



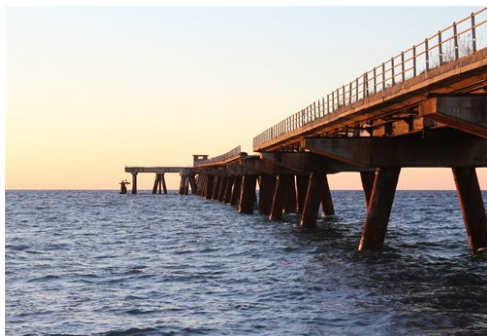
Lamezia Terme

Photo: vmedia84 / Shutterstock.com

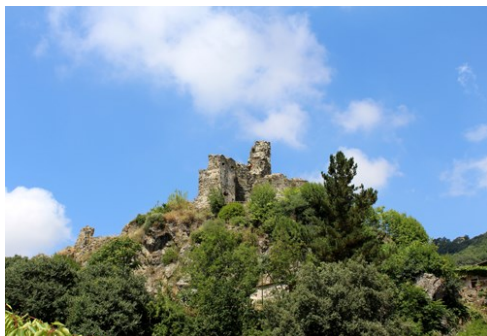


vmedia84/Shutterstock.com

Lamezia Terme was formed in 1968, thanks to the unification of three separate towns in the Province of Catanzaro. It is located in the central part of Calabria, an area celebrated for its beautiful landscapes. The city is found between the cliffs of the Tyrrhenian coast and the sand dunes of the Ionic coast - just to the south of the Sila, a plateau in the heart of the Mediterranean.



vmedia84 / Shutterstock.com



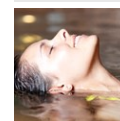
vmedia84/Shutterstock.com

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



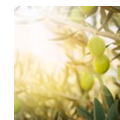
Terme di Caronte

These thermal baths are located just few km away from the sea, in an extreme...



Statue of Frederick II

Bronze statue of the famous king, Frederick II "stupor mundi", known for his...



Statti

A family owned vineyard, where you can book a private tour, walk around the ...



The Malta Bastion

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



Pollino National Park

In this national park, established in 1992, visitors can find the Bosnian Pi...



THE CITY



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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 and 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 town centre which looks out spectacularly onto the sea. The local cuisine is interesting, rich and largely undiscovered.

DO & SEE

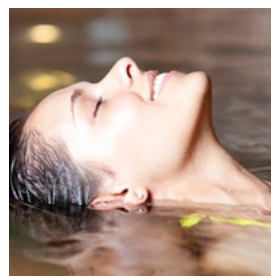


vmedia84/Shutterstock.com

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. Furthermore, the nature in and around this city could be considered as 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 shades of the South of Italy.

Terme di Caronte



These thermal baths are located just few km 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 di Caronte.

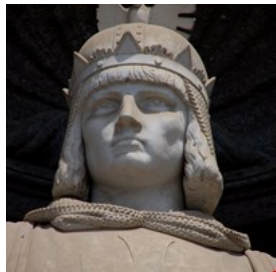
Photo: Minerva Studio/Shutterstock.com

Address: Contrada Caronte, Lamezia Terme

Opening hours: Winter 8.30am-12.30pm and 3.30pm-5pm.
Summer 8am-12.30pm and 3pm-5pm. Closed on Saturday and Sunday

Phone: +39 0968437180
Internet: www.termecaronte.it

Statue of Frederick II



Bronze statue of the famous king, Frederick 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: Raffaespo/Wikimedia Commons
Address: Via Garibaldi, Lamezia Terme

Statti



A family owned vineyard, where you can book a private tour, walk around the lovely estate and spoil yourself with olive oil and wine tasting, as well as

milk and the genuine and simple food of the area.

Photo: mythja/Shutterstock.com
Address: Contrada Lenti, Lamezia Terme
Phone: +39 0968 456138
Internet: www.statti.com
Email: statti@statti.com

The Malta Bastion

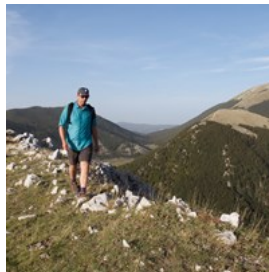


This majestic watchtower was built in 1550 to serve the Knights of Malta and is considered to be the symbol of Lamezia

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

Photo: Francesco Cataudo / Wikimedia Commons
Address: Via Antonio Cappelli 242, Lamezia Terme

Pollino National Park



In this national park, established in 1992, visitors can find the Bosnian Pine, not present anywhere else in Calabria. The

surroundings include both breathtaking nature wonders but also archaeological points of interest.

