

## **SACRED WALKS DATES FOR 2019**

- 18th – 26th May
- 1st – 9th June
- 29th June – 7th July
- 14th September – 22nd September
- 28th September – 6th October

Min group size: **6**

Max group size: **12**

The price per person is: **€1590.00**

Single person supplement: **€90.00**

What is included: everything except flights and alcohol.

Wine is provided for dinner on the camp night.

What you need:

- Walking boots.
- Waterproofs.
- Head torch.
- Small day rucksack, for camera, jackets, waterproofs and personal items.
- Sleeping bag if you have your own, or one can be supplied.
- Insurance. (You must provide us with details of your insurance, that has adequate cover for you for walking with ponies in the mountains).

## **THE ITINERARY DAY BY DAY**

### **DAY 1:**

Morning: Arrival at Rome Fiumicino airport.

13:00 – 14:00 Depart for Sulmona – 2 hours on the motorway. Sulmona is a beautiful and traditional city with Roman, Medieval and Baroque architecture. Sulmona is famous for its confetti (sugared almonds), and has the most fantastic passeggiata at the weekends.

16:00 Arrive in Sulmona and check in to the accomodation.

17:00 Visit and tasting at the oldest Confetti producer in Sulmona.

18:00 Aperitivo at a local bar, and sit and watch the passeggiata..

19:30 Dinner in a local restaurant.

## **DAY 2:**

08:00 Breakfast.

09:00 Scenic drive to Scanno.

Scanno is a very photogenic and traditional village, famous for its goldsmiths, lacework and the women's traditional dress that dates back to the 17th Century.

10:00 On the way to Scanno we will stop and visit the hermitage of San Domenico on Lago di San Domenico and the Church of the Madonna of lake Scanno.

Tour of the village of Scanno with its old buildings and palaces. Visit to the oldest goldsmith the and its "bottega".

13:30 Drive back to Anversa degli Abruzzi. Little village at the entrance of the Sagittario Gorge.

14:00 Lunch in a local trattoria in Anversa.

After lunch there will be a short tour of the village and a visit to its beautiful Romanic Church.

Walk in the Riserva Naturale Gole del Sagittario to the village of Castrovalva. (+150m uphill, 45 min walk and back)

An almost abandoned village on top of a rock that has become famous for a painting of the village by the Dutch painter Escher.

18:30 Drive back to Sulmona and have an aperitivo in a local bar.

19.30 Dinner in a local restaurant.

## **DAY 3:**

08:00 Breakfast.

09:00 Depart for the spectacularly positioned village of Decontra in the Majella National Park.

09:30 Stop at the XIII century Abbey of Santo Spirito del Morrone in Badia near Sulmona.

10:30 Stop and visit the medieval fortified village of Pacentro. Castello Cantelmi in Pacentro with its towers, being one of the most important fortified towns in all of Abruzzo.

11:30 Minibus transfer to Majella National Park.

12:00 Walk through the beech forest of Lama Bianca. This forest is populated by wolves, deers and roe deers, it is located at the bottom of the huge massive of Majella and just below the highest peak of Monte Amaro 2793m . The walk from Passo San Leonardo 1282m offers great views of all the mountains of Abruzzo. 3H walk +250m uphill. Picnic lunch

16:00 Minibus transfer to the little village of Decontra di Caramanico. 30Min.

16:30 Arrival at the Agriturismo Pietrantica in Decontra and check in.

19:00 Dinner.

#### **DAY 4:**

08:00 Breakfast.

09:00 Easy Walk from the Agriturismo through the land of the shepherds of the Valle Giumentina, with Tholos and the other typical historical stone buildings. Visit the X century hidden hermitage of San Bartolomeo. One of the most impressive hermitages in the National Park, carved out of the rock by the monks.

Picnic lunch.

In the afternoon possibility of a short tour at the nearby village of Caramanico Terme.

Return to the Agriturismo in Decontra with some free time to relax or take an aperitivo.

#### **DAY 5:**

09:00 Minibus transfer to the hermitage of Santo Spirito. The biggest middle age hermitage of the area hidden by the forest in a remote valley of Majella.

09:30 Guided visit of the hermitage with local guide.

10.30 Meet Frank and his ponies. Short demonstration and safety brief on leading ponies, followed by the packing of the equipment.

11:30 Start the two day trek with the ponies.

+450 m ascent; 4km ; 4 hours walk.

Picnic lunch on the way.

16:30 Arrival at camp.

19:00 Dinner around the campfire and overnight camp.

## **DAY 6:**

08:00 Breakfast.

09:00 Hike to hermitage of San Giovanni.

+/- 200 m ascent/descent; 4km ; 2 hours walking (round trip).

11:30 Start walk with horses back down to Decontra.

-600 m descent; 6km ; 4 hours walk.

Picnic lunch.

16:30 Arrival back at Agriturismo in Decontra.

19:00 Dinner.

## **DAY 7:**

08:00 Breakfast.

09:00 Minibus depart to Serramonacesca.

10:00 Guided visit of the Abbey of San Liberatore, 9th Century AD, and once one of Southern Italy's most famous abbeys.

11:30 Walk to the hermitage of Sant'Onofrio; 1h 30 min walking (round trip).

13:00 Visit to the hermitage and a picnic lunch.

14:00 Minibus Transfer to Bominaco.

15:00 Visit the Oratorio of Bominaco with its stunning frescoed interior.

16:00 Depart for Rocca Calascio, restored medieval borgo in the Gran Sasso National Park.

17:00 Arrival at Rifugio della Rocca and check in to rooms.

18:00 Guided tour of Rocca Calascio's Castle, the highest medieval castle in Europe.

20:00 Dinner.

## **DAY 8:**

08:00 Breakfast.

09:00 Depart with minibus for Campo Imperatore, also known as "Little Tibet".

10:00 Walk to the ridge of Monte Camicia from Campo Imperatore to Monte Coppe (2000m.) with spectacular views towards the Adriatic.

+/- 300 m; 4km ; 4 hours total walking.

14:00 Picnic lunch.

16:00 Easy walk around the village of Santo Stefano.

Visit the famous village of Santo Stefano di Sessanio, once owned by the Medici family!

A short guided tour of the village and a visit to shop for souvenirs.

17:30 Aperitivo at a local bar in the village.

18:30 Return to Rocca Calascio.

19:00 Dinner.

**DAY 9:**

08:00 Breakfast

09:00 depart for Rome Fiumicino airport.

11:30 arrival at airport.

**Please Note:**

**The above itinerary may be changed without notice due to unforeseen circumstances such as weather, please see our terms and conditions for more details.**