

I-ArcheoS. - 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): **Educational Tours. Itineraries and pics**

Work package number, name of Work Package:

WP4THE ENHANCEMENT

Activity number, name of activity:

4.2 PILOT ACTION

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

Partners involved: **LP-P1-P2-P3-P4-P5**

Status (draft, final, N._ version, etc.): **Final**

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Date(s): **April 2019**

Soul of Abruzzo

Pilot action/Educational tour

Presentation of thematic touristic Itineraries in
Abruzzo Region

Nature and Sport

Instructions

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

- 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 red 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

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Art and Culture itinerary

5th April, Friday

Arrival of the participants

- accommodation at Hotel Carlton **** in Pescara in the reserved rooms;
- dinner at the "La Corte" restaurant, a crackling start with the Chef Maurizio innovation in the tradition of Abruzzo. Back to the hotel.

6th February, Saturday

Civitella del Tronto – Campli

- Breakfast at the hotel and departure with our Guide towards **Civitella del Tronto** where an expert in truffle hunting awaits us with a walk of max 1 ½ - 2 hours.
- Light Lunch with various truffle starters.
- Another stop in **Campli**, pre-romanic town, in 1557 it was plundered by French people and after 300 years by bourbon people too. To see the Collegiata of Santa Maria in Platea (1300) and its bell tower made with tuff stone, quadrangular map, and wooden crucifix (1300); the Parliamentary Palace (1500), Doctor's House and the Pharmacy of the Renaissance.

- Late afternoon, sightseeing of **Civitella del Tronto**, which is dominated by one of the most big fortresses in Europe, settled in a wonderful panoramic position. This fortress, committed by King Charles 2nd, is built on a pre-existent structure and has been the last bulwark of the Bourbon resistance against Savoy. The town stretches on a hill lying at the foot of the fortress and has maintained its old town-planning establishment. Music show on the fortress.
- Check In at The Hotel Zunica historical house from 1880 Dinner Gourmet and where you will have a guided tasting of the best wines of the region. Overnight stay.

7th April, Sunday

Hermitage of San Bartolomeo – Casalincontro – Semivicoli

INFO: scheduled a walk on the Maiella National Park of about 1 hour with a difference in height of 150 meters (comfortable shoes are recommended)

- Breakfast in the hotel. Departure for Val Pescara, following the tracks of the roman consular road Tiburtina Valeria with the wonderful view of the Maiella and Gran Sasso. Then we will go to Roccamorice and we will visit the Heritage of **San Bartolomeo in Legio**, situated in a great valley in the mountain, in a fascinating wood. This hermitage existed before the year 1000 and was in the 13th century. On the initiative of

Fra Pietro Angeleri, then Pope Celestino V, rebuilt, who lived here 1274-1276.

- Following an explosive Light lunch by "Beatrice" that with her temperament will make us a descriptive eskursus of her unique products in Abruzzo innovation in Tradition.
- We continue to visit **Casalincontrada**, the village is a small village located in Abruzzo, in the province of Chieti, and is part of the National Association of Earth City. As for the houses of land, in the territory of Casalincontrada there are 124 buildings in "Mason", of which 48% is located in urban areas and 52% in rural areas, Antonio will be waiting for further explanations.
- Continue to **Semivicoli**, check in at Castello di Semivicoli visit of the Cellar from the Castel with tasting of DOC / DODG wines and Aperitif with music show. Dinner at the Restaurant "La Grotta dei Raselli". Back to the hotel

8th April, Monday

Costa dei trabocchi

- Breakfast and departure to the Sea, arrival at Hotel Chiave Bianca accommodation in the rooms and then the B2B with the operators from Abruzzo.
- Our Light Lunch today will be in the Vallevò area "Fritteria stasera pago io"

- We will cover the coast line named **Costa dei trabocchi**, the landscape is rocky with small bays and cultivated fields which go down to the sea. You will find, hanging above the waves, in tall stilt, the system that hauls up the fishing nets called Trabocchi. This type of antique architecture hardly exist nowadays in the Mediterranean. This part of the coast is under the UNESCO's protection.
- Visit to the Abbey of San Giovanni in Venere from the XIII century, built on a pagan temple foundation, gives its name to the God of Love and faces the part of the sea which the Romans named Venus's Golfo. It is a perfect harmony of occidental and Byzantium art and a significant masterpiece of the period.
- **Sunset music show on the Abbey of San Giovanni in Venere with "I Soliti Acquilani".**
- **For our dinner we have a 5 meter suspended scenario above the sea "Trabocco Punta Cavaluccio or Pesce Palombo" Buon Appetito based on freshly caught fish. Back to the Hotel.**

9th April, Tuesday

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Ciao Abruzzo