ILCA MASTERS WORLD CHAMPIONSHIPS

2025 FORMIA-ITA

September 19th-28th

Hospitality | Ground services | City Info

Brief information guide

CIRCOLO NAUTICO CAPOSELE

FORMIA 1961

Summary

Single European Emergency number

Medical Care and Pharmacies

Public safety

Embassies

Mall & Supermarkets (and allergy-friendly grocery stores)

Food & Beverages

Archaeological heritage

ATM / Bancomat & Gas station (cars and boats)

Garbage – little tips for a proper waste separate collection

Parking in Formia

Train timetables

Governo Italiano

MINISTERO DELL'INTERNO

Follow us

Home Family Education & youth Health Travel Work & retire

Single European emergency number 112

When travelling in Europe, the emergency number is always 112.

When to call 112

Call the single European emergency number if you require urgent assistance from:

- the police,
- the fire brigade,
- medical services.

The 112 operator will forward the call to the relevant service depending on the type of emergency.

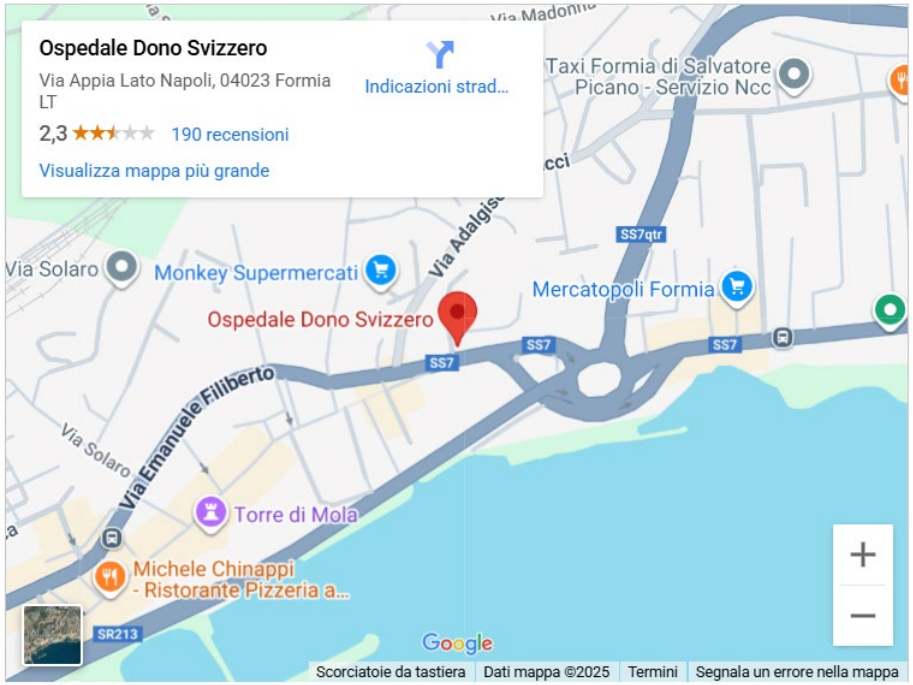
Calls to the single European emergency number, 112, are free of charge from landlines and mobile networks, even if the phone does not have a SIM card, is blocked or is out of credit.

112 Emergency

[112 Single European Emergency number's page of the Italian Minister of Internal Affairs]

Medical Care

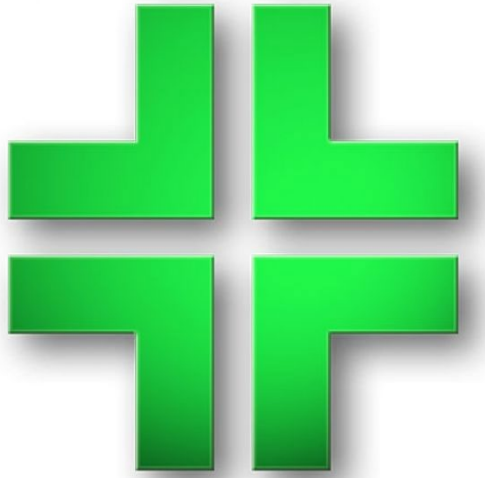
The city of Formia has a hospital in the city center (*Dono Svizzero Hospital*).
In Italy, **emergency medical care** is guaranteed to everyone, including non-EU (European Union) citizens, at public emergency rooms, even without a valid residence permit and regardless of whether they are registered with the National Health Service.



