

VESTINESE VIAGGI

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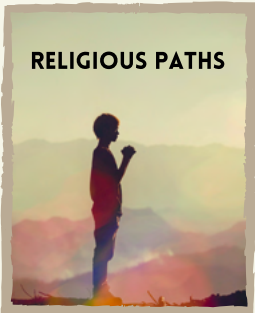
WELCOME A

INFOPOINT - BOOKING - TICKETING - PRODUCTS

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LIVE L'AQUILA

CULTURE - NATURE - SPORT - SPIRITUALITY



"Nel montare un cavallo, noi prendiamo in prestito la libertà"
(Helen Thomson)

HORSE TREKKING



TRATTURO MAGNO E LAGO SINIZZO

DURATION: 3 H - FROM MONDAYS TO WEDNESDAYS -
- PATH:



A PATH RICH IN HISTORY AND TRADITIONS ALONG THE MAGNUM TRACTUR (TRANSUMANCE WAS DECLARED A UNESCO CULTURAL HERITAGE IN 2019), A TIME TRAVELED BY TRANSMUTATING SHEPHERDS WITH THEIR CRUDES. QUALIFIED ACCOMPANIES F.I.S.E. WITH DOCILE AND WELL TRAINED HORSES, THEY WILL BE READY TO ENJOY AN UNFORGETTABLE TREKKING ADVENTURE ON HORSEBACK, IN COMPLETE SAFETY, STARTING FROM POGGIO PICENZE THROUGH AN INCREDIBLE NATURAL VIEW THAT LEADS ON THE BANKS OF LAGO SINIZZO. IT LEAVES TO FACE THE RETURN ROUTE THAT OFFERS GLIMPSSES OF THE CITY OF L'AQUILA AND ITS SURROUNDING MOUNTAINS, LIKE THE CHAIN OF THE GRAN SASSO AND THE SIRENTE, AS WELL AS THE VALLEY OF THE ATERNO.

55 € HORSE IN ASSIGNMENT - 15 € OWN HORSE - PACKED LUNCH INCLUDED

POGGIO PICENZE E SANTO STEFANO DI SESSANIO

DURATION: 4.5 H - EVERY SATURDAY
- PATH:



WALKING ALONG THE SHEEP TRACKS THAT CONNECT THE ATERNO VALLEY WITH THE GRAN SASSO, A ROUTE RICH IN HISTORY AND ENCHANTING LANDSCAPES IS PROPOSED TO TACKLE WITH HORSES. STARTING FROM POGGIO PICENZE WE WILL WALK ALONG THE PATHS OF THE CAMPANARO VALLEY AND CROSSING THE MOUNTAINS OF BARISCIANO WE WILL REACH THE SMALL LAKE OF S. STEFANO DI SESSANIO, WHERE THE PACKED LUNCH WILL BE EATEN. QUALIFIED ESCORTS F.I.S.E. WITH DOCILE AND WELL TRAINED HORSES THEY WILL BE READY TO MAKE YOU ENJOY AN UNFORGETTABLE TREKKING ADVENTURE ON HORSEBACK IN COMPLETE SAFETY.

105 € HORSE IN ASSIGNMENT - 65 € OWN HORSE - PACKED LUNCH INCLUDED

SANTO STEFANO DI SESSANIO E ROCCA DI CALASCIO

DURATA: 3 H - TUTTE LE DOMENICHE - PERCORSO:



STARTING FROM NEAR THE SMALL LAKE OF S. STEFANO DI SESSANIO ALONG THE PATHS OF THE LUCCHIANA VALLEY WE ARRIVE AT THE MEDIEVAL FORTRESS OF CALASCIO WHOSE CASTLE IS ONE OF THE HIGHEST IN ITALY AND CONSIDERED AS ONE OF THE SYMBOLS OF ABRUZZO. WALKING THE LAST METERS ON FOOT YOU CAN VISIT THE FORTRESS AND THEN GET BACK ON THE SADDLE AND RETURN TO THE STARTING POINT. QUALIFIED F.I.S AND WITH DOCILE AND WELL TRAINED HORSES WILL BE READY TO MAKE YOU ENJOY AN UNFORGETTABLE TREKKING ADVENTURE ON HORSEBACK IN COMPLETE SAFETY.

