

# Abruzzo Experience

## The heart of Abruzzo

### Saturday 9<sup>th</sup> May

Arrival in **Atri**, known for the production of licorice, the cathedral containing a XV cent pictorial cycle and an underground Roman cistern.

19:30 arrival in L'Aquila, check in the hotel, dinner and overnight stay

### Sunday 10<sup>th</sup> May

9:00 departure for the **Gran Sasso and Monti della Laga National Park** to drive through the Tratturo Magno, the ancient shepherds' routes, until reaching **Castel del Monte**, the shepherds' capital, for a guided visit in the village listed among the Most Beautiful Villages in Italy. Afterwards guided tour of **Santo Stefano di Sessanio**, also one of the most beautiful villages in Italy now greatly renovated, where reigns supreme the picturesque Medici family tower. Walking tour through traditional craft shops and Tombolo Aquilano demonstration. Lunch in a traditional tavern. Departure for **Bominaco** to visit the Church of Santa Maria Assunta, masterpiece of the abruzzese Romanesque period, and the Chapel of Saint Pilgrim, completely decorated with frescoes paintings dating back from the XIII century.

19:00 return to the hotel, dinner and overnight stay

### Monday 11<sup>th</sup> May

10:00 arrival in **Scanno**, one of the most beautiful villages in Italy, after you drove through beautiful landscape like the Canyon of Sagittarius and the San Domenico lake. Little cake tasting in the pastry shop which produces the famous Pan dell'Orso, typical from Abruzzo. Walk through the medieval stone village, perched over a thousand meters up on the mountains. Visit one of the ancient goldsmith workshops been working the filigrana since 1850. Option lunch in a mountain out. In the afternoon guided visit of **Sulmona**, the city where Ovid was born, known in the world for the centuries-old tradition in the production of sugared almonds.

19:30 return to the hotel, dinner and overnight stay

### Tuesday 12<sup>th</sup> May

10:00 visit to the **Grotte di Stiffe** in the Sirente Velino Regional Park. Where the presence of the watercourse create spectacular waterfalls inside and outside the caves. Lunch in a typical restaurant. In the afternoon guided tour of the city center of **L'Aquila** 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". Starting from the Basilica of Santa Maria di 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 to take a photo of one of the most picturesque medieval streets in the city center. Keeping going uphill you will reach the Basilica of San Bernardino, a great example of L'Aquila baroque. The tour continues uphill to see the Castle from the outside, located at the highest point of the town. From there, walking through charming little squares and characteristic narrow streets, you reach Piazza Duomo, where the tour concludes with a small tasting of local nougat in the oldest café in the city.

19:30 return to the hotel, dinner and overnight stay

### Wednesday 13<sup>th</sup> May

9:00 departure for **Civitella del Tronto**, one of the most beautiful village in Italy, and tour of the majestic fortress considered as one of the biggest and most important European military engineering works.



**Abruzzo Experience is powered by Scipio Tours di Vanessa Scipione**

Sede legale: Via Australia, 4 - 67100 L'Aquila - Italy

Sede operativa: Via Paganica, 1 (angolo Piazza Palazzo) - 67100 L'Aquila - Italy

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**Rate: € 545,00 per person (min. 30 people)**

**The rate include:**

- 4 nights in hotel in twin room in half board (drinks incl)
- 3 lunches in typical restaurants
- Small nougat teasing and Pan dell'Orso
- Guided tour (2 FD + 1 HD)
- Entry and guided tour of ancient Goldsmith, Stiffe Caves and Civitella del Tronto

**The rate does not include:**

- Transfers (upon request)
- City taxes, extra costs, tips and all other items not mentioned in "the rate includes"

Bookings: Vanessa +39 3485125381 [abruzzoexperience@gmail.com](mailto:abruzzoexperience@gmail.com)

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