

- The **network** of Emblematic Mediterranean Mountains consists of **nine** complex living **mountains** located around the **Mediterranean Sea**, in **France, Greece, Italy, Spain** and **Albania**. The respective territories are working together on common **challenges**:
- Preserving **patrimonial values** from endogenous and exogenous threats
 - Sharing **positive experiences** and good practices
 - Increasing **international recognition**



EMbleMatiC Ecojourneys are nine routes of **experiential slow tourism** across **hinterland areas** of European Mediterranean Mountain regions. By enjoying these journeys, visitors have a chance to **explore** the areas' **singularities** and the **activities** offered by local providers. These are journeys where **nature** and **culture** meet, and the experience with **body** and **soul** is such that it generously conveys the **emblematic character** of the territory.



Project co-financed by the European
Regional Development Fund

GRAN SASSO • FROM TIRINO TO GRAN SASSO – LANDS OF SAINTS AND WARRIORS



From Tirino to Gran Sasso, Lands of Saints and Warriors



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Edition: **September 2019**



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Regional Development Fund

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Introduction

Emblematic Mediterranean Mountains



Dear reader,

What you have in your hands is not only a tourist guide of “From Tiri-no to Gran Sasso of Italy , Lands of Saints and Warrior”, but also the result of an ambitious project carried out by the Emblematic Mediterranean Mountains network. Gran Sasso d'Italia belongs to a group of Mediterranean mountain areas that work together in order to offer you a more intensive, authentic and sustainable travel experience. You can enjoy these experiences through 9 different *Ecojourneys* (see map above), which lead you to discover with all senses the hidden gems lying around some of the most amazing mountains across the Mediterranean basin.

Each *Ecojourney* offers you a route or a group of routes across the hinterland area of these mountains. Whilst enjoying this journey on foot, biking or riding, or using public transports, you have a chance to explore the areas’ singularities and to discover activities, creations and festivities offered by locals. All routes are perfectly integrated in landscapes that still preserve the footprints and the spirit of their ancient cultures and gorgeous nature.



But there's more: because we know how important aspects such as sustainability and responsible tourism are for you, we are committed to offer you an experience that...

- Is located in hinterland areas that are outside of the usual (and overcrowded) touristic routes;
- Has been conceived and developed mainly using and placing value on already existing infrastructure;
- Is a result of participatory processes with local stakeholders who are aware of environmental good practices related to water and energy consumption, waste management, fostering local and seasonal products, and obtaining ecolabels;
- Is conceived to favour interaction with local people and producers;
- **Will allow you to live for a while the essence of a Mediterranean mountain area, its nature, its culture and its people and traditions. Go for it, it's waiting for you!**

Your EMbleMatiC Hosts

Nine EMbleMatiC ecojourneys

Once you will have enjoyed the ecojourney of this guide, you will be very welcome to carry on visiting the others 8 slow tourism routes located across the hinterland areas of the territories of the EMbleMatiC Mediterranean Mountains network. More information available on the network website www.emblematic-med.eu and below:

Canigó, France

The foothills of the Canigó

Come to explore, to taste and be amazed whilst enjoying everchanging views over the Sacred mountain of Catalans! The foothills of Canigó, the promise of a slow and curious walk full of natural scents.

www.canigo-grandsite.fr



Çika, Albania

From Çika highlands to the beach

A scenic route running in parallel to Çika crest, enriched with a bouquet of 5 extending paths to balconies and paysages, natural & cultural heritage and welcoming people, is the heart of this journey.

<http://himara.gov.al/>



Pedraforca, Spain

The seven faces of Pedraforca mountain

The seven faces of Pedraforca is a new tourist experience that will take you to discover all the secrets hidden by this magical mountain. From one day up to seven days to impregnate yourself!

www.elbergueda.cat / www.visitbergueda.cat

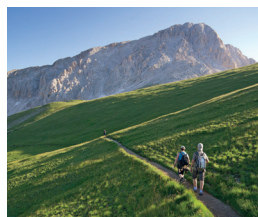


Gran Sasso, Italy

The Gran Sasso, a mountain of Saints and Warriors

Ascend from the Tirino Valley to the Gran Sasso, the highest peak of the Appennini Mountains. Enjoy an emotional journey through nature, ancient traditions, landscapes and tasty local products.

www.galgransassovelino.it / www.yesgransasso.com



Olympus, Greece

"Olympios Zeus", Cultural Route

A mythical route that combines grandiose environment with remarkable historical monuments in a unique harmony. Organized infrastructure and services offer experience that really worth the visit!

www.pieriki-anaptixiaki.gr



Etna, Italy

An ecojourney through pathways of Etna "Ginesta" and "Vineyard" flowered fields

Discover traditions that have not changed for hundred years. Live with the locals, experience their culture and everyday lifestyle whilst falling in love with this very special part of the world.

www.galetnaalcantara.org



Serra de Tramuntana, Spain

The route of Comte Mal

Under the shelter of the majestic Mount Gatzó, that rises above the sea, you will wander on a land of legends, through an outstanding cultural landscape, shaped over centuries by proud local people.

<https://caminsdepedra.conselldemallorca.cat/en/-/la-ruta-del-comte-mal>



Mnt (Psiloritis) Ida, Greece

On the Paths of Myth

Through the ecojourney of Mt Ida (Psiloritis) visitors could discover the Paths of Myths, History, Cultural Heritage and Natural Wealth in order to meet the original side and timeless value of Crete.

www.psiloritisgeopark.gr/Home/2/1.html

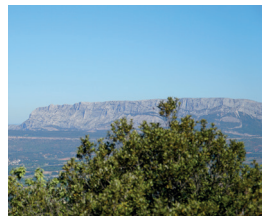


Sainte-Victoire, France

In the mood for Sainte-Victoire

We want you to enjoy the unexpected Sainte-Victoire and share it's authentic mood. Experience our local way of life and meet people who embody the spirit of our living territory.

www.fuveau-tourisme.com







Area presentation

"From Tirino to the Gran Sasso of Italy, lands of saints and warriors"

©Franco Di Carlo

Tirino river

Emblematic is the adjective which best describes the Gran Sasso's true nature. The Gran Sasso is not just any mountain but is the symbol of the entire Abruzzo region, a territory with fascinating places where people pay homage to the "Silent Giant" as the mountain is known. Visiting and admiring all its panoramas and natural beauty requires one to adapt to a different time; the time to ascend and the time to descend and the time for the knowledge of arts and crafts. From its peak at almost three thousand meters high, it is possible to admire the whole territory all the way to the Adriatic Sea which embraces the rich coasts.

Today an entire history involving Saints and warriors over thousands of years is made accessible in this **ecojourney** called "From Tirino to Gran Sasso – Lands of Saints and Warriors". The Gran Sasso that has always protected its people, is today protected by the National Park of the Gran Sasso and Laga Mountains, one of largest protected areas of Italy with its 150.000 hectares among three Regions (Abruzzo, Marche, Lazio), five provinces and 44 municipality.

The Park is also divided in eleven districts, two of them are involved in this project are the Tirino Valley, the Lands of Baronina. These places have welcomed all travelers who have chosen to refresh themselves and wonder at the slopes of this emblematic mountain and its territory.



Plateau Campo Imperatore



Santo Stefano di Sessanio



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Presentation of Ecojourney

Ecojourney

The **ecojourney "From Tirino to Gran Sasso, Lands of Saints and Warriors"** proposes to follow the water as a route, which begins in the mountain that overhangs it, and eventually this river pours out into the Valley. It

is long almost 100 km in total and a difference in altitude of 440-mt high. A slow route, in reverse at some points, which will allow us to visit some of the most beautiful and suggestive places and villages in Italy.

The ancient village of Capestrano is the starting point of this journey, on the riverside of the Tirino River, which is a forerunner to the mountains of the National Park of Gran Sasso and the Laga Mountains. Gradually rising on the hills, it arrives in the village of Villa Santa Lucia degli Abruzzi and way higher gets to the village of Castel del Monte, the last spot before reaching the highest peaks of the Appennino Mountains which are the symbol of Abruzzo's Transhumance to the southern lands of Apulia.

From here, it continues to the village of Calascio with its Medieval Castle called Rocca Calascio which is the highest castle in Italy. From here, it moves slowly down to Castelvecchio Calvisio and offers us a quick look at Carapelle Calvisio. With an easy descent, it leads to the Medici's family outpost of Santo Stefano di Sessanio, a crossroads known for its ancient wool production and then goes to the plateau of Campo Imperatore where it is possible to admire the marvelous peaks of the mountains.

Coming down the mountain it arrives in Barisciano and leads slowly down to San Pio delle Camere with its medieval tower, which allows us to view the next stage. From the plateau of Navelli and its village, where the so-called gold of Abruzzo, saffron, is born in Autumn, it resurfaces in the Tirino Valley where the water meets again to flow quietly from these marvelous mountains to the sea.

From the main route there are other sub-itinerary which brings to discover other places rich of cultural and historical high value and environmental, one for all is that one who starts from the village of Barisciano to the city of L'Aquila which slowly reborn to its old majesty.

Overall length of the ecojourney: c.a 100 km

Average Height difference per stage: 440 mt.

Recommended Period: for low altitude stages all year, for high altitude stages from May to October (in every single stage will find more details)

Public transport services: not well served areas.



Experience in nature

Useful Numbers

Information Point for the ecojourney: +39 085 9808009

Lake Racollo Retreat: +39 3208503575

Gran Sasso Tourist Center, for Cableway: +39 0862 606143

National Park Authority of Gran Sasso and Laga Mountain:
+39 0862 60521;

Forest Service: 112

Fire Fighters: 115

Healty Emergency: 118

As a recipient of the government grant, Gal Gran Sasso Velino, promoted the creation of a Company Network of eleven firms called "The Gran Sasso of Italy, The Mountain in the Heart of Mediterranean Sea", which represents and is actively involved in the Eco Itinerary "From Tirino to the Gran Sasso of Italy, lands of saints and warriors".

People of the territory compose these eleven operator, they are not only firms itself but they had chosen and choose every day to dedicate their efforts to promote and develop of this inner area of Abruzzi's. They are who with authenticity, sense of belonging and proved professionally welcome everyone who chose to discover this little corner of paradise.

Among these operators, which are related each other with the same ethic and emotional mission even before to be just a professional mission, there is an agreement called "Network Agreement" and with this system these firms are able to start a bottom up enhancement journey and

unique.

The targets of this "Network Agreement" there are not only the fulfillment and the promotion of this Eco Journey, of this guide book, but also to develop the project in the future, to enlarge it and cure it like they are used to with their own territories, with hope that Gran Sasso and its little villages could become in the future a relevant tourist destination.

As rules of these eleven contractors of this Eco Journey there is, among the others, to be considerate itself as a station, a presidium on the territory: a place to find refreshes, relief or amusement, where it could be possible to find information on the eco journey itself, with tourist facilities likes an interactive totem connected to web-app, Facebook and web-sites, useful to know every details on the stage or about the path.

One of the assignment of the Network is to promote and enhance all the operators in the territory and to promote and carry out the network itself thought new entrances in respect of the basic rules of sustainability and hospitality that all the eleven promoter firms adopted. A dynamic Network who yearn for grow up together with the territory who represents and promote to the world.