65 € HORSE IN ASSIGNMENT - 25 € OWN HORSE - PACKED LUNCH INCLUDED

"In ogni passeggiata nella natura l'uomo riceve molto di più di ciò che cerca"
(John Muir)

TREKKING

NORDIC WALKING

NORDIC WALKING HAS BEEN ONE OF THE TRENDY OUTDOOR ACTIVITIES IN RECENT YEARS. IT IS A TYPE OF TOTAL BODY WALK THAT NOT ONLY INVOLVES THE LOWER AND THE UPPER PART OF THE BODY. IT IS A PARTICULARLY BENEFICIAL ACTIVITY, WHICH CAN BE CARRIED OUT BY BOTH PROFESSIONALS AND NOVICES: THE TECHNIQUE IS SIMPLE, NO DEMANDING OR EXPENSIVE EQUIPMENT IS REQUIRED, AND IT CAN BE CARRIED OUT BOTH IN THE CITY AND IN GREEN, HILLY AND MOUNTAINOUS AREAS. A GENTLE BUT COMPLETE ACTIVITY, WHICH ALLOWS YOU TO TRAIN THE MUSCLES OF THE WHOLE BODY AND ALLOWS YOU TO RELEASE TENSION AND STRESS. A SLOW APPROACH, THROUGH THE ADVICE OF AN INSTRUCTOR, FOR EACH SEASON, TO WALK THROUGH COLORS AND SCENTS.

THE PACKAGES OFFERED INCLUDE PACKED LUNCHES AND CAN BE BOOKED ONE WEEK IN ADVANCE

NORDIC WALKING APPROACH COURSE (3H) - 25 € / PERSON (MIN.2 PARTICIPANTS)
BASIC NORDIC WALKING COURSE (6H) - 45 € / PERSON (MIN.2 PARTICIPANTS)

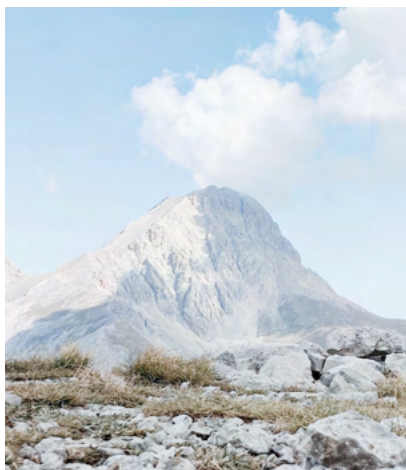


CORNO GRANDE, YOU CAN'T GET HIGHER! (2912MSLM)

ROUTE LENGTH: 10 KM - TOTAL TIME: (STOPS, LUNCH AND SLOW PACE) 6H DIFFICULTY: E +
- DIFFERENCE IN HEIGHT: 800 METERS.

"ON 19 AUGUST 1573, FRANCESCO DE MARCHI, THE FIRST TO REACH THE TOP OF THE GRAN SASSO, DESCRIBED THE UNIQUE AND SPECTACULAR LANDSCAPES THAT CAN BE ADMIRERD ALONG THE WAY AND FROM THE TOP OF THE CORNO GRANDE. ON CLEAR DAYS THE VIEW OPENS UP TO THE ADRIATIC SEA. THE CORNO GRANDE ALWAYS GIVES WONDERFUL EMOTIONS!

