



THE SECRET ITALIAN COAST



secret Escapes





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FROM CALABRIA TO SICILY



WELCOME TO

THE SECRET ITALIAN COAST

From Cinque Terre to the heel of Puglia, discover your next escape...

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This is the secret Italian coast, a book of lesser-known locations, hidden gems, and authentic experiences. From the northern reaches right down to the southern tip, the following pages are your guide to the entire Italian coastline. Discover unfiltered Italy, from the culture, the places, the people and the food. Open a bottle of BIRRA MORETTI Sale Di Mare, turn these very pages, and transport yourself to the coast.

For more inspiration, join singer-songwriter Jack Savoretti as he takes us on a journey from the vibrant Tropea in Calabria, across to the gorgeous island of Sicily. Scan the QR code to watch the full film.

Scan the QR code
to watch the full film.



FROM CALABRIA TO SICILY

JACK SAVORETTI

Discover unfiltered Italy with
BIRRA MORETTI Sale Di Mare
& Secret Escapes

"I feel like someone has just told me a well-kept secret and that I've had the luck of becoming part of it. I was fortunate to visit a part of Italy that not even most Italians know, an unspoiled region where people are the main part of the show.

We travelled from Calabria through Sicily, ending in Palermo. Here everything is theatre, from the fishing market to the restaurants, where each vendor hosts their own stage. The minute you arrive any plan you may have goes out the window as immediately someone says 'come to my restaurant, come meet my family...' You come to Italy to explore. Best leave your suitcase behind and embrace the people and their history."

A handwritten signature in black ink, appearing to be 'J. Savoretti', located below the quote.





FROM CALABRIA TO SICILY

TROPEA



Slung along chalky cliffs and fringed by white, powder-sand beaches, Tropea is a Calabrian gem that is a favourite of Italian sea-and-sun seekers. Join them and you'll find a coastal town with unique charms: narrow streets and sprawling piazzas, irresistible coastal views, and gorgeous beaches- not to mention its own gastronomic groove. Here, the unique Tropean red onion reigns supreme, with an iconic sweet taste flavouring local seafood and pasta dishes, so cherished that it even makes an appearance in the gela-

teria of the town. Beyond the Byzantine walls and family-run trattorias, Tropea also offers coastal exploits that are the envy of better-known Italian coastlines. The beaches are some of Italy's favourite, and offshore excursions reveal beautiful rock formations and hidden grottos, with underwater landscapes perfect for snorkelling or scuba diving. Wind down for sunset and aperitivo overlooking the postcard icon of the town, the monastery of Santa Maria dell'Isola. There isn't a more perfect picture of Italian coastal life than here.



Head for the beach

There's a reason this coastline is called the 'Coast of the Gods'. It's not just the myths, it's the sheer beauty of the place. Tropea is blessed with 2.5 miles of soft sands, with remarkably clear waters - they've long been a calling card for Italian holidayers. Don't miss the chance to explore the grottos underneath Santa Maria dell'Isola, nor a boat trip to Grotta Azzurra, which is only accessible by sea.

All things onions

Tropea is synonymous with onions. Cipolle Rosse di Tropea, IGP designated, is a markedly sweet onion that seemingly flourishes in the sandy soil of the town. You'll see it hanging in markets, chopped into all manner of local dishes, and for the epicurious, made into gelato. Dip into Tropea's food markets and trattorias to try it, alongside wonderfully fresh seafood, local 'Nduja and more.



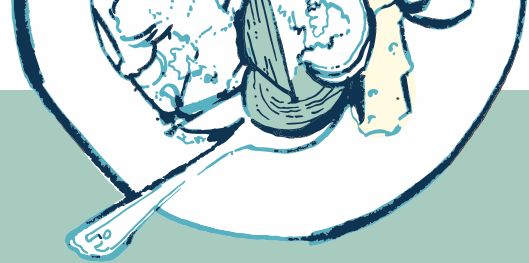
Culture on the coast

Tropea is a surprising cultural hub for the region. You'll find artisans and craft-people in the streets of the old town, selling all manner of handmade wares. Time it right and you could also throw yourself into one of Tropea's many festivals or events, whether it's the dramatic I Tri Da' Cruci, where Tropeans celebrate victory over Turk and Saracen raiders by exploding a ship, the procession of the Madonna, which happens twice a year, or the Tropea Blues Festival.

Vibrant history

Tropea has a long history. Though much of its older buildings fell in earthquakes and wars, there's still glimpses of old Tropea to uncover. Most prominent is the Norman Cathedral. Its ancient walls house two peculiarities: first is a pair of unexploded WWII bombs, second is the town's beloved icon - the 14th century Madonna of Romania. She is credited for rescuing the town from numerous earthquakes, and the detonation of the aforementioned bombs.





WHERE TO EAT...



Ristorante Incipit

Incipit is a delightfully typical Italian restaurant with a penchant for seafood. Locals and visitors alike rave about it.

Osteria della Cipolla Rossa

Just along the coast is this artful osteria. There's an artisanal approach to hyper local dishes - reservation is a must.



Vicolo34 Restaurant

Another old town gem that specialises in Calabrian dining and a thrilling selection of fresh seafood. Delicious.



BIRRA MORETTI RECOMMENDED



Tropea's finest viewpoint

Head for Affaccio del Corso for Tropea's best and most popular viewpoint. It goes without saying that sunset is the perfect time to grab your spot and watch golden hour waltz away on the horizon. With the gorgeous waters and sands in the foreground, the famed promontory of Santa Maria dell'Isola in the middle, and the endless shimmering waves folding into the distance, it's a scene to make the heart flutter. Come prepared with a bottle of BIRRA MORETTI Sale Di Mare for a multi-sensory experience that is as Italian as it gets.



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FROM CALABRIA TO SICILY

TRAPANI



Once a vital trading outpost for the island, Trapani is a wonderfully historic and charming coastal town that avoids the more touristy trappings of Sicily's larger destinations. This is very much a locals kind of place with a bustling port, though don't mistake it for not having plenty to indulge in as a traveller. There's a variety of neighbourhoods to explore, from those that exude classic Italian charms to those that embody the Arab influence present throughout Sicily. It's also a characteristically foodie place.

The influence of the coast is evident in the salt pans that fringe the town, the unique dishes that authentic Trapani restaurants offer, and the legacy of tuna processing that stretches back to the Phoenicians. Beyond the excellent dining, Trapani is also famed for its historic coral trade, and being the jumping off point for excursions to the Egadi Islands. Couple this with grand architecture, a pretty coastline, and a whole mountain to explore nearby, and you'll soon experience the diversity that Trapani offers.



History and culture

Explore Trapani's rich historic tapestry. Visit the medieval Castello di Terra and the iconic 17th century watchtower, Torre di Ligny. Don't miss the Baroque architecture of the Chiesa del Purgatorio and the elaborate decorations of the Santuario dell'Annunziata. For your dose of art, head to Museo Pepoli, set in the beautiful 14th-century cloisters of the Carmelite Monastery. The collection includes historic Trapani arts and crafts, in particular the famous coral carvings that the town was once known for.



Via del Sale

South of Trapani lies this beguiling coastal road. Why beguiling? It's home to a tradition as old as the Phoenicians, a transformed shoreline of salt piles and rectangular, water-logged pans. Saline della Laguna should be your stop, a cultural centre with its 500-year-old windmill. Here, you can taste the local salt, flavoured with coriander, juniper and more, with chunks of bread, olive oil, and fruits. Time it right and watch the salt harvest - it's a sight steeped in history.

From sea to plate...

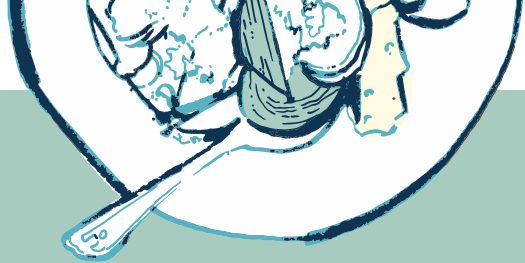
As a port town, fishing is the mainstay of life in Trapani. With a history stretching back centuries, see it for yourself at the Old Town Fish Market. Here, fishermen display their wares in a scene that hasn't changed for many years. It's a wonderful glimpse into traditional Sicilian life, and though you may not walk away with a tuna or swordfish, it's a vibrant experience that only makes eating the day's catch in one of many seafood restaurants all the more enjoyable.



Mount Erice

A little excursion inland will see you climbing the lofty heights of Erice. As you reach a startling 750m elevation, a walled medieval town clings to the side of the mountain. Here, you'll get unrivalled views across Trapani, with valleys rolling out to the sea. Tear yourself away from the views and there's a 12th century village and fortress to explore, with an inescapable charm.





WHERE TO EAT...



La Bettolaccia

Just honest Trapanese dishes, cooked to perfection, in a no-frills setting. If you're here for great food and not much more, this is the place.

'A NASSA

This central spot toes the line between restaurant and street food stop, where a dizzying assortment of fresh seafood is served quickly and in shareable style.



Osteria Gli Archi di San Carlo

Hidden down a small lane, this charming restaurant exemplifies the best of Italian eating - great, unpretentious, and refined food.



BIRRA MORETTI RECOMMENDED



Cous Cous di Pesce

Here's a dish that you may struggle to believe is Italian. Trapani has always had very close ties to North Africa, and this local dish demonstrates the legacy of the history, trade and migration in the town. Head to one of the many seafood trattorias in Trapani and try this iconic feast, where pillowy couscous is served with seafood like clams, mussels and scampi. Cut through the pillowy richness with the unfiltered taste of BIRRA MORETTI Sale Di Mare. Delicious!



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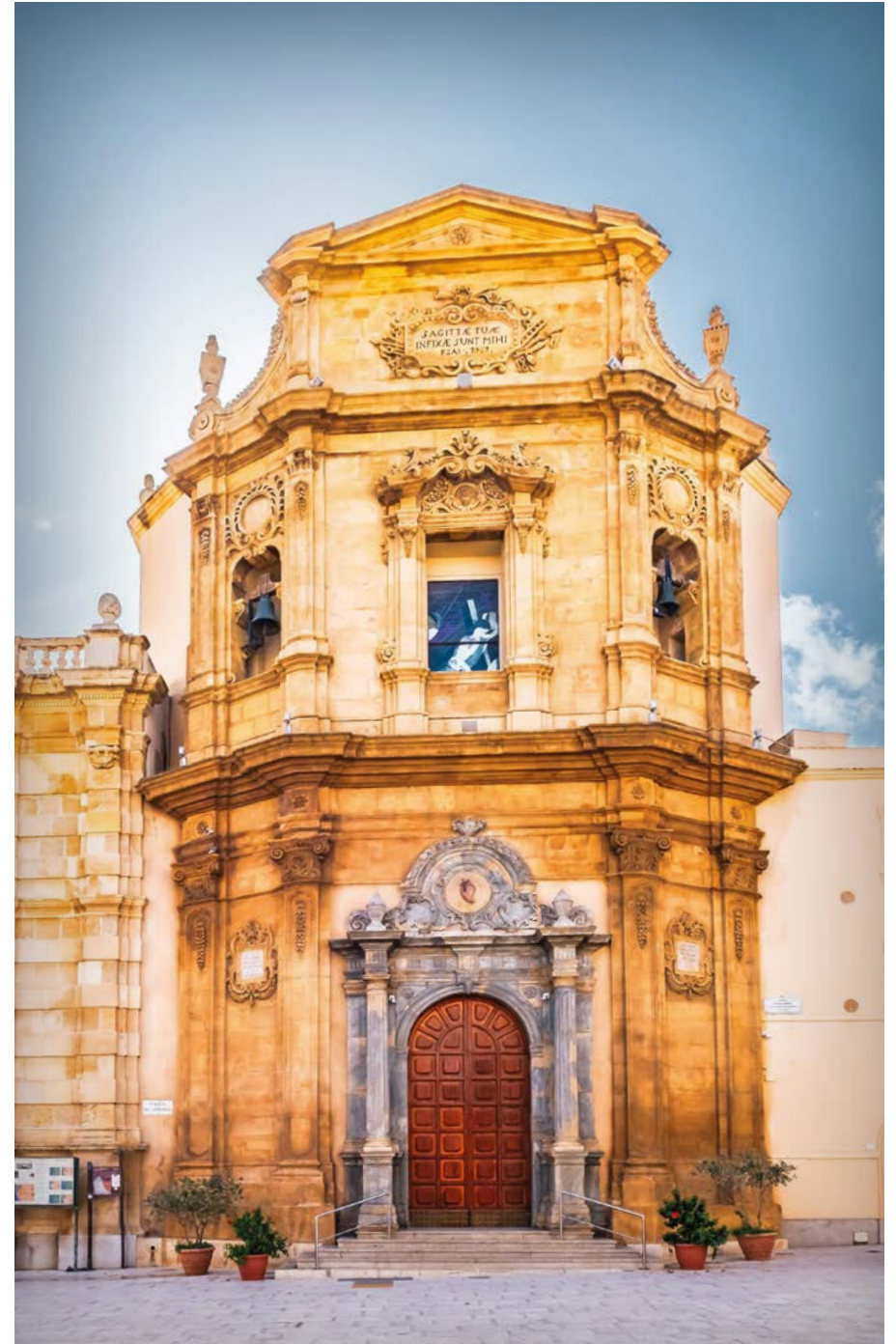
FROM CALABRIA TO SICILY

MARSALA



The name Marsala usually conjures tastes of rather strong wine, though there's much more to this fishing town's repertoire. It's a relaxed sort of place where history and culture abounds; this is, after all, the western point of Sicily, making Marsala witness to the sea battles of the Punic Wars, and the landing point for Garibaldi's 1000, the spark of Italy's unification. Throw in Baroque churches and picturesque

coastal views, and the recipe for a wonderfully Italian escape is all there. Beyond the town there's a clutch of vineyards and olive groves to explore, where Marsala wine and plenty more hyperlocal produce is carefully crafted. The starlet is the salt pans of Il Stagnone, set with iconic windmills and rugged locals harvesting the glittering gold. Back in town, taste the fruits of all the hard work, with exemplary dining opportunities in this timeless and charming coastal destination.



FROM CALABRIA TO SICILY

LEVANZO ISLAND



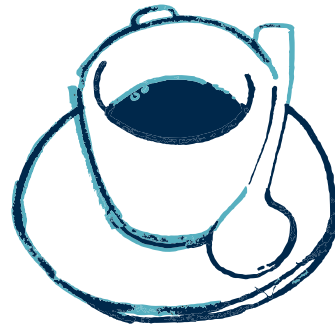
The smallest of Sicily's Egadi Islands, Levanzo is frustratingly picturesque. Arrive at the diminutive port and you'll be welcomed by a cluster of whitewashed homes and a few rocky outcrops. There's only a few hundred inhabitants here, and it's not clear if anyone has managed to make the count before swooning over

Levanzo's charms; past the small fishing village, not much else happens bar coastal hikes, remote beaches, the odd farmhouse and a cave with neolithic wall paintings. By all means go explore the hinterland, the wilderness, find that secluded beach - but equally don't miss the chance to sit over Levanzo's tiny harbour for aperitivo, and relish the quietness, the slowness of it all.