The eleven partners are:






- **Soc. Coop Il Bosso, Capestrano;**
- **B&B Bacca Blu, Villa Santa Lucia degli Abruzzi;**
- **Osteria del Lupo di D'Angelo Marcello, Castel del Monte;**
- **Adonis Bar Ristoro Affittacamere, Castelvechio Calvisio;**
- **Locanda sul Lago, Santo Stefano di Sessanio**
- **Le Case della Posta, Santo Stefano di Sessanio**
- **Convento di San Colombo Dimora Storica**
- **Il Regno dei Mazzamurelli Parco Avventura, San Pio delle Camere;**
- **B&B Sotto le Volte di Christel Jasperse, Navelli;**
- **Coop. Altopiano di Navelli**
Produzione Zafferano dell'Aquila DOP, Civitaretenga di Navelli;
- **Touring Club Italiano L'Aquila.**






















Stations

-  1 - Il Bosso soc. coop.          
-  2 - Bacca Blu relax   
-  3 - Osteria del Lupo  
-  4 - Adonis Bar ristoro Affittacamere    
-  5 - Locanda sul Lago  
-  6 - Le Case della Posta  
-  7 - Convento di San Colombo - Dimora Storica     
-  8 - Regno dei Mazzamurelli     
-  9 - B&B Sotto le Volte   
-  10 - Coop. Altopiano di Navelli  

Ecojourney

-  Stage 1. - Capestrano - Villa Santa Lucia
-  Stage 2. - Villa Santa Lucia - Castel Del Monte
-  Stage 3. - Castel del Monte - Racollo
-  Stage 4. - Racollo - Santo Stefano di Sessanio - Roccacalascio
-  Stage 5. - Roccacalascio - Castelvecchio - Santo Stefano S.
-  Stage 5bis - Castelvecchio - Ofena
-  Stage 6. - Santo Stefano di Sessanio - Barisciano
-  Stage 7. - Barisciano - S.Pio - Navelli
-  Stage 8. - Navelli - Capestrano

- | | |
|--|--|
|  Accomodation / Hotel |  Historical city |
|  Campsite |  Monument |
|  Food Services / Restaurants |  Climbing |
|  Tourist Information Point |  Hiking |
|  Batteries Charge Point |  Bike |
|  General Services |  Canoe |
|  Panoramic Viewpoint |  Adventure Park /Orienteering |
|  Museum / Interpretation Center |  Nature Sport Center |
|  Cultural Site / Heritage site to visit |  Horse riding |
| |  Picnic Areas |

1 STAGE 1 – VALLE DEL TIRINO – OFENA – VILLA SANTA LUCIA DEGLI ABRUZZI



The first stage of the ecojourney starts in the Tirino Valley among the villages of Capecstrano, Ofena and Villa Santa Lucia of Abruzzi's. This journey develops on the ancient paths of Saints and Warriors where it is possible to walk on historical Roman streets and mountains paths by walk, or on horseback or cycling a Mountain Bike or E-bike.

From the calm shore of the lake of Capodacqua, one of the three springs of Tirino River, in Capecstrano's area at the foot of the holm oak wood of Macchiozze of San Vito. Here there is a Mediterranean vegeta-



Tirino valley

tion with holms and terabits not usual in the inner areas. The journey starts on the ancient Roman's road Via Claudia Nova that enter in country road thought vineyards, oil mills and cultivated fields. The path goes straight to reach the Abbey of San Giacomo until the fortified village of Ofena. Through the village to the northeast side it goes in Il Corso street and, along the hill, it arrives to ancient village of Carrufo. From here, it goes to Via del Fiume and arrives to the village of Villa Santa Lucia degli Abruzzi.

The Tirino Valley

Cradle of mountain waters that spring in here, the Tirino Valley embraces the Tirino River and with its warm hugs (the valley is known as The oven of Abruzzo) host, from time immemorial, all the people who pour out here. The Tirino Valley is at 345 meters above sea level among the municipality of Capestrano, Ofena, Bussi sul Tirino, Navelli and Villa Santa Lucia, most of all in the province of L'Aquila and it is part of Gran Sasso and Laga Mountains National Park.

In the middle of the Valley flows slowly the Tirino River, which is considered one of the most pure river of Europe and one of the most beautiful of Italy. The river known also as Tritano, the ancient Greek name of the river which means triple spring points, because it has three springs points: the main one is Capodacqua that feeds the same lake with ancient submerged mills, the other two spring points are *Presciano* and *Vatormina*, known as The Lake. These karstic waters come from Gran Sasso mountains and after a long way underground, spring out here and, from the confluence of the three springs point, at the Ranocchi-



Capestrano

ara's spot in the midium course of the Tirino River, continues down to the valley and, together with the Aterno River, leads into the Pescara River. The relevance of these springs for the surrounding area is express also in the local names: *Caput Presanum*, "the head of Presanum" from Latin, is one of the most suitable origin for the name of Capestrano's village.

Near by the river and its springs during time was born lots of activity and it is possible to find many settlements. The ancient Mill *Campanella* was the water's engine for the industries of that time like paper mill and other activity of the valley. Nearby, in the late 15th century was built the Church of Santa Maria di Loreto in Presciano, as known as Della Misericordia (Mercy – Benevolence). Little gardens borne on the banks of the river known as Padure or Cannavine, which take their water directly from the river.

The surrounding mountains are Serra di Navelli, Monte Cornacchia, Monte le Scuncole, Monte Cappucciata, Monte Scarfano, Monte Picca, Monte Alto, Monte Pietra Corniale and Monte Roccatagliata.

In Capodacqua there is the Educational and Tourist Center of Tirino Valley, a dedicate place to the activity of Tourism welcoming and Information point. From this center starts and ends our ecojourney "From Tirino to Gran Sasso, Lands of Saints and Warrior".

Villa Santa Lucia degli Abruzzi

Villa Santa Lucia degli Abruzzi is a little non-fortified village that one meets in returning up to the Monte Cappucciata. Charming stories have signed the history of this little mountain village.



Villa Santa Lucia degli Abruzzi

In ancient time the village was known as *Aufinia Cis Montani*, to underline the close relation with the roman city of Aufinum, now day Ofena. All around there are many proofs of an Italic settlement from the 10th century, after populated by Lombardic under the hierarchy of the Monastery of San Pietro ad Oratorium. In this period was built the Church of Madonna delle Vicenne, still open today, where is preserved a marvelous fresco of 17th century. The history of the village continues and, after a pestilence, the inhabitants moved down the hill in the almost in the valley in the actual position, left the Castelletto, an area around an ancient castle in Colle Spinello area. The village moved near-



Villa Santa Lucia degli Abruzzi

by the Villocchera spring during the second half of eleventh century and was build the church of Santa Lucia, Syracuse martyr, who gave the name to the new settlement.

The little village of Carrufo (Latin: *castrum rufi*) dates back to the presence of Lombardic in the territory and it developed independently after that the other settlement, Colle Venatorio, disappeared. Now days remains the ruins of the church of Chiesa della Pietà of the twelfth century. There are historical evidences of this settlement even in the Florentine writings of fifteenth century when the village had its heyday. It was part of the Swabian and D'Angio's family's possessions, which fought all the time with neighboring villages to dominate all around lands. The Church of Sant'Antonio today it is dedicated to Carlo Borromeo, protector of the little village of Carrufo. The union of these two villas around the Ofena municipality, Villa Santa Lucia and Carrufo, composes the village.

Tholos

Tholos are ancient buildings probably dating back to the roman period, built with dry-stones it's easy to find them at the slopes of Colle San Nicola. It is a conglomerate of more settlements; we count almost 25 Tholos all around. With different shapes for different use, it could be found also religious buildings. Taking the path of Holy Spirit and go on the hill it is possible to arrive to visit these stone huts and the ancient settlement.

Seven and two, nine!

The origin of this little festival are unknown, by a mystic flavor that, from 70's for years, was celebrated in the village of Carrufo during the night of the 20th of August, to celebrate the end of summer. A procession brought along all the village a colored coffin followed by masqueraded guys while the village's person said: "seven and two, nine!", than they answered: "eight and two, ten!" In this way, they scare away spirits and bad fortune. Maybe inspired by a bizarre man of the village that maybe had more than 20 children who represents the spirits of the mountain. Today it is no more celebrate but "seven and two, nine!" remains in the memories and in the eyes of the inhabitants who still talk about it in smile.

Ofena

A few millennia ago the only city of Aufinum dominated the Tirino Valley. From Vestine origins, the city was in the center of the valley, as evidenced by the numerous archaeological findings including a theater as a symbol of the level of development that the city had. As a part of the Italian League under the control of Corfinio, the Romans later conquered the first Italian capital. In a central position along the ancient Via Claudia Nova, it had an important role in the management of the valley.



Vineyard

In medieval times, during the period of Lombardic domination, it was destroyed and then rebuilt in its current position, more sheltered on the mountainside. It was fortified with perimeter walls also annexed to the houses and with a central bastion in the command position. It passed under the domination of the monastery of San Pietro ad Oratorium that controlled the surrounding territories with the Duke of Spoleto. The town also participated in the Crusades but over the years, it was slowly abandoned in favor of the villages that developed around the valley. The fortified structure of the town still preserve the Roman cruciform structure that allows one to wander around the village with-



Ofena

out getting lost and to easily reach the historic churches. As a sign of a glorious past, the church of San Nicola di Bari, patron saint of the town, was strongly linked to the transhumance that enriched these lands, over the centuries it was rebuilt also inserting Baroque friezes. In the same square is the palace of the barons who ruled the lands, today of Cataldi-Madonna, with stone portals still perfectly preserved.

Surely, the church of S. Pietro in Cryptis of the XII century takes this name of the underground crypts where they insist valuable frescoes of the fifteenth century. The convent of San Francesco is an expression of the Romanesque style that ran through the valley, today abandoned but still of great interest.

Its position in the plateau with its microclimate different from the surrounding ones, has allowed the cultivation of vines and olive trees: here an excellent variety of Montepulciano d'Abruzzo is produced.

Grotta delle Marmitte

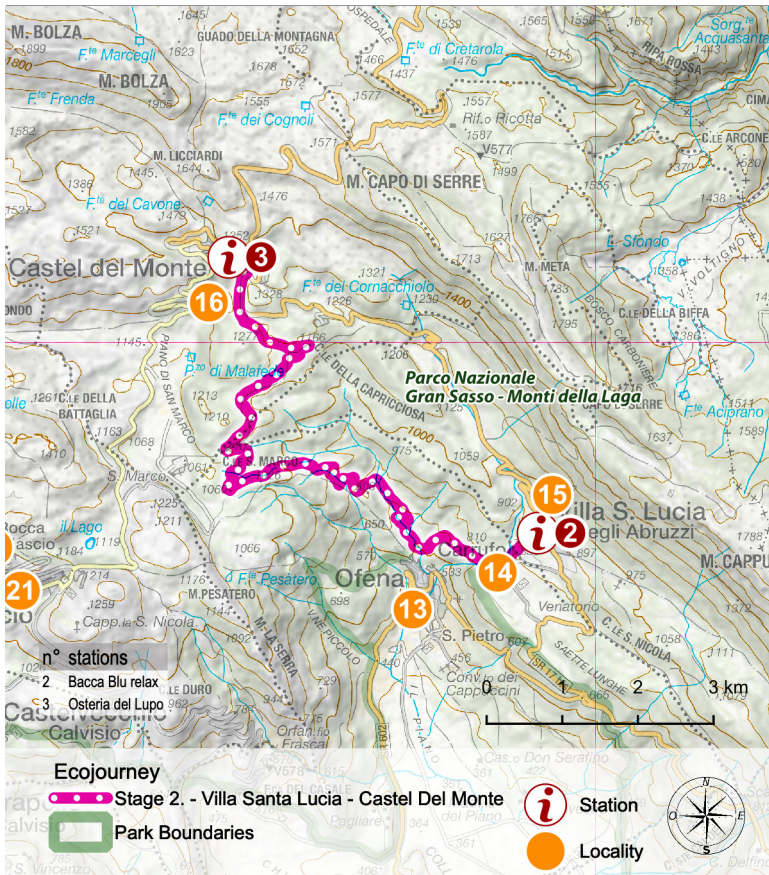
A suggestive place, with an unusual fascinating shape was created when the valley had have certainly a different aspect. The Marmitte Caves born with the effect of water's erosion which millions years ago were strongly abundant in these areas. The Caves are in the nearby of the village and are almost forty, with a cylindrical shape during the centuries captured the fantasy of the valley's inhabitants. During Neolithic era, it was considered a magical place and used for propitiatory rites to the Mother Goddess or as an ascetic place for eremits of whom was found some rests.

Le Pagliare di Ofena

Immediately under the Marmitte Caves, there are some farming settlements, known as Pagliare (Straw house). The name is very explicative on the nature of these settlements. Mid-mountain stalls used as deposit for straw but also as working place in summer time. From the center of the village is possible to make an excursion by walk crossing Monte La Serra and reach it in almost 2 hours and half of walking. Today's there is a project to restoration the Pagliare with the intent to enhance the allure of arts and crafts that still preserves.

2 STAGE 2

VILLA SANTA LUCIA – CASTEL DEL MONTE



Route:	Villa Santa Lucia - Castel Del Monte	Duration:	5h e 30min
Map Symbol:		Difference in Height:	725 mt
		Length:	11,5 Km

Our second stage starts from the village of Villa Santa Lucia to arrive to Castel Del Monte through the ancient path used even by the shepherds during the transhumance to ascent or descent in the Tirino Valley from or to Apulia. Leaving the village it continues along the road to the old Villa of Carrufo then it takes the road along the village in the northeast side and cross a grove of mid-hill over the village of Ofena. In a while, the path ascends the valley and it goes into the rut path of San Rocco and, on the left side of the mountain, slowly slither to the

church of Madonna delle Grazie, at the entrance of the historic village of Castel del Monte.