25 € PER PERSON - MIN. 5 PARTICIPANTS (GROUPS OF LESS THAN 5 PEOPLE MUST ENSURE THE ENTIRE FEE OF € 125)



RING OF CAMPO PERICOLI: AMONG THE GIANTS OF THE GRAN SASSO

ROUTE LENGTH: 10 KM - TOTAL TIME: (STOPS, LUNCH AND SLOW PACE) 6H DIFFICULTY: E -
DIFFERENCE IN HEIGHT: 450 METERS.

HIDDEN AMONG SUPERB PEAKS, CAMPO PERICOLI IS A SPLENDID BASIN OF GLACIAL ORIGIN; PLACE OF SILENCE AND REFRESHMENT FOR THE MIND. DURING THE EXCURSION WE WILL CROSS THE PASSAGE OF THE PORTELLA, ANCIENT ACCESS BETWEEN THE TWO SIDES OF THE CHAIN, WE WILL VISIT THE GARIBALDI REFUGE (THE OLDEST OF THE GRAN SASSO) AND WITH WATCHFUL EYES WE WILL BE ABLE TO SEE THE CHAMOIS IN THE DISTANCE, LIGHT ON THE ROCKY CRAGS THAT SURROUND US.

20 € PER PERSON - MIN. 5 PARTEGIPANTI (GROUPS OF LESS THAN 5 PEOPLE MUST ENSURE THE TOTAL FEE OF 100 €)



"In ogni passeggiata nella natura l'uomo riceve molto di più di ciò che cerca"
(John Muir)

TREKKING



MONTE BRANCASTELLO, AMONG THE WHITENESS OF THE EDELWEISS (2385MSLM)

ROUTE LENGTH: 10 KM - TOTAL TIME: (STOPS, LUNCH AND SLOW PACE) 6H DIFFICULTY: E - DIFFERENCE IN HEIGHT: 750 METERS.

IN 1974 THE SECTION OF THE CAI OF L'AQUILA WANTED TO CELEBRATE THE CENTENARY OF THE FOUNDATION; FOR THE OCCASION I DEDICATE THAT WONDERFUL PATH THAT FIRST CLIMBS RIGHT ON MOUNT BRANCASTELLO AND ENDS, MANY HOURS LATER, ON THE SLOPES OF MOUNT SHIRT. AMONG THE MOST PANORAMIC AND AERIAL OF THE WHOLE MOUNTAIN GROUP, THE GENTLE HILLS OF TERAMO ACT AS A WATERSHED (ON SOME DAYS YOU CAN SEE THE CLEAR WATERS OF THE ADRIATIC SEA) AND THE DISARMING BEAUTY OF THE CAMPO IMPERATORE PLATEAU.

25€ PER PERSON - MIN. 5 PARTECIPANTI (GROUPS OF LESS THAN 5 PEOPLE MUST ENSURE THE TOTAL FEE OF 125 €)



HALF "RICOTTA" AND A SLICE OF "VOLTIGNO"

ROUTE LENGTH: 10/13 KM - TOTAL TIME: (STOPS, LUNCH AND SLOW PACE) 6H DIFFICULTY: E - DIFFERENCE IN HEIGHT: 300/500 MT.

PRIVILEGED AND FASCINATING POINTS OF VIEW ON THE MOUNT CAMICIA, ON THE PLATEAUS OF CAMPO IMPERATORE AND THE VOLTIGNO; POSSIBLE DEVIATION IN THE CATERINA VALLEY COULD GIVE THE VIEW ON THE WILD ANGORA VALLEY; THE SPLENDID BEECH FOREST OF THE ZINGARELLA COULD SURPRISE US WITH ITS INHABITANTS... THE EXTREME EASTERN EDGE OF THE GRAN SASSO, WITH THE META MOUNTAIN, WILL CERTAINLY BE ABLE TO GIVE STRONG EMOTIONS!