FROM CALABRIA TO SICILY

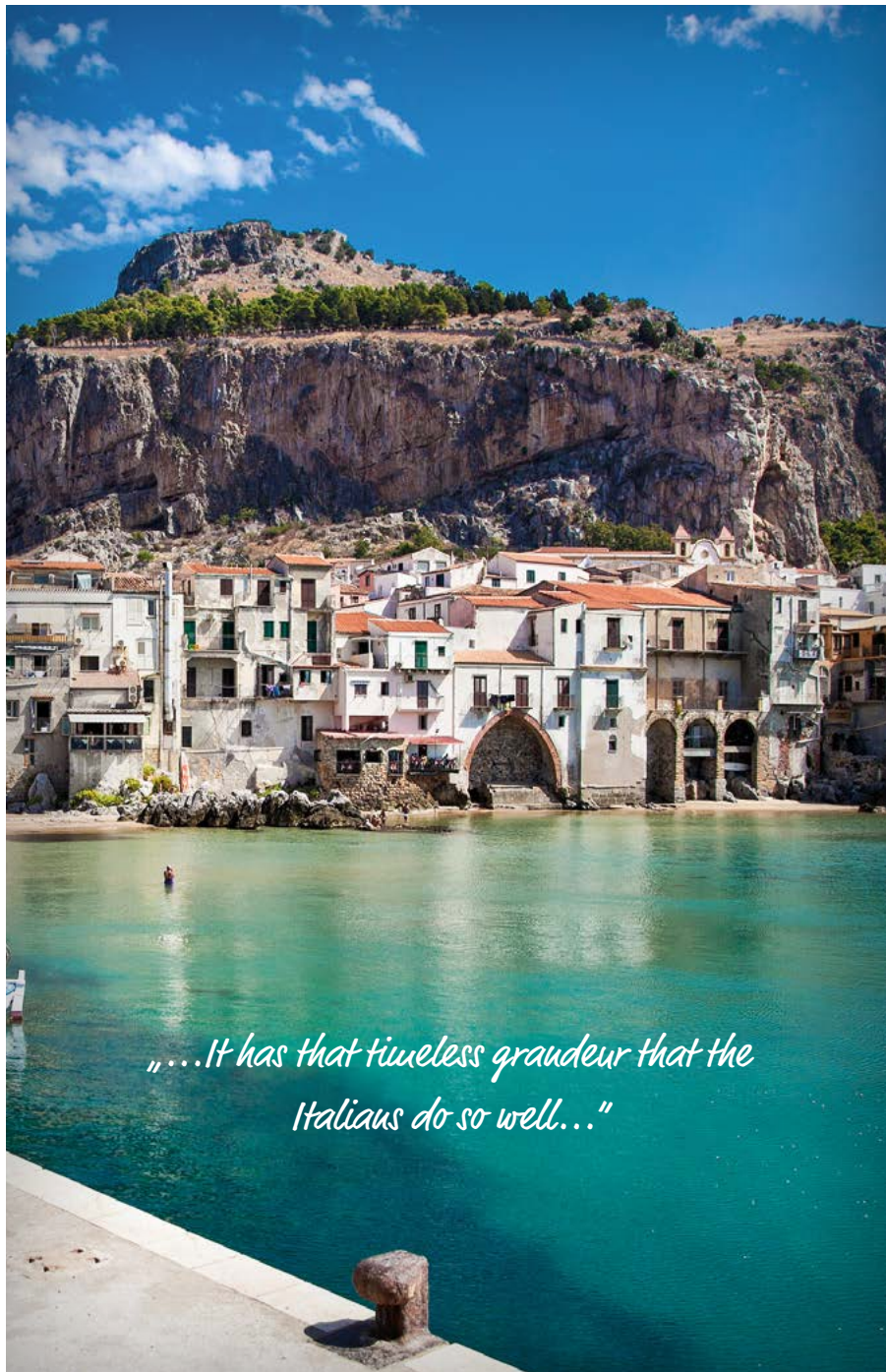
FAVIGNANA



The largest of the Egadi Islands, Favignana is all about turquoise waters, white-sand beaches and sublime coastal views. It's an idyllic excursion from Sicily's bigger centres, where the pace of life slows and an alluring mix of natural beauty and a pretty main town make this a tempting offer. Colourful wooden fishing boats bob in the water, pastel homes look out to sea, and the ebb and flow of this small community soon washes over even the most ardent city dweller.

There's no big chains, just small restaurants, hotels and cafes, and if you time it right, most of the beaches and craggy coastline can be had all to yourself. Even if you just make it out for the day, spend some time exploring the town, the rugged coastline, and don't miss highlights like the old tonnara, now turned museum, which explores the historic tuna industry of this western part of Sicily. And, finally, sink into a cosy trattoria and feast on some of the finest seafood, lovingly prepared, that you will have anywhere.

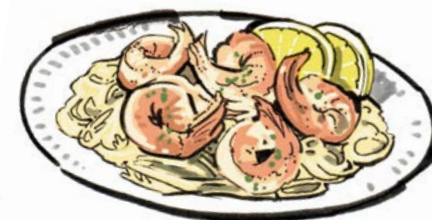




„...It has that timeless grandeur that the Italians do so well...”

FROM CALABRIA TO SICILY

CEFALÙ



Cefalù is the perfect antidote to busier Palermo. You'll get Sicilian charm by the bucketload, but on a more bite size scale that feels a more distilled version of all the things to love about Sicily. It has that timeless grandeur that the Italians do so well, with a well-preserved old town filled with all the wanted trappings of Italian towns – that is, great restaurants, golden-hour aperitivo in grand piazzas, bustling espresso bars and postcard-perfect scenes everywhere you look. The beach here is one of Sicily's best. Golden sands and clear waters are loved by locals and

visitors alike, backdropped by the white-washed buildings and terracotta roofs. It's a rustic scene, one immortalised in Tornatore's iconic film Cinema Paradiso. It doesn't stop there though: Cefalù also has some of the finest historical architecture in Sicily, where the unique culture of the island is evident in the Arab-Norman styles, Moorish influences and Baroque drama. All of this, laid out between a huge rock and the sea, makes Cefalù a real treat to look at. Pair that with great food and vibrant cultural experiences, and you'll easily fall for this gorgeous town's charms.



Duomo di Cefalù

Everything in Cefalù centres around this magnificent cathedral. It has stood for centuries as the spiritual, social and cultural hub for all of Cefalù, and is one of Sicily's finest examples of Arab-Norman architecture. Inside, the unique arches and lofty heights all lead the eye to the magnificent Byzantine mosaic of Cristo Pantocratore in the apse, a stunning gilded Christ overlooking worshippers. Take the tower tour for a remarkably close glimpse at the work, and excellent views over the town from this 12th century marvel.

Spiaggia di Cefalù

Cefalù's premiere beach is a popular crescent sliver that fills with sunseekers in the summer months. The sands are soft and white, the waters clear and inviting. With the beautiful backdrop of Cefalù, it's one of Sicily's most popular stretches of sand.



Hike La Rocca

The large rock that overshadows much of the town offers, perhaps unsurprisingly, some of the finest views in the area. Though the summer heat can make it a trickier climb (plenty of water and good shoes are vital), the route up is only around 45 minutes for confident walkers. It starts with a long staircase, which quickly turns into a winding and craggy path. At the very top there's the ruins of the old Norman fortress and those delightful views over the town, its crescent beach, and the shimmering waters.



Tempio di Diana

On your ascent to the top of La Rocca, don't miss this worthy stop off. On the side of the mountainside lies a megalithic structure that's around 2,900 years old. The Temple of Diana is from the 9th century BC, with a later Greek modernisation around the 5th and 2nd century. Its original purpose is unclear, though the lookout point was advantageous strategically and spiritually. It's a uniquely romantic sight, imbued with a timelessness that accompanies the brilliant views over Cefalù.

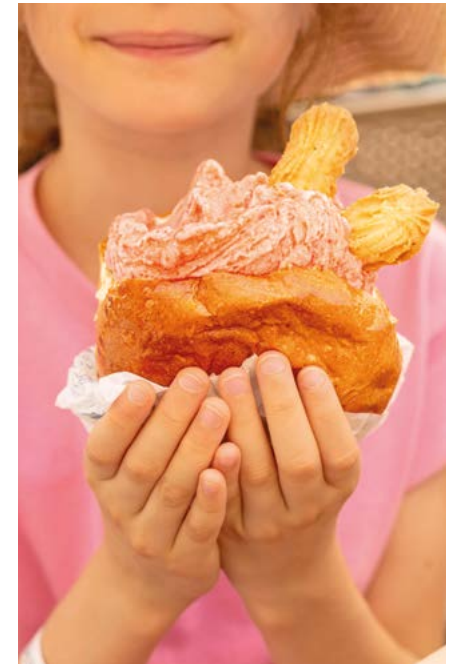


Piazza Garibaldi

Looking for somewhere to really indulge in Italian spirit? Head for this quainter piazza for your aperitivo, where golden hour brings out the pink and terracotta hues of the old town architecture, accented by a smattering of green shrubbery and trees. It's an evocative scene, perfectly paired with an aperitivo and a plateful of Sicilian snacks. Salute!

Gelato in a bun

It's quite a feat to make gelato even more tempting than it already is, but here you go. Sicilians have once again outdone themselves, scooping indulgent gelato into a brioche bun, of all things. Yes, it sounds a bit rich, but you're on holiday and you deserve it. Oh, wait - there's more. It's a typical breakfast food. 1 - 0 to the Sicilians. Cefalù has plenty of gelateria, and nearly all are highly regarded.





Museo Mandralisca

Discover the private collection of the eponymous baron, who amassed a curious collection of art and historic artefacts. From ancient Greek vases to Arab pottery, there's plenty that most agree isn't anywhere near as interesting as the collection's most prized possession: The Portrait of the Unknown Man. It's the most famous Renaissance smile, second only to the Mona Lisa.

Villaggio di Sant Ambrogio

Just 6 km east of Cefalù lies the tiny village of Sant Ambrogio. It's the kind of place where there's just one of all the things you need; only a tiny beach, one osteria, one trattoria, and one magnificent view that sweeps the cliffside lanes of the village. Come here for an experience of rustic Sicilian life, where the sea meets vineyards and orchards.



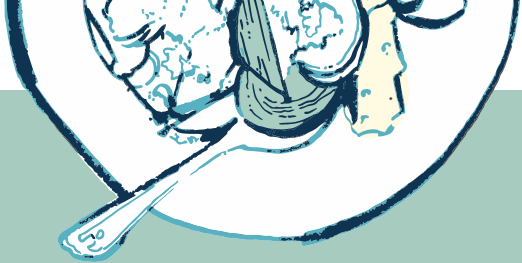
Spiaggia Caldura

If you're looking for a beach away from the buzz of the town, Caldura beach is a picturesque choice. It's just a 20-minute walk along the coast, but is a world away from the town beach. The coastline here is craggy and green, a notably verdant backdrop for your beach day. The rocks are perfect for bombing into the water.



Parco delle Madonie

In Cefalù's hinterland lies this incredible stretch of parkland, joining the coast to the mountains of Sicily. The biodiversity is rich; with Cefalù as your gateway, there's a whole wilderness to explore, just a stone's throw from the town. The National Park is also dotted with irresistible villages, where life is lived differently. A perfect adventure from Cefalù.



WHERE TO EAT...



Ristorante Le Chat Noir

It's smart, it's historic, it's family run – expect elevated Sicilian dining delivered with flair in this 16th-century, old town gem.

Ristorante Triscele

This popular restaurant serves up classic Sicilian fare with a focus on fresh seafood. Dishes are delivered with flair, for a fresh take on traditional cooking.



La Gallizza

A little out the way, this stalwart snack shop has been serving up Sicilian street food since the '70s. It may not be fine dining, but nothing beats a bag of arancini for your beach day – lauded as the best in Italy, no less.



BIRRA MORETTI RECOMMENDED



Bastione Capo Marchiafava

With towns as beautiful as Cefalù, it's almost a guarantee that somewhere there's an incredible viewpoint hiding away. Well, this is it. Here, at the edge of the town's fortress, is a small platform that looks out over the bobbing waves. Head here for sunset, and you'll be dazzled by the deep orange hues that glisten across the sea. Look to your left and right, and the coastline with its craggy rocks and precious townhouses will light up. It goes down best with a chilled bottle of BIRRA MORETTI Sale Di Mare.



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FROM CALABRIA TO SICILY

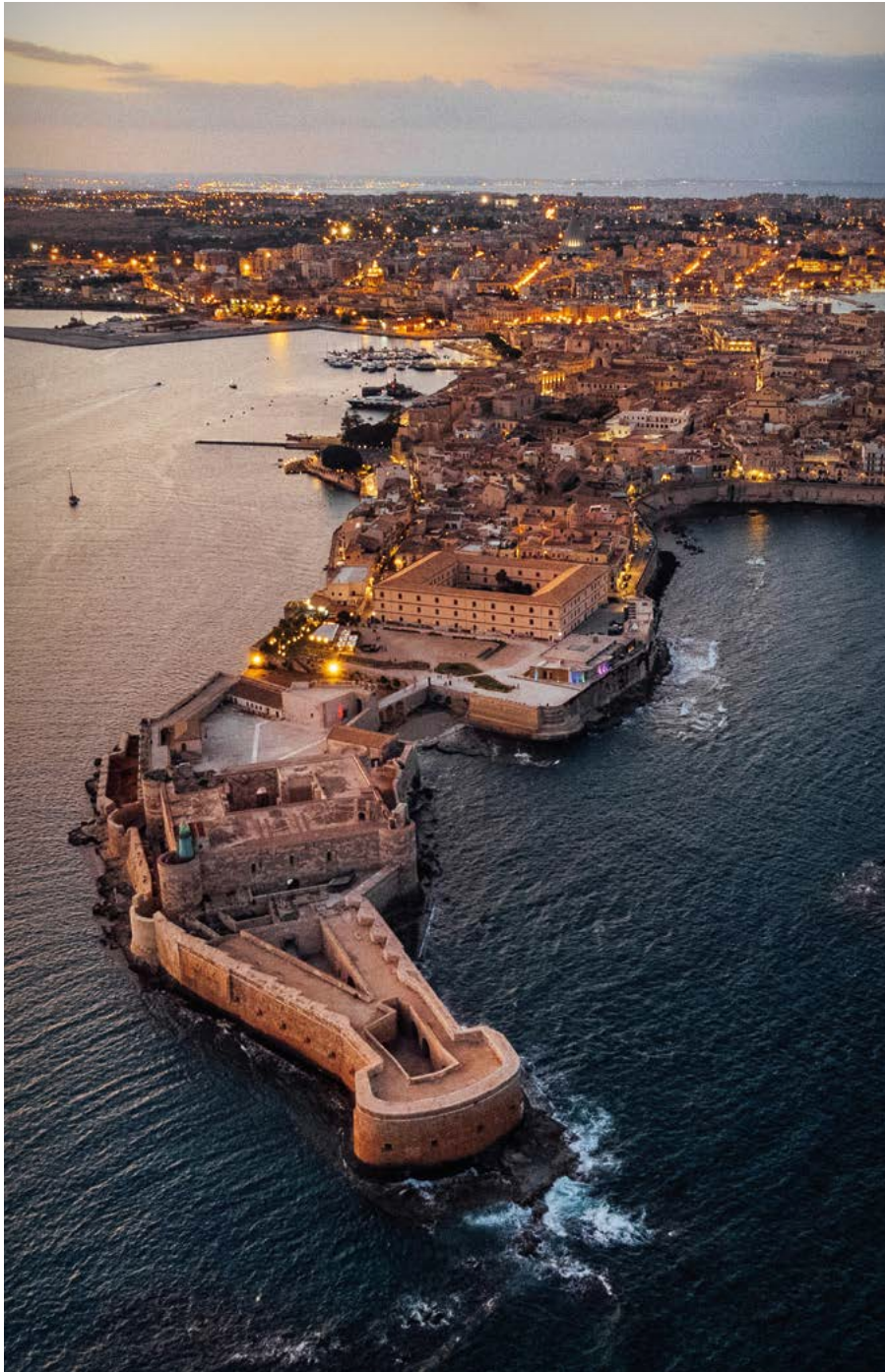
MARZAMEMI



Arguably one of the island's sweetest locations, Marzamemi has a cultural importance to the island that belies its diminutive size. Not only is it enviably gorgeous, but it's also the site of one of the oldest tonnara - a traditional tuna processing factory - on the island, whose history stretches back as far as the 10th century.

The tonnara is now closed, but the heritage lives on; Marzamemi is synonymous with all types of dried, cured, and prepared fish. It's no surprise that the homely trattorias are filled with fresh seafood; indulge, but don't forget to pick up your foodie souvenirs on your way out. Head to stalwart emporium Adelfio, which since the '30s has been the go-to for tuna and fish-based delicacies.





