



BEACH REGULATIONS 2026

Welcome to Grotta dei Delfini!

These rules contain important information for your safety. Please take a moment to read them—even if you're a returning guest—as we've updated a few things this season. They outline everything you need to know to make the most of your time with us¹.

On site, you will always find:

- a **map of our beach area**, showing the location of restrooms, showers, foot baths, safety equipment, the lifeguard station, info point, first aid room, recycling stations, kids' play area, pet-friendly zone, and sports facilities;
- up-to-date bathing **water quality reports**²;
- **uniformed staff**, so you always know who to ask for help: Lifeguards wear red shirts with white "Salvataggio" lettering; bar staff are in blue; beach staff wear turquoise shirts with blue trunks/shorts; and our maintenance and groundskeeping team wear lime green shirts with blue shorts;
- **Friendly, attentive service**: your comfort is our top priority! 😊

1. Operating Hours: The Sperlonga beach season runs from the third Saturday of May to the third Sunday of September. We are open daily from 9:00 AM to 7:00 PM. Lifeguard services operate during the same hours.

2. Rates & Payments: Current rates are posted at our main entrances and on our website (grottadeidelfini.com). We offer daily passes as well as flexible passes (short-term or full-season) available between June 1st and September 15th. Daily passes must be paid in full upon arrival. For seasonal/flex passes, a 40% deposit is required upon booking, with the balance due by your last day (for short-term passes) or by July 15th (for seasonal passes). Advance payment (cash or card) covers your stay for the chosen period with no time restrictions during opening hours.

3. Setups: Each umbrella rental includes 2 sunbeds and 1 lounge chair. Up to 2 additional sunbeds can be added (€10.00 each)³.

4. Parking & Bikes: Several paid parking lots are located nearby. If you have a pass with us or hold a valid disability parking permit, please contact us before arriving—we'll make sure

¹ Please note that purchasing any of our services implies full acceptance of these regulations.

² Data source: Arpa Lazio (updated at least every 30 days).

³ Acceptance of these rules applies regardless of the duration of your rental agreement.

to reserve a spot for you in one of the closest lots. Coming by bike? We have bike racks right near the harbor entrance, clearly marked with signs.

5. Umbrella Capacity & Usage: To prevent overcrowding and keep everyone safe, each umbrella setup is limited to a maximum of 4 guests⁴. Groups larger than 4 will need to rent an additional umbrella setup. You are, however, welcome to meet up with larger groups in the Dining Area without restrictions. Umbrella bookings are non-transferable; subletting or handing over rented equipment to third parties is strict forbidden. If you wish to let guests use your spot, you must notify Management in advance, or they will be denied entry. Rented furniture (sunbeds and lounge chairs) must only be used in the area directly in front of your umbrella and cannot be moved outside your assigned row. Please do not switch spots or take furniture from other setups. If you need anything regarding your setup, just ask our team.

6. Accessibility: We strive to make our beach accessible to everyone. We feature a wide central boardwalk connecting the Dining Area to the shoreline, an accessible restroom, a reserved umbrella setup with two sunbeds, a JoB beach wheelchair, and dedicated parking assistance (see item 4).

7. Pets: Pets are not allowed on the main beach, with the exception of certified rescue dogs and service dogs for the visually impaired (with prior Municipal authorization), provided they remain on a leash at all times, including in the water. We do, however, feature a dedicated "Bau Area"—a fenced, grassy solarium reserved for small and medium dogs. Each spot includes 1 umbrella + 2 sunbeds, plus a free Welcome Kit for your dog (bowl and waste bags). Pets of all sizes are welcome in the Dining Area, provided they are kept on a leash (max 1.5 m / 5 ft). Decorative green areas are strictly off-limits to pets. For all other regulations, please refer to sections 7.4 (pets on leased beaches) and 7.6 (dogs in the sea) of Sperlonga Municipal Ordinance no. 22/2026⁵.

8. Restrooms & Showers: Restrooms are free for all beach club guests, as well as customers of the bar, takeaway, and restaurant. We also have a dedicated family/kids' restroom and an accessible restroom. Hot showers are reserved exclusively for our guests and accessed via wristband. Daily guests will be asked for a refundable €20 deposit for the wristband, while pass holders will have their deposit returned at the end of their stay. Hot showers cost €1. Tokens for cold showers can be purchased for €0.50 at the gazebo. Foot baths are free to use. Please note: soaps and shampoos are strictly prohibited in the cold showers and foot baths, and may only be used in the hot showers.

9. Kids Club: Our free entertainment program for children aged 4 to 10 runs from June 21st through the end of July on weekends, and daily throughout August (4:00 PM to 6:00 PM). Fun, educational activities take place in a dedicated, shaded artificial turf area and are run by qualified staff (Coop. Sociale Viandanza). This service is free for guests renting an umbrella. Younger children are welcome in the play area when accompanied by an adult.

