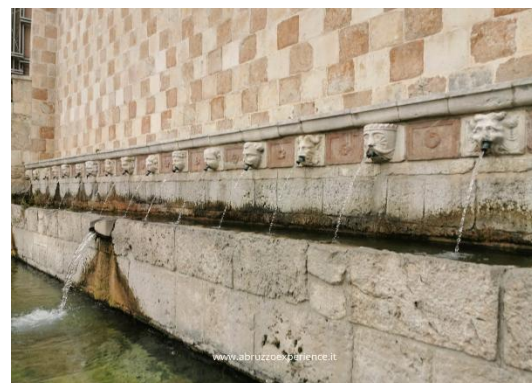


The Mysteries of L'Aquila € 180,00

Program

10:00 arrival in **L'Aquila** and guided tour of the city centre following an itinerary which chronologically goes through all the history of the town from its foundation combining the official history to legends and mysteries, constellations and Templar knights, important characters like Frederick II and Celestino V, the famous Pope of the "great refusal". The tour begins at the **Roman Theatre** and **Amphitheatre of Amiternum** an important Sabine city conquered by the Romans that later mysteriously vanished. Stop at a local cured-meat producer to taste regional specialties, or alternatively at a pasta workshop known for its *spaghetti alla chitarra*. The tour continues to the **Fountain of the 99 spouts**, a symbol of the city's founding. Lunch follows at a historic restaurant with local products. Afterward, the tour proceeds, passing through one of the city gates to photograph one of the historic center's most picturesque medieval streets, before arriving at the **Basilica of Collemaggio**, with the first Holy Door in the world and the only one being opened every year, you will pass across one of the city's access gates arriving to the **Basilica of San Bernardino**, a great example of L'Aquila baroque. You reach the highest point of the city, the **Castle**, imposing Spanish fortress offering a spectacular view of the Gran Sasso d'Italia. Optional admission to the **Munda**, the National Museum of Abruzzo, which houses an extraordinary collection of masterpieces that have shaped the region's identity and artistic history. Not to be missed: the imposing Mammoth. Afterwards, passing through charming little squares and narrow roads you will arrive in **Piazza Duomo** where the tour ends with a tasting of local nougat in the oldest caffè in town

17:30 departure of the group



Rate: € 180,00 per person (min. 7 pax)

The rate includes:

- Transfer in minivan with private driver
- Licensed tour guide FD
- Tasting of cured ham (or pasta)
- Lunch in historical restaurant
- Small nougat tasting

The rate does not include:

- Ticket: Munda € 10,00
- Extra cost, tips and all the other items not mentioned in "the rate includes"

Bookings: Vanessa +393485125381 abruzzoexperience@gmail.com

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The Gran Sasso National Park

€ 210,00

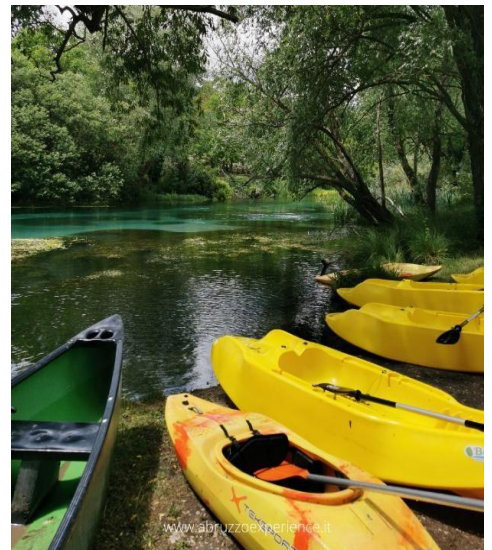
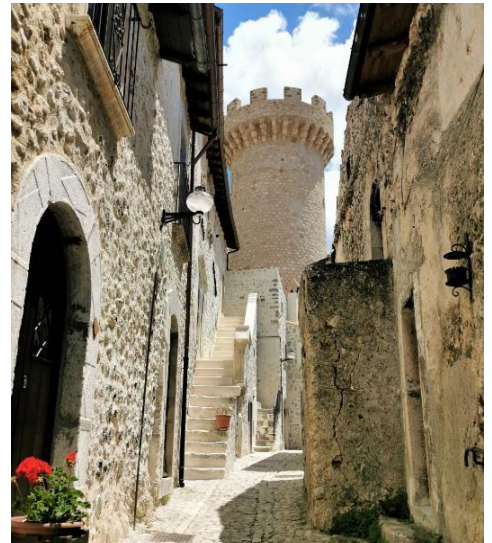
Program