FROM CALABRIA TO SICILY

ORTIGIA



The Baroque heart of Syracuse, Ortigia is a ravishing place and was at one time a rival to classical Athens' grandeur. It's a place of myths and legends, birthplace of Artemis and home of Calypso, filled with ancient Greek and Roman amphitheatres, temples and more. It's been fought over, rebuilt and championed countless times, with each conquering force adding to the unique artistic tapestry of the place. Crossing over the two small bridges

from Syracuse is like stepping back in time, with an effortless style sprawling throughout the mile-long island. Where else can you dip into an ancient ruin, slosh about in turquoise waters, get your fix of Renaissance art and culture, and dive into the unique culinary delights of Sicily, all in an easy day? Kick back in the piazzas, soak up the golden hues of the magnificent UNESCO-listed architecture, and head for a rather refined pocket of Sicily...



Palazzos and piazzas

Ortigia is a well-heeled type of place. Soak in the golden hues of the Baroque buildings and marvel at the grand piazzas, where espresso and aperitivo clatter on the tables of outdoor terraces, and the people-watching is just superb. There's a joy in exploring this old town, winding from the mythical Fountain of Arethusa to the Piazza del Duomo, a gleaming masterpiece of Baroque town planning.



Renaissance culture

Ortigia is a thoroughly Renaissance type of place. Head for the matriarch, the Duomo di Siracusa, a picture book of Ortigia's history that incorporates the Doric columns of the ancient Greek Temple, the old Norman mosaic work, and a lofty Baroque façade (it was even used as a mosque, for a time). Nearby is the Church of Santa Lucia Alla Badia, home to Sicily's only Caravaggio. Finally, make for Palazzo Bellomo Museum, which houses rare artworks from the Byzantine period up to the pre-modern.

Ancient sights

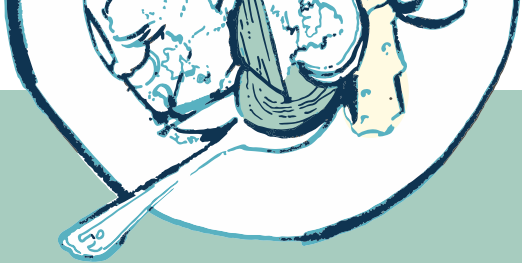
Discover the ancient foundations of Syracuse. The most remarkable and visitable spot is the Parco Archeologico della Neapolis, just over on the mainland. The highlight is the vast 5th-century BC Greek theatre, though other remarkable Roman-period amphitheatres and temples also fill the space. Back in Ortigia, don't miss the Temple of Apollo, one of the first temples the Greeks built in Sicily.



Take to the water

Though Ortigia isn't the biggest beach destination on Sicily's coast, taking to the water still offers some gorgeous experiences. There is a small, pebbled beach in the town - Spiaggia di Cala Rossa, with Arenella, Fontane Bianche or Vendicari Natural Reserve reachable by car. Best though is a boat trip, so you can soak up the beautiful views of Ortigia from the sea, and explore the many sea grottoes that hide around the island.





WHERE TO EAT...



Le Vin de l'Assassin

Authentic Sicilian dishes put together with a French sensibility. There's just a handful of tables and it is wildly popular. Book ahead.

MOON

Okay so this one's a curveball, but this vegan restaurant is one of the highest regarded places to eat on the island. Go vegan for the day.



Ortigia Fish Bar

Family run, packed with bucket-loads of charm and only the freshest seafood. If you're here for fish, don't miss this spot.



BIRRA MORETTI RECOMMENDED



Mercato di Ortigia

Head for Mercato di Ortigia to get your fill of local tastes and artisanal products. You'll find all manner of stalls selling fresh fruits, vegetables, fish and more, with piles of spices and blends to boot. You can also grab a few local specialties to take home, including pistachios from Bronte, almonds from Avola, sun-dried tomatoes from Pachino and capers from Pantelleria. Armed with these superlative Italian treats, you'll have all you need for authentic feasting on your return home; just don't forget the BIRRA MORETTI Sale Di Mare!



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THE TASTE OF ITALY

GET YOUR RECIPES



From the simplest of pastas to a plate of generously stuffed calamari, discover the recipes in our film here. There's full guides to making each of the dishes, plus video walkthroughs so you can perfect the dishes.

So what are you waiting for? Grab a pack of **BIRRA MORETTI Sale Di Mare**, invite your friends over, and indulge in delicious Italian feasting, the authentic way!



WESTERN COASTLINE





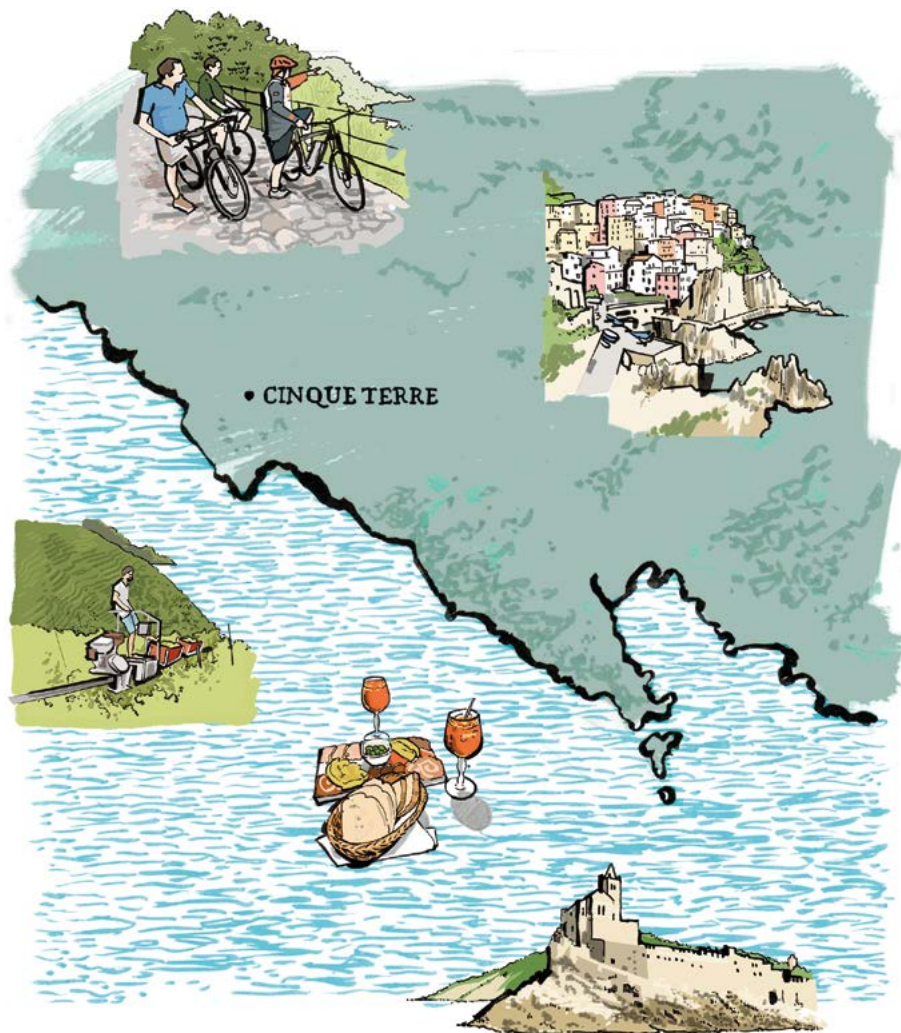
LIGURIA

CINQUE TERRE



One of Italy's most renowned bucket-list destinations, this clutch of coastal villages epitomises the love affair most travellers have with Italy's coast. The famous five cling to the rocky and vertiginous coastline of Italy's Riviera, famously painted in pastel hues with drop-dead gorgeous sights at every turn. Unsurprisingly, they are no secret; their charm is their curse, their inaccessibility and petite size struggling with the many eager travellers who want their own glimpse at their ineffable beauty. Thus, a modicum of responsible tourism is a must.

Off-season visits promise the best experience, away from the thronging crowds. The rewards are great. Take a kayak to the sea (where the best vistas of Cinque Terre live), take to the trails, stay in one of the neighbouring – and no-less pretty – towns, use the fantastic rail network; it all makes for a remarkable experience. Here are tips and suggestions that don't include the famous five villages; rather, these lesser-known ideas are here to complement your escape to one of Italy's bonafide starlets, and to ensure your own adventures don't upset the fragile eco-system of this deservedly bucket-list destination.



Hiking trails

Easily the best way to see this unique national park is by exploring the hiking trails that connect the five famous villages. They range in length and gradient, with some being quite the challenge, but the rewards are plentiful. The Blue Trail is the best known, directly connecting the towns, whilst the High Path is the toughest, with astounding panoramas across the sea, cliffs and vineyards. Be aware some routes require a Cinque Terre Card.

Kayaking

Though plenty of ferries connect the towns along the Ligurian coast, the best way to soak up the pretty vistas and pastel townscapes is from a sea kayak. Take a gentle paddle in and out of the coves and beaches, past rock formations and sea caves, and indulge in the beguiling beauty of the place. There are several operators along the coastline, with Monterosso al Mare Bay a popular location to start in.



Via dell'Amore

After a long battle against landslides and crashing waves, this iconic path between Riomaggiore and Manarola is finally set to reopen in 2024 following huge investment and restoration. The trail is a testament to the unique community spirit of Cinque Terre; it was built by villagers of both towns in 1920, a joint project that required enormous effort and perseverance. The path will be ticketed on its launch, to avoid overtourism and ensure all can enjoy the beauty of this famous trail.



Vineyards & tastings

The viticulture of Cinque Terre is fantastically unique, a daring and artisanal undertaking that involves carving terraces into the steep cliffs and cultivating grapes under quite extraordinary circumstances. Steep and rocky, any maintenance to the vines is all done by hand; it's no surprise the number of vintners is dwindling, though pockets of this old craft remain. Join a vineyard tour for the most involved experience, or sample the two DOC wines at reputable enotecas along the coast.



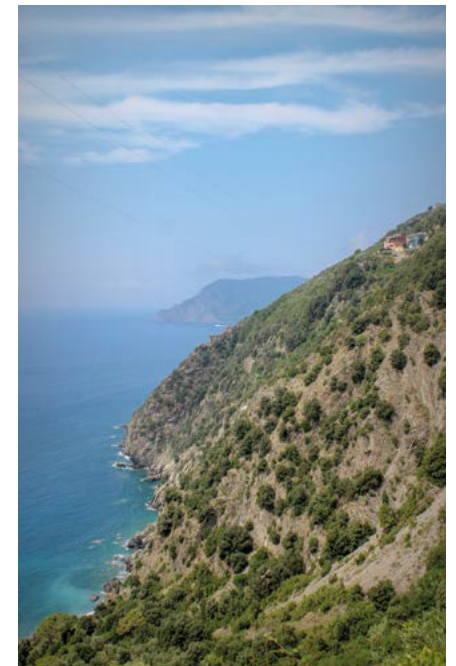
Levanto

As ever in remarkably popular places, a place to stay can be nigh impossible to find. With Cinque Terre's excellent public transport infrastructure, there are plenty of local Ligurian options to pick from and Levanto is high on the list. Make it your base for your travels, and be rewarded with a rare sandy beach, pretty old town and great connections to Cinque Terre. You can even hike there from here.



Prevo

Between Corniglia and Vernazza, high on the Blue Path, is this diminutive hamlet. There's barely much of anything here, bar the quite spectacular views across cliff and ocean. Thankfully, there is a single bar where you can refresh mid-hike and soak up the glorious vistas, pinching yourself that these tiny places exist to this day.





Nessun Dorma

Head to this coveted restaurant bar for some of the finest views in Cinque Terre. Relaxed and low-key, sample local wines and simple platters of aperitivo. The showstopper is the terrace, which peers over the irresistibly pretty village of Manarola and across the sea. By some modern miracle, the spot has its own app through which you can digitally queue for a table on the terrace.



Cycle routes

Though Cinque Terre is renowned for its vertiginous landscape, there are a few forgiving opportunities for a two-wheeled tour of the coast. The best-known route is north of the iconic villages, between Levanto and Framura. A flat, smooth, dedicated cycling path - built over a disused train line - soaks up the typically beautiful coastal views of the Italian Riviera. Bike hire is available for next to nothing. Make a day of it with a swim and lunch stop in Bonassola en route.



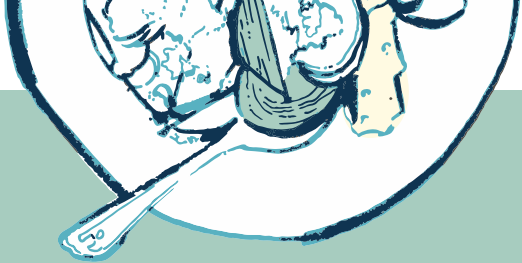
Porto Venere

Every bit as pretty as the villages of Cinque Terre, Porto Venere is a worthy stop that is often overlooked for its famous neighbours. The best view is from a boat entering the harbour; this small town connects the Riviera's islands of Palmaria, Tino, and Tinetto. Here you'll spy the gothic castle, which shoulders the pretty pastel townhouses that front the harbour. Don't miss La Grotta Byron, a marine-life-rich sea cave that enraptured the eponymous poet.



Palmaria island

This, the largest of the Riviera's islands, is something of an oasis away from the bustle of Cinque Terre. Take the short ferry ride to this pretty rock, which just 50 residents call home. You'll be greeted by steep sea cliffs, pretty coves and rocky beaches, with well-maintained hiking trails that criss-cross the island. It has an untouched quality to it, best explored via the trails, though you'd be forgiven for pitching a spot on the beaches and lounging the day away.



WHERE TO EAT...



Dau Cila

Every bit picture perfect, Dau Cila is nestled into the tiny harbourside of Riomaggiore. Akin to a film set, with fresh catches of the day.

Trattoria dal Billy

A favourite in the higher climes of Manarola, expect some of the best seafood in Cinque Terre with sublime terrace views to boot.



Belforte

A stalwart eatery in Vernazza, Belforte has been serving up classic coastal deliciousness for over 50 years, from its unique location in the town's old castle.



BIRRA MORETTI RECOMMENDED



Canneto Beach

This secluded spot is one of the most beautiful beaches along Cinque Terre's coast. Only reachable by boat from Riomaggiore, there's a wonderfully untamed quality to it. Boat hire is possible in Riomaggiore's harbour, with a guide. The beach itself is small and serene, with its own waterfall. For extra points, include nearby Fossola Beach too. Consider a sunset arrival - with a pack of BIRRA MORETTI Sale Di Mare of course - for the perfect sundowner experience.



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TUSCANY

CASTIGLIONE DELLA PESCAIA



One of Tuscany's most beautiful coastal towns, Castiglione della Pescaia's sprawling sandy stretches are lapped by some of Italy's clearest waters, and are beloved by those seeking beach bliss away from tourist hubs. After a refreshing dip in the sea, shake the sand off your toes and explore the Old Town: the imposing Porta Urbana will lead you inside the medieval

city walls, a labyrinth of narrow stone-paved alleys and ancient houses where local life goes on undisturbed. Climb the hill all the way to the 16th-century Church of St John the Baptist, and pass the city's iconic castle on your way to the breathtaking panoramic viewpoint. On your way down, stop by the pretty boutiques around Piazza della Repubblica, before savouring fresh seafood at the atmospheric Ristorante L'Arpione.

TUSCANY

PUNTA ALA



Laid-back living is the order of the day in Punta Ala, the low-key little sister of glitzy Forte dei Marmi.

The town's luxury hotspots and a swanky yacht-lined marina are complemented by a relaxed, familial feel, making it popular with Italians and discreet jet-setters escaping with family and friends. Its long, sandy beach is one of Tuscany's crown jewels, and is dotted with inviting locales;

set up shop under a parasol at Gallia Beach Club, whose La Pagoda restaurant serves scrumptious Mediterranean fare right on the beach. In the town centre, drift between the marina's cluster of high-end boutiques before watching the sunset at a bar - after that, stick around the waterfront for fabulous seafood at Ristorante Lo Scalino, or perhaps a hearty pizza at Deep.