Photo: Brian Gratwicke/Flickr (image cropped)
Address: Complesso monumentale Santa Maria della Consolazione, Rotonda
Phone: +39 0973 669311
Internet: www.parcopollino.gov.it
Email: ente@parcopollino.gov.it

Sila National Park



Another beautiful park is La Sila, established in 2002, which has a wonderful location at 1,200 metres above sea level. This is a perfect

place to go hiking or mountain biking in the summer, as well as riding a horse or just wandering around the enchanting lakes.

Photo: Luca Galli/Flickr (image cropped)
Address: Via Nazionale snc, Lorica di San Giovanni in Fiore
Phone: +39 0984 537109
Internet: www.parcosila.it
Email: info@parcosila.it

Pizzo Calabro



Pizzo Calabro is a seaside resort around 34 km from Lamezia. The church of S. 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 (image cropped)

Address: Pizzo Calabro

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 in a

museum that celebrates this Italian area as one of the pearls of Magna Graecia.

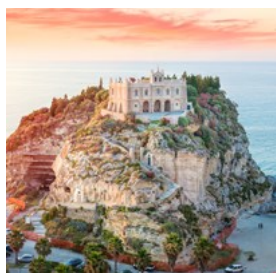
Furthermore, the ruins of the ancient Greek city of Hipponion not only include a beautiful temple but also impressively high walls that were built to protect the province.

Photo: Petr Jilek/Shutterstock.com

Address: Vibo Valentia

Internet: www.provincia.vibovalentia.it

Tropea



Tropea is a village located 64 km from Lamezia and famous for its white beaches which run right up to Capo Vaticano. The village itself is

picturesque and romantic with winding streets and beautiful small piazzas; not to be missed is Pasticceria Tre Stelle, a cosy bakery with a great variety of "pasticcini" (small pastry). Noteworthy is also a Norman church with an interesting black crucifix and the dark-skinned Madonna of Romania. Due to a number of wonders, the citizens of Tropea has proclaimed the Virgin Mary of Romania the patron of village.

Photo: mRGB/Shutterstock.com

Address: Tropea

Internet: www.comune.tropea.vv.it

Serra San Bruno



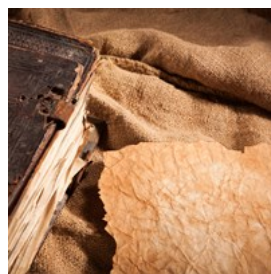
Serra San Bruno is a village located 70 km from Lamezia, on a little hill. It was named after the founder of the

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: Francesco De Francesco/Flickr (image cropped)

Address: Serra San Bruno

The Diocesan Museum



In Lamezia Terme, history-lovers will like The Diocesan Museum. Here you can see several paintings and art objects from the 17th and 18th

century. The most famous artefact is a beautiful ivory jewellery box from the Arab-Sicilian collection, which dates back to the 12th century.

Photo: Andrew Safonov/Shutterstock.com

Address: Piazza F. A. D'Ippolito 8, Lamezia Terme

Opening hours: Tue-Sat 9am-1pm and 4pm-7pm

Phone: +39 0968 29499

Internet: www.museodiocesanolameziaterme.it

Email: info@museodiocesanolameziaterme.it

Stilo

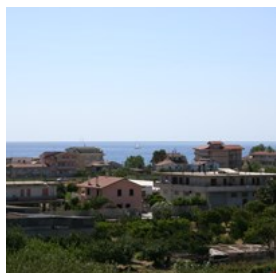


Stilo, located 107 km from Lamezia, is included in the official list of the most beautiful Italian villages, being extremely rich in ruins from different ages. When here make sure to visit the Byzantine-style church called "Cattolica", since it is considered to be one of Calabria's masterpieces.

Photo: Michal Kalasek/Shutterstock.com

Address: Stilo

Monasterace Marina

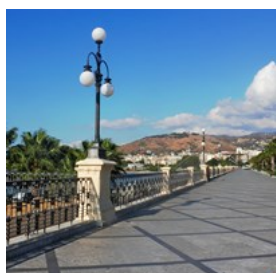


Monasterace Marina is a seaside village, located around 90 km from Lamezia Terme. It used to be known as "Kaulon", colony of Magna Graecia, consequently it's worth visiting especially for the remains of the Greek settlement, including a temple and some Hellenic houses, as well as for the archeological Museum.