https://maps.app.goo.gl/W7sW2DvejzUZ8Ykp8
Google Plus Code: 7J68+CX Formia, Provincia di Latina

For specialist medical visits, contact us and we will assist you

Medical Care



PHARMACIES

https://www.farmaciediturno.org/comune.asp?cod=59008

On this page, you'll find all the pharmacies in Formia, with an indication of whether they're open or closed.
The words “*di turno*" indicates whether the pharmacy is actually open or closed, especially on Sundays (usually only one or two pharmacies are open on Sundays).
It also refers to whether pharmacies are open at night.

Regarding Sundays, the “Farmacia Comunale" of Gaeta, a neighboring municipality, is certainly always open from 9 am to 1 pm:
address, Piazza San Carlo, 10, Gaeta, Italy

Public Safety

Public safety in Italy is guaranteed by the Ministry of the Interior and the police forces (Polizia, Carabinieri and Guardia di Finanza), and by the Prefect as the provincial public safety authority.
The police forces are responsible for maintaining public order and the safety of individuals.

The headquarters of the Police Force in Formia

POLIZIA	Police Station	Via Olivastro Spaventola, 12 - 04023 Formia (LT)	+39.077132181	https://www.poliziadistato.it/
	Traffic Police	Via Appia Lato Napoli, 102 - 04023 Formia (LT)	+39.077172481	
	Railway Police	Piazza IV Novembre, 6 - 04023 Formia (LT)	+39.077124173	
CARABINIERI	Head Station	Via Appia Lato Napoli, 55 - 04023 Formia (LT)	+39.0771790600	https://www.carabinieri.it/
GUARDIA DI FINANZA	Head Station	Via Palazzo, 150 - 04023 Formia (LT)	+39.0771720288	https://www.gdf.gov.it/it
	Naval Fleet	Via Appia Lato Napoli, 287 - 04023 Formia (LT)	+39.0771722246	

Embassies

- All the world's Embassies in Italy are based in Rome, which is just 1 hour and 15 minutes by train or 2 hours by car from Formia.
- We'd like to provide you with a quick list of all the diplomatic representations here, so you can have information and assistance at your fingertips.

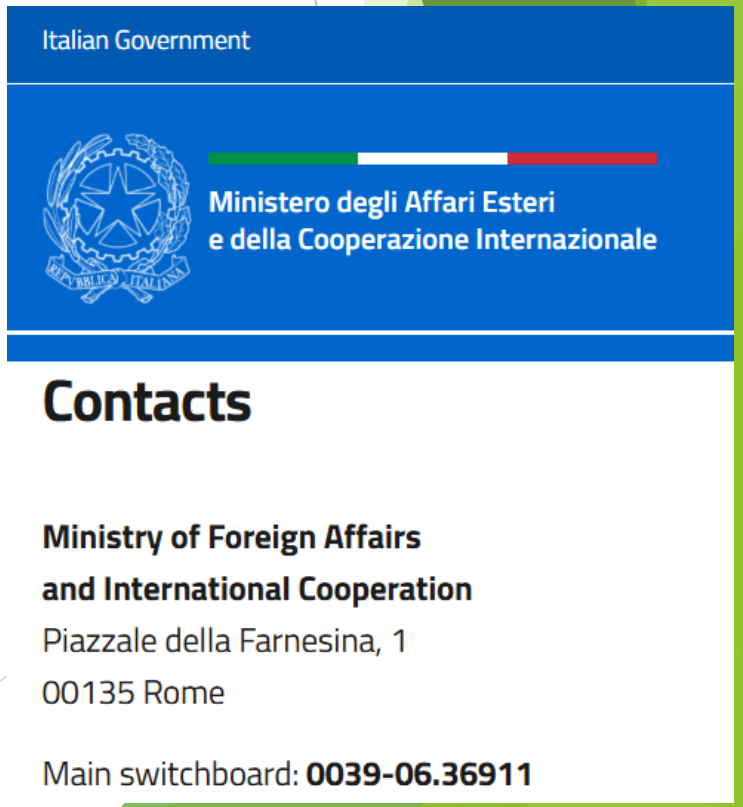
https://www.esteri.it/wp-content/uploads/2025/08/LDA_06082025.pdf