TUSCANY

PORTO ERCOLE



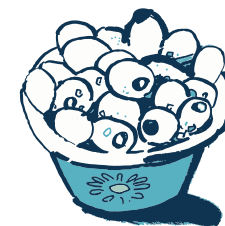
Sitting off the mainland on the wildly beautiful Monte Argentario, this former fishing village boasts 'Borghi più Belli d'Italia' status, and combines shimmering turquoise coves with a millennia-strong history. La dolce vita reigns supreme here, where the idyllic harbour is overlooked by pretty, pastel-hued houses, while a vast medieval fortress presides over the

scene from above. Follow the seafront promenade to the Palazzo dei Governanti and Sant'Erasmus Church, or perhaps make the journey to the Frati Passionisti Convent - it'll be worth it when you see the view. Finally, it's all about the seafood here: hop into a local eatery to sample the traditional 'Zuppa di Sarde,' go for Michelin-starred eats at Il Pellicano, or fall in love with the inviting family-run Alicina Hosteria.



INGREDIENTS (SERVES 2)

- 8 CLAMS IN SHELLS
- 8 MUSSELS IN SHELLS
- 100G OF COD OR ANY OTHER FIRM WHITE SEA-FISH
- 4 SHELL-ON GREEN PRAWNS
- 4 SQUID TUBES
- 1 RED CHILLI
- 2 CLOVES OF GARLIC
- 4-5 PLUM TOMATOES SKINNED AND CHOPPED
- 1 STICK OF CELERY
- 1/2 AN ONION
- 1 CARROT
- 1 GLASS OF WHITE WINE
- 2 TABLESPOONS OLIVE OIL
- 2 SLICES RUSTIC-STYLE BREAD
- HANDFUL OF FLAT-LEAVED PARSLEY



TUSCANY

CACCIUCCO

This hearty stew is one of those old school classics, a great way of using those fish scraps that often bog us down (we've all got those, haven't we?). To uphold Livornese tradition, be sure to use at least five different types of fish – one for each “c” in its name, of course. Pair it with BIRRA MORETTI Sale Di Mare, for a rich taste of the coast.

1. Clean the squid and cut into rings, then cut the cod into 2-inch chunks.
2. In a large casserole dish, finely dice the onion, celery and carrot, then stew in the olive oil for 10 minutes until the onion is transparent.
3. Add the tomato, wine, chilli and most of the parsley. Reduce down for 20 minutes then zap with a hand blender.
4. While the sauce is reducing, soak the shellfish (except the prawns) in cold water and then put them in a microwave-proof bowl with a little water and cook in the microwave for 3-4 minutes - until the shells open. Discard any that don't open.
5. Add the squid, prawns and cod to the tomato mix and cook for 5 minutes or so, then add the shellfish and warm through.
6. Toast the bread and place in two bowls, crush the garlic and spread over the toast.
7. Check the seasoning and add salt and pepper as necessary. Serve the fish stew spooned over the bread, garnish with a few sprigs of parsley and enjoy.

Prep time 15 mins, Cook time 25 mins.
Total time 40 mins.





LAZIO

SANTA SEVERA



Nestled on the Tyrrhenian coast, seaswept Santa Severa has been luring Romans out of the city buzz for centuries with its gorgeous beach, excellent seafood and village charm. Once a vital seaport, echoes of the town's long history are now scattered all around; a pretty little church here, the remains of a few ancient temples there. The jewel of it all is the impressive

medieval castle, perching proudly on the sandy shores of the popular beach where sunseekers pitch up to enjoy the warm waters and sweeping sea views. You can also expect to find a bounty of beachfront restaurants lining the shore, serving up the fresh daily catch; feast on frittura and succulent lobster, then satisfy your sweet tooth with a gelato as you stroll along the golden sand at sunset.

LAZIO

SPERLONGA



Halfway between Rome's grandeur and Naples' vibrancy, Sperlonga is every bit a coastal treasure. Sun-bleached houses tumble down the cliffside, their weatherbeaten façades clinging to the rugged coastline. The town itself is delightfully compact – it's a place to lose yourself in rustic charm rather than get lost altogether. The crumbling ruins of Emperor Tiberius'

palace hint at a glorious past, whilst a stoic 12th-century church murmurs tales of devotion. Sure, there are hidden coves to explore and sun-drenched beaches to claim, but Sperlonga's true magic lies in its quietude. Settle into a café, watch as clusters of white sailboats rock within the harbour's small embrace, and allow yourself to savour the slow rhythm of this enchanting Italian idyll.

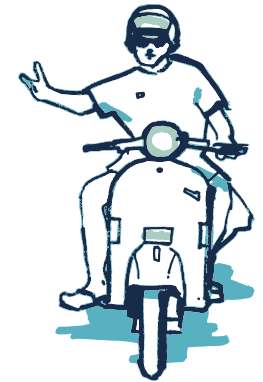




„It's culturally unique, full of its own quirks, eccentricities, and fierce local pride ...“

CAMPANIA

NAPLES



Naples is one of the most exciting cities in Europe. It's culturally unique, full of its own quirks, eccentricities, and fierce local pride. It can be unforgiving to those that don't embrace its charms; this guide is set to show you the different faces of Naples, where food, history and Neapolitan flair will seduce those bonafide culture seekers. Head out into the medieval heart of the city, where the narrowest of streets still harbour artisan workshops and worn-in bars, with more shrines and churches than you could ever hope to count. Naples is the most Catholic of cities in terms of places to worship; this city-wide devotion leads down some curious roads, from votives to cults, and adds to the riches of its identity.

Head for the down-to-earth Quartieri Spagnoli, dodging scooters and animated locals, and eat: eat pizza, of course - this is the home of it after all - and eat wood-fired Parmigiana di Melanzane; eat it with everything, eat it with Ragù Napoletano, and don't skimp on an unhealthy assortment of fried goods. Don't ignore the famed sweet treats like Sfogliatella from stalwarts like Scaturchio. Do all of this and you might start seeing what all the fuss is about. This is an impassioned city that doesn't do things by halves; it's all or nothing, and that's what makes it so seductive.

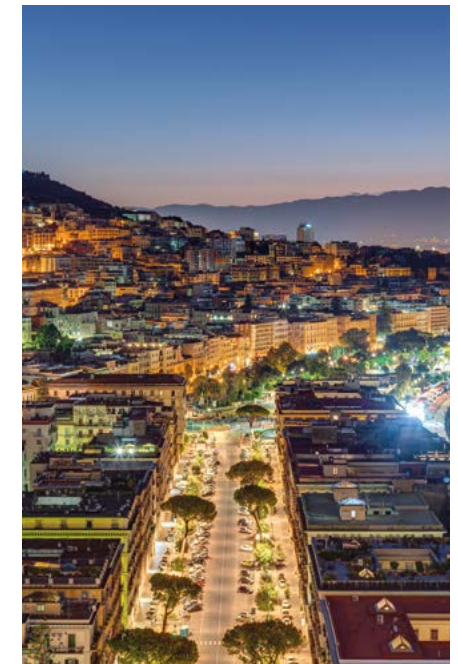


Via dei Presepi

Your first foray into the many Neapolitan cultural quirks is this bustling street in the centre of the city's old town. This is the street of the Nativity, where year-round you can buy handcrafted figurines for your own yuletide display - which of course you have, don't you? Caricatures are increasingly popular, and each figure is made the traditional way by local artisans.

Get lost in Vomero

One of Naples' most enchanting qualities lies in its vertiginous cityscape, where high rises pile atop each other from coast to mountain. The best way to get to grips with this unique layout is to climb up to Vomero, the highest neighbourhood in Naples. Along the way you'll see typical Neapolitan living, from the Nonna flats to the stupendously steep streets that fall down to the Spanish Quarter.



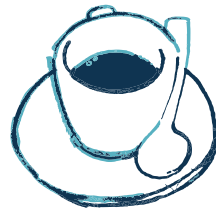
Quartieri Spagnoli

This collection of narrow streets is packed with restaurants and bars, and is the go-to neighbourhood for indulging in the authentically Neapolitan way of doing things. Sit at any one of the numerous and generally-excellent restaurants, with scooters whizzing past at alarming speed, washing lines as far as the eye can see, and the odd basket being pulled up to a lofty balcony to supply nonna with her groceries. Heaven.



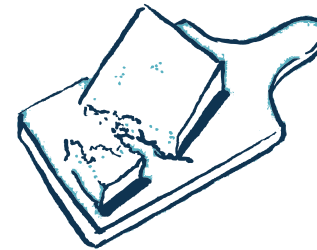
Caffe Mexico

This longstanding trio of cafés are a throwback to mid-century style, where formica rules and the coffee is a Neapolitan favourite. First opened in the '60s by Samuele Passalacqua, he was quick to import many varieties of bean and concoct his own signature blends. Locals swear by them. Head inside, take a ticket, and sip down the culture of the city, espresso by espresso.



Chiesa del Gesù Nuovo

The 15th-century façade of this church may seem a little plain, yet inside you'll find one of the city's best examples of Neapolitan Baroque style. The ornate interior is filled with opulent touches, yet even more impressive is the chapel dedicated to beloved local saint, Giuseppe Moscati. The rooms are filled wall-to-wall with silver votives (a particularly Neapolitan tradition), plus the galleried stores of countless early-Christian relics.



Mercato della Pignasecca

Head for this bustling market in the down-to-earth Quartieri Spagnoli. You'll find a notable local market, with the odd cheap clothes' stall and greengrocers, plus a wonderful assortment of fishmongers, butchers and more. Plenty of the stalls offer small bites made with this produce, be it freshly-fried calamari or typical Neapolitan street food like fried vegetables.





Isola la Gaiola

This small island just off the coast of Naples' well-heeled Posillipo neighbourhood is a place filled with intrigue and mystery. Though scenic and beautiful, it's a scene imbued with dark goings on. The villa on the island has changed hands multiple times, and each new owner has had some form of tragedy strike. It's quite the list, so be sure to research it. The snorkelling around here is excellent however, with Roman ruins lurking underneath the waters.

Church of Santa Luciella ai Librai

Just a mile from the other death cult church is this unassuming chapel. Built in the 14th century, its crypt later became a hub for Naples' Death Cult, who prayed to the skulls of the dead, believing them to be conduits to heaven. This one in particular has a rather peculiar 'eared' skull, which still draws members of the cult who believe the ears to listen closely to their prayers.



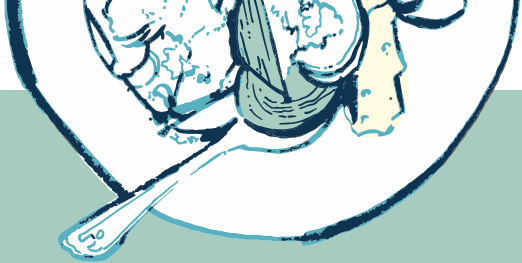
Santa Maria delle Anime del Purgatorio ad Arco

Spiritually, Naples has always done things differently. In 1638, this church was built to house the unnamed and unfortunate dead. The plague a few years later exacerbated the problem, filling the underground crypt with bones and skulls. A death cult, which believed those souls to be stuck in purgatory, sprang up to care for the skulls, pray to them, and offer them gifts in return for favours. Though the practice was suppressed by the Catholic Church, it remains to this day.



L'antica Pizzeria da Michele

Arguably the most famous pizza place in Naples, Pizzeria da Michele has been perfecting Neapolitan pizza since 1870. It's one of the oldest, and certainly the one with the smallest menu. You'll only find marinara and margherita, at a handsome price; and though the outside may be heaving with hungry diners, a ticketing system makes ordering surprisingly rapid.



WHERE TO EAT...



Antica Trattoria da Peppino

Nestled in the buzzing Spanish Quarter, this classic trattoria offers a no-frills introduction to classic Neapolitan cuisine.

Cibi Cotti

In the corner of Torretta market is this local gem, a lunchtime spot that cooks up, counter style, whatever looks good in the market. Not to be missed.



Trattoria da Nennella

Convivial is too tame a term for this bustling institution. The staff are clearly having a brilliant time, and so should you, with classic Neapolitan dishes to pick from.



BIRRA MORETTI RECOMMENDED



Isabella De Cham Pizza Frita

Quite possibly the finest accompaniment to beer ever made, pizza frita is a uniquely Neapolitan dish, borne out of shortages during WWII. Take a normal pizza, fold it, and rather than bake it in a pizza oven, fry it until the dough turns wonderfully crispy. Isabella De Cham has mastered the art, with delicious fillings made from only the finest local produce. It is, dare we say, surprisingly lighter than expected, and a classic taste of Neapolitan goodness. Wash it down with a chilled bottle of BIRRA MORETTI Sale Di Mare.



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„...It really is one of the most beautiful stretches of coastline anywhere...”



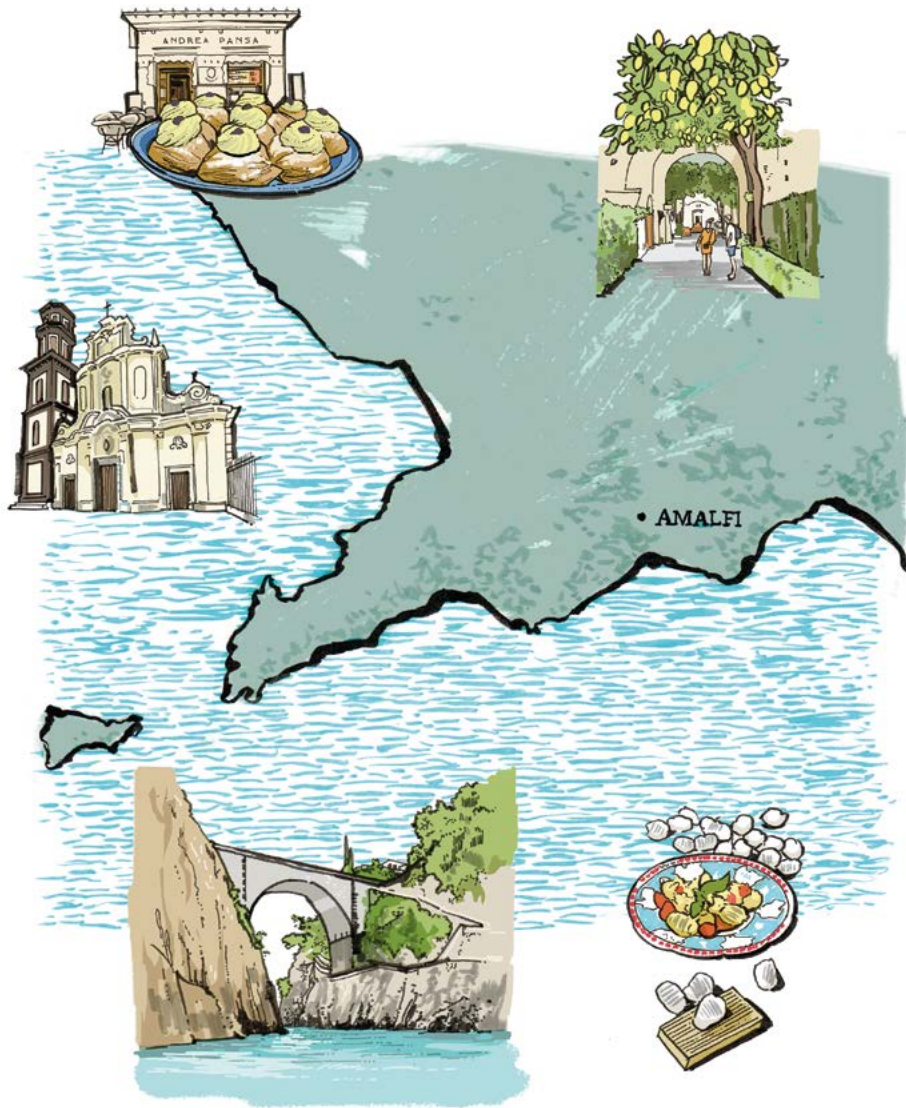
CAMPANIA

AMALFI



Ah, the Amalfi Coast. It's all been written before: not just by travel editors, nor poets and artists for that matter - all have swooned at this corner of Italy. It really is one of the most beautiful stretches of coastline anywhere, a testament to the joys of Italian-ism, with verdant landscapes that produce exquisite culinary experiences, enviable scenic drama at every turn, and endless, heart-moving idyllicism. You will not be the first to fall in love here, nor the last; though in these modern times, the draw is, predictably, great. Its main calling points - that

is Amalfi, Positano, Maiori and the little coastal roads that connect them - are simply stuffed with eager visitors over the summer months. There are ways to beat the crowds however, and practice a more responsible approach to tourism. Off-season is just as beautiful as peak summer, only everywhere is just a little bit less manic, and the strain on local infrastructure lessened. Public transport is also excellent in these parts, as are the hiking opportunities. Below are some lesser-known trip ideas, so you can enjoy the beauty of this unique coastline in the best way possible.

