



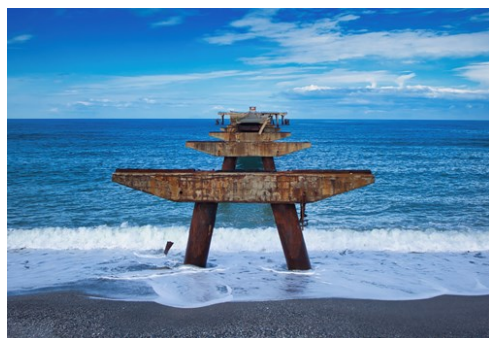
Photo: Antonio Arico/shutterstock



PhotoCG70/shutterstock



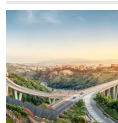
helenkaszwets/shutterstock



Antonio Arico/shutterstock

Located in the heart of sunny Calabria, the charming city of Lamezia Terme came into existence in 1968 through the amalgamation of three separate towns in the Province of Catanzaro. Perched between the dramatic Tyrrhenian cliffs and the gentle sand dunes of the Ionic coast, this cosy gem resides just south of the expansive Sila plateau offering a captivating glimpse into the diverse landscapes of the Mediterranean.

Featured



Catanzaro

In the middle between the Ionian and the Tyrrhenian Sea, on the narrowest pa...



Serra San Bruno

Serra San Bruno is a village located 70 km from Lamezia, on a little hill. I...



Tropea

Tropea is a small town located on the east coast of Calabria, 64 km from Lam...



Vibo Valentia

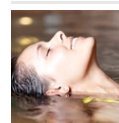
This city, located 43 km from Lamezia, features the "Castello Normanno Svevo..."



Stilo

Stilo, located 107 km from Lamezia, is included in the official list of the ...

Top 5



Terme Caronte

These thermal baths are located just a few kilometres away from the sea, in ...



Statue of Frederick II

Bronze statue of the famous king, Frederick II (Federico II) "stupor mundi",...



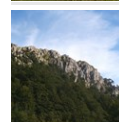
Statti

For centuries, the Statti family has lived on the same vine-growing land and...



Bastion of the Knights of ...

This majestic watchtower was built in 1550 to serve the Knights of Malta and...



Pollino National Park

Pollino National Park, a sanctuary spanning the southern Italian regions of ...

THE CITY



vmedia84/Shutterstock.com

Lamezia Terme is closely associated with the sea. The town is surrounded by white, unpolluted beaches and beautiful bays both on the Tyrrhenian (to the west) and the Ionian side (to the east). Moreover, the upper plain of the Sila to the north, with its stunning mountains and alpine landscape, is rich in forests and lakes.

In the area around Lamezia Terme, there are also important artistic sites, Greek, Norman, and Roman temples, as well as palaces from the Bourbon times.

The coastal road, from Pizzo Calabro to Capo Vaticano — called "Costa degli Dei" (Gods' Coast) — through Tropea is one of the most beautiful in Italy. The latter town is famous for its characteristic centre, which looks out spectacularly onto the sea.

DO & SEE

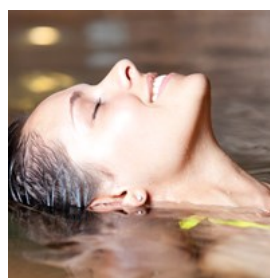


vmedia84/Shutterstock.com

Lamezia Terme is known for its rich historical and architectural heritage, with majestic churches and cathedrals; but also ruins and archaeological sites that are definitely a must-see. Moreover, the nature in and around this city could be considered an attraction of its own, especially in the various nature parks as well as along the seaside.

The central position of Lamezia Terme makes it extremely easy for visitors to enjoy other small and cosy cities and attractions situated just a bit outside, having in this way the possibility to experience different areas of the south of Italy.

Terme Caronte



These thermal baths are located just a few kilometres away from the sea, in an extremely suggestive location surrounded by trees. Let

the water wash away all the stress of everyday life and spoil yourself with all the treatments offered at Terme Caronte.

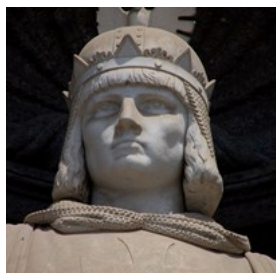
Photo: Minerva Studio/Shutterstock.com

Address: Contrada Caronte, Lamezia Terme

Phone: +39 0968 437180

Internet: www.termecaronte.it

Statue of Frederick II



Bronze statue of the famous king, Frederick II (Federico II) "stupor mundi", known for his charming personality, his support of the arts, and his willingness to make different cultures coexist. The statue was crafted by the artist Maurizio Carnevali and donated to the city.

Photo: Raffaele Esposito/CC BY-SA 2.5/Wikimedia(image cropped)

Address: Via Garibaldi, 51, Lamezia Terme

Statti



For centuries, the Statti family has lived on the same vine-growing land and has fostered a deep, historic understanding of the vineyards in the heart

of Calabria. Immerse yourself in their legacy by booking a private vineyard tour, walking around the lovely estate, and indulging in the pleasures of olive oil and wine tasting.

