

I-Archeo.S. - Integrated System of the Natural and Cultural Heritage and the Cultural Activities

PRIORITY AXIS 3 “ENVIRONMENT AND CULTURAL HERITAGE”

Specific objective 3.1 “Make natural and cultural heritage a leverage for sustainable and more balanced territorial development”

Title of deliverable (as in SIU): **projects of tourist thematic itineraries - Soul of Abruzzo Nature and Sport**

Work package number, name of Work Package :

WP3 THE SYSTEM: NATURAL CULTURAL HERITAGE - ENTERPRISES - DEVELOPMENT

Activity number, name of activity:

3.3 CREATIVITY VOCATIONAL TRAINING

Partner in charge (author): **P1**

Partners involved: **P1**

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ABRUZZO REGION PROJECTS OF TOURIST THEMATIC ITINERARIES

SOUL OF ABRUZZO NATURE AND SPORT

TABLE OF CONTENT

INSTUCTIONS	3
SPORT AND NATURE ITINERARY	4

Instructions

The Pilot Action will be composed by 2 different itineraries focusing on different topic:

- Art and culture
- Nature and sport

During the days the 2 groups will live specific and different experiences, and in the afternoon they will meet together.

In blue the common experiences of both groups.

Sport and Nature itinerary

5th April, Friday

Arrival of the participants

- Arrival of the participants in Pescara
- Meeting place: Hotel Carlton, Pescara PE
- 6 PM: Briefing/meeting with the Staff for submission of the programme
- Bus Transfer for a dinner at LA CORTE (full group)

6th February, Saturday

The SS81 Piceno/Aprutina in Vespa

This old country road between Piceno lands and Aprutino area is a great way to know the territory moving slowly. Riding along the “sweet” hills that from Mutignano and Atri leads us to Teramo and from a short distance you can find two giants of Apennines – Majella and Gran Sasso, but also the Adriatic coast a short distance away. A hilly way of just over 90 km between medieval villages perched on the rocks, where the flowering brooms mingle with the intense greens on the way that will accompany us along the road that in ancient times cut the Abruzzo in two parts up to Ascoli Piceno. About 97 km

- 8.30 AM Departure in VESPA from Hotel (Van Luggage transfer during the Tour)
- Experiences along the route:
 - 9 AM – Torre di Cerrano
 - 10 AM – Visit of Atri and visit of Campli
- 1.30 PM Street Lunch: at Campli lunch based on Porchetta Italica prepared by actual champion Massimo
- Experience after arrival in Hotel: About 5.30 visit of Civitella del Tronto Castle with music show
- Dinner: Gourmet Hotel Zunica
- Overnight: Hotel Zunica

7th April, Sunday

Abruzzo Bici di Gusto. Road – E-Bike

Chieti will be the starting point of this excursion by road bike to know the route Bici di Gusto of the province of Teatina. The hills covered with vineyards and olive groves with a view on the Majella mountain, will accompany us along the route that passes through Bucchianico, Fara Filiorum Petri, Pretoro, Roccamontepiano up to Casalincontrada. In this area we find the cellars of quality wine production of the Abruzzo DOC, one of which will host us at the beautiful castle built between the seventeenth and eighteenth centuries, The Castle of Semivicoli, built on the highest point of Semivicoli from where you can extend your view from the Majella to the Adriatic. About 40 km, 511 mt of elevation gain

- 8.30 AM Bus Transfer to the starting point of our today's route (luggage transfer)
- 9.30 AM Arrival at the starting point and meeting with specialist for bike setting (according to requests of participants at the moment of confirmation of participation)
- Experiences along the route:
- 9.45 AM Visit of Chieti, visit of Villa Frigerii with visit of Guerriero di Capestrano, to follow, visit of Pretoro
- 1.30 PM Lunch Casa Milà Pretora (traditional lunch based on Rue and arrosticini)
- Experience after lunch: About 3 PM Visit of Mulini Rupestri
- Experience in the end of the route: About 5.30 Le Case di Terra Casalicontrada
- Group transfer to Casacanditella Castello Semivicoli wine degustation and music show
- Dinner: "La Grotta dei Raselli".
- Overnight: Castello Semivicoli

8th April, Monday

Abruzzo Bike to Coast. Mtb/E-Bike

Finisterrae is the starting point of this excursion along the coast of the trabocchi. Today we arrive in the beautiful reserve of Punta Penna after having crossed the uncontaminated territory of the reserve of Punta Aderci.

We will ride on the Adriatic coast, on the way, where once was the railway route, today it takes the name of Via Verde dei Trabocchi - the part of the Bike to Coast project, the cycle path that connects North and South Abruzzo with its 135 km of route along the sea. We will ride only 25 km, crossing the Sinello and the dense vegetation that goes along the route of the former railway line visiting the Trabocchi along the route. About 25 km, 57 mt elevation gain.

- 8.30 AM Bus Transfer to the Hotel Chiave dei Trabocchi (luggage transfer).
- 09.30/12.30 AM B2B with TO and local operators (meeting point Chiave dei Trabocchi).
- 12.30 PM Transfer full group of Street Lunch "Blu Mare"
- 02.30 PM Arrival at the starting point and meeting with specialist for bike setting (according to requests of participants at the moment of confirmation of participation)
- Experiences along the route: To follow, Costa dei Trabocchi, Lecceta di Torino di Sangro Reserve, Mattagrossa seaside.
- About 6.00 PM Transfer up to Hotel Chiave dei Trabocchi
- Transfer full group up to visit of a typical Trabocco
- Dinner: Trabocco Punta Cavalluccio
- Overnight: La Chiave dei Trabocchi in San Vito Chietino

9th April, Tuesday

- Breakfast and departure for the various destinations

Ciao Abruzzo