Castel Del Monte

The arrival in Castel Del Monte is a suggestive experience: after the long mountain road, suddenly the view opens and, as a magic appearance who touch travelers' imagination, sets on the hillside at the slopes of Monte Bolza, the fortified village appear.

Even the origin of the village is surrounded by fascinating secular stories. Founded by the population of an ancient roman pagus of Republic of Pelutium to escape to the barbarian conquests. It is not so far by the old plateau site of San Marco, in medieval times, as part of the state of Capistrano, was dominated by the Neapolitan Reign's families who, at that time, managed all the wool trade: Counts of Acquaviva, Sforza Family, Piccolomini Family and then the Borboni till the unification of Italy. In the village it easy to find the signs of their presence.

One of the most characteristic place of the village is the ancient *Ricetto*, the original place of the village where the Castle with its high squared tower develop. Today the castle is just a memory in the external shape, the shepherds houses absorbed it and, though *sporti* (little galleries to cross the village and to protected from the cold winter) entrance doors and ancient big steps the village maintains its fortified and mysterious aspect, outpost to the Gran Sasso Peaks.



Castel del Monte (*sporti*)

The village has always been dedicated to sheep farming, the green lands of Gran Sasso and Fonte Vetica allowed breeding of thousands

of sheep's and in order they carried the sheeps from here to the warmer Apulia region. Arts and crafts bind to the wool accompanied the village's women across winter. Today the village is a spread museum, a real witness of the crafts of a glorious past, signed by the transhumance, the economic engine of that time. The Museum of Pastoral crafts is divided in several parts: the Mill in the village's center; Forno del Ballo; Colelli's House, an ancient house where it is said that there is a secret room full of treasures of the owner family; the Old House; the Head House and the mysterious churches of the village. The church of Madonna delle Grazie bind to rogations rites to propitiate the rain. The church of Santa Caterina transformed during centuries in a public house and a tavern for selling bread and oil and place to leave the village's orphans in the "protected wheel". Between sacred and profane, the village of Castel del Monte, among the most beautiful of Italy, is a magic place, bewitched by festival and secular rites who inspired people by millennial.

The Witch village

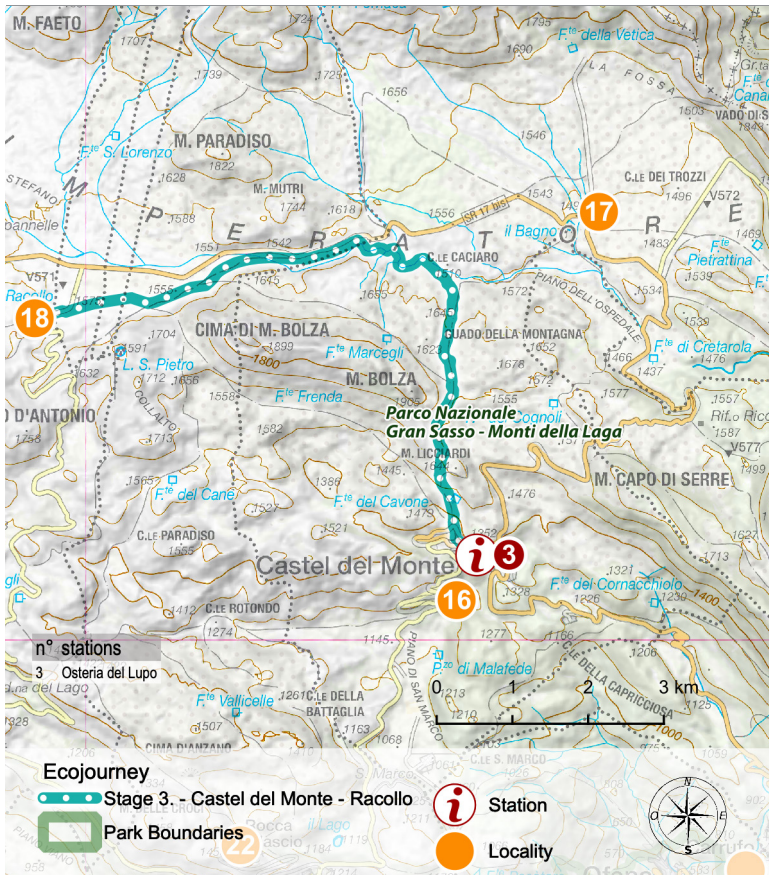
During the nights of 17th and 18th of August takes place "The Witch Night", a festival bind to superstitions and credence's of shepherds and farmers. It goes through the village following a moving performance inspired by the writings of a poet-shepherd Francesco Giuliani, who during the past century declaiming "ode to beloved flock sheep's and shepherds"; writer and witness of one of a mountain village's life and events among the most bizarre. From sunset to dawn, Giuliani's stories are relived: these are stories of village's people which believes witches were related to children's illness. Witches with powerful malefic powers took blood from the child and only through a secret procession made up of village's women along its roads was possible to drive away the malefic influence from children's bodies. Today we are going through this ritual, which fills the village not only with people and markets but also with a halo of magic that enrich the corners and continues its history.

*Typical products*

Castel Del Monte's Canestrato

Known as the pecorino cheese of Transhumance it is a Slow Food cheese, made by shepherds, which went to Apulia in wintertime to come back to Abruzzo mountains in spring. It is made by the cheese making of sheep's milk with the aid of milk and caglio, obtains this name by the typical basket used to form it. Today the transhumance do not move sheep's to Apulia region but we have a vertical Transhumance to the stalls in the valley. Canestrato cheese remains as a symbol of this long journey of shepherds who brought with them the mountain flavors.

3 STAGE 3 CASTEL DEL MONTE – LAGO RACOLLO



Route:	Castel del Monte - Racollo	Duration:	4h e 30min
Map Symbol:	●●●●●	Difference in Height:	300 mt
		Length:	10 Km

The ecojourney leaves again from the village of Castel del Monte where, from the church of San Donato, goes to the slopes of Monte Bolza to the Guado della Montagna. The path allows to reach the marvelous Valianara Canyon, known as Scoppaturo, who gives suggestive ambient and where lots of film were filmed. Crossing the Canyon it is possible to arrive to Lake Racollo Refuge, (open almost year, except in October and with the permit of the meteorological conditions) where it is possible to rest and eat.

Campo Imperatore

To climb the Gran Sasso of Italy on the notes of the homonymous choir, it is easy and spontaneous to fall in silence; the efforts to ascend the Apennines peaks is repaid when, in front the plateau, unlimited landscapes opens. Here the sun is lavish and shine on these lands creating a multi-shapes scenario of rare beauty.

The plateau of Campo Imperatore develops at a high stage between 1500 and 1900 a.s.l. with a thin and unique vegetation, some of them are typical of some oriental countries' steppe and perfectly adapted to this ambient. On the road that runs along the plateau it is not unusual waiting for its inhabitants, the bovine and raw sheep's herds, move from a pasture to another and it is easy to feel foreigners, as a simple passing guests and to respect who, from unrecorded time, feeds itself and lives in this plateau.

The surrounding mountains of tectonic origin face the plateau from the morphology shaped by an ancient glacier that, from Monte Aquila, descended further down towards Santo Stefano di Sessanio.

From plateau, the scenario opens almost as a fan to all Gran Sasso Mountain, from Corno Grande, Monte Brancastello, Monte Prena and Monte Camicia. All-around it is possible to admire some little mountain phenomena that transforms its profile and enrich it with a special charm: the eye is captured by a well-known *fiumare*, typical at the slopes of Monte Prena: these are similar to a true river of gravel that comes out the mountain showing its stony soul.

It is possible to access from several points: from south-west, continuing the road from Castel Del Monte arrives in the plateau of Fonte Vetica at the slopes of Monte Camicia. Here there are one of the principal spring of drinkable water, Fonte Vetica spring. Recently became famous, non-only for several Hollywood movies shouted all around, but also for some refreshment points organized by some butchers in the valley that, after the mountain efforts, permits to taste there the local typical products and where it is possible to roast directly the meats purchased. Here there is also the grave and the monument to Fonte Vetica, a timeless memory inspired by the so sad story of a shepherd's family and its sheep's herds overwhelmed by a snowstorm, and dedicates to all shepherds and to their families that for centuries had lived in the valley with its privations and its joys.

From the other side, to the north-east side, it is possible to access also with a cableway which is open almost all year, not in October and November, to reach the Hotel of Campo Imperatore and the structures all around like the Astronomical Observatory or the Meteorological Station, one of the highest of Italy. From here starts many ski slopes and, when the season is good, lots of mountain paths to reach the peaks of the Apennine.

*Racollo lake*

An open-air set

With its changing scenario, even today the Campo Imperatore plateau is chosen by movie directors and producers to set their movies, video clip or commercial spots. With irresistible charm, the plateau is the scenario for lots of Italian and international movies masterpiece. The Italian director Sergio Leone chose it as a substitute for the American sets for his “spaghetti western” with Bud Spencer and Terence Hill; this was the scenario for fantasy movies like Yago, Lady Hawke, Krull or for historical movies like: In the Name of Rose, The American, or the Italian movie “That is life”. Today it is possible to visit the plateau and the corners who inspired those movies by riding a horse, by bike, or by hiking whistling one of those movies sound tracks.

*Experience in nature*

An hard life

In the plateau, there are some singular vegetation capable to resist to its climate. Here it easy to find some really rare and beautiful species: the *Sleria Caerule* (slesia of the marsh) it is possible to find it only in this portion of the Appennino; the *Dryas octopetala* (the alpin camedrio) as an artice symbol; or the *Matthiola italica* (Italian violaciocca) with violet petals. It is possible to find also the well-known “glacial wreck”, some particular endemic plants which was considered extinct while persist in the plateau like for example the *Adonide Ricurva*, the *Androsace Mathildae*, the *Viola Magellensis*, the *Artemisia Genepi*. As special inhabitant, there is the *Viper Ursinii*, a little viper who feeds only by insects and it is so rare that is considered almost extinct and now is protected by the national park.



Plateau of Campo Imperatore

4 STAGE 4 RACOLLO – ROCCA CALASCIO – CALASCIO



Route:	Racollo - Santo Stefano di Sessanio - Roccalascio	Duration:	6h
Map Symbol:		Difference in Height:	400 mt
		Length:	15 Km

From Racollo it is possible to go west and, crossing the marvelous plateau of Campo Imperatore arrives to the ruins of the church of Santa Maria del Monte and to Passaneta's lake, in a spectacular position with view on Monte Camicia, Monte Prena and Monte Bolza. Riched up the Passaneta's lake it is possible to descent to Santo Stefano di Sessanio through Piano Locce. From Santo Stefano di Sessanio, where it is possible to rest and eat, it runs the road for Campo Imperatore and after a

few meters it goes on right side in the Val Pareta's Valley and continues after almost one hour walking until the magic Rocca di Calascio.

Rocca Calascio

As silent Guardian of all the Tirino Valley and of Gran Sasso mountains, Rocca Calascio is the highest fortified outpost of Italy.

Nestled in the rock, its crenellated towers transform the mountain's profile; as a lighthouse leads the eye to itself; as a joke or a necessity everyone who run across these lands never satisfied to admire its majesty look for it.

Go back up from the little village of Calascio to Rocca Calascio, at 1460 mt, is a suggestive walk, the sweet ascent through the shepherds' path brings its visitors to the ladies and knights times.

The little medieval village dates back to Lombardic dominations as part of the Duke of Spoleto and then the Carapelle's Barony. The tall-fortified tower dates back to the beginning of the eleventh century: it is composed by a central square structure with even more ancient origins probably from the year 300 a.C. when the Romans conquered the Vestini's territory. During the 16th Century, it has been expanded from the Piccolomini's Family with its mighty side bastions, with a cylindrical shape from where it is possible to watch all the villages of the ecojourney.

Rocca Calascio had the function to control mountain roads of transhumance and the trade of wools from the near villages. It was annex to Medici's possession, the rich past of the village it could be find as in the noble houses as in its church with frescoes and baroques structures. The village's outline is marked by the typical fortified houses that makes this village unique among the others.

After a strong earthquake at the beginning of 700th century, Rocca Calascio was terribly damaged so much to force its inhabitants to move in the village below; after this time more other calamity brings the village to its abandon.