Photo: Orazio Tassone/Flickr (image cropped)

Address: Monasterace Marina

Reggio Calabria



Reggio Calabria is 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 will find

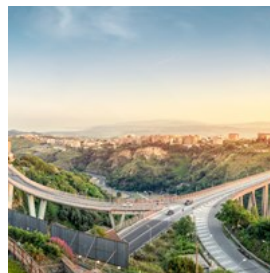
beautiful beaches and lots of different attractions, such as museums, theatres and a lovely botanical garden.

Photo: ArTono/Shutterstock.com

Address: Reggio Calabria

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

Photo: mRGB/Shutterstock.com

Address: Catanzaro

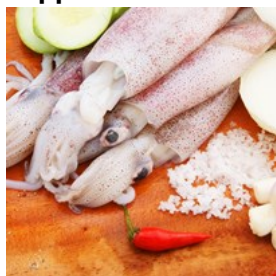
DINING



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



Lapprodo is one of the best restaurants in the area, where you can find traditional fish-based dishes as well as innovative ones, served

by an incredibly knowledgeable staff. They also have an excellent lemon sorbet and a rich wine list.

Photo: Evlakhov Valeriy / Shutterstock.com

Address: Via Roma 22, Vibo Valentia Marina

Opening hours: Daily 12pm-3pm and 7.30pm-11.30pm

Phone: +39 0963 572640

Internet: www.lapprodo.com

Email: info@lapprodo.com

Porta Vaticana



Porta Vaticana is a famous restaurant in the centre of Tropea, mainly serving fish. Besides, recommended dishes here are the risotto

Afrodite (with prawns and herbs), fileja alla tropeana (homemade pasta with tomatoes and nduja) and, obviously, pizza.

Photo: Digivic / Shutterstock.com

Address: Viale Regina Margherita 4, Tropea

Phone: +39 0963 603 387

Email: info@portavaticana.com

L'antica Grotta



In this restaurant, located in the center of the beautiful Tropea, you won't get disappointed whichever dish you decide to try, from meat

to fish, from pasta to pizza. Furthermore, the staff is friendly and always concerned about the

satisfaction of the client.

Photo: Lisovskaya Natalia / Shutterstock.com

Address: Largo Rota 9, Tropea

Opening hours: Daily 12.30pm-3pm and 7pm-11pm

Phone: +39 349 316 1056

Email: info@tavernaanticagrotta.it

La Boheme



Affordable prices combined with a great service and evocative location, just in front of the Duomo, this restaurant attracts guests

with their speciality like the "Tropeana": pizza with onion, tuna and capers. Also, you'll be enchanted by the romantic environment created by lovely candles at every table.

Photo: Natali Zakharova / Shutterstock.com

Address: Via Roma 21, Largo Duomo, Tropea

Opening hours: Daily 12pm-3pm and 6pm-1am

Phone: +39 0963603053

Il Ritrovo



Great variety of delicious pizza baked according to the original, southern Italian tradition, to be eaten with handcrafted

beers. Not to be missed are also the typical appetizers of the area and the "pinsa".

Photo: Darryl Brooks / Shutterstock.com

Address: Via Fausto Gullo 2, Polistena

Phone: +39 096 6940145

Internet: www.ilritrovopolistena.it

Email: info@ilritrovopolistena.it

Samart



At this warm and friendly restaurant in the middle of the countryside, meat-lovers will get their taste-buds satisfied. A wide array of meat-dishes

are on the menu as well as alternatives for guests that prefer something else. Everything is served and presented with high professionalism by the helpful staff.

Photo: beats1 / Shutterstock.com

Address: Viale San Bruno 128, Lamezia Terme

Phone: +39 0968 534 59

Internet: www.samart.it

Email: info@samart.it

Il Quadrifoglio



Il Quadrifoglio is a popular restaurant among locals where all kind of Italian cuisine is served. The atmosphere is lively and on the TV's across

the restaurant a soccer game will most likely be shown. Particularly, this restaurant is a good alternative for lunch.

