Do you like walking in nature? You can't miss this route! A long walk along the shores of a small freshwater volcanic lake that will give you enchanting landscapes and a relaxing and exciting atmosphere.

WHEN?

Every day until sunset

WHERE?

Giulianello

BOOKING

Within 1.00 p.m. of the same day

FEE

Free

*Shuttle service available at a cost of €20.00 p.p.



Treating the body to relax the mind

Feel like cuddling? Take a break! The Styling Inspiration team provides professionalism and dedication for your hair and body for a thorough, relaxing and quality beauty session.

WHEN?

From tuesday to saturday

WHERE?

Molino '7Cento

BOOKING

48 hours in advance

FEE

Based on price list



Yoga among the vineyards

Passionate about Yoga? Try this new perspective! Against the backdrop of our vineyards, welcome a new day with positivity and energy.

WHEN?

Every day from 8.00 a.m. to 9.00 a.m.

WHERE?

Molino '7Cento

BOOKING

48 hours in advance

FEE

25,00€ p.p.