20€ PER PERSON - MIN. 5 PARTECIPANTI (GROUPS OF LESS THAN 5 PEOPLE MUST ENSURE THE TOTAL FEE OF 100 €)



A "VAST(O)" TALE

ROUTE LENGTH: 10 KM - TOTAL TIME: (STOPS, LUNCH AND SLOW PACE) 5H DIFFICULTY: E - DIFFERENCE IN HEIGHT: 300 MT.

FROM THE MEDIEVAL TOWN OF ASSERGI WE GO UP THROUGH THE RAIALE RIVER, AMONG FERTILE CULTIVATED FIELDS AND LUXURIANT WOODS OF OAK, ASPEN, HORNBEAM AND BLACK PINE... AN IMMEASURABLE TREASURE OF HISTORY AND SPIRITUALITY IS KEPT HERE; ALREADY IN THE NEOLITHIC OUR ANCESTORS FOUND THERE REFUGE AND SUSTENANCE FOR THEIR EXISTENCE (GROTTA AMARE); IN THE MIDDLE AGES SAN FRANCO CHOSE IT AS A PLACE OF RETREAT AND MEDITATION BEFORE SEEKING EVEN MORE RUGGED AND INACCESSIBLE SHELTERS AMONG THE ROCKS OF CEFALONE; FINALLY, JOHN PAUL II ENJOYED THE PEACE AND SERENITY OF THE MAGICAL TOWN OF S. PIETRO DELLA IENCA WHICH, PLACED IN A DECIDEDLY SUNNY POSITION, DOMINATES THE UNDERLYING VASTO VALLEY. AN ATTENTIVE EYE WILL NOT FAIL TO SEE THE PRESENCE OF THE WOLF, ROE DEER AND FOX ASSIDUOUS PRESENCES OF THE GREEN VALLEY MEADOWS; NEVER PREDICTABLE PLACE, CLEAR INVITATION TO ALWAYS NEW DISCOVERIES.

20€ PER PERSON - MIN. 5 PARTICIPANTS (GROUPS OF LESS THAN 5 PEOPLE MUST ENSURE THE TOTAL FEE OF 100 €)



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"In ogni passeggiata nella natura l'uomo riceve molto di più di ciò che cerca"
(John Muir)

TREKKING



FROM SANTO STEFANO TO ROCCA DI CALASCIO

ROUTE LENGTH: 10 KM - TOTAL TIME (STOPS, LUNCH AND SLOW PACE) 6H DIFFICULTY: E - DIFFERENCE IN HEIGHT: 500 MT.

ONCE THE PASSAGE OF FLOCKS AND SHEPHERDS MARKED THE TIME OF MAY AND SEPTEMBER, THEY WERE THE MONTHS IN WHICH WE ESCAPED FROM THE RIGORS OF WINTER OR FROM SUMMER HEAT. IT IS PRECISELY ON THOSE STEPS THAT WE ARE GOING TO WALK; WHERE RESISTANCE, SACRIFICE AND LOVE FOR THE LAND WERE THE AUTHENTIC VALUES THAT MOVED AN ENTIRE PEOPLE. FROM SANTO STEFANO DI SESSANIO AN EASY ROUTE, SUITABLE FOR EVERYONE AND ALMOST WITHOUT DANGER, WILL TAKE US TO THE ANCIENT FORTIFIED VILLAGE OF CALASCIO AND ITS FORTRESS; SPECTACULAR POSITION THAT ALLOWS YOU TO ADMIRE MAGNIFICENT SCENERY. OFTEN THE PLACE COULD BE ADMIRER AT NIGHTFALL OR ACCOMPANIED BY DELICACIES THAT WILL DELIGHT THE PALATE.

20€ PER PERSON - MIN. 5 PARTECIPANTI (GROUPS OF LESS THAN 5 PEOPLE MUST ENSURE THE TOTAL FEE OF 100 €)



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ROUTE LENGTH: 4.3 KM - TOTAL TIME: 3H - DIFFICULTY: T - DIFFERENCE IN HEIGHT: 230 MT.