Photo: dubasyk / Shutterstock.com

Address: Via delle nazioni 33/35, Sant'Eufemia Lamezia

Phone: +39 096851709

Email: rendapl@yahoo.it

Zenzero



Zenzero serves Italian dishes with a contemporary twist in an ambience characterised by an intimate atmosphere. Their wine

cellar is impressive and the desserts end the meals perfectly. It is located in a small street

right in the historical centre of Serra San Bruno.

Photo: Visionsi / Shutterstock.com

Address: Via Roma 12, Serra San Bruno

Opening hours: Daily 12pm-2pm and 7.30pm-10.30pm

Phone: +39 3497167515

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 specialities. 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, 89040 Monasterace

Phone: +39 333 230 0824

Internet: www.facebook.com/locandacocintum

Officina Del Gusto



This authentic restaurant in Reggio Calabria offers top quality food and a list of fine wines. Guests can enjoy the cosy atmosphere out on the

patio or in the rustic dining room. The friendly atmosphere is only added when the chef himself comes out to see if the guests are happy with the food.

Photo: Nejrion Photo / Shutterstock.com

Address: Via Placido Geraci 17/19, Reggio Calabria

Opening hours: Daily 8.15pm-11.15pm. Closed on Sunday

Phone: +39 096 533 2830

Internet: www.officinadelgusto.net

Email: cucina@officinadelgusto.net

Ristorante Scacco Matto



In a familiar, warm and friendly setting, the waiters at Ristorante Scacco Matto serve large portions of traditional Italian and Calabrian food

to their guests. Here you can enjoy a really affordable dinner in a quiet atmosphere.

Photo: Gregory Gerber / Shutterstock.com

Address: Salita de Seta 29, Sersale, Catanzaro

Opening hours: Daily 11am-3.30pm and 7.30pm-12am.

Closed on Monday

Phone: +39 333 7334160

Email: scaccomattopisignano@live.it

Spizzicando



Piadinis, 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, is served here at Spizzicando. Remember, every ten purchases you get a free one!

Photo: stockcreations / Shutterstock.com

Address: Viale primo maggio 97, Lamezia Terme

Opening hours: Mon-Fri 7pm-11pm. Sat-Sun 7pm-12am.

Closed on Tuesday

Phone: +39 333 716 4840

Internet: spizzicandolameziaterme.jimdo.com

Email: onecarlosmobile@yahoo.it

CAFÉS



kuvona/Shutterstock.com

In Lamezia Terme you will 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," a local ice cream, well-known in Italy.

Bar gelateria Belvedere



Splendid location for this bar/gelateria where you can try the authentic Tartufo of Pizzo, from the traditional black one to more innovative recipes,

always characterised by an extremely high quality.

Photo: July Prokopiv / Shutterstock.com

Address: Piazza della Repubblica 43, Pizzo

Phone: +39 0963 531423

Pasticceria Tre Stelle



Cosiness and friendly staff, quality and affordable prices: this is one of the few places where you can have all of this. Everything stands

out here, from cakes to ice-cream, from pastries to brioches. Speciality: typical dessert of the area with ice-cream and nuts.

Photo: 5 second Studio / Shutterstock.com
Address: Via IV Novembre 41, Tropea
Phone: +39 347 830 2842

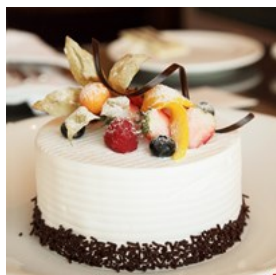
Gelateria Callipo



At Gelateria Callipo, in a quiet location, you will find real, delicious ice cream and cakes. You do not want to miss out on their desserts that are made with natural and genuine products. Also, they have received the "Premio Food 2016", for their "Tartufo Limoncello": definitely not to be missed.

Photo: CoolR / Shutterstock.com
Address: Via Riviera Prangi 156, Pizzo
Opening hours: Mon-Fri 7.15am-7.30pm. Sat-Sun
7.15am-8.30pm
Phone: +39 0963 996 2400
Internet: www.gelateriacallipo.com
Email: infogelateria@callipogroup.com

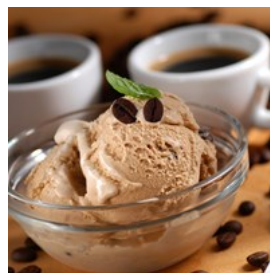
Chocolat



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

Photo: kentoh / Shutterstock.com
Address: Via S. Aversa e L. Procnzano, Lamezia Terme
Phone: +39 0968 27137
Internet: www.pasticceriachocolat.it
Email: info@pasticceriachocolat.it

Bar Gelateria Ercole



This place is popular and famous for its delicious Tartufo, so this is a great place to try it especially if you haven't tasted it before. It is located in the centre of Pizzo so go and enjoy your ice-cream, while wandering through the lovely little streets.