10:00 arrival at **Gran Sasso and Monti della Laga National Park** to traverse a section of the Tratturo Magno an ancient transhumance route while ascending to **Campo Imperatore**, known as "Little Tibet" for its lunar-like landscapes. Arrival in **Santo Stefano di Sessanio**, one of the most beautiful villages in Italy, a former Medici possession that has been masterfully restored, dominated by its picturesque Medici tower. Walking tour through traditional craft shops where you can buy the DOP saffron made in L'Aquila, known as "red gold", DOP lentils and many local cheeses, honey, jam and other handcraft products made by fine wool

12:00 lunch at a traditional local inn with the opportunity to join a cooking class

15:00 arrival in **Capestrano** for a canoe trip along the river Tirino with its waters considered the clearest in Europe

17:00 departure of the group



Rate: € 210,00 per person (min. 7 pax)

The rate includes:

- Transfer in minivan with private driver
- Licensed tour guide HD
- Lunch at a traditional local inn.
- Canoe trip

The rate does not include:

- Cooking Class: € 20.00
- Extra cost, tips and all the other items not mentioned in "the rate includes"

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N.B. Campo Imperatore is available only from the end of May through November

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Abruzzo of Ladyhawke

€ 140,00

Program

10:00 arrival at the **National Park of Gran Sasso and Laga Mountains** through the “Tratturo Magno”, an ancient sheep route, and arrival in **Campo Imperatore**, called little Tibet for its moon landscape, often chosen as a shooting location for films and advertisements. If the road is open you can reach the top where the cable car of the Gran Sasso d'Italia arrives (at 2.115 m asl) to enjoy a stunning view and take a picture of the historical hotel in which Mussolini was imprisoned during the Second World War. Photo stop on the plateau at 1800 m above sea level

13:00 free time for lunch based on *arrosticini* to be cooked yourself in a hut in the middle of nowhere or order a sandwich made with famous local cheese.

14:30 arrival in Castel del Monte and departure for Rocca Calascio, with an e-bike tour, crossing vast open landscapes and cultivated fields, you will discover breathtaking views of the Gran Sasso mountain range. Possibility to visit the ruins of the castle dating back to 1380 and the set of a number of movies including Ladyhawke.

18:00 departure of the group



Rate: € 140,00 per person (min. 7 pax)

Rate includes:

- Transfer in minivan with private driver
- E-bike tour
- Entrance to Rocca Calascio Castle

Rate does not include:

- Lunch in mountain hut
- Extra cost, tips and all the other items not mentioned in “the rate includes”

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N.B. Available only from the end of May through November

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Stiffe Caves and Bominaco

€ 180,00

Program

10:30 arrival at the **Stiffe Caves** in the Sirente-Velino Regional Park where the presence of the underneath river is the most important feature because it creates waterfalls inside and outside the caves!

12:30 lunch in *agriturismo* with local specialties

14:30 departure for **Bominaco**, nestled in the hills of the Gran Sasso and Monti della Laga National Park to visit the Church of Santa Maria Assunta, masterpiece of the abruzzese Romanesque period, and the Chapel of Saint Pilgrim, completely decorated with paintings dating back to the XIII century. It's possible to reach the castle's ruins located just a few steps from the Benedictine complex from which you can enjoy a stunning view over the valley

16:30 departure of the group



Rate: 180,00 per person (min. 7 pax)

The rate includes:

- Transfer in minivan with private driver
- Entrance ticket and guided tour at Stiffe Caves
- Entrance ticket to Bominaco complex
- Lunch in agriturismo

The rate does not include:

- Extra cost, tips and all the other items not mentioned in "the rate includes"

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The Majella Park

€ 175,00

Program

11:00 arrival in **Roccascalegna** and visit to one of Abruzzo's most photographed castles, within Majella National Park, perched on a rocky spur with sheer drops on either side, it stands against the majestic backdrop of the Majella, the "Mother Mountain."