Photo: Alex Gorbi/Unsplash

Address: Contrada Lenti, Lamezia Terme

Opening hours: Mon-Sat 9am-1pm / 3pm-7pm; Sun closed

Phone: +39 0968 456138

Internet: statti.com/en

Bastion of the Knights of Malta



This majestic watchtower was built in 1550 to serve the Knights of Malta and is considered to be the symbol of Lamezia

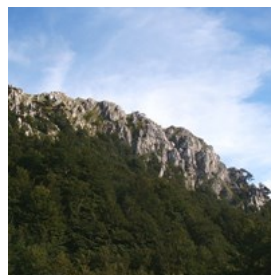
Terme. There are several tower ruins in the area but this is one of the most impressive and well-preserved.

Photo: Attilios/CC BY-SA 3.0/Wikimedia(image cropped)

Address: Via Antonio Cappelli, 242, Lamezia Terme

Phone: +39 0968 2071

Pollino National Park



Pollino National Park, a sanctuary spanning the southern Italian regions of Calabria and Basilicata, cradles a realm of rugged beauty.

Amongst its mountainous embrace, meandering trails and rivers, including the mesmerising Raganello River with its dramatic gorges, unfold beneath a canopy of pine trees. Here, the elusive Bosnian Pine thrives exclusively, a testament to the park's uniqueness. Amidst these wonders, nature's grandeur intertwines with archaeological marvels, crafting a haven of unparalleled allure.

Photo: Vinc81/CC BY-SA 3.0/Wikimedia(image cropped)

Address: Parco Nazionale del Pollino

Phone: +39 0973 669311

Internet: parconazionalepollino.it/en

Email: info@parconazionalepollino.it

Sila National Park



Sila National Park, embracing the expansive and picturesque Sila plateau, unveils a mesmerising tableau of dense forests, unspoiled

lakes, and undulating hills, casting a spell on nature enthusiasts, hikers, and outdoors aficionados alike. A haven for summer adventures, the park beckons with splendid hiking trails, mountain biking routes, horseback rides, and leisurely strolls around its enchanting lakes, inviting all to bask in its natural allure.

Photo: Luca Galli/CC BY 2.0/Flickr(image cropped)

Address: Parco Nazionale della Sila

Phone: +39 0984 537109

Internet: www.parcosila.it/en

Email: info@parcosila.it

Pizzo Calabro



Pizzo Calabro is a seaport perched on a steep cliff overlooking the Gulf of Saint Euphemia, around 34 km from Lamezia. The church of San Giorgio

and the nearby castle are worth a visit, as well as the charming narrow streets where you can wander around and discover the Italian historical heritage. Moreover, a must when you visit this area is to taste the delicious "Tartufo", a local ice cream, well-known in Italy.

Photo: Piervincenzo Madeo/CC BY 2.0/Flickr(image cropped)

Vibo Valentia



This city, located 43 km from Lamezia, features the "Castello Normanno Svevo", which deserves to be visited on its own and has been turned into a

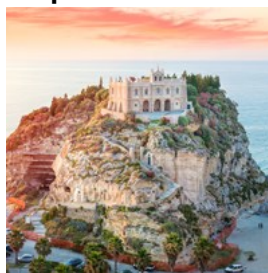
museum that celebrates this Italian area as one of the pearls of Magna Graecia. Furthermore, the ruins of the ancient Greek city of Hipponion not only include a beautiful temple but also impressively high walls that were built to protect the province.

Photo: Petr Jilek/Shutterstock.com

Address: Provincia di Vibo Valentia, Reggio Calabria

Internet: www.provincia.vibovalentia.it

Tropea



Tropea is a small town located on the east coast of Calabria, 64 km from Lamezia. It's known for its white beaches which run right up to Capo

Vaticano, its clifftop historic centre, and prized red onions. The town itself is quite picturesque and romantic with winding streets and beautiful small piazzas. Noteworthy is the 12th-century Tropea Cathedral, which was built in distinctive yellow lava rock by the Normans during the 12th century and houses an interesting black crucifix, two unexploded World War II bombs, and a painting of the dark-skinned Madonna of Romania. Due to a number of wonders, the citizens of Tropea have proclaimed the Virgin Mary of Romania the patron of the village.

Photo: mRGB/Shutterstock.com

Address: Trupèa, Provincia di Vibo Valentia, Reggio Calabria

Internet: www.comune.tropea.vv.it

Serra San Bruno



Serra San Bruno is a village located 70 km from Lamezia, on a little hill. It was named after the founder of the Carthusian Order and, in

fact, features a famous monastery; unfortunately, though, the site is out of bounds to tourists because of the Chartusian monks' vow of enclosure, but you can still visit the museum and enjoy the peculiar nature around this area.

Photo: Jacopo Werther/CC BY-SA 4.0/Wikimedia

(cropped)(image cropped)

Address: Serra San Bruno, Provincia di Vibo Valentia, Reggio Calabria

Diocesan Museum



This museum proudly showcases one of Calabria's most significant diocesan collections, spanning from the 15th to the 20th

century. Its remarkable array of artworks and artefacts, crafted by local artisans, offers insights into the region's artistic heritage. Among the highlights are the paintings by Francesco Colelli, capturing the essence of a transformative era from 1762 to 1782.