Photo: al1962 / Shutterstock.com
Address: Piazza della Repubblica 18, Pizzo
Phone: +39 096 3531 149

Gelateria Cesare



On the seaside promenade in Reggio Calabria, Gelateria Cesare offers a wide array of ice cream flavours. If you skipped lunch or feel a bit hungry you should try the "Brioche con gelato", a sweet bread cut in half with ice cream inside with your choice of topping.

Photo: Kseniia Perminova / Shutterstock.com
Address: Piazza Indipendenza 2, Reggio Calabria
Phone: +39 0965 181 6014
Internet: www.gelateriacesare.it
Email: info@gelateriacesare.it

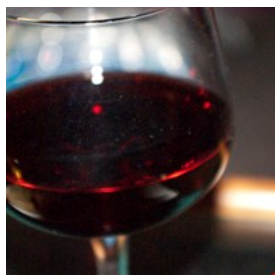
BARS & NIGHTLIFE



Volt Collection/Shutterstock.com

Aperitif venues tend to be open late (around 7-8 pm) because people here tend to have dinner around 8.30 pm-9.30 pm. 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.

Lucignolo



Central location in a lovely square full of trees that create a suggestive atmosphere. It's both a restaurant and a bar and not to be missed is the

"Tagliatelle imperiali" with main ingredients such as tagliatelle, tomato, cream, pepper and shrimps.

Photo: TESFox (image cropped)

Address: Largo Galluppi 29, Tropea

Phone: +39 329 5726464

Internet: www.lucignolotropea.it/index.htm

Email: fabio.lucignolo@libero.it

Madison Bar



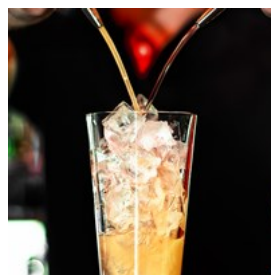
Offering aperitivo with a vast array of local and international wines. After dinner it's a great idea to just sit here, enjoying some whisky or vodka of high quality or eating a traditional ice-cream. In addition, live music is played here twice a week.

Photo: Gorodisskij/Shutterstock.com

Address: Via Libertà 91/93, Tropea

Phone: +39 0963 196 7127

Factory



Factory is not only a restaurant, but also a wine bar, where happy hour is served between 6 and 8pm in the evenings. The modern, elegant interior design and the nice music only add to the relaxed atmosphere where you can enjoy a mouth-watering drink.

Photo: bogdanhoda/Shutterstock.com

Address: Via Santa Bernadette 9/11, Lamezia Terme

Phone: +39 0968 29844

Henry Morgan Pub

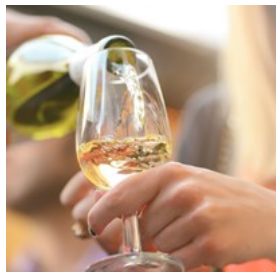


Henry Morgan Pub is one of the most popular places, definitely the centre of the area especially in the summer. Great location with three different big rooms and a cosy terrace is available for the guests. The calendar is full with themed nights and entertainment throughout the year, such as live music,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

Photo: Olena Yakobchuk/Shutterstock.com

Address: Località Marinella, Lamezia Terme
Phone: +39 333 457 3777
Internet: www.henrymorganpub.it

Gelateria Matteotti



This ice-cream shop and bar, located right by the waterfront in Reggio Calabria, is popular among both tourists and locals. In the evenings people gather here under the parasols on the patio to enjoy delicious aperitivos and ice-creams before dinner.

Photo: [serenarossi/Shutterstock.com](https://www.shutterstock.com/user/serenarossi)
Address: Corso Vittorio Emanuele III 39, Reggio Calabria
Phone: +39 096 5891 161
Internet: www.gelateriamatteotti.it
Email: info@gelateriamatteotti.it

I Portici



Lively bar that will satisfy all your desires, since it offers a wide variety of food (from pizza to hamburger, from meat to sandwiches). You can enjoy your dinner while drinking one of the millions cocktails that you could choose from and watching a football match, as in the tradition of I Portici.