During the end of 400th century next to the Castle was built the church of Madonna della Pietà, an evocative place of meditation with suspended landscapes, on an octagonal plant not so common at that time by the well-known artist Bramante.

In the village of Calascio there are some churches of certainly interests among them there is San Nicola di Bari from fifteenth century, with an intarsia portal that represents the Saint's life and the church of Madonna delle Grazie with its marvelous sculptures from sixteenth century. Not so far from the village, it is possible to admire a really ancient church of San Leonardo of the 1263.

*Calascio*

Lady Hawke

When it speaks about Rocca Calascio it is not possible to not talk about the film that most of all showed its beauty to the world and that, at the end, everyone in Abruzzo knows and binds to the Castle. Filmed in 1985 with a young Michelle Pfeiffer as main actress and an amazing Rutger Hauer, directed by Richard Donner, *Lady Hawke* is set in the Fortress and around, telling an evergreen story of ladies, knights and denied love. It is impossible to not be involved in the storytelling and do not be fascinated by the ambient and the always charming fantasy story. Furthermore, as a natural cinematographic set, Rocca Calascio and the area around were chosen by several national and international cinematographic production to set in historical and fantasy movies. Today inside the fortress are displayed the posters of some of those movies that portrayed it.

*Rocca Calascio*

Teofilo Patini



The well-known artist of Abruzzo stayed for a long period in the village where, thanks to the close friendship with the Major of the time, one of his best fan, he could realize some pictures that today it easy to find in the churches or in the noble houses of Calascio. One of the most important painting is for sure "The Heir" which show the misery and the struggles of farmers and shepherds of that time, and postpone to the hopes kept or maybe not, by the infant in the painting. In the church of San Nicola di Bari there is a marvelous frescoes that portrays the Annunciation. Patini was active in the village: he repaired the church of Sant'Antonio Abate where, beside the altar, is set the painting dedicated to the saint titled "Temptation in the Desert". In the village main square, we can find a dedicated statue to him.





Experience in nature

5 STAGE 5 ROCCA CALASCIO – CASTELVECCHIO CALVISIO – SANTO STEFANO DI SESSANIO



Route:	Roccalascio - Castelvecchio - Santo Stefano S.	Duration:	6h
Map Symbol:	 	Difference in Height:	548 mt
		Length:	18 Km

Route:	Castelvecchio -Ofena	Duration:	4h e 30 min
Map Symbol:	 	Difference in Height:	612 mt
		Length:	10 Km

The ecojourney moves on from Rocca Calascio down to Castelvecchio Calvisio. From the fortress, it goes down and arrives to Calascio where it is possible from a magical and panoramic terrace to overlook and admire the next step of the itinerary, Castelvecchio Calvisio. It fol-

lows for a short part the main street and on the left side, there is the entrance to a narrow path that permits slowly to get down to the village. It crosses uncultivated fields and barren terraces some of them with old oaks and it descends along the hillside and then ascend by the street to the village. From Castelvechio Calvisio it takes the ruts that get down to the valley of Piano di Sotto, crossing by a pine grove along the hillside with several views on the valley and to Rocca Calascio. It follows the path until a crossroad fork where it is possible to choose to continue along the path on the foot of the hill or crossing directly the valley. It moves on until the point where the paths gets into the paved road to go back up to the village of Santo Stefano di Sessanio.

Castelvechio Calvisio

Enter to Castelvechio Calvisio from one of its ancient gates looks like to conquer the village after a long siege. The elliptic shape of the village has a double wall around to protect the center, known as *Ricetto*, where there is the church of Giovanni Battista. From the gates of San Lorenzo, San Martino, San Giovanni and San Cipriano it is possible to enter in the romans decumanus which still mark the village. The structure of the vil-



Castelvechio Calvisio rue

lage is unique with narrow alleys, the so-called *rue*, even more narrow alleys, the high stairs to entrance in the fortress houses among arches and reinforcement shelves.

It is an ancient village with Vestino-Romans origins; the fortress of Castelvechio Calvisio is reported in many annals of that time: the noble Roman Calvisio Sabino dominated this area next to the ancient road *Via Claudia Nova*, a link between the city of Peltuinum and the

other one of Aufinum, today's Ofena.

During the fourteenth century together with the village of Carapelle Calvisio join the aquilans's wars against the city of Amatrice, but soon after was victim of Braccio da Montone raids and devastations. From now on, the history of the barony of Carapelle binds with Medici's ones to whom in time it was donated.

The village with its fortress houses shows alleys with external high stairs, reinforcement arches with flights of stairs and shelves, an urban agglomerate solid and unique. In the main square there is the church of Giovanni Battista, build on an old fortification, on its front shows a portal of the Renaissance with irregular internal naves but enriched with baroque altars, wood statues and precious crosses from Renaissance. Next to the church, there is the Captain Palace and the entrance gate Torre Maggiore that displays carved a Saracen half-moon inscription. Remarkable is San Cipriano, an ancient church of eighth century build on an ancient temple dedicated to Venus Goddess.

The extinct flower

During time, the village, in a way, has protected not only the village itself and its beauty but also its lands where the Adonis Vernalis still flourish. A mountain flower believed extinct that was discovered in the fields all around the village after a WWF



Local products

excursion in 1993 by some researchers of University of L'Aquila. Today the Adonis Vernalis is the symbol of the village and continues to flourish every year protected by the old castle.

Cicerchia Beans

Abruzzo was always been a land of grains and beans, and here on the highs of the

village there are ancient flowered fields and tasty crops. The dialect word *cicerchia* indicate a specific species of bean, the *Lathyrus sativus*, this bean is very similar to lentil with pleasant flavor, easily adapts everywhere because resists to dryness and to big amount of water. In the past, it spread very much and it was seeded in rotation with others cereals. Today it has a limited production and there are not big stocks of it but in the past, it was used not only in soups but also in bread or as a drink like coffee.

Extra stage

The route starts from the city center of Ofena (height 531 mt a.s.l.), following the provincial road for 1.300 mt to cross a dirt road on the right side. It goes up to reach Forca del Casale spot and then gets down towards Colonia Frasca. It continues uphill crossing several times the paved road and reaching, through a dirt road, the ruins of the church of Madonna Della Neve. It continues for a few meters, then turn left side, and takes the path that arrives at the Castelvechio Calvisio's entrance gate (height 1045 mt a.s.l.).

Carapelle Calvisio

Calvisia, the ancient priestess of Venus temple that stands here in the area gave the name to this romans settlement and that, as a goodness, lays down on a side to admire the unlimited landscape.

It was an important agricultural center under the influence of San Venanzio al Voltorno Monastery in the seventh and eighth centuries, till the creation of fortified village that after several try for independence, brought to the creation of Carapelle's Barony in the twelve-century by D'Angiò Family. It takes part with the city of L'Aquila to the war against Amatrice and in 1424 was pillaged and destroyed by Braccio da Montone. It becomes part of Piccolomini's domains, than Medici's ones, and at last of Borboni's until the autonomy in 1906.

The structure of the village follows the fortified houses just before squared or semi-circular basement bastions to create a single perimetric structure. Several entrance gates permit to go directly into the characteristics alleys or under the arches. The church of Santa Maria della Misericordia is a particular example of fortified church totally inside the village's fortified outline with a stone front and a veil bell tower, remains the old shape of a tower. In the village, the church of San Francesco d'Assisi with an annex monastery come back to 15th century and it is rich of decorations with an interesting stone portal and inside various statues and friezes embellish it further. Also interesting is Piccioli Palace, with a structure that, from the road level, develops down following the natural side of the hill. The San Pancrazio sanctuary, village's patron, is composed by only one nave with barrel vault in stone: the saint was a martyr because he refused to deny his Christian faith.

Olive oil

Thanks to the particular conformation of surrounding territory, Carapelle Calvisio could be also considered the village of olive oil. Here during centuries an excellent extra virgin olive oil is produced. Among several historical olive oil mills, Antonacci's one is still active and, in November together with the municipality of Navelli, organizes the Day of Olive Oil Mill, in order to give the possibility to taste and to know all the specimen of this local product.

The Barony of "Venus"

It includes a very large and old territory, starting from above: the Campo Imperatore Plateau, Castel del Monte, Calascio and Rocca Calascio, Santo Stefano di Sessanio, Castelvechio Calvisio, Carapelle Calvisio and Barisciano. In the Catalogus Baronum is reported that Oderisio of Collepietro was the lord of these lands followed by Swabian families and D'Angiò Family. In 1382 it was annex to Capestrano and assigned to the Counts of Celano and then going under the domains of the Tuscan's families, first of all Piccolomini and then De Medici's till Borboni's reign to the union of Italy.

Santo Stefano di Sessanio

Fortified in white limestone, laid down lightly on the crest of the hill, Santo Stefano di Sessanio is one of the most beautiful Village of Italy.

Its history goes back to the romans period when as pagus was named "Sextantio", most likely because it was far six romans miles from the nearest city of Peltuinum. Domain of Carapelle's Barony, it was donated to the Duke Piccolomini, and after to De Medici's Family. Getting lost in its alleys as in a medieval labirint, is a like a joke to discover all the frills and friezes left by the Florentines family or by the shepherds. It



Santo Stefano di Sessanio

was an important intersection for the wools trade, here was produced carfagna's wool, considered precious in European markets. The village develops around the 300th century's cylindrical tower, collapsed after the earthquake of 2009 and today under reconstruction, also known as Medicean Tower for the family mark affixed. Almost twenty meters height with crenellation and corbels on the top, has had the function of territory control connected with the others tower of surrounding villages.

The village of Santo Stefano di Sessanio has been experiencing certain notoriety in recent years, thanks to a project of historical and architectural restoration of the ancient village. In 2001, thanks to a "visionary" entrepreneur, the "Albergo Diffuso" also arrived in the lands of Abruzzo. It is a hotel situated in a single inhabited center, formed by several adjoining buildings and able to provide hospitality.

The "Albergo Diffuso" is not only a model of hospitality made in Italy, but it is also a model of territorial tourism development, respectful of the environment and "sustainability", a method of local development that generates chains and represents a contribution to the depopulation of the villages.

The presence and the weight of De Medici's family is visible everywhere in the village. Entering in the main square by the big gate the emblem of the family is shown and, following Via della Chiesa it is possible to admire on the doorsteps of many houses the symbols and the ornament wanted by the Florentine family. In the main square there is the church Del Suffragio or Delle Anime Sante, of very small dimension and a baroque style front. At the end of the road arrives to the church of Santo Stefano, village's patron, of the fifteenth century, and adorned with fine wood statues and at its side there is the church of Santa Maria del Ruvo, in honor to the village of Ruvo di Puglia along the Tavoliere delle Puglie (Apulia Tableland). Next outside the village there is the church of Madonna delle Grazie or Madonna del Lago, build by Anelli's family, in a baroque style with three internal altars to the Madonna delle Grazie to San Ciro and to San Giovanni Battista.

The teasel

On the village house's doorsteps it is easy to find teasel's flower. It is an ancient origin's tradition and is maintained by the inhabitants. The teasel, which means solitude to underline the peculiar position of the village, are called also "of wool weaver" because, with a disappeared crafts, were used to teasel the wool to make it soft and fluffy, typical of the fine quality produced. As sign of good luck, they were put on the door of wool weaver to drive away bad spirits and to keep away the sound of wind that raged the village.

The lentils

The Santo Stefano lentils is a Slow Food presidium in the National Park of Gran Sasso and Laga Mountains. Their quality is guaranteed by a Producers association that grows the lentils with a strict disciplinary in the mountain areas around the village. At these heights the characteristic lentils are to be little and dark, with wrinkled skin: it is very soft and to cook it, instead of other beans, do not need soaking.



Lentils

6 STAGE 6 SANTO STEFANO DI SESSANIO – BARISCIANO



Route: **Santo Stefano di Sessanio - Barisciano**

Map Symbol:



Duration: **4h**

Difference in Height: **400 mt**

Length: **10 Km**

From Santo Stefano di Sessanio takes the path at mid-hill above the lake, it crosses young's oaks and pines where it is possible to admire the cultivated mountain fields of the valleys around. It goes up to Piano Locce and turns to Valle Cupa, continues the dirt path that goes around Monte Selva and pass across the Guado di Sant'Angelo. From here on the dirt road goes down to reach the Monastery of San Colomba and then directly to the village of Barisciano.



