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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



Dear reader,

What you have in your hands is not only a tourist guide of [name of the Ecojourney], but also the result of an ambitious project carried out by the Emblematic Mediterranean Mountains network. [Name of the mountain] 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

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 a participatory processes with local stakeholders

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.

senses the hidden gems

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, its nature, its culture and its people and traditions. Go for it, it's waiting for you!

Your EMbleMatiC Hosts

<u>Stage 1 - Valle del Tirino - Ofena - Villa Santa</u> Lucia degli Abruzzi

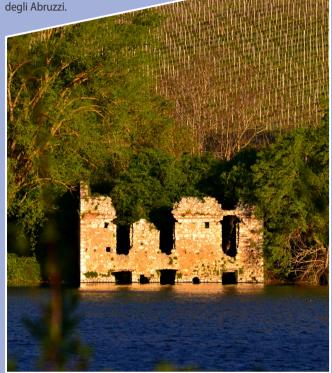


The first stage of the ecojourney starts in the Tirino Valley among the villages of Capestrano, Ofena and Villa Santa Lucia of Abruzzi's. This journey develops on the ancient paths of Saints and Warriors where it is possible to walk on historical Roman streets and mountains paths by walk, or on horseback 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 Capestrano's area at the foot of the holm oak wood of Macchiozze of San Vito. Here there is a Mediterranean vegetation 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



Stage 5 - Rocca Calascio - Castelvecchio Calvisio - Santo Stefano di Sessanio



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 follows 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 Castelvecchio 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.

Extra Stage - Castelvecchio - Ofena

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 Castelvecchio Calvisio's entrance gate (height 1045 mt a.s.l.).



Stage 2- Villa Santa Lucia - Castel del Monte



Our second stage starts from the village of Villa Santa Lucia to arrive to Castel Del Monte thought 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 than 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.



<u>Stage 6 - Santo Stefano di Sessanio -</u> Barisciano



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 Colombo and then directly to the village of Barisciano.



where filmed.



Navelli

Castle).



Stage 3 - Castel del Monte - Lago Racollo



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

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 is possible to rest and eat.





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 possibile 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.



Stage 7 - Barisciano - San Pio delle Camere -

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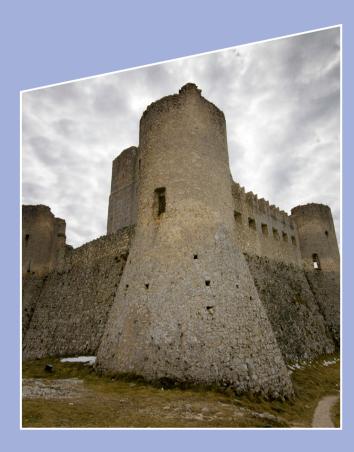
The stage starts from the village of Barisciano and it permits to follow the old Tratturo (sheep path) that from the city of L'Aquila goes to Tratturo Centurelle in San Pio delle Camere.

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

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.





Stage 8 - Navelli - Capestrano

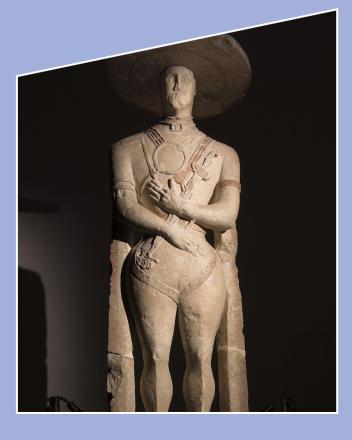


This stage starts at the doors of Navelli village from the main square, crossing the main street with the underpass, and takes the road on the left side continues straight to the street to Capestrano.

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 threes 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.







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GAL Gran Sasso Velino

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



• Ιηςτελετης ματέτη ματαλογία το το το παραγίο παι το παραγία το π • Sharing positive experiences and good practices and exogenous threats • Preserving **patrimonial values** from endogenous together on common **challenges**: and Albania. The respective territories are working the Mediterranean Sea, in France, Greece, Italy, Spain consists of **nine** complex living **mountains** located around The **network** of Emblematic Mediterranean Mountains



Gran Sasso From Tirino to Gran Sasso, Lands of Saints and Warriors