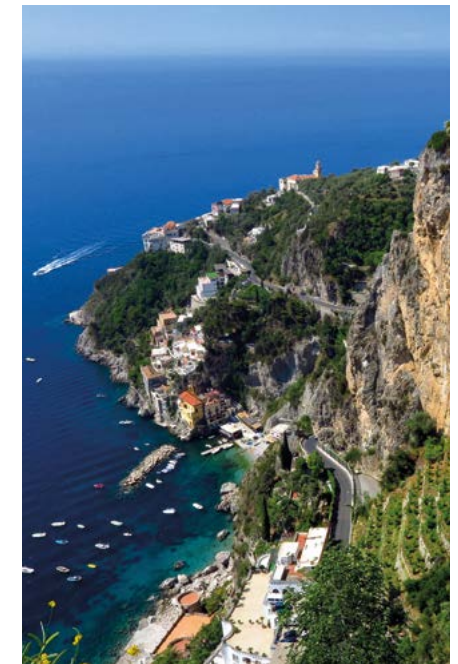


Praiano

A stunning, cliff-hugging fishing village that was once the favourite of the Amalfi dukes, Praiano is that perfect blend of pretty and low key. With no real centre, it's a colourful collection of white-washed houses, harbouring a flourishing arts scene plus a clutch of chilled-out bars and restaurants. It may not be the most hidden of hidden gems, but it's definitely on the quieter side of this bustling coastline.

Conca dei Marini

Clinging to the cliffside is this jewel on the Amalfi coast. The magic really happens down by the water's edge, though the town does extend high onto the hillside. At the bottom, a clutch of homes and a small beach paint a picture of effortless beauty. Notable also is that this small town is the birthplace of the sweet sfogliatella. Don't miss the Grotta dello Smeraldo, a mesmerising sea cave illuminated by emerald waters.



Ravello

Perched high above the Amalfi Coast, Ravello is a breathtaking retreat offering panoramic views and timeless elegance. Its historic villas with their lush gardens are a centrepiece of aristocratic splendour: Villa Rufolo and Villa Cimbrone provide picture-perfect sea-view terraces. Don't miss the Ravello Music Festival, where world-class musicians perform against the backdrop of the Mediterranean Sea.



Fjord of Furore

Known as the painted town of the Amalfi coast, you'll find a host of colourful murals dotted all around the village. Though visit-worthy in itself, tear yourself away and head towards the sea. The small beach here is nothing short of stunning, framed by two vast, rocky crags, worked by a small but steady mountain stream, forming the perfect calm cove to splash in.

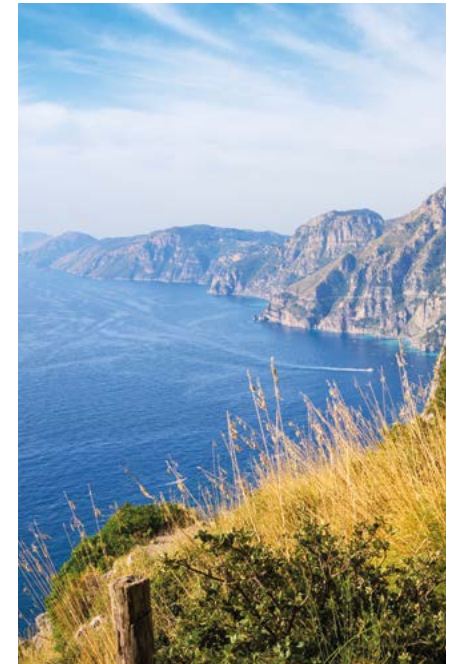


Atrani

Atrani embodies all that is great about this coastline: stellar views, pastel-coloured townhouses, piazzas and duomos and bucketloads of Italian charm. Get lost in the streets and alleyways, the many, many flights of stairs, the impeccable beauty of it all; it was enough to seduce the painter Escher, who saw the cascading homes and fluttering, diagonal shadows as the perfect muse for a clutch of paintings.

Nocelle

High in the mountains along the coast, Nocelle is a relatively secluded hamlet; there's only one winding road leading to Positano. It's a sleepy place, with just a handful of restaurants and a mini-market. Most visitors are hikers tackling the beautiful Path of the Gods, exploring the small alleys of the village to seek out a place for refreshments. Nocelle really feels a world away from Positano and Amalfi.





Path of the Lemons

Winding its way through the lush hillsides of the Amalfi Coast, the Path of the Lemons offers an alluring mix of gorgeous views and citrus-scented climes. Centuries-old mule paths wind their way from Minori to Maiori, through the lemon groves that are so iconic to the region. The views are, of course, breathtaking. If you're lucky, you may meet some of the producers along the way, with a chance to buy limoncello and other citrusy goods right from the maker.



Minori

This wonderfully laid-back fishing village is a great coastal hideaway from the more busy towns along the Amalfi Coast. It has a more authentic feel, a favourite of Italian holidaymakers who are perhaps a little more wise to the bustle of Amalfi or Positano. Make it your base and you'll be rewarded with a snapshot of real Italian life, fantastic food, and fewer tourists.



Treats at La Pansa

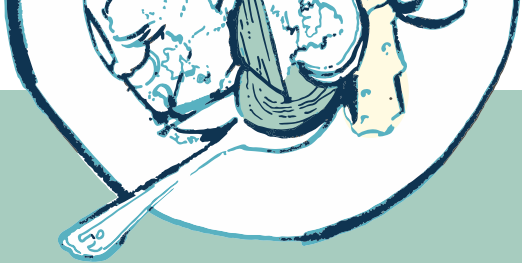
Head to the historic epicentre of Amalfi, the Piazza del Duomo, and pick up the scent of sweet goods and rich coffee from this stalwart pasticceria. Untouched since 1830, this time warp treat will guide you through a host of local sweet delicacies. Local pastries like the Sfogliatella Santa Rosa, classic limoncello, icy granita di limone, and tangy frutti canditi are all must-try treats for true Amalfi flavours.



Vertiginous wines at Cantine Marisa Cuomo

There are plenty of famous wine regions in Italy, yet the Amalfi Coast is a true underdog. Alight at this precariously perched vineyard, worth it for the views alone. Tucked high above Furore, not widely-known native grapes like Ripoli, Fenile or Pere Palummo are used to make crisp whites and deep reds, to be tasted in front of breathtaking views.





WHERE TO EAT...



Lido Azzurro

One of the best-loved seafood restaurants in Amalfi, this unfussy spot cooks up the best catches of the day with gorgeous terrace views to boot.

Il Grottino Azzurro

It's hard to bridge the gap between quality and price in Positano, but this charming restaurant does just that. Expect affordable local dishes put together with flair.



Donna Rosa

High in the mountains above Positano lies this charming trattoria. Expect family-run goodness with a palette that mixes the best of sea and mountain.



BIRRA MORETTI RECOMMENDED



Handmade pasta in Minori

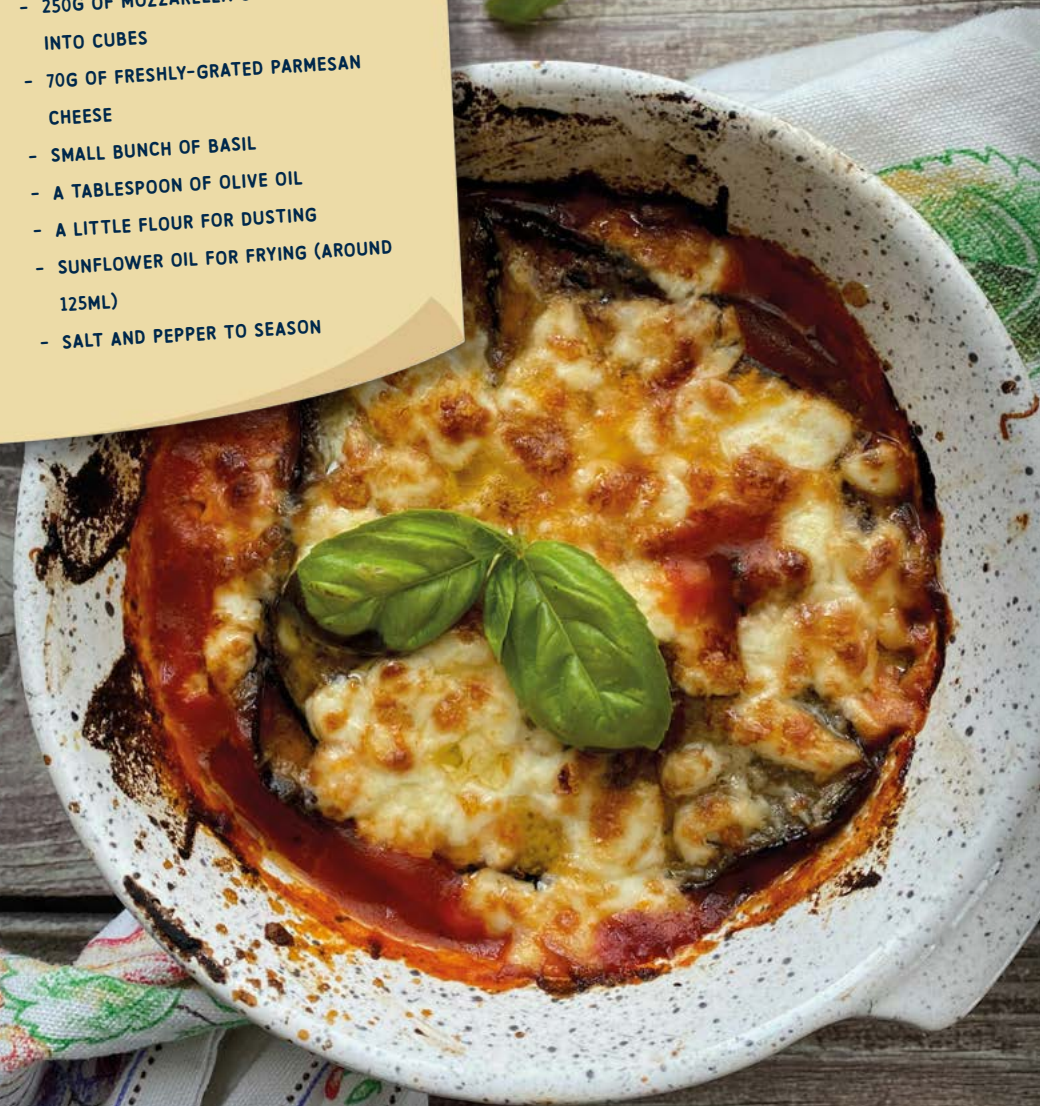
This affable Amalfi village is another great stop on any tour of the coastline, and not just for the rare opportunity to lie on a decent-sized beach. In the mills above the town, Minori produces its famous handmade pasta. Head to any of the local restaurants to sample delicious pasta dishes, with the classic 'ndunderi being a local favourite. Best paired with the full-flavoured refreshment of BIRRA MORETTI Sale Di Mare.



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INGREDIENTS (SERVES 4)

- 1 TO 1.5 AUBERGINES (AROUND 700G)
- 700G PASSATA, WE PREFER THE CHUNKY TEXTURED ONES
- 1 MEDIUM WHITE ONION
- 250G OF MOZZARELLA CHEESE, CUT INTO CUBES
- 70G OF FRESHLY-GRATED PARMESAN CHEESE
- SMALL BUNCH OF BASIL
- A TABLESPOON OF OLIVE OIL
- A LITTLE FLOUR FOR DUSTING
- SUNFLOWER OIL FOR FRYING (AROUND 125ML)
- SALT AND PEPPER TO SEASON



CAMPANIA



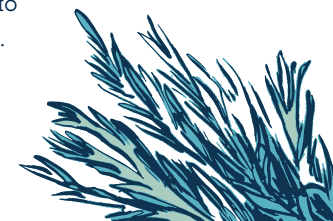
PARMIGIANA MELANZANE (V)

A Neapolitan staple, this is one of those dishes that just happens to be accidentally vegetarian. In Naples, it's traditionally cooked in the pizza oven, giving the dish a smoky flavour. Pair it with BIRRA MORETTI Sale Di Mare for an indulgent and hearty taste of Campania.

1. Thinly slice the aubergines (about ¼ inch or ½ cm thick) then place them in a colander. Sprinkle them lightly with salt and set them aside for 1 hour.
2. Finely chop 1 onion and sauté in a pan with the olive oil until translucent, then add the tomato passata and a small bunch of basil roughly torn with your hands. Add a pinch of salt and pepper, then simmer gently for 10-15 minutes.
3. Rinse the aubergine slices under cold water and pat them dry. Lightly dust them with flour, then fry them in sunflower oil for a few seconds each side and pat dry.
4. Preheat the oven to 180°C/gas mark 4 and prepare your baking dish. Pop a tablespoon of tomato sauce into the bottom and spread it around.
5. Next add one layer of aubergine to the dish followed by a sprinkling of parmesan cheese, cubes of mozzarella, a sprinkling of pepper and a few spoons of tomato sauce (save a third of the sauce for the final layer). Continue with the next layer until you have one top layer left.
6. For the top layer, spoon over the remaining tomato sauce and top with parmesan and mozzarella. Cover loosely and bake for 20 minutes. Remove the foil and bake for another 20 minutes until nice and golden and bubbling on top, then let it rest.

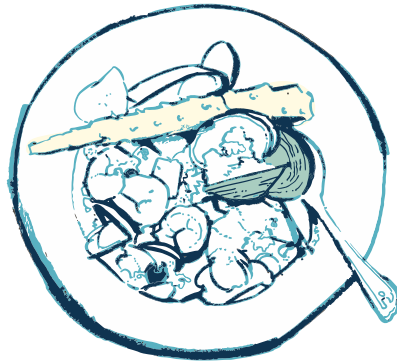
Prep time: 1 hour, Cook time 55 mins.

Total time: 1 hour 55 mins.