Photo: Andrew Safonov/Shutterstock.com

Address: Museo Diocesano, III Traversa a Via Saverio D'Ippolito, 8, Lamezia Terme

Opening hours: Tue-Sat 9am-1pm / 4pm-7pm; Sun & Mon closed

Phone: +39 0968 29499

Internet: www.museodiocesanolameziaterme.it

Stilo



Stilo, located 107 km from Lamezia, is included in the official list of the most beautiful Italian villages, being extremely rich in ruins from

different ages. When here, make sure to visit the Byzantine-style church called "Cattolica", since it is considered to be one of Calabria's masterpieces.

Photo: Michal Kalasek/Shutterstock.com

Address: Stilo, Reggio Calabria

Monasterace Marina



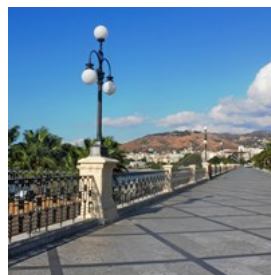
Monasterace Marina is a seaside village, located around 90 km from Lamezia Terme. It used to be known as "Kaulon", a colony of Magna Graecia.

It's worth visiting, especially for the remains of the Greek settlement, including a temple and some Hellenic houses, as well as for the archaeological museum.

Photo: Orazio Tassone/CC BY 2.0/Flickr(image cropped)

Address: Monasterace Marina, Reggio Calabria

Reggio Calabria



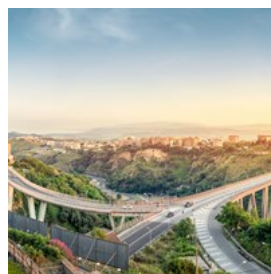
Reggio Calabria is a coastal city located on the very edge, on the toe of the so-called "Italian boot" and in the southern area of Calabria. This is

the largest and oldest city in the area and here you'll find beautiful beaches and lots of different attractions, such as museums, theatres, and a lovely botanical garden.

Photo: ArTono/Shutterstock.com

Internet: www.reggiocal.it

Catanzaro



In the middle between the Ionian and the Tyrrhenian Sea, on the narrowest part of the country, you find Catanzaro whose main

attraction is the Viaduct Morandi-Bisantis, one of Europe's tallest one-arch bridges.

Photo: mRGB/Shutterstock.com

Address: Comune di Catanzaro, Reggio Calabria

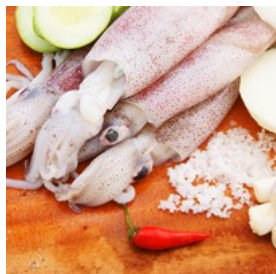
DINING



marco mayer/Shutterstock.com

Calabrese dishes are tasty and simple. Specialities include marinated and sun-dried vegetables, swordfish, bluefin tuna and calamari, roasted meats and spicy sausages. Don't miss the nduja, a soft, spicy hot and spreadable salami. Furthermore, Calabria is one of Europe's major producers of citrus fruits and hazelnuts which help to make unique desserts.

Lapprodo



Situated near the seafront of Vibo Marina, Lapprodo is a haven for those seeking an extraordinary dining experience. With a commitment to rediscover and reinvent Calabrian traditions, the restaurant crafts dishes that are both elegantly simple and profoundly intense. From exceptionally fresh fish to innovative creations, the restaurant showcases the breadth of Calabrian flavours. A vast selection of wines complements these culinary treasures, all offered at great value for money.

Photo: Evlakhov Valeriy / Shutterstock.com

Address: Via Roma, 22, Vibo Marina

Opening hours: Tue-Sat 12:30pm-3pm / 7pm-midnight; Sun 12:30pm-3pm; Mon closed

Phone: +39 0963 572640

Internet: www.lapprodo.com

Email: info@lapprodo.com

Porta Vaticana



Located in the heart of Tropea, Porta Vaticana is a famous restaurant known for its fish offerings and delicious pizza. Among the

recommended dishes are the risotto Afrodite, with prawns and aromatic herbs and the "fileja alla tropeana" — a tantalising homemade pasta with tomatoes and nduja.

Photo: Digivic / Shutterstock.com

Address: Via Margherita di Savoia, Tropea

Opening hours: Daily 7pm-11:30pm

Phone: +39 0963 603387

Internet: www.instagram.com/portavaticanatropea

Taverna Antica Grotta



Tucked away in a charming corner near Tropea's main piazza, Taverna Antica Grotta exudes the essence of an authentic Italian

restaurant. With a cool yet sophisticated ambience, this hidden gem offers an affordable culinary journey. The simplicity of their dishes belies their undeniable delectability, inviting guests to revel in the pleasures of Italian flavours.

Photo: Lisovskaya Natalia / Shutterstock.com

Address: Largo Rota, 9, Tropea

Opening hours: Daily 6pm-11pm

Phone: +39 333 819 9398

Il Ritrovo



If you're ever near Polistena, a detour to Il Ritrovo is a must. Indulge in a delectable array of pizzas, true to the authentic southern Italian

tradition, best savoured alongside their handcrafted beers. Not to be missed is also the typical appetiser known as "pinsa", a perfectly balanced hand-pressed pizza that manages to be both thick and delightfully airy.