10. Sports & Activities: Sports lovers can enjoy our volleyball/beach tennis court and pickleball court this season. To book a court, contact our certified instructor, Lorenzo, at +39 333 3868077 (equipment rental is included).

⁴ Children and teens up to 16 years old are excluded from this headcount

⁵ You can find it on our website at grottadeidelfini.com.

11. Evening Hours: Beach equipment (umbrellas, sunbeds, etc.), restrooms, showers, and foot washes are unavailable after 7:00 PM to allow our team to clean and prepare the facilities for the next day.

12. Personal Beach Gear & Watercraft: Please do not bring your own beach equipment (umbrellas, deck chairs, tents, tables, etc.), kitesurfs, windsurfs, bicycles⁶, or other vehicles into the beach club. You are welcome to bring inflatable mattresses, floaties, SUP boards, and canoes, provided they do not block the walkways between umbrellas.

13. Beach Etiquette & Quiet Hours: Please use a beach towel on the sunbeds. Laying towels directly on the sand is not permitted. To ensure a relaxing environment for all guests, please avoid loud noise and music, especially during quiet hours between 2:00 PM and 4:00 PM.

14. Beach Games & Safety: For safety reasons, any holes dug in the sand must be refilled immediately. Ball games, beach tennis, mini-golf, and volleyball are not permitted along the shoreline; please use our dedicated beach volleyball court instead.

15. Spearfishing Regulations: In compliance with local regulations, underwater fishing is strictly prohibited within 500 meters of the shore during swimming hours. Crossing the area within 250 meters of the shore with a loaded speargun is also forbidden.

16. Dining Area: Our snack bar and restaurant offer hot and cold food, drinks, snacks, ice cream, and more. You can enjoy your meal on our dining terraces or directly under your umbrella on the beach.

17. Payment Options: We accept cash, card payments (POS), and our prepaid virtual account system ("Summer Card")⁷. Simply set up an account with us and provide your PIN at the register to automatically deduct your balance.

18. Sustainability & Eco-Policy: At Grotta dei Delfini, we are committed to protecting the environment. We are a plastic-free facility and enforce waste sorting. Please use the designated recycling bins around the beach club for your trash, and never discard cigarette butts in the sand or sea.

19. Leaving the Premises: If you leave the beach club temporarily during the day, please keep your payment receipt with you. It serves as your proof of rental for beach equipment.

20. Terrace & Dining Seating: Seating at the bar and restaurant is reserved for customers ordering food and drinks on-site. Between 1:00 PM and 4:00 PM, tables are strictly reserved for guests consuming food bought at our venue for the duration of their meal, ensuring everyone gets a chance to sit down. After eating, please place your trays on the collection racks located at either side of the facility.

21. Weather Conditions & Safety Flags: High Winds: In case of strong winds, staff will close or keep umbrellas down for your safety. No refunds or claims will be accepted under these conditions. Flag System: Please pay attention to the safety flags: Green: Lifeguards on duty; calm sea conditions. Yellow: Potentially hazardous conditions (rough seas, strong winds, currents). Swimming is permitted, but exercise caution and stay close to the shore. Red: Dangerous conditions (very rough seas, high winds, strong currents) OR lifeguard service temporarily inactive. Swimming is strongly discouraged. Jellyfish Warning: If jellyfish are

⁶ For bicycles, please refer to section 4.

⁷ Your virtual account can hold any balance and is valid for the entire season; unused credit is non-refundable.

present, a notice sign will be displayed near the flags, in accordance with Port Authority Safety Ordinance No. 25/2025

22. Local Ordinances: For any rules not explicitly covered in this policy, please refer to the current ordinances issued by the Municipality of Sperlonga and the Gaeta Coast Guard/Port Authority, available on our website.

23. Customer Support: For guest inquiries, please contact Martina at +39 329 62 10 907.

LIFEGUARD RECOMMENDATIONS

- Avoid swimming if: the sea is rough, strong winds are blowing (especially offshore), there are strong currents, the water is very cold, or there is a large difference between water and air temperatures.
- Do not enter the water when the red flag is flying.
- Never dive in if you cannot swim or are unfamiliar with the seabed depth and layout.
- Do not swim unless you are in top physical shape.
- Acclimate slowly after sunbathing: wet your chest and stomach before fully stepping into the water.
- Avoid swimming entirely if you suspect sunstroke or experience any of the following warning signs: mild headache, dizziness, feeling chilly, or extreme sensitivity to light.
- Stay close to your companions, the shoreline, your support boat, and within the lifeguard's direct line of sight while swimming.
- Stay within 50 meters of the shore when using air mattresses, inflatable rings, or small dinghies—especially when the yellow flag is displayed.
- Call for assistance whenever you need help: our lifeguard team is always here for you.

Sperlonga, June 1, 2026

The management