THE ROUTE WINDS THROUGH THE VELINO SIRENTE PARK, AFTER HAVING CROSSED THE SLOPES OF MOUNT CASTELLO, YOU REACH THE SMALL LAKE OF TEMPRA, USED FOR WATERING GRAZING ANIMALS AND LOCAL GAME. IT IS A CIRCULAR WATER MIRROR OF KARST ORIGIN (SINKHOLE). THE AREA IS FULL OF WILD ANIMALS, AND WITH A LITTLE ATTENTION YOU WILL NOT FAIL TO OBSERVE SOME DEER OR FIND THE POLE OF ITS STAGE. CONTINUING ALONG THE PATH YOU WILL REACH THE ANCIENT RURAL CHURCH OF THE HOLY TRINITY. FROM THE LAKE YOU CAN START AGAIN TO REACH THE PAGLIARE, AN UNINHABITED VILLAGE, BUT ON THE LEFT YOU WILL SEE THE MAJESTIC SIRENTE MOUNTAIN RIDGE.

15 € PER PERSON - MIN. 5 PARTECIPANTI (GROUPS OF LESS THAN 5 PEOPLE MUST ENSURE THE TOTAL FEE OF 75 €)



"In ogni passeggiata nella natura l'uomo riceve molto di più di ciò che cerca"
(JohnMuir)

TREKKING



FROM VADO DI PEZZA TO THE PLAN OF CAMPO FELICE

ROUTE LENGTH: 15 KM - TOTAL TIME: 7H - DIFFICULTY: E - DIFFERENCE IN HEIGHT: 656 MT.

CHALLENGING ROUTE DEPENDING ON ITS LENGTH AND HEIGHT DIFFERENCE. THE FIRST PART OF THE ITINERARY, UP TO THE COLLETO DI PEZZA-SEBASTIANI REFUGE, TAKES PLACE ENTIRELY WITHIN THE SIRENTE-VELINO REGIONAL PARK. THE RETURN, FIRST IN THE PUZZILLO VALLEY, THEN IN THE LEONA VALLEY AND IN CENTOMONTI, TO FINISH ON THE CAMPO FELICE PLAIN PRESENTS SCENARIOS OF RARE BEAUTY. IF IN WINTER THE LANDSCAPE IS WHITENED, IN SPRING THE PLATEAUS ARE TINGED WITH A THOUSAND COLORS AND IN AUTUMN THE RED OF THE WOODS JOINS THE ROAR OF THE DEER.

25€ PER PERSON - MIN. 5 PARTICIPANTS (GROUPS OF LESS THAN 5 PARTICIPANTS MUST ENSURE THE TOTAL FEE OF 125 €)



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ROCCA DI MEZZO

ROUTE LENGTH: 6.5 KM - TOTAL TIME: 3H DIFFICULTY: E - DIFFERENCE IN HEIGHT 100 MT.

THE LAWNS OF THE COURT AND OF THE MADONNA WILL GIVE ACCESS TO THE BEECH FOREST OF CALATORA, A RARE WOODED SETTLEMENT FOR THAT QUOTA. YOU ARRIVE NEAR AN OLD BAUXITE MINE, A SITE NO LONGER ACTIVE LIKE THE OTHERS IN THE NEIGHBORING AREAS. THROUGH THE CUCCHIARELLO VALLEY YOU RETURN TO THE TOWN OF ROCCA DI MEZZO.