Photo: Darryl Brooks / Shutterstock.com

Address: Via Portella della Ginestra, 10, Polistena

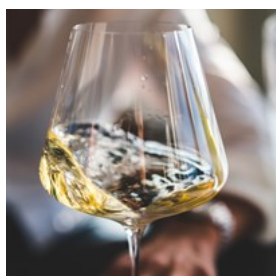
Opening hours: Daily 3pm-midnight

Phone: +39 0966 940145

Internet: www.ilritrovopolistena.it

Email: info@ilritrovopolistena.it

Lucignolo



Nestled in a quiet square adorned with trees, Lucignolo is a charming family-run restaurant that beckons with authentic Calabrian flavours. A

culinary journey awaits, highlighted by must-try dishes like the "Tagliatelle imperiali", a symphony of tagliatelle, tomato, cream, pepper, and shrimp, and the famous Tropea pasta with red onions. Here, tranquility meets taste, offering a retreat from the crowds while immersing you in the rich tapestry of local cuisine.

Photo: Big Dodzy/Unsplash

Address: Largo Galluppi, 29, Tropea

Opening hours: Daily 7pm-11pm

Phone: +39 347 725 2644

Internet: www.instagram.com/lucignolotropea

Samart



Samart offers a culinary journey like no other, presenting a rich and diverse menu that ranges from delicious wood-fired pizzas to delectable

seafood and hearty meats in a cosy Irish pub setting.

Photo: beats1 / Shutterstock.com

Address: Via Scaramuzzino, 36, Lamezia Terme

Opening hours: Mon-Fri 12:30pm-2:30pm / 7pm-midnight;
Sat & Sun 7pm-midnight

Phone: +39 0968 175 0007

Internet: restaurantguru.com/Samart-Lamezia-Terme

Il Quadrifoglio



Il Quadrifoglio is a traditional and elegant restaurant offering Calabrian specialities alongside fresh fish and seafood dishes to be

paired with a vast selection of wines and beers from the best national and international labels.

Photo: dubasyk / Shutterstock.com

Address: Via delle Nazioni, 35, Lamezia Terme

Opening hours: Mon-Sat 12:15pm-3:15pm /
7:15pm-11:15pm; Sun closed

Phone: +39 0968 51709

Internet: www.ilquadrifoglioristorante.it

Email: rendapl@yahoo.it

Zenzero



At Zenzero, the art of Italian cuisine takes on a contemporary flair, redefining tradition with innovation. Set within the charming confines of a

former cabinetmaker's shop in Serra San Bruno's historic centre, the restaurant pays homage to

its origins through preserved stone walls and exposed beams. Meanwhile, their remarkable wine cellar adds to the allure, while their desserts provide a sublime finale, completing each meal with perfection.

Photo: Visionsi / Shutterstock.com

Address: Via Roma, 12, Serra San Bruno

Opening hours: Thu-Tue 12:30pm-3:30pm /
7:30pm-11:30pm; Wed closed

Phone: +39 349 716 7515

Internet: www.zenzeroweb.it

Email: info@zenzeroweb.it

Locanda Cocintum



In a rustic atmosphere, just below the lighthouse in Monasterace Marina, the lovely Locanda Cocintum serves generous portions of

Italian specialties. Their focus lies on locally produced food and almost everything on the menu is made from organic products.

Photo: GildaF / Shutterstock.com

Address: Loc, Via Cuturi, Monasterace

Opening hours: Daily 7:30pm-11:30pm

Phone: +39 333 230 0824

Internet: www.instagram.com/locanda_cocintum

Officina Del Gusto



A mandatory stop for travelers in Reggio di Calabria, Officina Del Gusto is a culinary gem. This intimate Italian restaurant exudes

coziness while delivering an explosion of exquisite flavors. From flawlessly executed vegetable dishes to sumptuous pastas, every creation speaks of authenticity. Complemented by an exceptional wine selection, each dish is a

testament to freshness and tradition, making Officina Del Gusto an unforgettable gastronomic experience.

Photo: Nejron Photo / Shutterstock.com

Address: Via Placido Geraci, 17, Reggio Calabria

Opening hours: Mon-Sat 8pm-11pm, Sun closed

Phone: +39 0965 332830

Internet: www.officinadelgusto.net/en

Email: cucina@officinadelgusto.net

Scacco Matto



Nestled within an intimate and simple setting, Scacco Matto is a gem of a small family-run restaurant. Renowned for offering the epitome of

traditional Italian and Calabrian cuisine, it stands as a beacon for the best local flavours in the region. Its hallmark lies in excellent quality dishes, generous portions, and impeccable service, all offered at an exceptional value. Given its limited capacity and well-deserved reputation, prudent diners opt to secure their place well in advance.

Photo: Gregory Gerber / Shutterstock.com

Address: Via Salita de Seta, 29, Sersale

Opening hours: Tue-Sun noon-3pm / 8pm-midnight; Mon closed

Phone: +39 333 733 4160

Internet: restaurantguru.it/Scacco-Matto-Sersale

Spizzicando



Piadinass, hamburgers and all you can ever dream about if you're in the mood for a street food night that is still somehow fancy due to the

high quality of the ingredients used are served here at Spizzicando.

Photo: stockcreations / Shutterstock.com

Address: Corso Giovanni Nicotera, 31, Lamezia Terme

Opening hours: Wed-Mon 7pm-11pm, Tue closed

Phone: +39 333 716 4840

Internet: www.instagram.com/spizzicando

CAFÉS



kuvona/Shutterstock.com

In Lamezia Terme, you'll go crazy with all the delicious ice cream flavours and desserts. Take the time to try as many as you can and do not forget the delicious "Tartufo di Pizzo", a local ice cream, well-known in Italy.