Campo Imperatore

Barisciano

The first evidence of the village goes back to the 1st century as a Vestino's settlement. Even today, in the area of Piana Forfona it is possible to find romans settlement. The village is just before the ancient Via Claudia in the nearby of the old town of Peltuinum, from which ruins the village takes its new life and its strength. Here romans people come to refuge in the medieval period and castled around a mighty castle by pentagonal plant, which dates back to the beginning of the 12th century. It was divided in several Villa then ruined, Barisciano with Villa of Bariscianello, site a little bit down the hill, they took part to construction of the city of L'Aquila: today



Barisciano

one of the city's gate is dedicate to the village while to the ex-little Villa is titled a square as symbol of its importance. Its elevated position protected it from enemy attacks, while at the same time it was exposed to several battles, not last that one against the troops of Braccio da Montone who razed it to the ground.

It is strategically positioned and the importance that the village had in the territory makes it relevant for local trade, which becomes, during the day of Santa Caterina 25 November, the main market to decide the price of the Gold of Abruzzo, the saffron. The village was important also for sheep's livestock and the production of goods, the village today still cultivates potatoes, wheat, lentils, saffron and almond. Among the churches of the village there is one dedicated to San Flaviano built on the ruins of an ancient roman settlement, with a stone front and three inner naves. The deconsecrate church of Holy Trinity today is a center dedicated to transhumance's history. The church of Santa Maria di Capo di Serra form 12th century, with its historical and symbolical bell for inhabitants, with inside fine frescoes from 13th century and a stone stoup. Near outside the village there is the Franciscan's monastery of San Colombo, where today there are the Floristic Research Center of Apennines, where are preserved several species of seeds and plants. Another important monument is the monumental fountain called Fontana Grande.

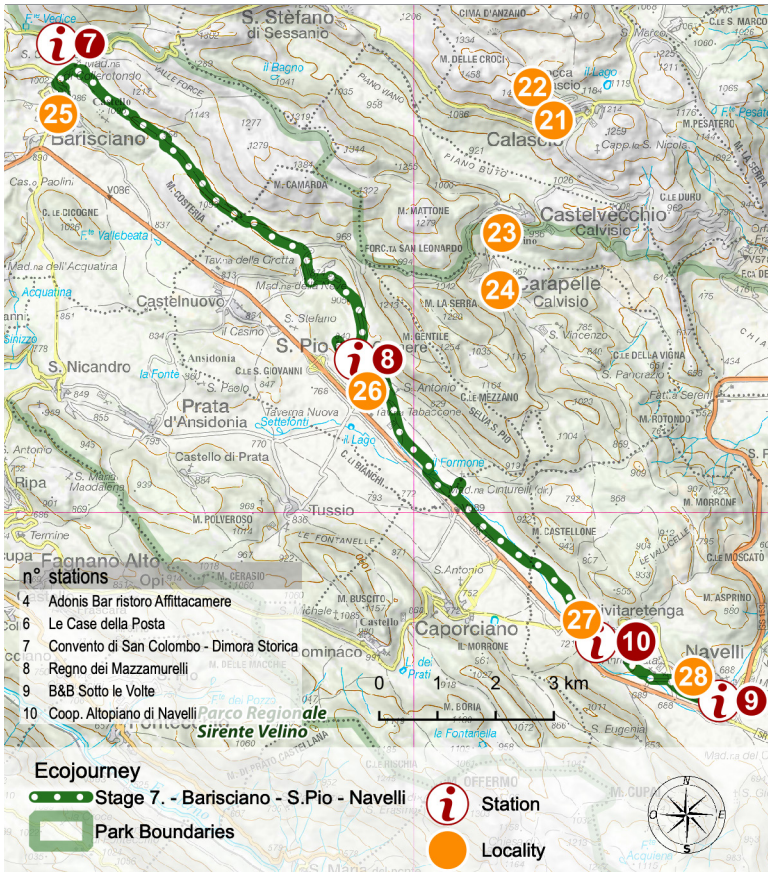
The Potato Festival

An expected event from the community all of Barisciano and the near city of L'Aquila, the Potato festival is a summer event, a must to be. It takes part at the last week of August and define the end of summer. In the village inhabitant works all the year to prepare it and with a classical menu, the festival is very successful. Tipical, beyond pasta and potatoes, the fried pizza and the chianese sheep, there is the Baccalà with potatoes, by the secret recipe of one the women of the village, so important which its absence during some past editions almost compromise the succeeded of the event.

Tito Pellicciotti

Tiziano, born the 2nd December of 1871, was a famous artist of the village. Since he was a child approached arts thanks to his father, passionate sculptor, Tito attended the village and the near city of L'Aquila during his artistically studies, he was a student of well-known Patini who pushed him to attend the Naples' Institute of Fine Arts where he grow up as a painter. Finished the school he decided to come back to his village to dedicate his art with his fine, simple and fascinating painting to represent the village's simple life, and he exposed his art allover in Italy. His main subjects were mountain gazing lands and the stalls of his friends, farmers, almost photos, and symbol of that life who animates the village. In the village and in the church of San Flaviano there are some of his works. He died the 12 of April of 1950. Today, in the city of L'Aquila even a street is dedicated to him.

7 STAGE 7 BARISCIANO – SAN PIO DELLE CAMERE – NAVELLI



Route:	Barisciano - S.Pio - Navelli	Duration:	5h
Map Symbol:		Difference in Height:	357 mt
		Length:	19 Km

The stage starts from the village of Barisciano and it permits to follow the old Tratturo (sheep path) that from the city of L'Aquila goes to *Tratturo Centurelle* in San Pio delle Camere. It takes the long valley to arrive in the village of Castelnuovo near around the rests of ancient Romans city of Peltuinum and lightly goes down in the valley, which is dominated by the castle of San Pio delle Camere. From here, it is possible to take short deviations to visit Tussio's village or Bominaco (with the Oratorio di San Pellegrino and the Castle). Back to the *Tratturo Magno* it slowly

skirts the main road and it is possible to visit the Tratturo churches like Santa Maria de Centurelli and then, under the village of Civitaretenga arrives to the fortified village of Navelli.

San Pio delle Camere

At the slopes of Monte Gentile, to point at its favorable position, San Pio delle Camere is a braiding of geometrical forms of unusual charm, the medieval tower is a point in a plan with pentagonal plant and a triangular fortified enclosure. The castle is located at the junction of two Tratturo, *Tratturo Magno* and *Centurelle*, with medieval origin dates back to 11th century, under the domain of the Duke of Spoleto and then under the Monastery of San Benedetto in Perillis, it was necessary an outpost to control the plateau.



San Pio delle Camere

All around the village is possible to visit various church with the old function of refreshment place after the long journey along Tratturo. The church of Santa Maria di Centurelli is very interesting, it is along the Tratturo named Centurelle-Montesecco, from which it takes its name. Erected in 16th century maintains its sober Renaissance front with in front a rose window and today it is considered a national monument.

A net of caves and caverns, used in the past as a recover for animals, gives the name Camere to the village. Those caves makes it vulnerable to the earthquakes that destroyed the valley during centuries. At the beginning of the 15th century was victim of the brutal siege of Braccio da Montone who destroyed it with the near village of Barisciano. In the main square of the village, there is still the church of San Pietro Celestino of the 12th century, rebuilt several times: today shows some baroque finish and some fine

painting who represents the pope of Abruzzo, Celestino V.

Not so far there is Castelnuovo an hamlet of San Pio nearby the city of Peltuinum; it was a defensive point for the around settlements, among the others Castra di Camponesco, Bargionello, Santo Pii, San Nicandro, Tussio and even Castel del Monte.

In the neighboring archeological site, not so far from the romans city, it is possible to admire the church of San Paolo di Peltuinum from the 12th century and it shows signs of earlier structures. Very interesting is the fortified village of Tussio, on the ridge of the hill in front the Tratturo Centurelle. From the Navelli's Plateau is well visible the tower of Bominaco Castle.

The transhumance and Tratturo

The transhumance is one of the oldest economic activity of Abruzzo and Molise Regions. There are so many historical evidences which date back this practice even before the Roman's time. Thousands of sheeps had moved from Gran Sasso Mountain to the plains of Apulia region along the Tavoliere delle Puglie, where all those animals could be preserved from the hard winter of mountain regions.

To move all these sheeps, shepherds used the so called Tratturo, an ancient highway for sheep, throught which at the end of summer they started, by walk, this long journey to preserve sheep's herds.

The main Tratturo were Tratturo Magno, from L'Aquila to Foggia, and Centurle-Montesecco, and today they are still visible.

A curiosity is that along the Tratturo Magno there was the ancient Roman's city of Peltuinum. Today only the the perimetric walls remains but the ruins of entrance gate, after the abandon, were used as sheep customs where pay a custom duty and from which derived the ancient name of the neighboring village of Ansidonia, from Latin ansarium, duty.



Transhumance

Bominaco Castle

Not far from San Pio, on the hill to the west of the valley you can see the remains of the Bominaco castle. Iacobuccio da Forfona rebuilt an ancient 12th century dominion, also destroyed by Braccio da Montone, in the early 14th century, in the 16th century. The castle is part of the complex of Santa Maria dell'Assunta and the Oratory of San Pellegrino, splendid examples of medieval art. Today only, the ruins of the great castle remain, but the tall cylindrical tower persists and can still be viewed.

Navelli

From the long and silent road of Tratturo Magno peacefully arrives to the village of Navelli who faces on the same valley. Nestle in the ridge of the hill, it is a pleasant stop before descending into the Tirino valley.

The origin of the village's name are a bit curious: founded on an very ancient settlement before romans, it goes back to the Vicus Inerculae the epithet of basin or "ship", where it is situated, and this is the most validate name's theory. Instead of this, it is studied that another meaning for this name could come from the union of nine Villa Novelli (from Latin) which during the medieval period reunited around the castle. The symbol of the village, a ship, proves that it took part to the Cruciate and that, probably, that ship was used participate to the mission. The nine Villa unified are among the other founder of L'Aquila.

On the top of the hill there is Santucci Palace a solid structure of the 16th century built on the old medieval castle. Walk in the village is simple and arouse visitor's curiosity with its organized alleys realized in the rocks itself. When it comes down from the castle arrives to San Pelino square, with San Sebastiano church and an old sighting tower. From Porta Castello it is possible to enter in the old village with astonishing view on surrounding mountain. Here there are many signs of a farmer past like the pilucce, a little manager for animals excavated in the stone, in this part of village shepherds and farmers meet together and, between old country oven and ancient little streets under the noble palaces, it takes its live. Piccioli Palace is one the most characteristic and the in front square takes its name from it, with some rich and fascinating architectonical details. Down in the village there is the church of Rosario, which preserve a picture of Venetian painter Vincenzo Damini.

Surrounded to the siege of Braccio da Montone was spare by destruction, but it could not resist to the earthquake of some years after, in 1456, which seriously damaged the village. That was the opportunity to enlarge the village with new perimetric wall and new entrance gates.

On the old Tratturo even today it is possible to find some country churches which gave refreshment to transhumance's people. The church of Santa Maria in Cerulis has big charming, it is from the 11th

*Navelli*

century and maybe even earlier, there is also the church of Santa Maria delle Grazie in Renaissance style.

The neighboring village of Civitaretenga is the same age and the same historical charming, with Sant'Antonio's church and its medieval monastery. In the middle, there is the squared sighting tower of San'Egidio's church.

*Navelli*

The Gold of Abruzzo

When in October and November flourish starts the lands all around colored of the unique violet of *Crocus Sativus*, and it is a new spring. The skillfully hands of farmers early in the morning hurry up to take them to separate from the precious internal pistil.

Saffron was introduced in the valley by a Dominican monk Santucci di Navelli who during his way back from a mission in Spain had the insight to grow the flower in these areas. It was one of the first product to be produced only for export to European countries, neither a single grain of the spice remained in the territory. Now is one of the Abruzzo product to have the DOP mark, protected by a Producers Cooperative across the plateau.