BASILICATA

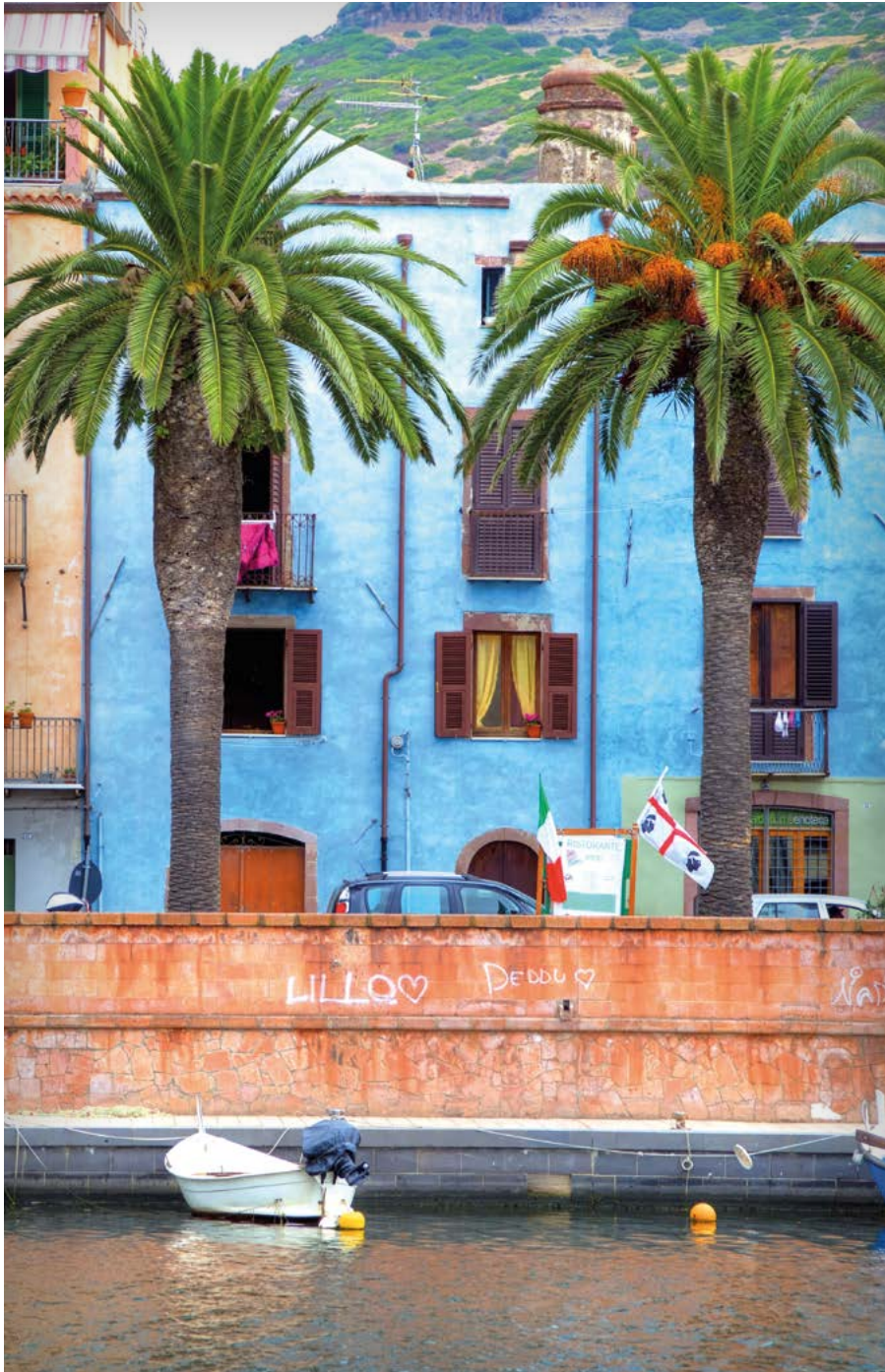
MARATEA



The Basilicata region boasts countless gems, but Maratea might just be the one to capture the heart. Nicknamed the ‘Pearl of the Tyrrhenian’, this clifftop town shines with a dramatic kind of beauty. High above, with arms outstretched in a gesture of eternal welcome, the Statue of Christ the Redeemer gazes out to sea, a silent guardian above a town crowned with chapels, monasteries, and hermitages.

As you wind through the sun-dappled streets, a labyrinth of hidden trattorias unfolds before you, each topped with warm terracotta roofs that speak of timeless tradition. Seek out secluded coves, or simply choose to linger over fresh seafood and sparkling glasses of wine. In either case, let the town’s charms wash over you; the scent of salt and pine lulling you into a state of serene coastal bliss.





SARDINIA

BOSA



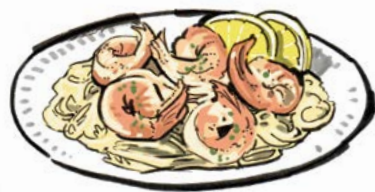
A handsome hidden gem on the pretty island of Sardinia, Bosa is a town that feels very much a local's kind of place. Slung on the River Temo just a stone's throw from the coast, it has a big personality for a place with so small a footprint. Photogenic pastel townhouses line the riverside, topped with an old castle; it's a sweet scene, and it doesn't stop there. The medieval heart is a warren of alleyways and narrow streets, with typical rustic Sardinian charms. They shelter old traditions, from

carnivals to artisans, trattorias to wine merchants. It's a solid base for exploring rural Sardinia too; whether you travel into the rugged hinterland or explore the beautiful coastline in these parts, there's plenty to explore. Through it all, Bosa remains an authentic experience, with few tourists and plenty of heart-warming locals. So head to the harbourside, prop up a table, sip the sweet Malvasia di Bosa wine, and indulge in this rather true slice of Italian living.



Artisans

Like many far-flung towns in Italy, Bosa keeps its traditions alive, most evident in the artisanal trades that survive to this day. Walk the streets and you'll stumble on workshops where craftspeople specialise in two centuries-old crafts - gold-filigree jewellery and lace-making. It goes without saying that they make excellent souvenirs. They're steeped in history, with the filigree craft stretching back to ancient times.



Coastal delights

Though Bosa is a touch inland, it's sister marina is but a short walk from town, where beautiful beaches and craggy coastlines await. Boat trips and kayak tours explore the best of the sea and river, making Bosa a great base for an escape along the sea. Don't miss Arrogosta a Bosa in local trattorias - a spiny lobster that, in these shores, is considered one of the best around.



Rugged landscapes

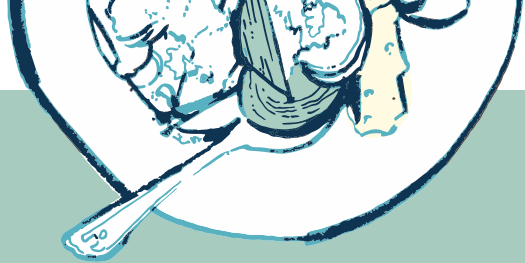
The hinterland of Bosa is mountains, arid plains, and untamed beauty. Climb to the lofty heights of the unmissable castle for superlative views over this landscape and be greeted by wild flowers and cacti - be warned, it can be a hardy climb in hot weather. Intrepid hiking trails are to be found at the Capo Marrargiu, a beautiful nature reserve that kisses the sea. It teems with birdlife and wild beauty.



Quirks and carnivals

Like much of Sardinia, Bosa captivates with annual festivities that are an innate part of the town's cultural heritage. The most famous is the carnival, where quirky traditions like a procession of wailing men dressed as widowers complements the music, events and parades. Boats in the harbour are decorated for the annual Sagra di Santa Maria del Mare, and communal feasting is the order of the day for the Festa di San Giovanni Battista.





WHERE TO EAT...

Locanda di Corte

There's nothing stuffy about this locale; expect Sardinian produce put together with modern flair and imagination. Book well ahead for this one.



Il Localino Bosa Marina

Down by the coast, this seafront restaurant has local wines, exceptional seafood, and some of the best views across the sea. A meal you won't soon forget.



Ristorante S'Isucgia

Deep in the old town of Bosa, this popular trattoria exemplifies what we love about classic Italian feasting - fine, local produce prepared with love and care.



BIRRA MORETTI RECOMMENDED



Cumpultittu Cove

Wonderfully secluded, this pretty beach flanked by limestone cliffs is the perfect hideaway near Bosa. It has all the trappings of a coastal idyll; unique geography, gorgeous crystalline waters, soft sands and cooling shallows perfect for a dip. For those days when all you want is to kick-back under the Sardinian sun, this is the secret spot you need. Only accessible by boat or a short, slightly vertiginous hike, be sure to pack all you need in advance so you can make the most of those sun-soaked days. Of course that means bringing a pack of BIRRA MORETTI Sale Di Mare to share with friends.

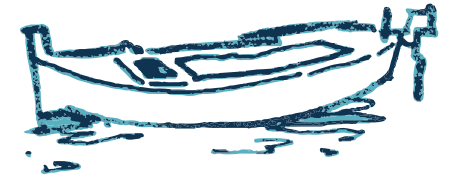


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SARDINIA

CASTELSARDO



Renowned as one of Italy's prettiest towns, Castelsardo on the northern tip of Sardinia is an evocative type of place. Slung along a promontory jutting into the sea, a string of colourful old town buildings climb towards the town's pinnacle: the 12th-century Castello dei Doria, which shelters a citadel of medieval streets, workshops and pinch-yourself beauty.

The town has a history of basket weaving; stroll through the narrow streets and you might pass a nonna sitting in the shade, practising this old tradition. It's a scene that, like others in this pretty town, adds to the timeless wonder of these remote and traditional Italian locations. With it you'll find old-school trattorias, fresh seafood, and the familiar, wondrous trappings that Italy does so well.

SARDINIA

CAPRERA



Steeped in history and kissed by the Mediterranean sun, Caprera in Sardinia isn't just a beautiful island - it's a place where rugged nature meets the legacy of Italian hero Giuseppe Garibaldi. Hike the wild trails to the windswept peak of Monte Tejalone for breathtaking panoramas, or dive into the turquoise embrace of Cala Coticcio, a beach nicknamed 'Little Tahiti' for its unbelievably clear waters.

Explore Garibaldi's former home, Compendio Garibaldino, a house-museum that whispers tales of his life and passion. Beyond the historic intrigue, savour the island's simple, fresh cuisine - indulge in just-caught seafood seasoned with local herbs, and sip on a glass of Sardinian Vermentino. Caprera promises a chance to relax, explore, and be inspired by both the natural world and the stories etched in its soul.



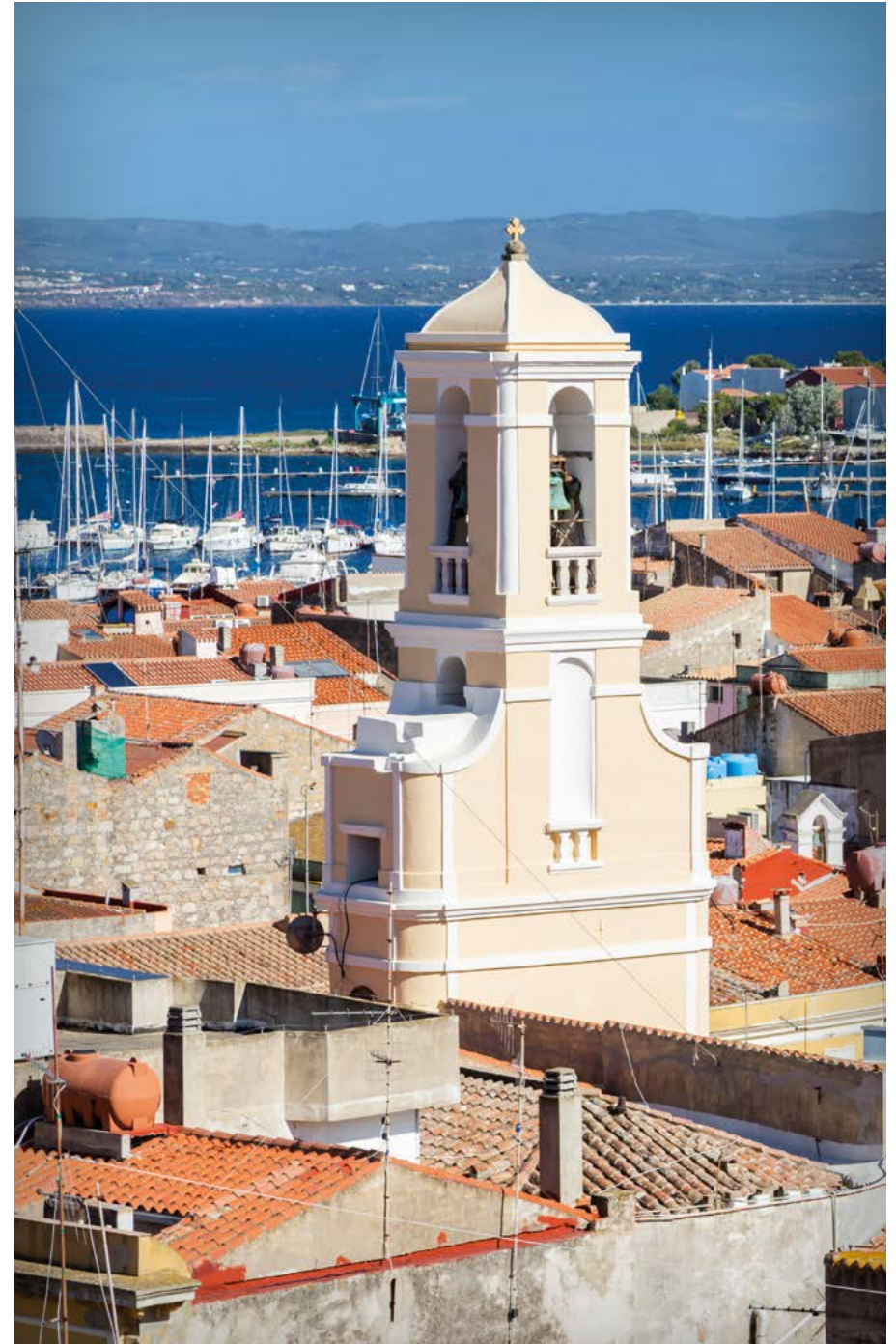
SARDINIA

CARLOFORTE



Immerse yourself in the unique charm of Carloforte, a fishing town on Sardinia's Isola di San Pietro. This island gem boasts a unique, rich heritage, descended from Ligurian fishermen from Tabarka, Tunisia. Wander the narrow streets lined with colourful houses, as you listen to the melodic cadence of the Tabarchino dialect, a fusion of Italian and Ligurian - you can visit the Museo della Civiltà Tabarchina to delve

deeper into the town's fascinating past. When hunger strikes, savour the bounty of land and sea - think fresh fish cooked the Ligurian way, from 'buridda' - a fish stew, to 'cassulli' - a local pasta dish, while 'fainé' is a chickpea flour flatbread that's a delicious street food favourite. Carloforte offers a captivating blend of sunshine, vibrant history, and a taste of Liguria, all wrapped up in a charming island escape.



SMALL ISLANDS

PANTELLERIA



A remote island closer to Tunisia than it is to Italy, Pantelleria is a remarkable volcanic landscape with bucket loads of charm. It's a place of rugged coastlines (no sandy beaches here), natural hot springs, and the unique stone houses known as dammusi. Must-see spots include the Mirror of Venus, a thermal lake perfect for mud baths, and the Montagna Grande, offering panoramic views. Pantelleria's crystal-clear waters make it a paradise for snorkelling and diving. With influences from the North African coast, it's a melting pot of style and culture, a unique and lesser-known hideaway in the middle of the Med.





SMALL ISLANDS

ELBA



Italy's third largest island is another achingly beautiful spot, no more than an hour ferry ride from Tuscany's coast. Though far, far smaller than its bigger cousins, it still offers plenty for a long island getaway, with stupendously gorgeous landscapes to explore and vibrant port towns to seek out. Famously, this is where Napoleon was banished to;

he didn't stay for long, and it's hard to understand why as it is every-bit an idyll. A range of stunning hiking trails, fantastic cycling opportunities and a picture-perfect coastline dotted with coves and beaches makes Elba a paradise for outdoor lovers, with the familiar Italian trappings of great food, rolling vineyards and pretty towns perfecting this island escape.

