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www.comune.ponza.lt.it



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Sprinters



SPRINTERS OLYMPICS IN PONZA

1 - 4 OCTOBER 2018



WELCOME



PROGRAM

MONDAY

Welcome



Morning
Arrival in Ponza
Afternoon
Trip to the Roman
Cisterns

TUESDAY



Morning
Competitions
running and canoa
Afternoon
Island tour

WEDNESDAY



Morning
Competitions
mountain bike
Afternoon
nordic walking to the
necropolis and Monte
Guardia

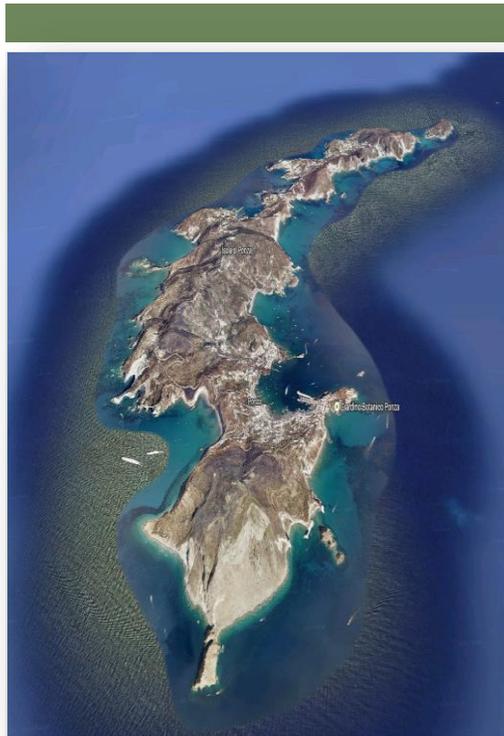
THURSDAY



GOODBYE

Morning
observatory
and sprinters
guide
presentation
Afternoon
KISSES AND HUGS
Departure

Sprinters



«Un'isola che ha saputo rimanere un'isola.
Un microcosmo a sé.
Ponza è scontrosa e bellissima.
Eugenio Montale



LAZIOMAR
www.laziomar.it

Useful information

Our island can only be reached by ship or helicopter. To make the journey easier, we suggest you arrive in Rome and take the train to Formia. When you get off at Formia train station, you have to walk, about 700 meters, the road that takes you to the port where you will embark for Ponza



Services on request

Those who contact ProLoco can count on the best services. We can offer experience and versatility:

- ✓ Reservation of any kind.
- ✓ In-depth and competent information in English and Spanish.
- ✓ Tel: +39 0771/80031
- ✓ Web/Mail: www.prolocodiponza.it

Timetable of the ships and fast ship to reach the island of Ponza

- The ship leaves on Monday at 08.30 am.m. and at 05.30 p.m.
- Tuesday to Sunday at 09.00 a.m. and at 05.30 p.m.
- The fast ship leaves every day at 02.30 pm on Saturday at 03.00 p.m.

With extreme displeasure we give you the departure times 🙄

You can leave with the ship every day at 05.30 am, or at 02.30 pm and only on Saturday and Sunday at 04.00 pm. If you prefer the fast ship you can reach the mainland every morning at 7.45 and only on Sundays at 10.00 am.

Attention the times of the ships could have some variations, we suggest to connect to the websites to get more information