115€ PER PERSON - MIN. 5 PARTICIPANTS (GROUPS OF LESS THAN 5 PEOPLE MUST ENSURE THE TOTAL FEE OF 275 €)



"Le persone non fanno i viaggi, sono i viaggi che fanno le persone"
(John Steinbeck)

TREKKING AND TASTING

LOOKING FOR TRUFFLES

ROUTE LENGTH: 7.75 KM - TOTAL TIME: 7H DIFFICULTY: EASY

45€ PER PERSON - LUNCH INCLUDED

WALKING IN SEARCH OF ONE OF THE MOST CHARACTERISTIC FLAVORS AND SMELLS OF THIS SPLENDID TERRITORY ... CROSSROADS OF HISTORY AND TRADITIONS ... WE WILL LEAVE YOU TO ... "FULL MOUTH"; IT WILL BE A PLEASURE TO SEE MARZIA AND UGHETTO WORK TOGETHER WITH THEIR INSEPARABLE CONDUCTOR, WHILE WITH THEIR NOSES DOWN THEY WILL FIND FANTASTIC DELICACIES !! WELCOME TO SAN BENEDETTO IN PERILLIS !!



WINE TASTING

PROPOSAL 1: 6H TREKKING EXCURSION, PACKED LUNCH, TASTING IN THE CELLAR AND OVERNIGHT STAY - 90 € PER PERSON

PROPOSAL 2: 4H TREKKING EXCURSION, FREE TIME, TASTING IN THE CELLAR, OVERNIGHT STAY, NEXT MORNING 7H TREKKING EXCURSION, DINNER - 120 € PER PERSON

WALK TO DISCOVER ABRUZZO'S FLORA AND FAUNA AND THEN FIND YOURSELF IN A CELLAR INSIDE THE GRAN SASSO AND MONTI DELLA LAGA PARK THAT PRODUCES WINE, BELIEVING THAT THE FUTURE OF VITICULTURE IS AT HIGH ALTITUDE, WHERE THERMAL EXCURSIONS OFFER UNIQUE CHARACTERISTICS TO THE WINES, WHERE THE PUREST AIR GUARANTEES HEALTHIER PRODUCTS, LEAVING NO ROOM FOR COMMERCIAL PROCEDURES THAT WOULD ALTER THE NATURAL CYCLE OF THINGS AND OF A TERRITORY THAT IS DISCOVERING A GIFT FOR WINE.



*"Visitare terre lontane e conversare con genti diverse rende saggi gli uomini"
(Miguel de Cervantes)*

GUIDED TOURS



L'AQUILA (ITINERARY 1)

ABOUT 3 HOURS - MORNING DEPARTURE AT 10:30 _ AFTERNOON DEPARTURE AT 16:30 - € 25 PER PERSON (MIN.4 PARTICIPANTS) - TASTING INCLUDED IN BOTH PROPOSALS - SATURDAYS AND SUNDAYS (RESERVATIONS MIN.5 DAYS BEFORE THE VISIT)

THE ROUTE WINDS ALONG THE MAIN AXIS OF THE HISTORIC CENTER OF THE CITY OF L'AQUILA AND ALLOWS YOU TO DISCOVER THE CAPITAL, ITS HISTORY AND ITS ART, THROUGH ITS MOST REPRESENTATIVE SYMBOLS. DESPITE THE FEW STEPS THAT SEPARATE PIAZZA DUOMO FROM THE LUMINOUS FOUNTAIN, THE ITINERARY ALLOWS US TO "WALK" THROUGH SEVEN CENTURIES AND THUS LEARN ABOUT THE THOUSAND FACETS OF A CITY WITH VERY COMPLEX DYNAMICS.

SPECIFICALLY, WE WILL VISIT: PIAZZA DUOMO AND CHURCH OF S. MARIA DEL SUFFRAGIO - PIAZZA DEL PALAZZO- BASILICA OF SAN BERNARDINO - BASILICA OF SANTA MARIA DI COLLEMAGGIO

L'AQUILA (ITINERARY 2)

ABOUT 3 HOURS - € 20 PER PERSON + MUSEUM ENTRANCE - BOOKING MIN. 5 DAYS BEFORE THE VISIT

THIS ROUTE TOUCHES ONE OF THE MOST IMPORTANT PLACES IN THE CITY: WE WILL VISIT THE RIVERA VILLAGE, CONSIDERED THE OLDEST AND FOUNDING PLACE OF THE CITY; THE MONUMENTAL FOUNTAIN OF 99 SPOUTS, ONE OF THE MOST ICONIC MONUMENTS OF THE CITY AND OF ITALY, SYMBOL OF THE HISTORY AND TRADITION OF THE EAGLE. THE ROUTE WILL THEN CONTINUE WITH A VISIT TO THE NATIONAL MUSEUM OF ABRUZZO (MUNDA).