The list of world's Embassies in Italy,
in alfabetical order, is from page 17
(it is only available in Italian,
but contains all needed information)

Or

https://www.ambasciata.net/2.php?c=Italia

List of world's Embassies in Italy,
ditigal way (in Italian)


Italian Government

Ministero degli Affari Esteri
e della Cooperazione Internazionale

Contacts

Ministry of Foreign Affairs
and International Cooperation
Piazzale della Farnesina, 1
00135 Rome

Main switchboard: **0039-06.36911**

Mall & Supermarkets
(and allergy-friendly grocery stores)

- Malls in Formia

MALL	ADDRESS	PHONE	WEB
ORLANDI	Via Vitruvio, 48, 04023 Formia LT (City Center)	*+39.0771.205696	https://www.orlandiformia.it/
ITACA	Via Mamurrano, 04023 Formia LT (4km from City Center)	*+39.0771.736467	https://www.centroitaca.it/

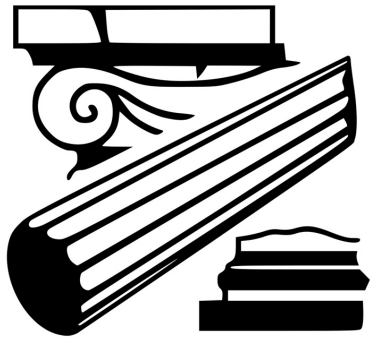
- Main Supermarkets

SUPERMARKET	ADDRESS	PHONE	WEB
CONAD	Via Vitruvio, 153, 04023 Formia LT	*+39.0771.23219	https://www.conad.it/ricerca-negozi/conad-via-vitruvio-153-04023-formia--008628
	Via Palazzo, 101, 04023 Formia LT	*+39.0771.770540	
	Via Santo Janni, 14, 04023 Formia LT	*+39.0771.722012	
PANORAMA	Via Mamurrano, 04023 Formia LT	*+39.0771.736396	https://www.centroitaca.it/negozi/panorama-7636/
LIDL	Via del Commercio, 6, Formia (LT) 04023	*+39.800 480 048	https://www.lidl.it/s/it-IT/ricerca-negozio/formia-lt/via-del-commercio-6/
MD	Via Unita' d'Italia snc Loc Vindicio	*+39.3203609676	https://www.mdspa.it/punti-vendita/Lazio/LT-Latina/525-Formia/
EUROSPIN	Strada Statale n. 630, 04023 Formia LT	*+39.045.7862000	https://www.eurospin.it/punti-vendita/formia-s-s-630/
DECO'	Via Degli Orti, 40, Formia 04023 (LT)	*+39.0771.902851	https://puntivenditadeco.multicedi.it/it/italia/latina/formia-via-degli-orti
MONKEYS	Via delle Fosse 4, Formia 04023 (LT)	*+39.0771.286722	https://www.instagram.com/monkeysupermercati/
PELLICANO	Piazza Pennazzaro 16, Formia 04023 (LT)	*+39.0771.879996	https://www.promoqui.it/formia/volantino/pellicano-supermercati
TODIS	Strada Statale Appia 158, 04023 Formia LT	*+39.0771.726068	Todis Formia
SOLE 365	Via Alcide de Gasperi, 33, 04023 Formia (LT)	*+39.0771.038180	https://www.sole365.it/dove-siamo/
IN'S	Via Appia Lato Napoli, 74, 04023 Formia LT	*+39.375.5602814	https://www.insmercato.it/