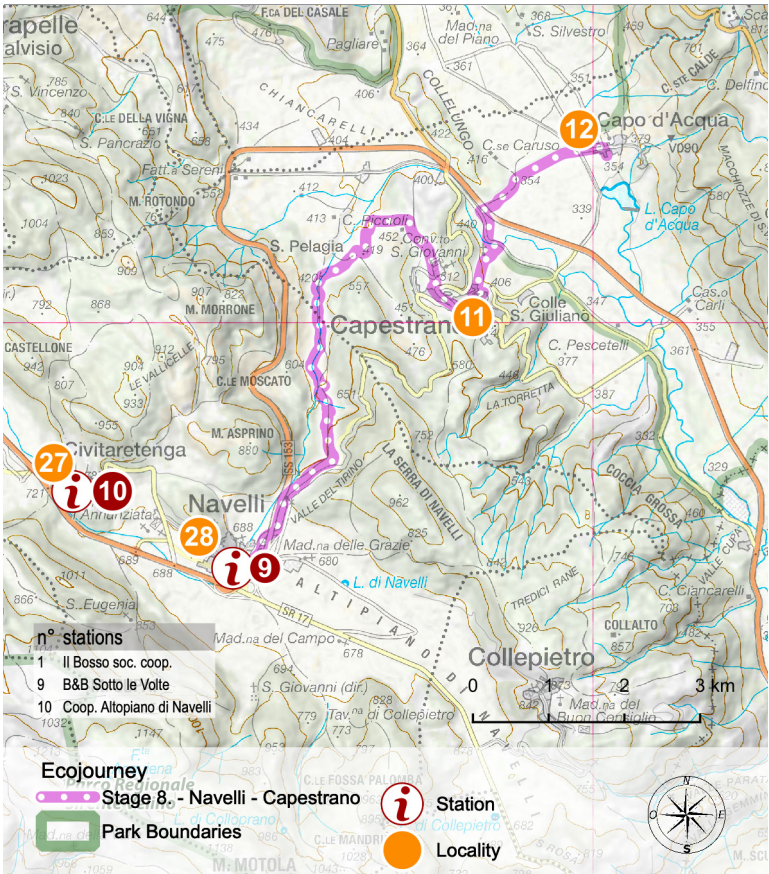


Saffron

Civitaretenga "ru busc"

The ancient Jewish ghetto dating back to the 12th century develops in the narrow streets of the village, around the old castle and Piazza Giudea or Guidea, as it was re-named. In the past on the doors of the houses identification marks were affixed which over the centuries were also covered with the symbols of San Bernardino da Siena. Inside the castle and the nearby Perelli Palace, the footprints of the remains of an ancient synagogue are still visible. The ghetto was active until the early 16th century, a period in which Judaism was banned from the Kingdom of Naples. As the inhabitants recall now only "a hole" remains, a small place that survived over the centuries, which, unfortunately, due to the 2009 earthquake, is inaccessible, but the memory of the place remains alive today.

8 STAGE 8 NAVELLI – CAPESTRANO



Route: **Navelli - Capestrano**

Duration: **6h**

Map Symbol:

Difference in Height: **320 mt**



Length: **12 Km**

This stage starts at the doors of Navelli village from the main square, crossing the main street with the underpass, and takes the road on the left side continues straight to the street to Capestrano. After a few meters, it goes down for a secondary road that, at mid-hill on south-west direction, get down in the valley until Santa Pelagia. The road is almost all paved until the end of the valley and crossing oaks and olive trees where fascinating landscapes on Gran Sasso mountains opens. At the end of the road, on the right side, it goes again in the paved street to go back up to San Giovanni Monastery and enter in a while in the main

square of Capestrano village to admire, in this way, the Piccolomini Castle with its marvelous view up on all the Tirino Valley.

Capestrano

The ancient medieval fortress towers over the Tirino Valley with its two souls, one religious and one belonging to the Florentine Medici's, both of which have characterized the village throughout the centuries.

The origin of the village dates back to the 9th century AD and it is situated on the Ancient *Via Claudia Nova* which crosses the whole Valley and was part of the property of the monastery of San Pietro ad Oratorium, a powerful religious community which has completely disappeared except for the Abbey which still remains on the banks of the Tirino river.

In the main center of the village stands the majestic Piccolomini D'Aragona's Castle, a Tuscan family. The Castle dates back to the 15th century and the new lords of the De Medici's family rebuilt it in the late 16th century. The structure lies on the natural rock of the hill and the castle is an "L" shape with a moat and no external windows to better fortify the structure. During the 19th century, the Medici's outpost to control the Valley was modified to allow a modern usage. The moat and the drawbridge were replaced with the current staircase and some new windows were opened in order to better illuminate the large internal hall.

Surrounded by an heavy wall with five gateways named: Porta Parete, Porta del Sacco, Porta del Lago, Porta la Palma e Porta Castello better known as Porta la Macchia. The fortified village was able to resist to several sieges like in 1423 by the General Braccio da Montone and in 1528 by French Troops' General Pietro Navarro who aimed to conquer L'Aquila, the capital city of Abruzzo since that time.

Near the village, there is the 15th century monastery of San Giovanni da Capestrano. Inside the monastery, there is a museum with the saint's relics and many other sacred items. Among the many documents and artefacts in its historic library, there can be found a Papal bill of Urbano IV dated 1262, and a mid-eighteenth-century painting by Venetian artist Vincenzo Damini.

In the village church of Santa Maria della Pace it is possible to visit the tomb of the Duke of Amalfi, Alfonso Piccolomini, who lends his name to the castle. In a short distance, there is the Church of Santa Caterina and the house where the Saint Giovanni was born. Outside the village on the East side, it is possible to visit the little Tower of Forca di Penne, which is a Roman-sighting tower where the mountains and hills cross.



Capecetrano Castle

San Pietro ad Oratorium

In the lower side of the village, we can find the Church of San Pietro ad Oratorium on the banks of Tirino river. It is a very simple structure of classic Romanesque style. The façade has monolithic stones from different periods and several inscriptions. Of particular interest is the square of Sator, a particular Latin inscription that uses palindrome words, which can be read in any direction: “Sator Arepo Tenet Opera Rotas” could have different meanings and has not yet been completely deciphered. Inside there are three naves separated by seven rounded arches on square pillars. The central apse is adorned by a twelve-century fresco of Christ the Redeemer among the Elders of the Apocalypse. A monumental Ciborium dated 1100, stands in the center of the apse.



San Pietro ad Oratorium

The Capestrano Warrior

The “Capestrano Warrior” was discovered in 1934, by Michele Castagna in the Cenericcio vineyard and is a giant Statue from the Italic period dated at the end of sixth century B.C. It is 2.09 m high with a large, round and flat headpiece. With crossed arms, he holds an axe and a sword in his hands and wears a mask on his face: on his chest and on his back there are two discs to protect the heart (kardiophylax). On the base of the statue, there is an inscription in the osco-umbro language that says: “Ma Kupri Koram Opsut Ananis Raki Nevii”. Which means: “My beautiful image was made by Ananis for King Nevio Pompuleio.” A woman’s bust adorned with jewelry was discovered near the warrior and she could be the warrior’s wife. Today both statues are preserved in the National Archeological Museum of Chieti. The Warrior was shown for the first time outside the Museum in 2009 during the G8 in L’Aquila.



Capestrano Warrior

8 RECCOMENDED STAGE L'AQUILA

At the edge of the ecojourney there is the city of L'Aquila, medieval outpost of the homonymous valley that from its born enclose and represent the all-around villages and the territories.

L'Aquila born thanks to the will of that time landlords to be independent: they joined between the areas from Roman city of Amiternum and the Vestini city of Forfona and, with the edict of Corrado IV of 1254, the city was founded. The legend says that 99 castles were reunited, let born to 99 churches squares and fountains which represents all the villages around. Ninety-nine as multiple of three (the holy trinity), a very symbolic number into the religious ambient, just think to that even Dante Alighieri used this number for enumerate the chapters of Divine Comedy.



Collemaggio

At the beginning the name of L'Aquila is without the article, it was added before the Second World War and does not have a direct relation with the predatory bird that is however in the insignia of the town; the name refers to the abundance of water in the city. Developed nearby Aterno River, at Borgo Rivera, there is the fountain symbol of the city, the Fountains of 99 Cannelle, with its marvelous red and white stones.

An ideal route inside the city follows the city's water. Starts from 99 Cannelle to goes up the hill and arrive in the city center, from Villa Comunale follows the tree line street to arrive at Collemaggio Cathedral, wanted by the Pope of "great refusal" Celestino V, and even today his

spoils are kept here. From the holy door of the cathedral, at the end of august every year from 1294, by papal edict, is celebrated the Perdonanza Celestiniana, the first jubilee of history, a secular tradition that repeats from 725 years. The facade of the Cathedral with its red and white marbles used also in the inner flooring makes it an example of rare beauty.

From here, it is possible to come back in the city center to visit courtyards, squares and fountains and the monuments of the city to discover, from an angle to another the indelible historical signs. From the cross road of Quattro Cantoni (four angles), an old medieval division of the town, the ancient cross of main streets, arrives to San Bernardino Cathedral, with its impressive facade and the baroques frescoes. There is the mausoleum of the spoils of the saint that was gravied here in the place where he died after his evangelization campaigning.

Down the impressive staircase arrives to Via Fortebraccio, a street named to Fortebraccio da Montone, the notorious general which in the second half of 15th century, after has destroyed all of the surrounding villages sieged the city for almost one year and he died after a violent battle on trying to conquered it.

Not so far from the cathedral of San Bernardino, to dominate al the castles around, it is possible to admire in its magnificence the Spain Fort, a solid castle and unusual for its shape with four spades. It was the center of Spain trade, which conquered the city and imposed its construction as an admonishment against other independence trying.

During its history the city, go through many changes caused by earthquakes and the several historical domination that have followed. The reconstructions maintained the medieval character typical of the city and crossed by baroques styles, renaissance ones, and from other eras. To date, the city still lives a path of reconstruction following the earthquake that in 2009 destroyed much of the historic center, but there are numerous religious and architectural cultural emergencies, that have already returned to the splendor of the past.



The Church of San Silvestro





Where to eat and sleep

Partners

Il Bosso Soc. Coop

Via Capodacqua n°6 – Loc. Capodacqua – 67022 –
Capestrano – AQ

Tel: +39 085 9808009



B&B Bacca Blu

Via C. Battisti 44, 67020 - Villa Santa Lucia degli
Abruzzi AQ

Tel: +39 339 576 0035 - 320 314 1858



Osteria del Lupo

Viale della Vittoria n.20 - 67023 - Castel del Monte
- AQ -

Tel: +39 0862 938136 – 339 1475010



Adonis Bar Ristoro Affittacamere

Via Roma, 8 - 67020 - Castelvechio Calvisio - AQ -

Tel: +39 0862 1966283 - 320 620 5682



Locanda sul Lago

Via del lago - 67020 - Santo Stefano di Sessanio - AQ -

Tel: +39 0862 1966440 - 392 002 6267



Le Case della Posta

Via Roma 40 - 67020 -
Santo Stefano di Sessanio - AQ -

Tel: +39 347 971 6625



Partners

Convento di San Colombo

Dimora Storica

S.P. 7 per Castel del Monte Km 4,200

- 67021 - Barisciano – AQ -

Tel: +39 0862.020778 - 342.8667323



Il Regno dei Mazzamurelli

Loc. Cerquelle - 67020 - San Pio delle Camere - AQ -

Tel: +39 349 7330187 - 320 1780791



Coop. Altopiano di Navelli

Produzione Zafferano dell'Aquila DOP

Viale Umberto I,7 – 67020 – Navelli – AQ

Tel: +39 0862 959163 – 347 4681432



B&B Sotto Le Volte

Via del Municipio 15 bis - 67020 - Navelli - AQ -

Tel: +39 0862 959 445 – 333 4894216



Touring Club Italiano L'Aquila

Via Angelo Colagrande, 67100 L'Aquila AQ

Tel: +39 0862 406000



Touring Club Italiano

Capestrano

EAT **SLEEP**

"Il Castello" - Ristorante Pizzeria

Piazza Del Mercato, 22 - 67022
Capestrano - AQ -

Tel. 348 839 7638 - www.ristoranteil-castello.net

"VinNoir"

Piazza Del Mercato, 2 - 67022 Capes-
trano - AQ -

Tel. 340 429 5415 - 366 3124133

"Risto-Macelleria Tirino"

Piazza Del Mercato - 67022 Capestra-
no - AQ -

Tel. 346 499 3856

Degusteria

Piazza del Mercato - 67022 - Capestra-
no - AQ -

Tel. 347 588 7887 - 327 570 4637 -
www.aziendaagricolaottaviani.it

Agriturismo "Terre di Solina"