Photo: [Kzenon/Shutterstock.com](https://www.shutterstock.com/user/Kzenon)
Address: Via Argine Destro Annunziata 65, Reggio Calabria
Phone: +39 340 2100802

Boogie Blues



When in Calabria you can't miss the occasion to visit this amazing bar where music is the main protagonist: spend a night here and you will feel like you're back in the 50s. To be highlighted are the sandwiches with traditional ingredients from the Calabria region and the beers.

Photo: [Minerva Studio/Shutterstock.com](https://www.shutterstock.com/user/MinervaStudio)
Address: Via Nicola Parisio 27, Cosenza
Opening hours: Daily 6.30pm-2.30am
Phone: +39 346 7829829

SHOPPING

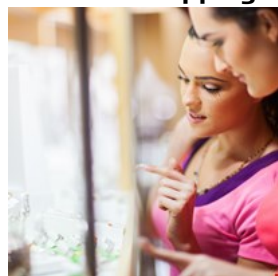


[oneinchpunch/Shutterstock.com](https://www.shutterstock.com/user/oneinchpunch)

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 will find everything from boutiques with national and international brands to markets where you can buy souvenirs and gifts for yourself and your family.

Due Mari Shopping Centre



Shopping mall located not so far from Lamezia Terme, in the province of Catanzaro, where you can find a big supermarket, a cinema, countless shops and of course cafés, restaurants and ice-cream parlours. Come and have a look at it during a summer afternoon that is just too hot to be spent outside or on a rainy day!

Photo: michaeljung/Shutterstock.com

Address: Localita' Comuni Condomini, Maida

Opening hours: Daily 9am-8.30pm

Phone: +39 0968 751305

Internet: centrocommercialeduemari.it

Email: info@centrocommercialeduemari.it

Antichi Sapori di Calabria



If you are looking for typical food (at the very least you should buy oil, oregano and chili pepper), one of the best shops is "Antichi Sapori di Calabria". They also have a shop located at the airport of Lamezia Terme, strategic location to buy some traditional food as souvenir before leaving.

Photo: Serafino Mozzo/Shutterstock.com

Address: Via Ponte Sant Antonio 7, Lamezia Terme

Phone: +39 0968 401427

Email: info@antichisaporidicalabria.com

Outdoor Market



Have a look at the outdoor market held in via Sandro Pertini, every Tuesday, from 8am to 2pm and try to get some local delights (could be

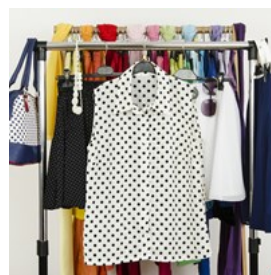
food, clothes or handicraft) for really good prices.

Photo: Avatar_023/Shutterstock.com

Address: Via Sandro Pertini, Lamezia Terme

Opening hours: Tuesdays 8am-2pm

Le Big-Camab



In the north-east area of Lamezia Terme, you will find this colourful boutique, where all the ladies who just can't stop themselves from buying cute blouses à pois or retro-style dresses will find nothing but love every item here. Also, the environment is particularly refined with flowers on the shelves and romantic paintings.

Photo: luanateutzi/Shutterstock.com

Address: Corso G. Nicotera 94, Lamezia Terme

Opening hours: Daily 9am-1pm and 4.30pm-8pm

Phone: +39 0968 27615

Giglio Boutique



Giglio Boutique provides a particularly wide array of high quality and elegant clothes and accessories for everyone. In fact, three different stores have been created in order to target men, women and children, having the right amount of space to offer a complete assortment for each of these categories.

Photo: Roderick Eime (image cropped)

Address: Via XX Settembre 92/94, Lamezia Terme

Opening hours: Mon-Sat 9am-1pm and 4.30pm-8pm. Sun 10am-1pm and 4.30pm-8pm

Phone: +39 0968 442353

Internet: www.giglioboutiqueshop.com

Email: info@giglioboutique.it

Vert Shop



Vert Shop offers an incredibly wide array of products: clothes, shoes, belts, sunglasses, wristwatches, backpacks and much more. All of these "street styled" products suit perfectly not only the teenagers who are looking for a new outfit for school, but also adults who are looking for something to wear while training.