Allergy-friendly grocery store
La Dispensa del Celiaco
Via Appia Lato Napoli, 23
04023 Formia (LT)
0771-205696
online

Food & Beverages

- There are more than 70 restaurants and pizzerias in Formia, all of which are of a high standard, in keeping with Italian gastronomic tradition (*pizza* has been a UNESCO Intangible Cultural Heritage of Humanity since 2017). There are also several restaurants awarded by culinary institutions such as Gambero Rosso and Slow Food
- There are many places where you can enjoy a traditional Italian dish:
  Castellone (the old upper part of the city)
  Mola and Via Vitruvio (city center)
  Vindicio (seafront)
  Gianola (seafront)
  Mountain refuges on Mount Redentore, 1252 meters above sea level, in the municipality of Formia
- There are also numerous pubs and finger food venues (especially in the "nightlife" area, on Via Abate Tosti) for a complete offering for all tastes
- Not to be missed in Formia:
  - pizza (*obviously cooked in a wood-fired oven*!)
  - "tiella“ (savory pie filled with land and sea ingredients)
  - seafood
  - oil
  - olives
  - buffalo mozzarella
  - wines



Archaeological heritage

Formia is a city over 2,500 years old, from Ancient Rome to the present day. It has a remarkable archaeological heritage and a millennia-long history to share with guests and friends from around the world.

Discover this 2500-year journey:

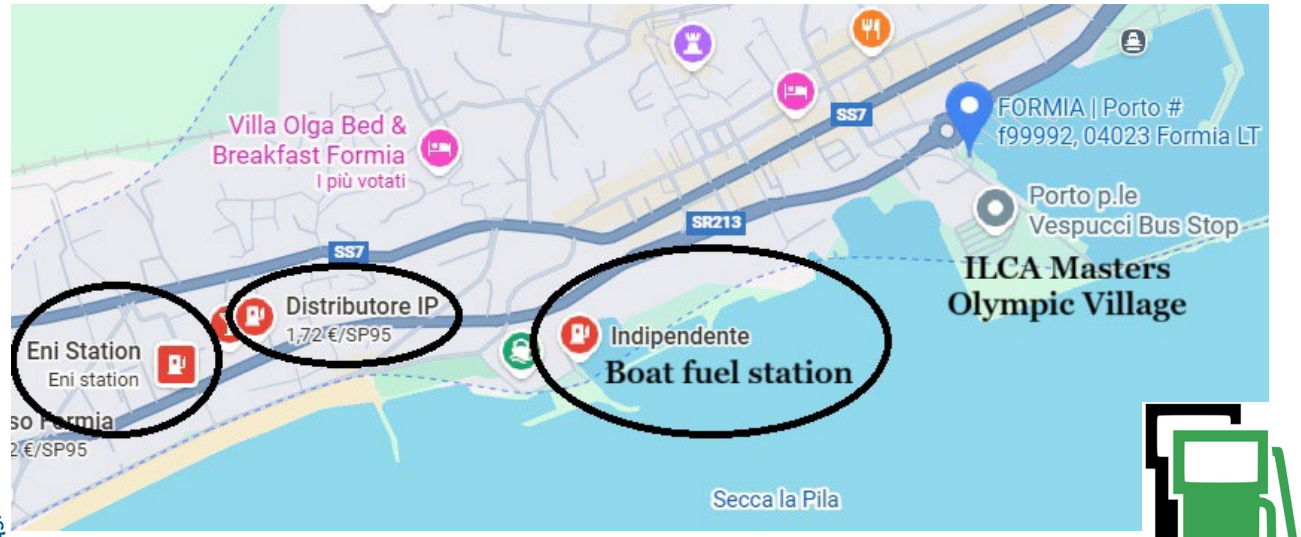
- https://www.formiae.it/en/
- https://www.comune.formia.lt.it/siti-archeologici
- https://www.facebook.com/proloco.formia.it
- https://www.consorzioturisticoformia.it/

ATM / Bancomat & Gas station

Formia has several ATMs/cash machines for cash withdrawals and several gas stations.
Here are the ones closest to the ILCA Masters Olympic Village.