Gelateria Belvedere



An institution since 1901, Gelateria Belvedere is the oldest ice cream parlour in Pizzo Calabro. Come here to try the authentic Tartufo of Pizzo, from the traditional black one to more innovative recipes. Nestled in a prime spot within the main piazza, its patio offers a delightful vantage point for indulging in both culinary pleasures and the vibrant spectacle of people passing by.

Photo: July Prokopiv / Shutterstock.com

Address: Piazza della Repubblica, 43, Pizzo

Opening hours: Daily 8am-2am

Phone: +39 0963 531423

Internet: www.gelateriabelvedere.com

Email: info@gelateriabelvedere.com

Gelateria Callipo



Venture a little beyond the town's borders and discover Gelateria Callipo, an ice cream shop offering an expansive assortment of gelato, each creation meticulously crafted with ingredients sourced from carefully chosen local farms, like Sicilian lemons and Calabrese Dotted figs. Indulge in their renowned Tartufos, available in a spectrum of flavours, among them the celebrated "Tartufo Limoncello".

Photo: CoolR / Shutterstock.com

Address: Via Riviera Prangi, 156, Pizzo

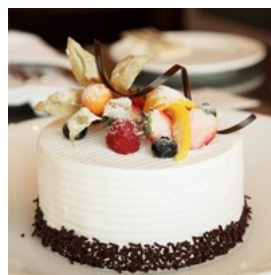
Opening hours: Daily 7:15am-12:30am

Phone: +39 0963 996 2403

Internet: gelateriacallipo.com

Email: info@gelateria@callipogroup.com

Chocolat



Just entering Chocolat will water your mouth. You'll find ice cream and truffles in all kinds of chocolate flavours, so go ahead and try as many as you can. A bar, a pastry shop, an ice cream parlour, and a Chocoteca (a paradise for chocolate lovers) all in one place.

Photo: kentoh / Shutterstock.com

Address: Via Salvatore Aversa e Lucia Proenzano, Lamezia Terme

Opening hours: Daily 6am-2am

Phone: +39 0968 27137

Internet: pasticceriachocolat.it

Email: info@pasticceriachocolat.it

Bar Gelateria Ercole



For three generations, Bar Gelateria Ercole has been a beacon of tradition nestled in the heart of Pizzo Calabro's historic centre. Revel in the unrivalled allure of their Tartufo di Pizzo and artisanal ice creams, a legacy that has arguably birthed the finest Tartufo in town. Beyond the flavours, their friendly service invites you to bask in the simple pleasure of watching the world go by as you savour their exquisite creations.

Photo: al1962 / Shutterstock.com

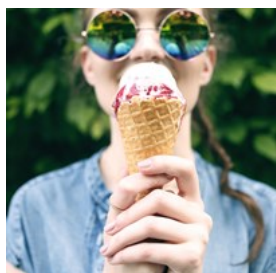
Address: Piazza della Repubblica, 18, Pizzo

Opening hours: Daily 8am-2am

Phone: +39 0963 531149

Internet: www.gelateriaercole.com

Gelateria Cesare



For four generations, Gelateria Cesare has epitomised the art of crafting genuine artisanal ice cream. Along the sun-kissed seaside

promenade in Reggio di Calabria, their legacy continues, offering a wide array of ice cream flavours. The "brioche con gelato" stands out — an inviting ensemble of sweet bread cut in half with ice cream, customisable with a choice of toppings.

Photo: Kseniia Perminova/Shutterstock.com

Address: Piazza Indipendenza, 2, Reggio di Calabria

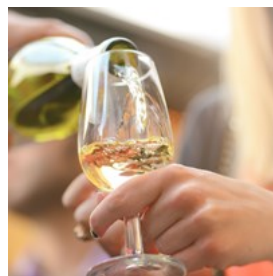
Opening hours: Daily 6am-2:10am

Phone: +39 392 940 2220

Internet: www.instagram.com/gelatocesare

Email: info@gelateriacesare.it

Gelateria Matteotti



Located right by the waterfront in Reggio di Calabria, Gelateria Matteotti is a patisserie, ice cream parlour, pizzeria, and wine bar all in one. Very popular among tourists and locals alike. In the evenings, people gather here under the parasols on the patio to enjoy delicious aperitifs and ice creams before dinner.

Photo: serenarossi/Shutterstock.com

Address: Corso Vittorio Emanuele III, 39, Reggio di Calabria

Opening hours: Daily 7am-midnight

Phone: +39 0965 891161

Internet: www.instagram.com/gelateriamatteotti

Email: info@gelateriamatteotti.it

BARS & NIGHTLIFE



Volt Collection/Shutterstock.com

Aperitif venues tend to be open late (around 7-8pm) because people here tend to have dinner around 8:30-9:30pm. It's common to sit and chat outside bars and restaurants before dinner and, as in most villages by the sea in the south, after dinner both young and old enjoy taking a walk, having a drink, or spoiling themselves with an ice cream. There are not too many discos or nightclubs in the area.

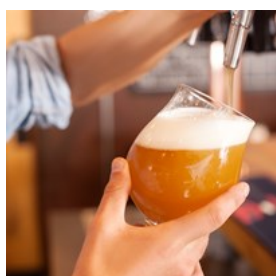
Madison



Madison is a quiet little café just outside the central area of Tropea. With doors open from dawn till dusk, Madison lures early risers and night owls alike. It has secured its reputation not only as a favoured breakfast spot but also as a destination for ice cream, coffee, and evening aperitifs.