Nucleo Capodacqua 4

Tel. 331 676 6139 - www.terredeltirino.it

Eco-Ristoro Valle del Tirino

c/o Centro Turistico Formativo Valle
del Tirino

Via Capodacqua n° 6 - 67022 - Capes-
trano - AQ -

Tel. 085 980 8009 - email: info@ilbosso.com

Ristorante San Martino

Contrada San Martino - 67022 - Cap-
estrano - AQ -

Tel. 0862 952 44 - 328 543 1266

Agriturismo "Il Fortino"

Contrada Forca di Penne - 67022 -
Capestrano - AQ -

Tel. 389 1686673 - www.agriturismoil-fortino.it

- email: agriturismoilfortino@gmail.com

"Ristoro da Peppino"

Contrada Forca di Penne - 67022 -
Capestrano - AQ -

Tel. 347 187 5138 - 348 094 0515

Pellegrini Marianna B&B

Loc. Capodacqua - 67022 - Capestrano
- AQ -

Tel. 329 493 4694

B&B Paparelle

Loc. Collelongo - 67022 - Capestrano
- AQ -

Tel. 339 260 1702

B&B La Fattoria

Loc. Colle Frivello 32 - 67022 - Capes-
trano - AQ -

Tel. 338 3257348 - email: pina.beber@gmail.com

Acqua Dolce Rooms - Agri- turismo Terre di Solina

Nucleo Capodacqua 4 - 67022 - Capes-
trano - AQ -

Tel. 331 676 6139 - www.terredeltirino.it

Agriturismo Ursini Alfredo

Loc. Capodacqua - 67022 - Capestrano - AQ -

Tel. 328 962 4982 - email: ursinialfredo@gmail.com

www.agriturismocapodacqua.com

Campeggio S.Martino

C.da San Martino - 67022 - Capestrano - AQ

Tel. 0862 952 44 - 328 543 1266 - email: francesco.spera@libero.it

Agriturismo Il Fortino

C.da Forca di Penne - 67022 - Capestrano - AQ -

Tel. 389 168 6673 - email: agriturismoilfortino@gmail.com

B&B Casa Fisolare

Via delle Aie 17 - 67022 - Capestrano - AQ -

Tel. 347 676 1404 - email: casafisolare@gmail.com

www.casafisolare.com

Villa Santa Lucia degli Abruzzi

B&B Bacca Blu - Partner della Rete

Via C. Battisti 44, 67020 - Villa Santa Lucia degli Abruzzi AQ

Tel. 339 576 0035 - 320 314 1858 - baccablurelax@gmail.com

B&B Storie D'Abruzzo

Loc. Carrufo - 67020 - Villa Santa Lucia degli Abruzzi - AQ

Tel. 0862 95 6627 - 333 295 6840 - www.storiedabruzzo.it

Castel del Monte**Ristorante "La Locanda delle Streghe"**

Via della Pineta 24 - 67023 - Castel del Monte - AQ -

Tel. 0862 938911 - 334 1357639 - email: info@lalocandadellestreghe.info

Ristorante "Dal Gattone"

Via Campo della Fiera n.10 - 67023 - Castel del Monte - AQ

Tel. 0862 938446

Da Loredana - Ristorante

Largo Umberto I - 67023 - Castel Del Monte - AQ -

Tel. 0862 1911661 - 338 8348150

Osteria del Lupo - Partner della Rete

Viale della Vittoria n.20 - 67023 - Castel del Monte - AQ -

Tel. 0862 938136 - 339 1475010 - email: info@osteriadellupo.it

Pizzeria Gastronomia "Il Rifugio del Pastore"

Viale della Vittoria n.16 - 67023 - Castel del Monte - AQ -

Tel. 366 8906880

Pub Le Civette

Via Sant'Angelo 7/9 - 67023 - Castel del Monte - AQ -

Tel. 0862 938195 - 340 382 9760 - email: rino_68m@yahoo.it

Rifugio Mucciante

Loc. Fonte Vetica - 67023 - Castel del Monte - AQ -

Tel. 339 885 5751

Ristoro Giuliani

Loc. Madonnina - 67023 - Castel del Monte - AQ -

Tel. 327 927 4266

Rifugio De Carolis

Loc. Via della Fonte - Castel del Monte - AQ -

Tel. 0862 938138 – 330 432 678

Relais "La Locanda delle Streghe"

Via della Pineta 24 - 67023 - Castel del Monte - AQ -

Tel. 0862 938911 – 334 1357639

Albergo Parco Gran Sasso

Via Campo Imperatore 7 - Castel del Monte - AQ -

Tel. 0862 1911661 – email: albergo.parcogransasso@gmail.com

B&B Le Civette

Via Sant'Angelo 7/9 - 67023 - Castel del Monte - AQ -

Tel. 0862 938195 - 349 179 2121 - email: emanuelestaiano@virgilio.it

B&B "Il Rifugio del Pastore"

Viale della Vittoria n.16 - 67023 - Castel del Monte - AQ -

Tel. 366 890 6880

B&B Osteria del Lupo - Partner della Rete

Viale della Vittoria n.20 - 67023 - Castel del Monte - AQ -

Tel 0862 938136 – 339 1475010

Calascio e Rocca Calascio**Ristorante Da Clara**

Via della Playa - 67020 - Calascio - AQ -

Tel. 0862 930365 – 348 7258018

Ristorante Rifugio della Rocca

67020 - Loc. Rocca Calascio - Calascio - AQ -

Tel. 338 805 9430

La Taberna Imperiale di Rocca Calascio

Via della Torre - 67020 - Loc. Rocca Calascio - Calascio - AQ -

Tel. 350 089 9006

Trattoria da Maria

Via della Sposa - 67020 - Calascio - AQ -

Tel. 346 522 3144

Hotel Rifugio della Rocca

67020 - Loc. Rocca Calascio - Calascio - AQ -

Tel. 338 805 9430

B&B Acca' Lascio

Via Preta Jerta 10 - 67020 - Calascio - AQ -

Tel. 328 082 8539 – 347 5572714

Agriturismo Il Sentiero delle Volpi

Via Castelvechio, 1 - 67020 - Calascio - AQ -

Tel. 0862 930104

Hotel Da Clara

Via Castelvechio, 1 - 67020 - Calascio - AQ -

Tel. 0862 930104 - 333 2884573

Palazzo Diamante

Via Diamante Volpe snc - 67020 - Loc. Rocca Calascio - Calascio - AQ -

Tel. 0862 930365 - 348 7258018

B&B Da Nataliya

Via XI Febbraio, 7 - 67020 - Calascio - AQ -

Tel: 333 781 3150 - email: bnbndanataliya@tim.it - www.danataliyabnb.it

Castelvechio Calvisio e Carapelle Calvisio**Trattoria Le 4 Ville**

Via della Morra - 67020 - Castelvechio Calvisio - AQ -

Tel. 339 1288433

Adonis Bar Ristoro - Affittacamere - Partner della Rete

Via Roma, 8 - 67020 - Castelvechio Calvisio - AQ -

Tel. 0862 1966283 - 320 620 5682

B&B Notti Magiche

Via Tre Grotte, snc - 67020 - Castelvechio Calvisio - AQ -

Tel. 346 520 9074 - email: giorgiaciuffini95@gmail.com

Affittacamere Adonis Bar Ristoro

Via Roma, 8 - 67020 - Castelvechio Calvisio - AQ -

Via Roma, 8 - 67020 - Castelvechio Calvisio - AQ -

Tel. 0862 1966283 - 320 620 5682 - email: adonisbarristoro@gmail.com

Santo Stefano di Sessanio**Locanda Sotto gli Archi**

Via Principe Umberto - 67020 - Santo Stefano di Sessanio AQ

Tel. 0862 899112 - 348 240 2967 - email: santostefano@sextantio.it

Locanda sul Lago - Partner della Rete

Via del lago - 67020 - Santo Stefano di Sessanio - AQ -

Tel. 0862 1966440 - 392 002 6267 - email: info@lalocandasullago.it

Il Palazzo

Via G. D'Annunzio - 67020 - Santo Stefano di Sessanio - AQ

Tel. 0862 89445 - 349 390 1153 - email: info@residenceilpalazzo.it

Agriturismo il Borgo

Via Battisti - 67020 - Santo Stefano di Sessanio - AQ -

Tel. 0862 89447

Il Ristoro degli Elfi

Via delle Aie, 18 - 67020 - Santo

Stefano di Sessanio - AQ

Tel. 340 481 9763

Elisir del Poeta**Via Benedetta - 67020 - Santo Stefano di Sessanio - AQ -****Sextantio****Via Principe Umberto - 67020 - Santo Stefano di Sessanio - AQ -**Tel. 0862 899112 - 348 240 2967 -
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email: info@lalocandasullago.it**B&B La Bifora e Le Lune****Via della Chiesa snc - 67020 - Santo Stefano di Sessanio - AQ -**Tel. 347 724 2841 - email: info@labi-
foralelune.com**B&B La Casa Su Le Dimore del Borgo****Via G. D'Annunzio n°9 - 67020 - Santo Stefano di Sessanio - AQ -**

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Tel. 346 363 7705

B&B La Finestra**Via Garibaldi - 67020 - Santo Stefano di Sessanio - AQ -**Tel. 348 5110530 - email: info@lafines-
tra-santostefano.com**Rifugio Lago Racollo****Località Lago Racollo - 67020 - Santo Stefano di Sessanio - AQ -**Tel. 328 1649396 - email: info@rifu-
gioracollo.com**Agricamping Gran Sasso****Loc. Collicello - 67020 - Santo Stefano di Sessanio - AQ -**Tel. 339 879 0497 - email: info@camp-
inggransasso.it**Residence Belvedere****Via Roma 11 - 67020 - Santo Stefano di Sessanio - AQ -**

Tel. 347 312 2371

B&B Dimora Sessanio**Via Benedetta, 5 - 67020 - Santo Stefano di Sessanio - AQ -**

Tel. 338 3864023 - 366 6816786

B&B La Dote

Piazza Cristoforo Colombo, 12 - 67020
- Santo Stefano di Sessanio - AQ -

Tel. 349 749 7106

Campo Imperatore**Ostello Lo Zio**

Campo Imperatore - AQ -

Tel. 0862 196 1580 - email: info@ostello-
campoimperatore.com

Barisciano**Bar Pizzeria Da Serafina**

Via Salomone Federico, 3 - 67021 -
Barisciano - AQ -

Tel. 0862 89310

Ristorante Monte Selva

SS. 17 Km 53, 100 - 67021 - Barisciano
- AQ -

Tel. 339 792 1518 - email: ale@albergo-
monteselve.it

**Convento di San Colombo
- Dimora Storica - Partner
di Rete**

S.P. 7 per Castel del Monte Km 4,200
- 67021 - Barisciano - AQ -

Tel. 0862.020778 - 342.8667323 - email:
info@conventodisancolombo.it

B&B Palazzo La Loggia

Via delle Campitelle - 67021 -
Barisciano - AQ -

Tel. 0862 89215 - 348 313 6682 - email:
info@palazzolaloggia.it

**Albergo Ristorante Monte
Selva**

SS. 17 Km 53, 100 - 67021 - Barisciano
- AQ -

Tel. 0862 899100 - 339 792 1518 -
email: ale@albergomonteselve.it

San Pio delle Camere**Scrigno di Porpora**

Via Agnelli - 67020 - San Pio delle
Camere - AQ -

Tel. 347 426 5113

Agriturismo Centuria

Via Pie' le Vigne - 67020 - San Pio
delle Camere - AQ -

Tel. 328 921 4318 - 328 2631533

Ristorante La Cabina

Via Aufinate, 1 - 67020 - San Pio delle
Camere - AQ -

Tel. 347 6649415

Agriturismo Centuria

Via Pie' le Vigne - 67020 - San Pio
delle Camere - AQ -

Tel. 328 921 4318 - 328 2631533

B&B Zafferano

Via Nuova, 6 - 67020 - San Pio delle
Camere - AQ -

Tel. 340 164 8752

La grotta di nonno Vittorio

Via Carapelle, 5 - 67020 - San Pio
delle Camere - AQ -

Tel. 349 119 9758 - 339 8790793

Navelli**Antica Taverna di Navelli**

Via dell'osteria, 16 - 67020 - Navelli
- AQ -

Tel. 0862 959171

Ristorante Bar Crocus

67020 Navelli AQ

Tel. 347 500 1068

Sotto Al Castagno Di Ferretti Massimiliano

Via Pereto, 3 - 67020 - Navelli - AQ -

Tel. 0862 959437

Abruzzo Segreto

Via S. Girolamo, 3 - 67020 - Navelli - AQ -

Tel. 0862 959447 - 338 3997221

B&B Sotto Le Volte - Partner della Rete

Via del Municipio 15 bis - 67020 - Navelli - AQ -

Tel. 0862 959 445 - 333 4894216 -
email: info@sottolevolte.it

B&B La Loggia di Federico

Via Roma 27/28/29 - 67020 - Navelli - AQ -

Tel. 3486623023 - email: loggiadifederico@gmail.com

Dimora dell'Arte

Via San Girolamo - 67020 - Navelli - AQ

Tel. 349 699 2199

Casa Verde

Via Umberto I n. 7 - 67020 - Civitaretenga di Navelli - AQ

Tel. 0862 959163 - 347 4681432

Ostello sul Tratturo

ex Convento S. Antonio - 67020 -

Civitaretenga di Navelli - AQ

Tel. 0862 959158 - 334 7283509 -
email: prolocodinavelli@gmail.com

B&B Bella Vista

Via del Risorgimento 7 - 67020 - Civitaretenga di Navelli AQ

Tel. 347 773 4045

Ofena

Ristorante B&B Aufinum

Via S. Rocco, 4 - 67025 - Ofena - AQ -

Tel. 0862 956022 - 328 8908997 -
email: aufinium@inwind.it

Sapori di Campagna

Contrada Colonia Frasca, Km 7,8
67025 Ofena (AQ)