13:00 lunch in *agriturismo*

15:00 departure for **Fara San Martino** in **Majella National Park**, emerging from the gorges, you can discover the ancient Benedictine monastery of San Martino in Valle (9th–18th centuries AD), a true hidden gem. For hiking lovers, it is from here that you start the path leading to the springs of the Verde river, the one feeding for decades the famous pasta factory in Italy

17:00 departure of the group



Rate: € 175,00 per person (min. 7 pax)

The price includes:

- Transfer in minivan with private driver
- Entrance to Roccascalegna Castle and Fara San Martino
- Lunch in agriturismo

The price does not include:

- Extra cost, tips and all the other items not mentioned in "the rate includes"

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The Town of Confetti

€ 180,00

Program

10:30 arrival in **Sulmona** and visit to a museum which illustrates and summarizes the history of the town's confectionery production through interesting and rare historical exhibits. Guided tour of the city, the birthplace of Ovid, renowned worldwide for its centuries-old tradition of producing confetti (sugar-coated almonds). Ancient walls, gateways, churches, palaces, and squares along with the imposing medieval aqueduct tell the story of the city's rich past, marked by periods of both splendor and great hardship, from which it has always managed to rise again. The tour begins at the cathedral, including a visit to the crypt, and concludes with a confetti tasting at one of the many shops lining the charming streets of the town center. Lunch at a medieval-style inn

14:30 departure for **Pacentro**, a village nestled within the Majella National Park and recognized as one of the "Most Beautiful Villages in Italy." Perched on the hills at the foot of the Morrone Mountains, it is visible from afar thanks to the towers of **Castello Cantelmo Caldora** rising above the surrounding landscape. Visitors have the option to tour Castello Caldora or experience the Majella Zipline. The zipline ride offers a bird's-eye view of the natural scenery while soaring over the valley bordering Pacentro. Afterward, enjoy some free time in the village, with a recommended stop at the historic café in the main square

17:00 departure of the group



Rate: € 180,00 per person (min. 7 pax)

The rate includes:

- Transfer in minivan with private driver
- Licensed tour guide FD
- Tasting of sugar-coated almond
- Entrance to the confetti museum
- Lunch in medieval style inn

The rate does not include:

- Entrance to Caldora Castle: € 3,00
- Majella Zipline: € 55,00
- Extra cost, tips and all the other items not mentioned in "the rate includes"

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The Heart of Abruzzo

€ 180,00

Program

10:00 arrival at the **Abruzzo, Lazio, and Molise National Park** to discover its beautiful landscapes that characterized it, such as the hermitage of San Domenico which overlooks the homonymous lake along the Canyon of Sagittarius, a WWF oasis

11:00 arrival in Scanno and stop for a sweet tasting in the bakery which produced the famous *Pan dell'Orso*, a typical cake from Abruzzo. Visit the ancient medieval stone village, perched over a thousand meters on a spur in the mountains, near the natural lake with the same name characterized by the heart shape. Inserted in the Club of the most beautiful villages in Italy, it is also known as the "city of photographers", very appreciated for its unforgettable views and its people. In 1964, a photo taken in Scanno by Mario Giacomelli became part of the prestigious collection of photographic works of the Museum of Modern Art in New York. Visit of one of the ancient goldsmiths' workshops which since 1850 works the gold filigree with extreme skill to know the extraordinary *presentosa*.

13:00 optional lunch in a hut beside the lake

15:00 departure for **Barrea** and a guided walk through the small medieval village up to the castle, which offers a breathtaking view of the lake

17:00 departure of the group



Rate: € 180,00 per person (min. 7 pax)

The rate includes:

- Transfer in minivan with private driver
- Licensed tour guide FD
- Pan dell'Orso tasting
- Visit to a goldsmith's workshop
- Entrance to Barrea castle

The rate does not include:

- Extra cost, tips and all the other items not mentioned in "the rate includes"

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N.B The tour is available only during summer months

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Marsi and Martians

€ 180,00

Program

11:00 arrival at the **Fucino Plain**, a vast Apennine basin in the Marsica region surrounded by the Sirente-Velino mountains. Until the late 19th century, this area was home to Italy's third-largest lake; after countless attempts, the lake was drained to transform the land into one of the most fertile regions in the country. Photo stop to capture the 170 antennas of Telespazio, recognized as the world's first and most important civil-use "teleport." Visit to **Alba Fucens**, the oldest city in Abruzzo, founded by the Romans in 303 BC, featuring magnificent ruins such as the forum, amphitheater, basilica, *macellum*, thermal baths, aqueduct, temples and the Sanctuary of Hercules.