Photo: Gorodisskij/Shutterstock.com
Address: Via Libertà, 91/93, Tropea
Opening hours: Daily 6am-midnight
Phone: +39 347 457 9796
Internet: restaurantguru.com/Madison-Tropea

Henry Morgan Pub



Henry Morgan Pub is one of the most popular places, definitely the centre of the area especially in the summer — a great location with three different big rooms and a cosy terrace. The calendar is packed with themed nights and entertainment throughout the year, such as live music, cabaret nights, karaoke, and sports.

Photo: Olena Yakobchuk/Shutterstock.com
Address: Via Rinaldo Miceli, 11, Lamezia Terme
Opening hours: Daily 7pm-11:30pm
Phone: +39 333 457 3777
Internet: www.henrymorganpub.it

I Portici Cafè



Whether you're seeking a quick bite, an aperitif before dinner, or simply a moment of delight with gelato in hand, this spot by the waterfront offers a

serene escape where every craving is catered to.

Photo: Kzenon/Shutterstock.com
Address: Via Argine Destro Annunziata, 65/67, Reggio di Calabria
Opening hours: Daily 7am-1am
Phone: +39 340 210 0802
Internet: www.instagram.com/i_portici_cafe

SHOPPING

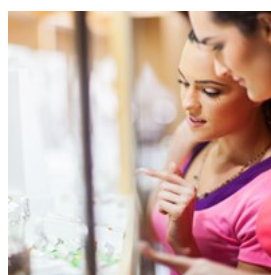


oneinchpunch/Shutterstock.com

What should you bring home from Calabria? Food and pottery, of course. The craftsmanship typical of this region is maintained in the family tradition of high-quality products. The prices in the region are mostly lower in comparison to the northern regions, which is beneficial.

In Lamezia Terme, you'll find everything from boutiques with national and international brands to markets where you can buy souvenirs and gifts for yourself and your family.

Centro Commerciale Due Mari



Centro Commerciale Due Mari is a large shopping mall located not so far from Lamezia Terme, in the province of Catanzaro, where you can find a big supermarket, a cinema, a bowling alley, countless shops, cafés, restaurants, and ice-cream parlours.

Photo: michaeljung/Shutterstock.com

Address: Localita Comuni Condomini, Maida

Opening hours: Daily 9am-8.30pm

Phone: +39 0968 407442

Internet: centrocommercialeduemari.it

Email: info@centrocommercialeduemari.it

Antichi Sapori di Calabria



If you're looking to bring home a genuine taste of Calabria, Antichi Sapori di Calabria stands out as one of the prime destinations, especially if

you seek typical delights like olive oil, oregano, and chilli pepper. They also have a shop at the Lamezia Terme airport, a strategic opportunity to gather these traditional flavours as souvenirs before bidding farewell, ensuring your journey's end is as flavorful as its beginning.

Photo: Serafino Mozzo/Shutterstock.com

Address: Via Ponte Sant'Antonio, 7, Lamezia Terme

Opening hours: Mon-Sat 7am-1pm / 2:30pm-8pm; Sun closed

Phone: +39 0968 401427

Vert Shop



Vert Shop offers an incredibly wide array of street-styled products, spanning from clothing and shoes to belts, sunglasses, watches,

backpacks, and much more.

Photo: Daxiao Productions/Shutterstock.com

Address: Corso Giovanni Nicotera, 225, Lamezia Terme

Opening hours: Mon-Sat 9am-1pm / 4:30pm-8pm; Sun closed

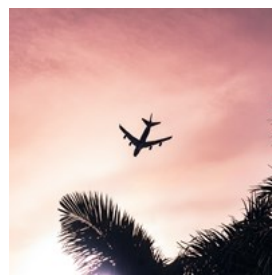
Phone: +39 0968 448773

TOURIST INFORMATION



Dmitry Kaminsky/Shutterstock.com

Lamezia Terme Airport (SUF)



The Lamezia Terme International Airport (SUF) is located just 3 kilometres from the Lamezia Terme's city centre. Buses to and from

the airport are operated by local companies, such as Autolinee Romano, Autolinee Lamezia Multiservizi, and Autolinee Ferrovie della Calabria. They usually leave every 20-30 minutes and run between the airport and a variety of stops within the city and the Sant'Eufemia train station as well as other cities like Crotona, Cosenza, and Catanzaro.

There are also several taxis waiting outside the terminal. It is advisable to only use metered, city-approved taxi cabs. Taxi fares depend on the time of day you're travelling, your final destination as well as the number of passengers and how many pieces of luggage there are.

Photo: Eduardo Velazco Guart/unsplash

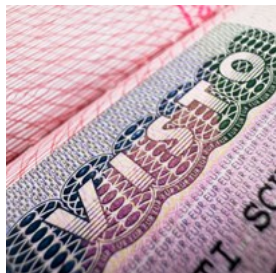
Address: Aeroporto Internazionale di Lamezia Terme "Sant'Eufemia"

Phone: +39 0968 414385

Internet: www.sacal.it/en/lamezia-terme-airport

More Info: www.autolineeromano.net

Passport & Visa



Citizens of European Union (EU) and European Economic Area (EEA) countries do not need a visa to enter Italy, only a valid ID. Many other

countries, including the United Kingdom, United States, Canada, United Arab Emirates, Australia, and New Zealand, benefit from visa-free entry for short stays of up to 90 days within a 180-day period.