Tel: 0862 954253 - 392 0350896 - 348
4804773

Email: serena.dibattista@gmail.com -
www.saporidicampagna.com

Affittacamere al Casolare

Contrada Colonia Frasca - 667025
- Ofena - AQ -

Tel. 333 144 1445 - 340 866 7697 -
www.alcasolare.eu







Where to meet local producers

Capestrano

Terre di Solina Az. Agricola Presidio Slow Food

Cereals and legumes Producer

Nucleo Capodacqua n 4 Capestrano
AQ

www.terredeltirino.it

Degusteria-Frantoio Ottaviani - Oil Producer

Piazza del Mercato 67022 Capestrano
AQ

Ofena

Azienda agricola Luigi Cataldi Madonna

Wine Producer and Seller

Via Madonna Del Piano OFENA (AQ)

Tel 0862 954840

Azienda Agricola Inalto

di Adolfo Maria De Cecco

Via del Giardino 7 - Ofena

Tel. 0862 956618

Frantoio oleario Valeria Lancione - Oil Producer

Contrada le Fonnere -Ofena

338 1732724

Sapori di Campagna

Di Livia di Battista

Ofena (Aq)

Strada Provinciale delle Vigne, km 7,8

tel. 0862 954253 | 347 6995264

info@saporidicampagna.com

www.saporidicampagna.com

Villa Santa Lucia

Berlingeri tartufi - Truffles

Via XX Settembre 53 Villa Santa Lucia

329 3519672

www.berlingeritartufi.com

Azienda Agricola Il Convolvolò - Typical Products

Francesca D'Anastasio 339 5760035

Castel del Monte

Pecorino Cheese Producers

Giulio Petronio

Castel del Monte (Aq)

Piazzale del Lago, 2

tel. 0862 938107 | 333 5814030

bioformaggi.gransasso@gmail.com

Rosetta Germano

Castel del Monte (Aq)

Piazzale del Lago, 10

tel. 333 4107973

rosetta.germano@libero.it

Azienda agricola Map Pavel's di Aromatrio Sara

Produzione di birre artigianali di alta
quota - **Craft Beer**

tel 331 712 2134

Calascio

Alessandra Gentile presidio slow food per la lenticchia di Santo Stefano di Sessanio - Lentil Producer

Calascio (Aq) Via Plaia, 18

tel. 377 1290446

Cooperativa Campo Imperatore

Calascio (Aq)

Strada Provinciale, 1

Tel. 0862 930345

333 2548445

Santo Stefano di Sessanio

Presidi slow food per lenticchia di Santo Stefano - Lentil Producers

Ettore Ciarrocca

Santo Stefano di Sessanio (Aq)

Piazza Municipio, 12

tel. 0862 28460 | 348 3309131 | 339

6338959

ettoreciarrocca@gmail.com

Mario Ciarrocca

Santo Stefano di Sessanio (Aq)

Via D'Annunzio, 12

tel. 0862 89445 | 349 3901153

www.residenceilpalazzo.it

info@residenceilpalazzo.it

Rosa Ciarrocca

Santo Stefano di Sessanio (Aq)

Via Benedetta, 5

tel. 0862 89679 | 335 6529016

lucacucchiella@gmail.com

Anna D'Alessandro

Santo Stefano di Sessanio (Aq)

Via Roma, 48

tel. 339 5735273

Silvan Fulgenzi

Santo Stefano di Sessanio (Aq)

Via delle Aie, 18

tel. 340 4819763

Apiario collevernesco

339 2783625 - Honey Producer

Barisciano

Presidio slow food per la patata turchesa

- Potato Turchesa Producers

Marco Matergia

Barisciano (Aq), Via Provinciale, 145

tel. 0862 89335 | 334 1041133 - Lucio.

matergia@univaq.it

Dante Santavicca

Barisciano (Aq), Via Aldo Moro

tel. 0862 89420 | 347 6040425

- stefanosantavicca@gmail.com

Emanuele Falerni

Barisciano (Aq), Via Paganica, 6

tel. 327 7864032 – azienda.falerni@gmail.com

Navelli

- Saffron Producers

Coop. Altopiano di Navelli

Zafferano dell'Aquila DOP

**Viale Umberto I n 7 67020
Navelli AQ**

0862 959163 347 4681432

www.zafferanoaltopianonavelli.it

Consorzio per la Tutela dello Zafferano dell'Aquila

Via Risorgimento, 3

Civitaretenga, 67020 Navelli (AQ)

Email. info@zafferanodop.it

Presidio slow food per i ceci di Navelli

- Chickpeas Producers

Sandro Angelone

Navelli (Aq), Via del Commercio, 53

tel. 339.2307838,

sandro.angelone@email.com

Tommaso Angelone

Navelli (Aq) Via dei Mori, 5

tel. 339 6223456,

tommaso.angelone57@gmail.com

Tommaso Cantalini

Navelli (Aq), Via del Commercio, 3

tel. 338 3304194

Giuliana di Luzio

Navelli (Aq) Via Fontevecchia, 5

tel. 338 5865607 – 339 7797235 – giuliana.diluzio@gmail.com

Berardino Di Felice

Navelli (Aq) Via Spiagge Grandi, 26

tel. 329 6121814

berardino.difelice@libero.it

Agnese Di Iorio

Civitarenza (Aq) Via Cavour, 3

tel. 334 9038827 –

gianfranco.napoleone@alice.it

Mario Federico

Navelli (Aq) Via Roma, 10

tel. 339 2806981

Daniela Ippoliti

Navelli (Aq) Via del Commercio, 43

tel. 0862 959418 – 329 6121295

Maria Grazia Palmerio

Navelli (Aq) Via del Commercio, 42

tel. 0862 959442

Alfonso Papaoli

Navelli (Aq) Via Spiagge Piccole, 2

tel. 347 9331731

info@papaolizafferano.com

Luigi Petrucci

Navelli (Aq) Via Pereto, 11

tel. 0862 959132

S.Pio delle Camere

Azienda Agricola Centuria

Via Pie' le Vigne San Pio delle Camere

tel.347 4265113







What to visit and what to do

Il Bosso Soc. Coop –

Outdoor activities –

Canoa – Trekking – Mountain Bike – Escursionismo

Via Capodacqua n°6 – Loc. Capodacqua – 67022 – Capestrano – AQ

Tel. 085 9808009 – email: info@ilbosso.com – www.ilbosso.com

Maneggio Auriga-horse ride

Loc. Collelungo – 67022 – Capestrano – AQ –

Tel. 331 566 9201 – 340 102 1379 – www.aurigamaneggio.it

ASD Abruzzo a Cavallo-horse ride

Loc. Colle Frivello n°2 – 67022 – Capestrano – AQ –

Tel. 366 804 1228

Associazione sportiva Atlantide -diving in the lake of Capodacqua

Capestrano

info@atlantidesub.com
www.atlantidesub.com

Coop Colle della Battaglia

tel 338 9266113
dpetricola@virgilio.it

Mountain Evolution Scuola di Montagna

Tel. 347 766 1126 - email: mountainevolution@gmail.com

Information point of Gran Sasso National Park

Via del Municipio - 67020 - Santo Stefano di Sessanio - AQ -

Tel. 0862 899117 -
email: viaggiatorinelparco@gmail.com

ASD "Gira e Rigira" - hiking with donkeys

Via Benedetta snc - 67020 - Santo Stefano di Sessanio - AQ -

Tel: 328 841 1477 - email: giraerigira@santostefanodisessanio.biz

EscursioniDaPaura- e.bike activities and excursions

347 6885233

Il Regno dei Mazzamurelli -Adventure Park

Loc. Cerquelle - 67020 - San Pio delle Camere - AQ -

Tel. 349 7330187 - 320 1780791 - email: ilregnodeimazzamurelli@gmail.com



Experience in nature



Experience in nature





Responsible behaviour

Responsible behaviour



Tirino river

Being a responsible traveler and minimizing the impact your visit creates is important for the sustainability of the area. After all, sustainable tourism is a way of traveling and exploring a destination whilst respecting its culture, environment and people.

General Rules



Respect **nature (flora, fauna and land)** and don't introduce alien species of flora and fauna



Stay on the **paths** and trails waymarked and **camp** only in those authorized places



Light **fires** only in the authorized areas



Do not drop any of your **litter**, bring it back.



Keep **pets** always **on a leash** and under the control of the owner



Circulate and park **motorised vehicles** only in authorised **road/areas**



Experience in nature

Further Rules

- When entering into a protected area, follow the rules and the instructions from the staff
- Take care of not damaging any signaling and other itinerary facilities
- Respect any kind of private property, incl. buildings, crop fields
- Respect cultural heritage (churches, ruins, walls, and any other constructions)
- Be polite and fair with locals and other users, including hikers, riders and cyclists
- Respect the peace and calmness of the place

Recommendations before you start

- If you walk alone, tell someone of your itinerary.
- Don't overestimate yourself and choose it according to your physical abilities.
- Choose the appropriate clothes and equipment
- Check the weather forecast before leaving and adapt your route according to the weather conditions
- Remember to take enough water.
- Report any breach to the corresponding authority





How to come

How to come



Experience in nature

Travelling responsibly in times of climate change? Yes, you can! Just offset your CO2 emissions...

- Reaching our mountain areas from other parts of Europe or the world would be not possible without air travel. However, aviation is one of the largest emitter of greenhouse gases and, therefore, contributes to the anthropogenic climate change **in a decisive manner**.
- Fortunately, you can **offset the generated carbon footprint on a voluntary basis** in one of the existing carbon offsetting initiatives. These initiatives usually offer a web tool with a calculator so that everyone can calculate the price of their own carbon offsets. By purchasing the emitted CO₂, you can mitigate your own greenhouse gas emissions from transportation (e.g. your flight), but also from using non-renewable energy sources during your stay.
- The purchased offsets are usually dedicated to **on- or off-site forest management projects, but also to conservation of biodiversity** in collaboration with local managers. You can contribute to these projects with small amounts. For instance, the offsets from a flight from Berlin to Thessaloniki (round trip) cost less than 20 Euro, and from Stockholm to Catania, about 30 Euro.
- You can offset your emissions wherever you like. We suggest using **“Atmosfair”**, being one of the most well-known and reliable platform. Just have a look at www.atmosfair.de!
- **Thank you for making responsible and sustainable travel possible!**



Experience in nature

By car

Highway A14 Adriatica (L'Aquila side) Highway exit Pescara Nord - go on towards Gran Sasso / Penne / Farindola

Highway A24 dei Parchi Roma - L'Aquila - (L'Aquila side) highway exit Assergi

Highway A25 Roma Pescara (Pescara side) highway exit Bussi sul Tirino

By train

From Pescara: line Pescara L'Aquila, go on by bus to reach the chosen destination

From Rome: line Roma Termini - L'Aquila San Gregorio, go on by bus to reach the chosen destination

<https://www.trenitalia.com/>

By bus

From Rome:

Tua Abruzzo - Line Roma L'Aquila - Line Roma Pescara - +39 06 66623140

<https://www.tuabruzzo.it/>

By airplane

Fiumicino Airport (Rome)

Ciampino Airport (Rome)

Abruzzi International Airport in Pescara