MEDIA VALLE DELL'ATERNO

ABOUT 7 HOURS - 40 € PER PERSON - BOOKING MIN. 5 DAYS BEFORE THE VISIT - PACKED LUNCH INCLUDED - GROUPS OF LESS THAN 3 PEOPLE MUST ENSURE COVERAGE OF THE MINIMUM COST OF € 100

VISIT TO THE CHURCH OF SANTA MARIA AD CRYPTAS IN FOSSA AND THEN TO THE NECROPOLIS CALLED THE "STONEHENGE D'ABRUZZO". THE TOUR CONTINUES DISCOVERING THE ARCHAEOLOGICAL AREA OF THE ROMAN CITY OF PELTUINUM AND THE REMAINS OF THE BENEDICTINE ABBEY OF BOMINACO WITH A VISIT TO THE CHURCHES OF SANTA MARIA ASSUNTA AND THE ENTIRELY FRESCOED ORATORY OF SAN PELLEGRINO. THE VISIT CAN INCLUDE, UPON RESERVATION, LUNCH WITH TYPICAL ABRUZZESE ROAST AT THE REFRESHMENT POINT IN STIFFE, BETWEEN THE GREEN OF NATURE THAT WINDS ITS WAY BETWEEN THE GAMBERALE TORRENT WATERFALLS AND THE ATERNO RIVER.

CASTELS AROUND L'AQUILA

ABOUT 7 HOURS - 40 € PER PERSON - BOOKING MIN. 5 DAYS BEFORE THE VISIT - PACKED LUNCH INCLUDED - GROUPS OF LESS THAN 3 PEOPLE MUST ENSURE COVERAGE OF THE MINIMUM COST OF € 100

GUIDED TOUR TO DISCOVER THE MOST BEAUTIFUL VILLAGES IN ITALY. WALK THROUGH THE TYPICAL ALLEYS TO DISCOVER THE PALACES OF THE CHURCHES AND THE MEDICI TOWER. CALASCIO AND THE FORTRESS OF CALASCIO: ONE OF THE HIGHEST CASTLES IN EUROPE THAT DOMINATES THE ENTIRE TIRINO VALLEY AND ATERNO VALLEY. CASTEL DEL MONTE: A VILLAGE THAT HAS RECENTLY ENTERED ONE OF THE MOST BEAUTIFUL IN ITALY. A LABYRINTH OF ALLEYS AND STAIRS, WHERE SPIRITS AND WITCHES STAY.

*"Visitare terre lontane e conversare con genti diverse rende saggi gli uomini"
(Miguel de Cervantes)*

GUIDED TOURS



SULMONA (ITINERARY 1)

ABOUT 3 HOURS - 30 € PER PERSON (MIN. 5 PARTICIPANTS. LOWER GROUPS MUST INSURE THE COVERAGE OF THE MINIMUM COST OF 160 €)

ABOUT 70KM FROM L'AQUILA IS SULMONA, THE NODAL CENTER OF THE PELIGNA VALLEY. THE CITY, HOMELAND OF THE FAMOUS POET OVID, OFFERS A VALID FOOD AND WINE TOURISM, WITH ITS FAMOUS SUGARED ALMONDS AND MORE: RICH IN HISTORY AND CULTURE, A VISIT TO THE HISTORIC CENTER IS ESSENTIAL, WITHIN WHICH THE MAIN BEAUTIES OF THE CITY STAND OUT..