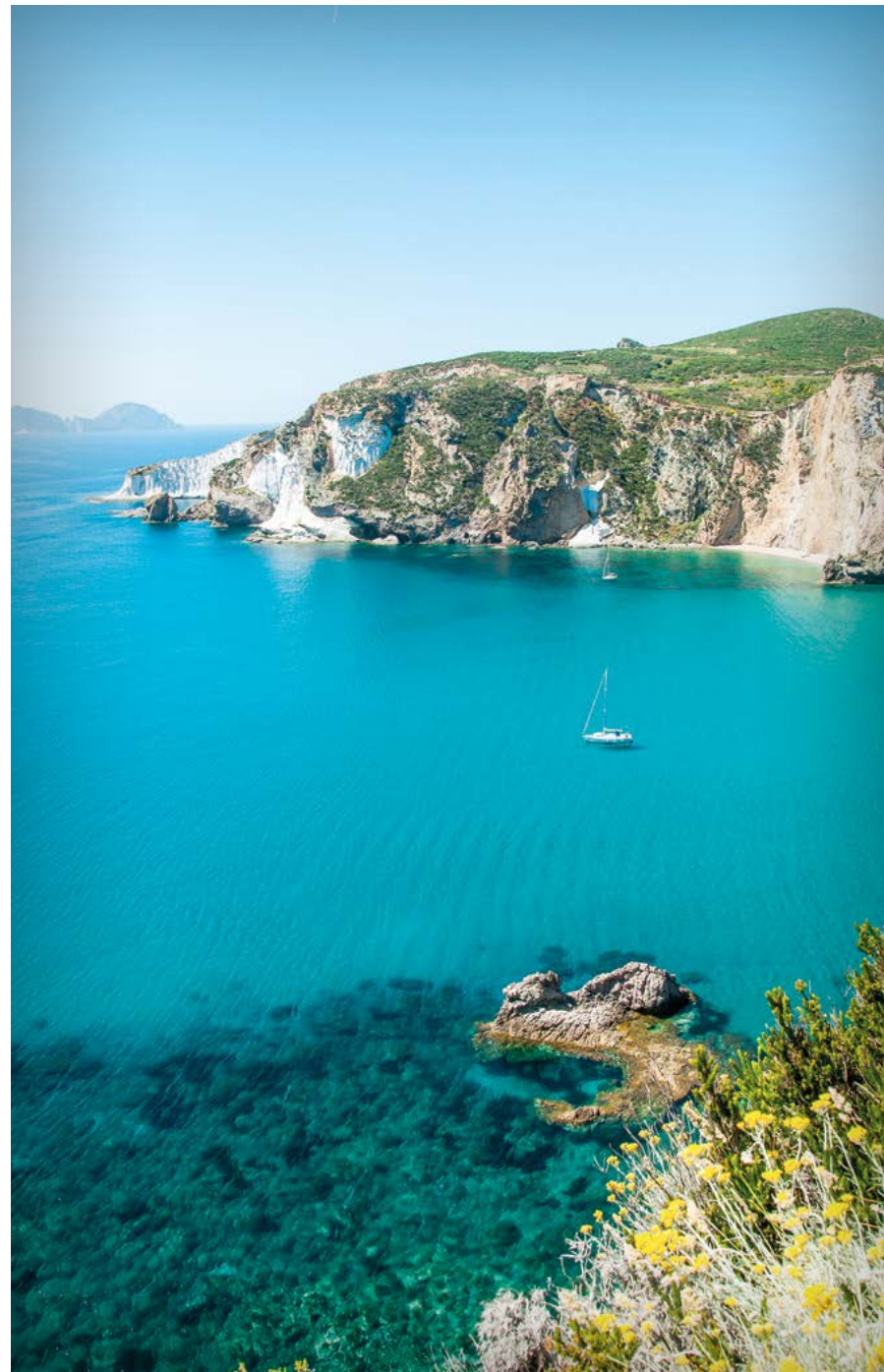
SMALL ISLANDS

PONZA



This thoroughly charming island is the go-to for Neapolitan and Roman holidayers, with cooler temperatures at peak summer and a landscape that is picture-perfect. Crystal-clear waters, gorgeous beaches and a technicolour harbourfront welcomes arrivals, to an island that feels very

much a local's kind of place. Sure, there's a few hotels and tourists in the summer, but the atmosphere is still authentic and real. Match this with homely trattorias, ancient history, and laid-back style, not to mention sea grottos, boat trips and sunbathing on golden sands, and you have the full set: a thoroughbred Italian escape on the coast.



BIRRA MORETTI SALE DI MARE

Discover BIRRA MORETTI Sale Di Mare, the new medium-bodied premium lager from BIRRA MORETTI. Unlock the unfiltered taste of authentic Italy, where passion, culture and convivial moments define that unique Italian spirit.



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THIS UNFILTERED, 4.8% ABV LAGER WITH A HINT OF ITALIAN SEA SALT IS YOUR ACCOMPANIMENT TO AN UNFORGETTABLE ESCAPE TO ITALY'S COAST.



THE TASTE

BIRRA MORETTI Sale Di Mare is brewed with the finest quality ingredients and a healthy dose of Italian passion. Unfiltered and therefore slightly hazy in colour, the extra hop aromas create a slightly fuller taste than BIRRA MORETTI L'Autentica, with herbal aromas of citrus and pine. The hint of Italian sea salt creates a full-flavoured refreshment with a smooth, rounded finish, perfect for an aperitivo moment or pairing with any meal.

THE CULTURE

The unique taste profile of BIRRA MORETTI Sale Di Mare perfectly complements the flavours of the Italian coastline. From the freshest seafood to the finest mountain produce, Italy's natural larder provides some of the most exciting gastronomical delights anywhere, each steeped in tradition and passion. Discover recipes to pair with BIRRA MORETTI Sale Di Mare, for an authentic taste of the Italian coast.

TRY IT TODAY



Get your hands on the new BIRRA MORETTI Sale Di Mare, coming soon to a bar near you. Also available to buy online or nationwide in participating stores. Find out where you can enjoy BIRRA MORETTI Sale Di Mare here:

<https://www.birramoretti.com/gb/en/buy-now>

EASTERN COASTLINE





PUGLIA

SANTA MARIA DI LEUCA



Sat right on that stiletto tip of Italy, overseeing the crashing of the Adriatic and Ionian, Santa Maria di Leuca is a place that instantly feels important. The Romans called it the place at the end of the earth, and it remained a pilgrimage spot throughout its history. It also has a collection of gorgeous art nouveau waterside villas, pretty harbour and typically wonderful old town, which explains much of its draw as a sea and sun destination over the years.

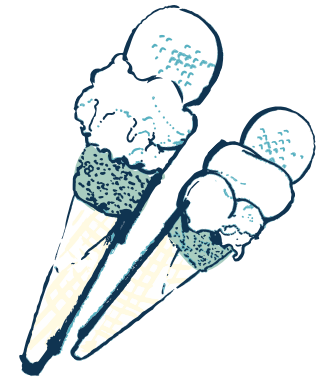
Of course there's an enviable collection of beaches to sink into; Felloniche, Posto Vecchio, Torre Vado and Pescoluse are excellent for families and well-equipped with lidos, bars, and places to eat. Further along the coastline gets more and more craggy, sheltering hidden sea grottoes for which this part of the coast is so renowned. The best way to see them is by boat, so head back to the harbour where there's plenty of sailors ready to take you to sea.

„...the city's rich history and breathtaking architecture have garnered it UNESCO status...”



PUGLIA

OTRANTO



The sunlight dances on the turquoise waters lapping the beautiful beach of Otranto, Italy's easternmost city on Puglia's glittering Adriatic Coast. As well as being synonymous with long, lazy summers all'Italiana, the city's rich history and breathtaking architecture have garnered it UNESCO status, as well as a spot on many in-the-know travellers' Puglia bucket-list.

Enter the enchanting Old Town through the Porta Alfonsina, the gateway to the sun-baked stone buildings hidden within the 15th-century fortifications. From here, wind your way through cobbled streets past ancient churches, charming local eateries and a sprinkling of boutiques and souvenir shops, before emerging, gelato-in-hand, onto the stunning lungomare promenade for a stroll along the coast.



Awe-inspiring architecture

Dating back to 1088, Otranto's Romanesque-style Cathedral stands as a symbol of the city's eventful past, and was even briefly converted into a mosque. Admire the magnificent mosaic floor, the vaulted ceilings of the crypt, and the eerie chapel of the city's famous martyrs, before stopping by the Church of St Peter for beautifully-preserved relics of the city's Byzantine era.



The Castle of Otranto

The inspiration for the first Gothic novel, Otranto's Aragonese Castle was built in the late 1400s to guard against further attacks from Ottoman invaders. You can't miss the imposing citadel's forbidding walls and staggering round towers, while those brave enough can book a guided tour of its subterranean passages. Inside, the castle hosts a range of cultural, art and archaeological exhibitions throughout the year.

Stock up

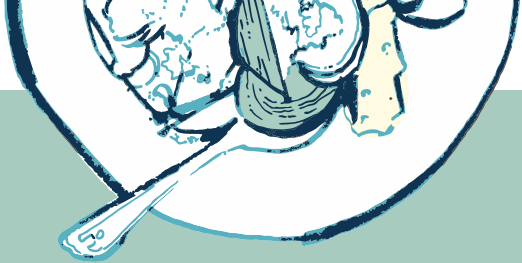
Spare yourself from sifting between endless souvenir shops and pay a visit to Tessitura Giaquinto, a historic and easy-to-miss spot where you can shop for artisanal fabrics, embroidered accessories and tableware. Also in the Old Town is Rebus Otranto Ceramiche, an award-winning ceramics shop with an illustrious list of international clients.



Seafront serenity

Exit the castle to stroll up the lungomare all the way to the Faro Bianco, perhaps stopping for gelato at Martinucci on the way. From there, it's just a five-minute walk to Lido La Castellana, one of the city's most elegant beach clubs hidden on a glistening turquoise cove. On your way back to the city centre, stop for a scenic sundowner at Borderline Café.





WHERE TO EAT...

LaltroBaffo

Fresh fish meets fine dining at this acclaimed eatery in Otranto's Old Town, where family-style offerings include sea-urchin carbonara.



Terrazza Paradiso

LaltroBaffo's award-winning chef also heads up this restaurant at Le Capase Resort, the perfect pit-stop en route to Santa Cesarea.



Il Diavolicchio Goloso

Visit this whitewashed farmhouse for seasonal and seafood delights, plus succulent fresh produce from the owner's vegetable garden.



BIRRA MORETTI RECOMMENDED



Hit the road

Take a short drive south towards Santa Cesarea, with stops in the stunning Cava di Bauxite and Punta Palascia. Between the two, don't miss Torre Sant'Emiliano, the ruins of a medieval watchtower with spectacular views out over the sea. From there, drive inland for a few minutes to reach a renowned dairy producer of the same name; the perfect place to stock up on mozzarella and other local cheeses.



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PUGLIA

MONOPOLI



Amidst a striking backdrop of olive trees and idyllic farmland, Monopoli is a charming seaside town dating back to the Messapian age, gently lapped by the azure waters of the Adriatic. Located in the heart of Puglia, this city enchants locals and visitors alike with its distinctive coastal charm, indented coastline, sandy shores and slow pace of life. Fortified walls enclose the old town, a whitewashed maze of narrow streets featuring traditional architecture made with local tufa stone and chianche pavements, typical

for the region. The historical centre of Monopoli overlooks the harbour; it is the ancient heart of the city and key to its survival through countless occupations throughout the centuries - be they Greek, Roman, Norman, Suebi, or Aragonese. This rich historical past is evident in the architecture, featuring a wide array of styles that form an intriguing backdrop to any visit. Take in the scenic views, stroll through the sun-drenched old town and taste the rich flavours of the land and the sea in this gorgeous Puglian town.



A striking coastline

A wonderful collection of sandy beaches and secluded coves await. Head for the shores surrounding the area of the medieval abbey Castello di Santo Stefano, which have been granted Blue Flag status. Head to Cala Porto Rosso, Cala Paradiso, Capitolo or Porto Ghiacciolo to soak up the sun of Puglia on some of its most beautiful shores, or discover the little stretches of sand hidden in the midst of Monopoli, starting with Cala Porta Vecchia.



Eclectic architecture

Travel back in time in Monopoli's old town, admiring the Baroque façades of Palazzo Palmieri, Chiesa di Santa Maria Amalfitana and Chiesa Santa Maria del Suffragio. Spot the votive shrines hidden in the narrow streets and delight at the gothic façade of Palazzo Veneziano. Learn more about local history at the Diocesan Museum and take in the beauty of the pentagonal stone fortress of Castello Carlo V, dating back to the 16th century.

The cathedral

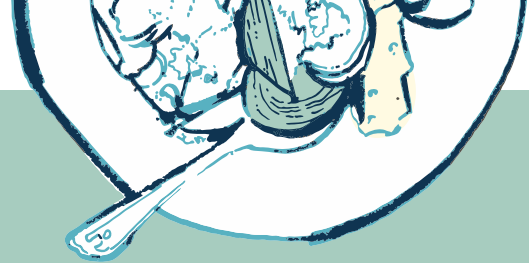
The Cattedrale di Maria Santissima della Madia, in Baroque and Romanesque style, is dedicated to the Madonna della Madia, patron of the city, and is home to the Byzantine icon of the Virgin Hodegetria which arrived in Monopoli by boat in 1117. The cathedral features a hand-painted dome, a tall bell tower and a crypt, which also houses an archaeological museum with artefacts found during the site's excavation.



Tradition and culture

The arrival of the Madonna della Madia icon is reenacted in August and December, with boats bringing the painting to shore. Monopoli offers many cultural events during the year, including the literary Prospero Fest, the photography and art festival PhEST, and many more. Experience a tradition unique to Puglia on September 1st, when locals go swimming at dawn to ward off illness and boost their immunity for the following year.





WHERE TO EAT...

Ristorante Il Punto Cardinale | Trattoria al Borgo

Enjoy a slow meal in this cosy trattoria, for an experience rich in authentic regional charm and simple flavours.



Trattoria La Locanda dei Mercanti

This restaurant is a seafood lover's delight. Take your pick from its tempting menu, packed with raw fish, delicious pasta and more.



La locanda sul Porto

Quality ingredients, fresh seafood and harbour views make for the quintessential Monopoli dining experience. Reservation is a must.



BIRRA MORETTI RECOMMENDED



A sight to behold

Enter the ancient harbour through the 15th-century Porta dell'antico Porto and take in the beauty of the picturesque marina, lined with blue and red gozzo boats. The harbour truly comes alive as the sun dips below the horizon, with soft yellow lights painting the walls in warm hues. Delight in the flavours of the sea with raw seafood, sea urchins, octopus and mixed fried fish, savour a plate of fettuccine ai frutti di mare and be sure to try other Puglian specialties like panzerotti, Capocollo di Martina Franca DOP, bombette, stracciatella, burrata and ricotta forte in any of the harbour restaurants. The perfect accompaniment to the citrus and pine notes of BIRRA MORETTI Sale Di Mare.



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PUGLIA

POLIGNANO A MARE



Straddling a small cove, white-washed buildings stack atop each other along two rocky plateaus, in a scene fit for an Italian romance. Just south of Bari, this is where city folk head to relax to the sound of crashing waves, catch a few rays on the sandy beaches, and explore the hidden grottoes along the craggy coastline. Head through the ancient Porta Vecchia gate into the old town, navigating

the enviably pretty whitewashed streets with their balconied townhouses. You'll soon stumble on one of the three terraces that offer superb views across the Adriatic. Sink into family-run trattorias, don't skip the golden-hour aperitivo, and be sure to indulge in the gelato: this town is famous for it. Super Mago del Gelo in particular is the stalwart gelato bar that many locals to Puglia travel here for.



PUGLIA

GARGANO AREA



Escape the ordinary in Puglia's Gargano region - the unspoiled 'spur' of the Italian boot, and a treasure trove for every type of traveler. Picture the dramatic white cliffs of Pizzomunno plunging into crystal-clear Adriatic waters, the secret coves of the Tremiti Islands begging to be explored, and the lush forests that carpet the mountainous interior, offering hiking trails and charming hilltop towns. History buffs can delve into ancient castles and religious sanctuaries, while nature

lovers can spot rare birds in Gargano National Park. Italy's a haven for gourmands, but Gargano takes it to a new level. Imagine rolling fields, verdant hills, and a dramatic coastline, all feeding into the region's bounty of produce. Here, "fresh, local" isn't just a slogan - it's the lifeblood of the cuisine. Look out for olive oil, citrus fruit, and fresh seafood. Whether you're craving sun-kissed relaxation, adventurous thrills, or a culinary odyssey, Gargano promises to surprise and tantalise you.



Savour fresh seafood

Gargano isn't just renowned for its groves, it's equally celebrated for its seafood. Savour the freshest catches at seaside trattorias, like Ristorante Bar Onda Azzurra in Peschici, or Il Capriccio in Vieste, where your table might even be set on the jetty itself. Dive into steaming plates of spaghetti alle vongole (clams) or delicately grilled octopus, all seasoned with the region's prized olive oil.



Discover beautiful beaches

Step into an awe-inspiring scene straight out of a dream at Baia delle Zagare, a symbolic location of Gargano. Crystal-line turquoise waters lap against a shore of smooth white pebbles, while luscious vegetation frames the beach from above. Explore hidden coves accessible only by foot, or simply bask on the sun-warmed pebbles, revelling in the breathtaking beauty of this hidden paradise.