BNL BNP Paribas Bank – Via Vitruvio 115

Intesa San Paolo – Via Vitruvio 1



IP Gas station
Via Unità d'Italia

ENI Gas station
Via Unità d'Italia

Boat fuel station
at Port Caposele

For
LPG / GPL gas vehicles,
there are 2 Gas Stations:

Esso, Via Unità d'Italia

Easy Service,
Via Giacomo
Matteotti / SS7var

For gas station, have a look here too: https://www.viamichelin.it/mappe-piantine/stazioni-di-servizio/italia/lazio/latina/formia-04023

Parking in Formia

Public Parkings

Blue lines indicate paid parking areas governed by an hourly rate, which require the purchase of a ticket or the use of dedicated apps or credit cards. The ticket must be clearly displayed. Cost per hour: 1,50€. There is also a 7-days a Tourist pass for non-residents (35€), you may have a look here if interested (https://www.parkingformia.it/regolamento-e-costi-abbonamenti/)

Yellow lines mark parking spaces reserved for specific categories of users, including disabled people and law enforcement. Parking in these spaces is prohibited and carries a hefty fine and may result in the vehicle being towed away.

White lines indicate free parking, but it is essential to check the vertical signs which may impose time limits (e.g. use of the parking disc, usually 1 hour) or other restrictions.

For Private parkings, there are several all around Formia.
We also recommend asking at the accommodation facilities where you are staying, they will advise you on the nearest car parks which probably also have weekly or 10-day passes.

There is a large free parking lot with white lines next to the ILCA Masters Village. It can be used for car parking. Signage indicates that the parking lot is closed between midnight and 4:00 a.m. Please note that the parking lot is unattended.
As per the instructions, for safety reasons it is absolutely forbidden to stay inside your car during the night hours.

Garbage – little tips for a proper waste separate collection

HOW TO DISPOSE OF SEPARATE WASTE

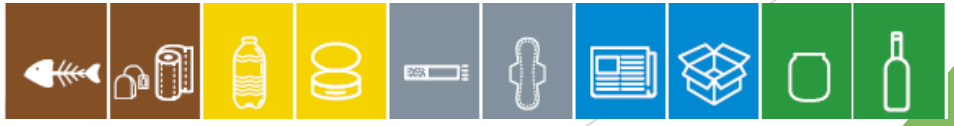
In Formia, curbside collection is provided throughout the municipality.
All sorted waste is collected door-to-door, in every residential building with multiple apartments or in every individual house/villa, as in every hotel.

The collection schedule varies depending on the area in which your accommodation, b&b or hotel is located: ask your landlord which area you live in.

ON THE STREET

The waste bins are intended only and exclusively for street waste, and therefore it is forbidden to dispose of bulky and/or domestic waste, i.e., waste produced in apartments, b&b or hotels

- Along the streets and along the seaside promenade, you will find **waste bins for disposing of small waste** (candy wrappers, ice cream wrappers and other takeaway foods, ice cream sticks, etc.).



A careful separate waste collection will be organized at the ILCA Masters Village, with large dedicated spaces

Thank you!

Here the link for more info:
https://2025ilcamasters.ilca-worlds.org/wp-content/uploads/sites/29/2025/09/Garbage-for-a-proper-waste-separate-collection-in-Formia.pdf

Train timetables

TRENITALIA
GRUPPO FERROVIE DELLO STATO ITALIANE

https://www.trenitalia.com/en.html

- Formia is served by **Intercity trains** (faster) with connections to the North (Rome 1h05' duration of the trip, Florence, Milan) and the South (Naples 50', Salerno, Reggio Calabria); and by **Regional trains** to Rome (1h30') or Naples (1h10').

- Additionally, there is another high-speed train company in Italy, departing from Rome or Naples (Italo, https://www.italotreno.com/en/booking-train-ticket)

- Best comparing trains ticket's website in Europe: https://www.thetrainline.com/

trainline

Thank you for your preference.
We remain at your complete disposal for any further information

Alessio Di Maio
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