SPECIFICALLY, THE ITINERARY INCLUDES: -CATHEDRAL OF S. PANFILO-COMPLEX OF SS. ANNUNZIATA- MEDIEVAL AQUEDUCT-SAN FRANCESCO DELLA SCARPA-PIAZZA GARIBALDI-CHURCH S. MARIA DELLA TOMBA-PORTA NAPOLI

SULMONA (ITINERARY 2)

ABOUT 4 HOURS - 30 € PER PERSON (MIN. 5 PARTICIPANTS. LOWER GROUPS MUST ENSURE THE COVERAGE OF THE MINIMUM COST OF 150 €)

THIS ITINERARY INCLUDES A VISIT TO THE ABBEY OF SANTO SPIRITO AL MORRONE AND HERMITAGE OF SANT'ONOFRIO AND TO THE SANCTUARY OF ERCOLE CURINO

PLACES OF CELESTINO V

ABOUT 5 HOURS + 1 HOUR IN TWO DAYS - € 35 PER PERSON + MUSEUM ENTRANCE - GROUPS OF LESS THAN 4 PEOPLE MUST ENSURE COVERAGE OF THE MINIMUM COST OF € 150

AMONG THE CHARACTERS WHO HAVE LEFT A PROFOUND MARK ON OUR HISTORY IS PIETRO DA MORRONE, WHO WENT DOWN IN HISTORY AS POPE CELESTINE V, "THE ONE WHO MADE THE GREAT REFUSAL". THIS MAN WHO BECAME POPE IN 1294, MADE AMONG THE FIRST OFFICIAL ACTS, THE BULL OF FORGIVENESS, A DOCUMENT THAT ESTABLISHES THE FIRST HOLY DOOR IN HISTORY IN L'AQUILA, WHICH BESTOWS THE PLENARY INDULGENCE FROM THE VESPERS OF 28 AUGUST TO THE SUNSET OF 29 : FORGIVENESS. IT IS POSSIBLE TO RETRACE SOME OF THE MOST SIGNIFICANT PLACES OF CELESTINO AND OF PERDONANZA WITH THIS VISIT.

SANTO SPIRITO AL MORRONE ABBEY AND SANT'ONOFRIO HERMITAGE
CATHEDRAL OF S. PANFILO

MINOR BASILICA OF SANTA MARIA DI COLLEMAGGIO

THE FOUNTAIN OF THE 99 SPOUTS AND THE MUNDA - BORGO RIVERA

*"Visitare terre lontane e conversare con genti diverse rende saggi gli uomini"
(Miguel de Cervantes)*

E-BIKE | HAND BIKE



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CYCLING THE VALLE SUBEQUANA

DURATION 4 HOURS - 55 € PER PERSON- DIFFICULTY: EASY _ SUITABLE FOR ALL _ CHILDREN OVER 130 CM WILL BE ABLE TO RIDE THE E-BIKE, THE LITTLE ONES WILL BE TRANSPORTED IN THE APPROPRIATE WHEELCHAIR

DISCOVERING UNIQUE AND ENCHANTING PLACES AND LANDSCAPES DISCOVERING THE SUBEQUANA VALLEY, AMONG MAGIC PATHS AND BREATHTAKING VIEWS, ON BOARD E-BIKES, FOR A UNIQUE AND UNREPEATABLE EXPERIENCE. ALSO AVAILABLE HANDBIKES, FOR THE COMPLETION OF THE LAPS ADDRESSED TO PEOPLE WITH DISABILITIES THANKS TO THE COLLABORATION WITH AN ASSOCIATION CAREFUL TO THE ISSUES OF UNIVERSAL ACCESSIBILITY WITH DULY TRAINED STAFF TO ASSIST PEOPLE WITH DISABILITIES. (PRICES AND ITINERARIES TO BE AGREED ON THE BASIS OF PERSONAL NEEDS).