Photo: Daxiao Productions/Shutterstock.com

Address: Corso G. Nicotera 225/227, Lamezia Terme

Opening hours: Daily 9am-1pm and 4.30pm-8pm. Closed on Sunday

Phone: +39 0968 448773

Internet: vertshop.it

Email: info@vertshop.it

Party Shop



Here you will find everything you need to organise an event, a birthday party or a theme party for children and adults. Party Shop, in

fact, offers garlands, balloons, whistles, costumes and much more; also, the staff is always available to set up the party. Everything here is so colourful and creates such a cheerful atmosphere that you won't be disappointed.

Photo: Ivonne Wierink/Shutterstock.com

Address: Via Carducci 26, Lamezia Terme

Phone: +39 347 096 5442

TOURIST INFORMATION



Dmitry Kaminsky/Shutterstock.com

Passport / Visa



Italy can be visited visa-free for up to 90 days by citizens from Australia, New Zealand, Japan, South Korea, Taiwan, Malaysia, Israel,

UAE and most countries in America. If you are not sure whether or not you need to apply for a visa, we recommend you to contact the embassy or consulate in your country. In order to enter the Schengen zone, international (non-Schengen) travellers need a passport that is valid for at least 3 months after the end of their intended trip. Citizens from Schengen countries can travel without a passport, but they must bring with them a valid ID during their stay.

Photo: TukTuk Design/Shutterstock.com

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 Summer Arena Festival in Soverato or the Tropea Red Onion and Bluefish Festival in Tropea.

Photo: VectorA/Shutterstock.com

Lamezia Terme Airport (SUF)



The Lamezia Terme International Airport (St. Eufemia Airport) is located app. 15 km from the city centre. The local transport company

Lamezia Multiservizi will take you into the city centre in 40 minutes with buses leaving every 20 minutes.

Lamezia Multiservizi
Via della Vittoria 1, Lamezia Terme
+39 0968 441812
www.lameziamultiservizi.it
info@lameziamultiservizi.it

There are also several taxis waiting outside the terminal. The price of the ride depends on how many persons are sharing a taxi, how much

luggage there is and what time and day it is.

Photo: Juan Garces

Address: Lamezia Terme Airport

Phone: +39 0968 414385

Internet: www.lameziaairport.com

Public Transport



The company which operates Lamezia Terme's local transport system is "Lamezia Multiservizi." One ticket costs around 1.30 € (2 € on board) and is valid for 90 minutes.

The best option to visit the area, though, is to rent a car. At the airport, for example, you can find an array of different rental companies that will satisfy all your needs for about 60/70 euros a day (Hertz, +39 0968 51533; Europcar, +39 0968 51541; Maggiore, +39 0968 51331. See also www.sacal.it).

Photo: Pierre-Luc Auclair

Address: Via della Vittoria 1, Lamezia Terme

Phone: +39 968 441 812

Internet: www.lameziamultiservizi.it

Email: info@lameziamultiservizi.it

Taxi



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

book one online, the meter starts running as soon as the car starts its journey to pick you up. There are several taxi stands throughout the city.

One of the main taxi companies in town is Taxi

Lamezia:

+39 333 4254735
www.taxilamezia.it
info@taxilamezia.it

Photo: ArrivalGuides

Post



Mail boxes 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 on the following address:

Photo: Andy Fuchs

Address: Via Fabio Filzi 8, Lamezia Terme

Opening hours: Mon-Fri 8.30am-7pm. Sat 8.30am-12.30pm.

Closed on Sunday

Phone: +39 0968 491217

Internet: www.poste.it

Pharmacy



Lamezia Terme's pharmacies are usually open from 8:30 am to 1:00 pm and from 4:30 pm to 8:00 pm (Mondays-Fridays). They

have alternating open hours during nights and weekends and you will find the addresses of those by every pharmacy.

Photo: Gemma Garner

Telephone



Country code: +39 Area
code: 0968

Photo: Jardson Almeida

Electricity



220/240 V

Photo: Stirling Tschan

Population

Approx 70,900

Currency

Euro, €1 = 100 cents

Opening hours

Shops are usually open from 9 am to 1 pm and from 4.30 pm to 8 pm. Closed on Sundays.

