

# A guide to the Italian “sagra”

A ‘sagra’ is a festival that celebrates one type of food, drink, or product from a town or region. It could be dedicated to any local product. They are held in small towns in every region throughout Italy, usually in the late summer and early autumn, and they’re the most local experience you can have! Here’s some *sagre* happening in the next few weeks near Rome.

## 1. **Sagra dell’uva** (Grape and wine festival)

October 2nd, **Marino** (RM)

*How to get there:* regional train “**20123 Velletri**” from Termini, stop at **Santa Maria delle Mole**.

One of the most famous sagra in the Lazio region, this annual grape event attracts thousands of people from all over the region. As well as processions, period costumes and music, the highlight is when the Fountain of the Four Moors starts gushing white wine which is distributed freely amongst the crowd!

## 2. **Sagra del Marrone** (Chestnut festival)

From Sept 30th to October 16th, **Soriano nel Cimino** (RM)

*How to get there:* Regional train “**4512 Foligno**” from Termini; stop at **Orte**. Take bus COTRAL, direction “**Soriano nel Cimino**”.

During these days Soriano is wrapped in a very suggestive atmosphere: the program of the chestnut festival is filled with interesting events: Ring Jousting, Archery Tournament, Popular traditional games. As per tradition, the taverns of the districts make traditional and historical recipes.

## 3. **Sagra della seppia** (Cuttlefish festival)

October 8th-9th, Piazza Anco Marzio, **Ostia** (RM)

*How to get there:* Metro B from Termini (direction Laurentina), stop at **Piramide**. Take train “**Roma Lido**”, stop at Lido Centro.

Festival dedicated to this famous shellfish that inhabits the Roman waters around the autumnal period.

## 4. **Sagra del pane casereccio** (Homemade bread festival)

September 18th, **Genzano** (RM)

*How to get there:* regional train “**20125 Velletri**” from Termini, stop at Santa Maria delle Mole. Take bus COTRAL, direction “**Velletri**”, stop at “**Genzano - Via Dalla Chiesa**”.

The famous **bread of Genzano** (Pane Casareccio di Genzano IGP), hailing from the town of the same name located in the Roman Hills, is not for delicate types, especially when the sturdy crusts are embracing a slice of delicious porchetta or roasted ham from Ariccia. The origin of this well known bread is linked, of course, to traditions of the town of Genzano where it has been produced for 300 years.