Explore picturesque villages

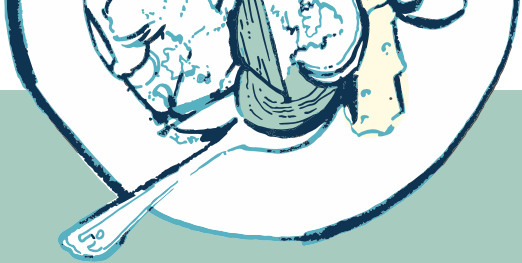
Wander the enchanting maze of Monte Sant'Angelo. Cobblestone alleyways and staircases wind through whitewashed houses, each tiny piazza bursting with colourful flower boxes. Fuel your explorations with a local culinary favourite: panzerotto. Head to Pizzeria SixtySeven, run by a charming elderly couple, where you can tuck into these deep-fried pockets, bursting with fresh tomato, mozzarella, and ham.



Unearth abundant nature

Deep within Gargano National Park lies a secret kingdom - Foresta Umbra. Towering beech trees, some reaching over 40 metres, form a verdant canopy, sunlight dappling the forest floor. Wander along winding paths, encountering ancient oaks and maples. This ancient woodland shelters a rich tapestry of life - a sanctuary for nature lovers seeking tranquillity and a glimpse into Italy's ecological wonders.





WHERE TO EAT...

Al Trabucco da Mimi

Fresh seafood and Adriatic views combine at this authentic seafront spot. It's still a working 'trabucco', so you can guarantee the freshest catches from rod to plate.



La Ripa

Nestled within a dramatic cave in Vieste, La Ripa restaurant offers a unique dining experience where diners relish fresh takes on traditional Puglian cuisine.



Masseria San Salvatore

This rustic, family-run restaurant is as much about the warm hospitality as it is the food. They even sell some of their local products so you can take a taste of the region home with you.



BIRRA MORETTI RECOMMENDED



Dramatic viewpoints

Italy is a land overflowing with scenic beauty, and its viewpoints are no exception, transforming into portals to breathtaking landscapes. The Gargano Peninsula beckons with soul-stirring vistas: jagged cliffs plummeting into the turquoise Adriatic, medieval towns clinging precariously to the edge, and hidden coves framed by razor-sharp rock formations. Witness the famous landmark of Arco di San Felice, a natural arch gracing a secluded beach. Explore its grandeur from various perspectives - by boat, along the scenic SP53 coastal road, or for the most inspiring vantage point, ascend the Torre di San Felice.



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INGREDIENTS (SERVES 4)

- 2 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 2 GARLIC CLOVES, FINELY MINCED
- 1 RED CHILLI PEPPER, FINELY SLICED
- 300G ORECCHIETTE PASTA
- 400G CIME DI RAPA (OFTEN FOUND AS 'BROCCOLI RAAB' / 'RAPINI' IN THE UK)
- SEA SALT AND FRESHLY CRACKED BLACK PEPPER TO TASTE
- OPTIONAL EXTRA:
TOASTED BREADCRUMBS



PUGLIA

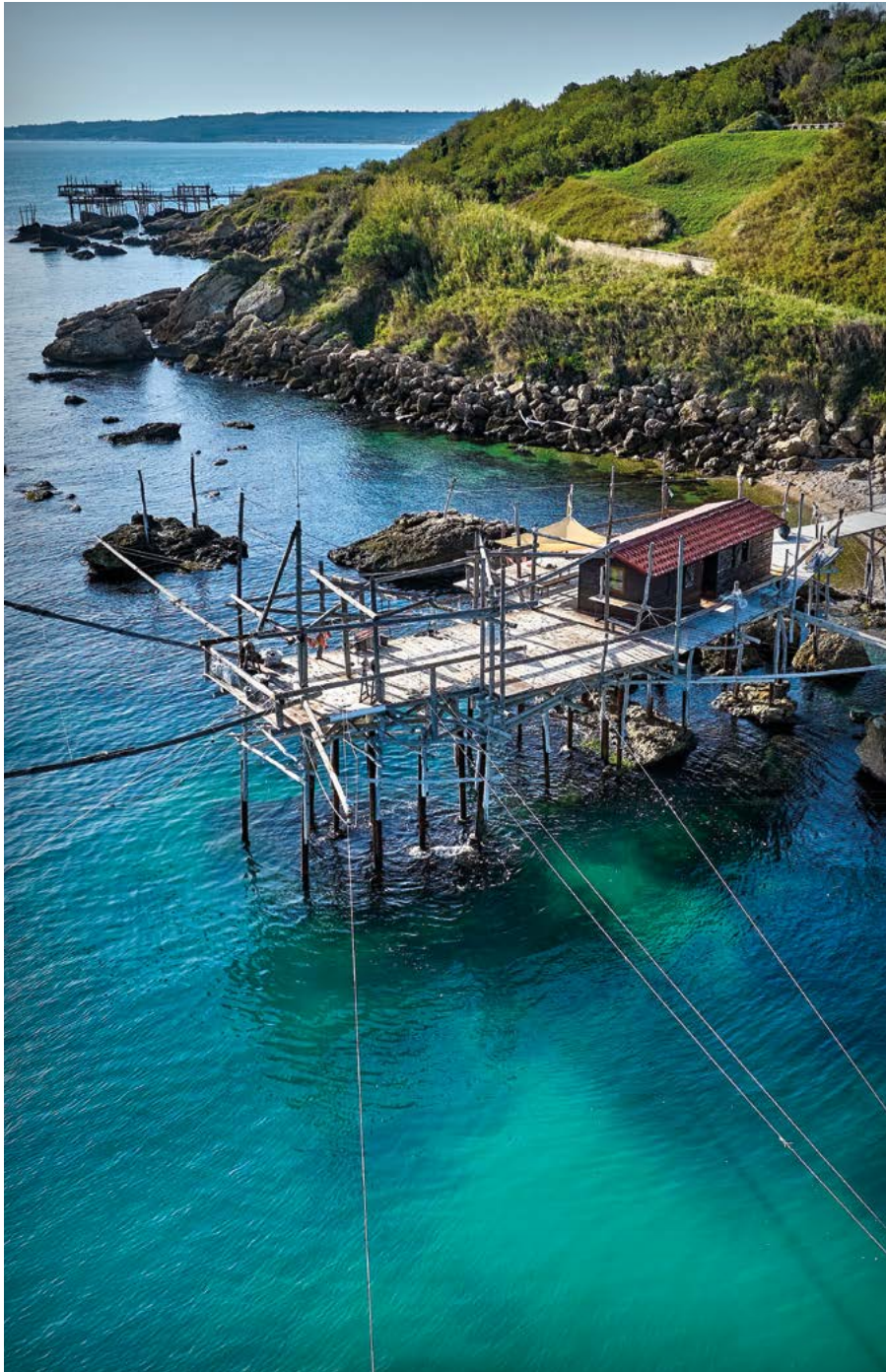
ORECCHIETTE CON CIME DI RAPA (V)

Borne of the region's *cucina povera*, this simple dish is a great example of how Puglian's elevate the simplest of ingredients into something quite special. A little bitter here, a little kick there, it has surprising depth for such a short and simple list of ingredients. Add a touch more complexity with a **BIRRA MORETTI Sale Di Mare** pairing, of course.

1. Add the olive oil, garlic and red chilli pepper to a skillet over low heat, and cook until the garlic is golden brown, (about 4-5 minutes).
2. Prepare the cime di rapa (broccoli raab) by removing any tough stems and chopping the leaves into bite-sized pieces. Rinse them thoroughly under cold water.
3. In a large pot of lightly salted boiling water, add the orecchiette pasta and cook according to the package directions. For al dente pasta, drain it 2-3 minutes before the suggested cooking time. During the last 5 minutes of cooking time, add in the broccoli raab.
4. Drain the pasta and broccoli raab, and add them to the skillet with the garlic and red chilli pepper. Toss all the ingredients to combine.
5. To serve, drizzle with more extra-virgin olive oil and season to taste with freshly-cracked black pepper. Plus a little pecorino.

Prep time: 5 mins. Cook time 15 mins.
Total time: 20 mins.





ABRUZZO

TRABOCCHI



Picture this: the Adriatic Sea shimmers, taking on colours from turquoise to deep blue, and the landscape varies through a succession of a lush Mediterranean scrub, sandy dunes and wide fields of vineyards and olive trees. Here, along Abruzzo's Costa dei Trabocchi, ancient fishing platforms – trabocchi – stand sentinel-like on stilts. Imagine the rhythmic crash of waves, the scent of salt and brine, the

sun-drenched stone. Explore hidden coves, savour fresh seafood caught from the very trabocchi you dine on, or simply marvel at the harmony of nature and tradition. Venture inland to charming towns like Ortona, Vasto and Rocca San Giovanni, steeped in history, or hike the scenic trails of Punta Aderci Natural Reserve. Abruzzo's unforgettable Costa dei Trabocchi offers a captivating blend of history, nature, and culinary delights.

MARCHE

GROTTAMMARE ALTA



Another one of those “most beautiful villages in Italy”, Grottammare earns the title with ease. It sits high above the coast, perched on a cliffside (the Alta denotes its lofty position, differentiating it from the presumably “lesser” beachside community below). Built around the thick stone walls of an old fortress, smart terracotta’d

townhouses line the steep and winding streets that lead to the hilltop position. Inside, all car-free and cobbled, Grottammare is a sleepy and picture-perfect hamlet. The views across the sea are nothing short of stunning, matched with an atmosphere that is restoratively calm.



MARCHE

TORRE DI PALME



High on a hill in Marche is this irresistible village that peers over the Adriatic. Torre di Palme is a bit like a film set, with swaying palms, medieval towers and Renaissance embellishments, where narrow alleys navigate bulging medieval brickwork, and every other corner steals a breathtaking view across the coast. There's but a handful of rustic places to eat, bookending a day of exploring this picture-perfect borgo.



INGREDIENTS (SERVES 4)

- 50G BUTTER, PLUS A KNOB EXTRA
- 800G SMALL SQUID, CLEANED
- 1 SPRIG OF FRESH FLAT LEAF PARSLEY, CHOPPED
- 2 SALTED ANCHOVY FILLETS
- 6 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 2 CLOVES OF GARLIC
- 100ML OF DRY WHITE WINE
- SALT AND PEPPER TO SEASON



MARCHE

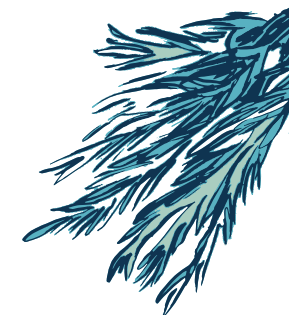
CALAMARI ALLA MARCHIGIANA

Take some quality calamari, and do very little with it. There's a clue there in what can make Italian cooking so special. This Marche version of fried squid is stripped back, simple, and extremely effective. Cut through the salty, garlicky goodness with the citrus notes of BIRRA MORETTI Sale Di Mare.

1. Chop the anchovy fillets in two (or leave whole)
2. Heat the olive oil in a pan with the garlic and parsley for a few minutes
3. Add the squid and anchovies, then season lightly with salt and pepper
4. Cook over a low heat for 10 minutes
5. Stir in the wine and 2-3 tablespoons of water.
6. Simmer gently for about 20 minutes until tender
7. Serve and enjoy!

Prep time: 15 mins. Cook time 30 mins.

Total time: 45 mins.



EMILIA-ROMAGNA

COMACCHIO



Known as the “little Venice”, Comacchio is a moody canal-stricken lagoon town, sat in the middle of a vast and expansive wetlands. It offers a fascinating glimpse at life on the lagoon, in a way Venice could never; this is very much a working town, and what it trades for the famed beauty of that other canal town, it gains in authenticity and low-key charms. You won't find crowds of tourists here; rather people making a life on the lagoon, amongst the bobbing boats and many thousands of birds that flock to the surrounding wetlands.





FRUILI-VENEZIA GIULIA

GRADO



Hiding at the very north of the Adriatic, the little town of Grado is something of a local secret.

Like a less tourist-frequented snapshot of Venice, the historic resort town sits on an island in the Marano Lagoon, cut through by a large canal. Take a step back in time as you stroll the winding streets past the open-air ruins of an ancient basilica, between the shuttered houses of the medieval old town and by pastel-hued, Belle Époque villas from the years when Grado was an Austro-Hungarian spa resort.

Summer sees bobbing sail boats filling the harbour and rows of rainbow beach umbrellas lining the sand as Italian holidaymakers are lured to Grado's charming shores. These staycationers embrace the dolce far niente - the sweetness of doing nothing. The bustling Saturday market is the only exception to the slower pace life takes here; other pastimes include sunbathing, paddling in the warm sea and indulging in iced treats from the authentic, family-run gelaterie scattered across the old town.



Cruise the lagoon

Along the main canal you'll find several places where you can rent a boat to explore the lagoon at your leisure; perhaps you'll find a hidden beach or visit one of the popular restaurants that's only accessible by water. You can also catch the regular ferry to Barbana, a small island in the lagoon that's home to a beautiful, centuries-old sanctuary of the Blessed Virgin Mary.



Chill on the beach

When the sun is shining, the town locals and summer tourists alike flock to the wide, sandy beaches of Grado. Facing the twinkling Adriatic, these shores offer views across the water to the mountains of Slovenia and Croatia. Lounge in the sunshine as you listen to the waves crashing on the shore, or get out on the water yourself and try your hand at a variety of water sports.



Dine in the Old Town

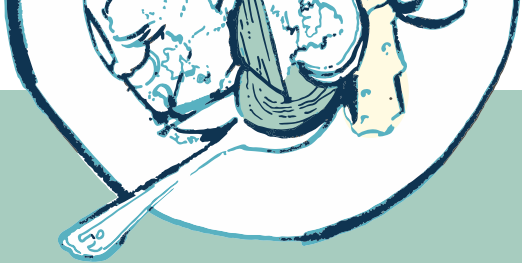
As evening falls, stroll through the atmospheric old town in search of a spot for dinner. Follow tempting aromas and the buzz of conversation past ancient churches and old fishermen's houses, and you'll soon find somewhere to stop - the old town is packed with osterias, trattorias and restaurants which spill out into the streets, serving fresh pasta and succulent seafood straight from the lagoon.



Rent a bike and explore

Just 10 kilometres from Grado, the historic site of Aquileia is definitely worth a visit. Catch the bus or rent a bike and cycle out to see the UNESCO-listed ruins of the ancient city, which was one of the largest and wealthiest in the Early Roman Empire. History not your thing? Then head to the nearby Valle Cavanata Nature Reserve, a protected lagoon habitat where you can spot herons and flamingos as you cycle the many bike path.





WHERE TO EAT...



Trattoria Al Pescatore

Sample fritto misto and flavourful seafood pasta dishes at this popular canalside restaurant as you watch the boats cruise past.

Ristorante da Ovidio

Enjoy local wines and fresh, regional specialties on the convivial terrace of this family-run restaurant in the old town.



Trattoria Ai Ciodi

Located on an island at the heart of the lagoon, this seafood restaurant is a great stop if you've rented a boat for the day.



BIRRA MORETTI RECOMMENDED



Harbour sunsets...

For an evening drink in Grado, there are few settings more picturesque than the old port. As the sun begins to slip away, slanting golden rays twinkle off the water and illuminate the colourful façades of the waterfront villas. Stroll along the promenade and find a bar to sit in as you watch water taxis, fishermen's skiffs and the occasional yacht come cruising down the canal to moor up for the night. Nibble olives, focaccia and tarallini and sip BIRRA MORETTI Sale Di Mare, as the warm evening breeze blows in off the lagoon, carrying the scent of salt and the hum of friendly conversation.



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Editorial

Lead Editor: Oliver Jones

Contributing Editors: Valentina Elia, Martina Glorialanza, Ellena Kkolos, Caroline Latini, Elba Slamecka, Georgia Sweeney and Alexandra Wright

Design

Lead Designer: Birgit Voslamber

Senior Designer: Alex Robertson-Brown

Imagery

Illustrations: Lyndon Hayes

Imagery: All images from Getty Images and Adobe Stock

Campaign

BIRRA MORETTI: Alessandro D'Amico and Adam Foster

Secret Escapes: George Hiles, Samantha Palmer, Zeena Sodha

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Discover unfiltered Italy with BIRRA MORETTI Sale Di Mare & Secret Escapes

Inside this book you'll find the secret Italian coast, across pages filled with lesser-known locations, hidden gems, and authentic experiences. Experience Italy through the eyes of the locals, for unforgettable escapes along this prized coastline.