

Abruzzo Experience

Heart of Abruzzo

19th - 22nd June 2026

Friday 19th June

12:30 free lunch in **Atri**, known for the production of licorice, the cathedral containing a XV cent pictorial cycle and an underground Roman cistern

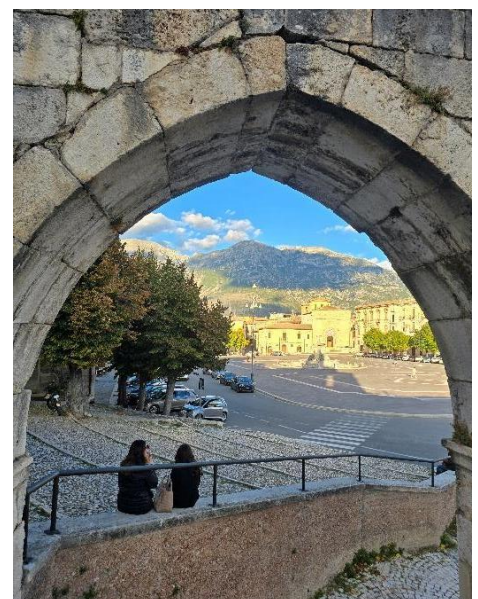
15:30 guided tour of the city center of **L'Aquila**, following an itinerary which chronologically goes through all the history of the town from its foundation combining the official history to legends and mysteries, constellations and Templar knights, important characters like Frederick II and Celestino V, the famous Pope of the "great refusal". The tour begins at the **Fountain of the 99 Cannelle**, which represents the 99 castles that took part in the founding of L'Aquila. The tour continues by bus to 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**, a 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 café in town

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

Saturday 20th June

8:30 departure for **Sulmona**, the city where Ovid was born, known worldwide for its centuries-old tradition of producing sugared almonds (confetti). Visit to a well-known factory with a museum, where historic machinery and other items are on display. Lunch in a typical restaurant and departure for **National Park of Abruzzo, Lazio and Molise** with its beautiful landscapes, such as the hermitage of San Domenico which overlooks the homonymous lake. Walk near the natural lake with his romantic heart shape before arriving in **Scanno**, one of the most beautiful villages in Italy and small cake tasting in the pastry shop which produces the famous Pan dell'Orso. Guided tour of the medieval stone village, perched over a thousand meters high on a rocky spur between the mountains and visit to a historic goldsmith's workshop that has been crafting the *presentosa* since 1850

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



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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Sunday 21st June

9:00 departure for **Gran Sasso and Monti della Laga National Park**, traveling along the Tratturo Magno and the ancient routes of transhumance and cross the Campo Imperatore plateau, nicknamed "Little Tibet" for its lunar-like landscapes. Photo stop in front of the hotel where Mussolini was imprisoned, located at the top station of the Gran Sasso cable car at 2,130 m a.s.l. The descent continues to **Santo Stefano di Sessanio**, one of the most beautiful villages in Italy and a former Medici possession, where the picturesque Medici tower dominates the skyline. Stroll through the workshops with a demonstration of bobbin lace. Lunch at a traditional local restaurant and departure for **Bominaco** to visit the Church of Santa Maria Assunta, a masterpiece of Abruzzese Romanesque architecture and the Oratory of San Pellegrino, covered with frescoes from XIII cent. Possibility to take a walk till the ruins of the castle to enjoy a spectacular view of the valley

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

Monday 22nd June

8:30 departure from L'Aquila

10:00 arrival in **Civitella del Tronto**, one of the most important European military engineering works. The site is mainly known for being the last stronghold of the Kingdom of the two Sicilies which surrendered to Piedmont on 20 march 1861, three days before the coronation of the Italian King Vittorio Emanuele II. Walking through the "ruetta", the narrowest street in Italy!

12:00 lunch at a seafood restaurant by the sea and departure



Rate: € 420,00 per person (min. 25 pax)

The rate includes:

- 3 nights in a 4 **** hotel in L'Aquila (Hotel Castello) in double room with half board (drinks incl)
- 3 lunches in traditional local restaurants
- Licensed tour guide (1 HD + 2 FD)
- Small tasting of torrone, confetti and Pan dell'Orso
- Demonstration of bobbin lace and visit to a goldsmith's workshop

The rate does not include:

- Transfers (on request)
- Ticket: MuNDA € 10,00; Fortress of Civitella: € 15,00 (guided tour included)
- Extras, supplements and everything that is not mentioned in the item "The rate includes"

Bookings: Vanessa +39 3485125381 abruzzoexperience@gmail.com

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