Newspapers

Gazzetta del Sud
Il Giornale di Calabria
Corriere della Sera
La Repubblica
La Stampa
Il Sole 24 ore

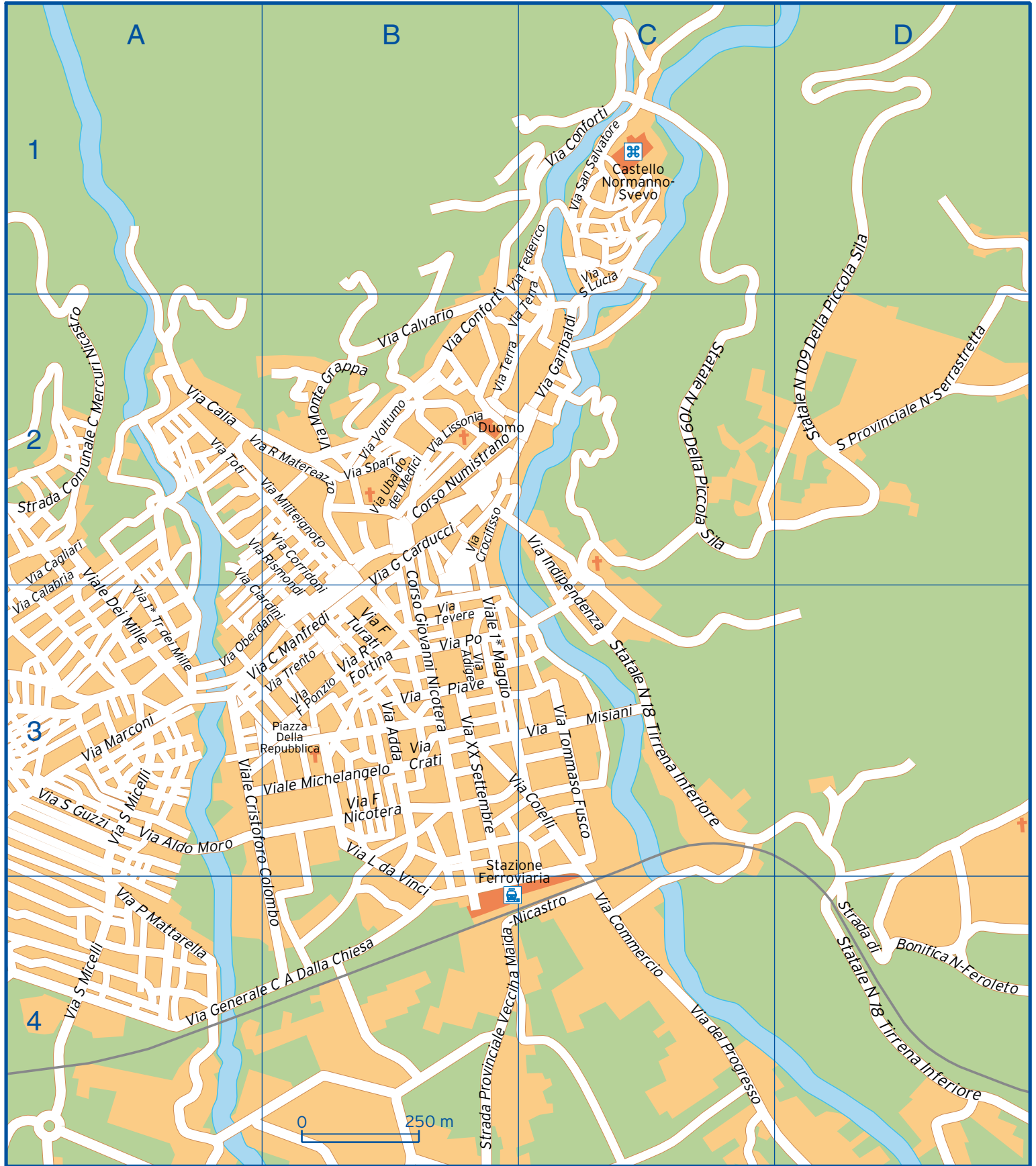
Emergency numbers

Carabinieri (the national military police of Italy): 112
Police: 113
Fire Brigade: 115
Medical Emergency Service: 118

Tourist information

IAT, Informazione e Accoglienza Turistica
Via Aeroporto, 88046 Lamezia Terme
Tel: +39 0968 414385





		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		