Visitors from visa-exempt countries must hold a valid passport and, starting in late 2025, will need to apply for an ETIAS (European Travel Information and Authorisation System) authorisation online before travelling.

For those requiring a visa, such as travellers from some Middle-East, African or Asian nations, a Schengen visa must be obtained prior to arrival. All travellers should ensure their passport is valid for at least three months beyond their intended stay.

Photo: Vardanyan Karen/shutterstock

Internet: https://home-affairs.ec.europa.eu/policies/schengen/visa-policy_en

Best Time to Visit



Calabria is located in southern Italy and, as such, is characterised by a hot and dry Mediterranean climate.

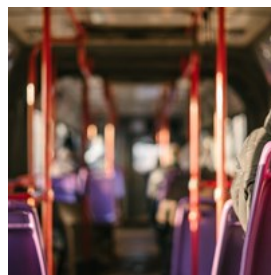
There are, however, differences inside Calabria: the west coast, for instance, is generally colder and rainier and has high cliffs and small beaches, while the east coast is influenced by the hot and dry air of

Africa, and has plenty of large, sandy beaches. The inner part of Calabria is mountainous and experiences low temperatures and heavy snowfall in the winter.

If you want to enjoy the beaches and attractions this region has to offer, summer is the best season, roughly from June to September. This period is when most people decide to visit Calabria, as the weather is nice and you can enjoy the vibrant nightlife and the many festivals the major cities have to offer, such as the Tropea Red Onion and Bluefish Festival in Tropea.

Photo: Tommaso Cantelli/Unsplash

Public Transport



Lamezia Terme's compact centre is easily explored on foot. For longer trips or regional visits, you can choose between buses, trains or car rentals.

Lamezia Multiservizi runs local bus routes, including an airport-to-station shuttle. The city's main train station, Lamezia Terme Centrale, offers connections across Calabria — including regional services to Sambiase and Curinga.

Photo: Ant Rozetsky/unsplash

Internet: www.lameziamultiservizi.it/lms

Taxi



Taxis in Lamezia Terme are usually white or yellow and there should be a meter visible by the front seat inside the car. There are several taxi

stands throughout the city.

One of the main taxi companies in town is Radio Taxi Lamezia.

Photo: Maik Winnecke/unsplash

Phone: +39 345 125 5655

Internet: www.lameziataxiservice.it

Post



Mailboxes in Italy are red and you can buy stamps not only at post offices but also at most tobacco shops (marked with a white-on-brown "T" sign) and many newsstands. One of Lamezia Terme's post offices is located at the following address:

Via Fabio Filzi, 8, Lamezia Terme

+39 0968 491217

Opening hours: Mon-Fri 8:20am-7:05pm, Sat 8:20am-12:35pm, Sun closed

Photo: Ali Bakhtiari/Unsplash

Internet: www.poste.it

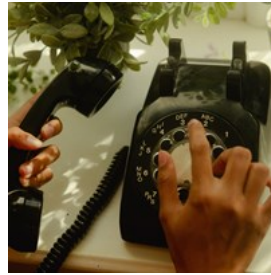
Pharmacy



Farmacia G.I. Petronio
Della D.ssa Maria Elena
Petronio Via Basilio
Sposato, 13/15, Lamezia
Terme +39 0968 433485
Opening hours: Mon-Fri
8:30am-1pm / 4:30pm-8pm; Sat & Sun closed

Photo: Dima Mukhin/Unsplash

Telephone



Country code: +39 Area
code: 968

Photo: Wesley Hilario/Unsplash

Electricity



220/240 V, 50 Hz

Photo: Neven Krcmarek/Unsplash

Population

70,609 (2023)

Currency

Euro, €1 = 100 cents

Opening hours

Shops are usually open from 9am to 1pm and from 4:30pm to 8pm Monday to Saturday. Closed on Sundays.