13:00 lunch in a traditional *trattoria*

15:30 arrival in **Aielli** and a walk through the colorful "*Borgo Universo*", an open-air museum. From the top of its cylindrical tower, one can view the entire Fucino Plain framed by the mountains of the Abruzzo, Lazio and Molise National Park. Recognized as one of the "Authentic Villages of Italy" for its picturesque charm, the medieval center of Aielli Alto has hosted the creation of murals primarily themed around astronomy since 2017. In 2018, Ignazio Silone's novel *Fontamara* was transcribed in its entirety as a mural. The following year, the Constitution of the Italian Republic was fully transcribed onto a playground wall using a vertical printer. In 2021 and 2024, a 52-meter-long panel inscribed with Dante Alighieri's *Divine Comedy* and a mural featuring the full text of the *Ventotene Manifesto* a document originally drafted to promote European integration were unveiled, respectively.

17:30 departure of the group



Rate: € 180,00 per person (min. 7 pax)

The rate includes:

- Transfer in minivan with private driver
- Licensed tour guide FD
- Lunch in a traditional trattoria

The rate does not include:

- Extra cost, tips and all the other items not mentioned in "the rate includes"

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The Trabocchi Coast

€ 220,00

Program

10:00 arrival in **Ortona** and e-bike rental for the new bike route known as the “Green route of Trabocchi Coast” which takes one of the most evocative stretches of coast line of the Italy, few meters from the sea

12:30 optional lunch and fishing demonstration on the trabocco, an ancient wooden fishing machine still working transformed into a typical restaurant, to enjoy an authentic abruzzese gastronomic experience based on daily fresh fish and local wine!

15:00 departure of the group



N.B: Available only during summer

Bike Level: easy

Rate: € 220,00 per person (min. 7 pax)

The rate includes:

- Transfer in minivan with private driver
- E-Bike rent
- Lunch on Trabocco and fishing demonstration

The rate does not include:

- Extra cost, tips and all the other items not mentioned in “the rate includes”

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Ceramics of Castelli

€ 180,00

Program

9:00 departure for **Castelli** and walk in the village perched on a spur eroded by time and by the waters of the rushing streams that descend from the mountains and optional visit to the ceramics museum, located in the ancient Franciscan convent of the order of the Observant Minors dating back to the mid-sixteenth century. In the museum you can take a guided tour to see the old clay settling tanks, the crushing and making of malleable clay, the various techniques of shaping, glazing and decorating the object and the reproduction of the ancient kiln for firing the ceramic artifact called "Breath Oven". The first floor store the works from 1400 to 1900 in chronological order. Visit to the Church of San Donato, which in 1963 was defined by the writer Carlo Levi as the Sistine Chapel of Majolica because of the ceiling entirely made up of tiles decorated with majolica in about 1000 (currently 800) specimens dating back to about 1615-1617

13:00 lunch in *agriturismo* with local products

16:30 visit to a wine estate, including a guided walk through the vineyards and the opportunity to taste and purchase local wines

18:00 departure of the group



Rate: € 180,00 per person (min. 7 pax)

The rate includes:

- Transfer in minivan with private driver
- Licensed tour guide FD
- Lunch in agriturismo
- Wine estate visit

The rate does not include:

- Museum of Ceramics: € 3.00 (with guided tour)
- Extra cost, tips and all the other items not mentioned in "the rate includes"

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Cooking class

€ 245,00

Program

10:00 arrival at a historic farmhouse surrounded by vineyards and olive groves in the hills of Pescara

10:30 cooking class to discover local ancient grain flours and prepare a traditional lunch using local ingredients. Participants learn to make an appetizer, a first course and a dessert, which are then served for lunch

15:00 departure of the group



Rate: € 245,00 per person (min. 7 pax)

The rate includes:

- Transfer in minivan with private driver
- Cooking class

The rate does not include:

- Extra cost, tips and all the other items not mentioned in "the rate includes"

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