Newspapers

Gazzetta del Sud: www.gazzettadelsud.it

Giornale di Calabria: www.giornaledicalabria.it

Corriere della Sera: www.corriere.it

La Repubblica: www.repubblica.it

Emergency numbers

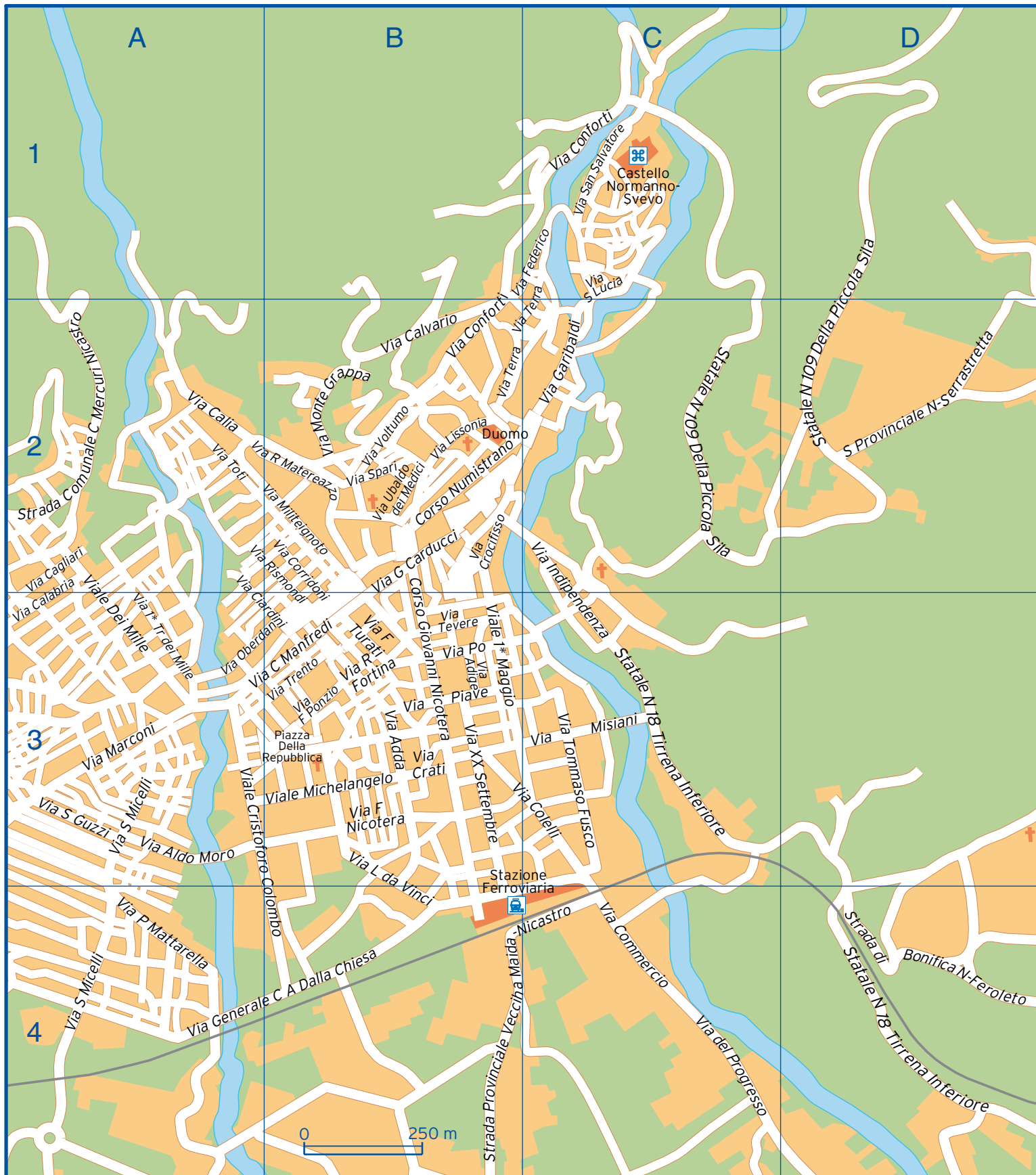
Carabinieri (the national military police of Italy): 112

Police: 113

Fire Brigade: 115

Medical Emergency Service: 118





		Via Conforti	B1 B2 C1	Via Po	B3
Corso Giovanni Nicotera	B2 B3	Via Corridoni	B2 B3	Via R Fortina	B3
Corso Numistrano	B2	Via Crati	B3	Via R Matereazzo	A2 B2
Piazza Della Repubblica	B3	Via Crocifisso	B2	Via Rismondi	A2 B3
Statale N 109 Della Piccola Sila	C2 D1 D2	Via del Progresso	C4	Via S Micelli	A3 A4
Statale N 18 Tirrena Inferiore	C3 D4	Via F Nicotera	B3	Via San Salvatore	C1
Strada Comunale Conflenti	A2	Via F Turati	B3	Via Santa Lucia	C1 C2
Mercuri Nicastro					
Strada di Bonifica	D4	Via Federico	B1 C1	Via Sebastiano Guzzi	A3
Nicastro-Feroleto					
Strada Provinciale	D2	Via Fratelli Ponzio	B3	Via Spari	B2
Nicastro-Serrastretta					
Strada Provinciale Vecciha	B4 C4	Via Garibaldi	C2	Via Terra	B2 C1
Maida-Nicastro					
Via 1* Traversa dei Mille	A3	Via Generale Carlo Alberto Dalla Chiesa	A4 B4	Via Tevere	B3
Via Adda	B3	Via Giosve Carducci	B2 B3	Via Tommaso Fusco	C3
Via Adige	B3	Via Indipendenza	C2 C3	Via Toti	A2
Via Aldo Moro	A3	Via Leonardo da Vinci	B3 B4	Via Trento	B3
Via C Manfredi	A3 B3	Via Lissonia	B2	Via Ubaldo dei Medici	B2
Via Cagliari	A2 A3	Via Marconi	A3	Via Voltumo	B2
Via Calabria	A2 A3	Via Militeignoto	A2 B2	Via XX Settembre	B3
Via Calia	A2	Via Misiani	C3	Viale 1* Maggio	B3
Via Calvario	B2	Via Monte Grappa	B2	Viale Cristoforo Colombo	A3 B4
Via Ciardini	A2 B3	Via Oberdan	A3 B3	Viale Dei Mille	A2 A3
Via Colelli	B3 C3	Via Piave	B3	Viale Michelangelo	B3
Via Commercio	C4	Via Piersanti Mattarella	A4		