

## ABRUZZO : sea parks art and religion

### 1<sup>st</sup> day: ARRIVAL - MONTESILVANO

Arrival of the group in MONTESILVANO. Check-in at the hotel, lunch. Free afternoon to relax and enjoy the sea. Dinner and overnight stay at the hotel.

### 2<sup>nd</sup> day : MONTESILVANO – CHIETI



Breakfast at the hotel. Free morning to relax and enjoy the sea. Lunch at the hotel. In the afternoon, meeting with the guide and coach transfer to Chieti, which still has all the beauty of the Roman and medieval time: its roads are full of artistic traces that make us understand straightaway that this city was, in ancient times, the cultural centre for many peoples. One of the first edifices that can be seen in Chieti is the Cathedral, dedicated to S. Giustino, as it dominates Piazza Vittorio Emanuele II. In former times, Chieti was surrounded by imposing city walls: today Porta Pescara is the only old city gate still standing. Another wonderful example of the Imperial Age are the Roman Baths, made up of nine underground rooms and a big cistern used for the supplying of rainwater. We'll also stop at the National Archaeological Museum, where important artefacts of the ancient "Teate Marruccinorum" are exhibited. Not to be missed the funerary statue of the Capestrano Warrior. In the evening, return to the hotel, dinner and overnight stay.

### 3<sup>rd</sup> day : MONTESILVANO – PESCARA



Breakfast at the hotel. Free morning to relax and enjoy the sea. Lunch at the hotel. After lunch we'll move to Pescara and we'll visit Gabriele D'Annunzio's house, that is the place where this great poet was born and spent his childhood. We'll see also the Ponte del Mare, planned by the Tyrolese architect Walter Pichler and finished in 2009. This bridge connects the two riversides of the city. We'll then take the road along the coast where we'll see the Trabocchi, "The great fishing- machines", as *Gabriele d'Annunzio called them in his novel "Trionfo della morte"*. Dinner in a typical trabocco. Overnight stay at the hotel.

### 4<sup>th</sup> day : MONTESILVANO – MOSCUFO – LORETO APRUTINO

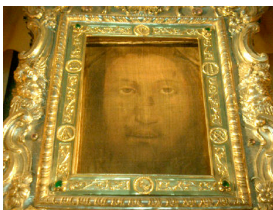


Breakfast at the hotel. Free morning to relax and enjoy the sea. Lunch at the hotel. After lunch, coach transfer to Moscufo to see Santa Maria del Lago, ancient Benedictine abbey built in the 12<sup>th</sup> C. The masterpiece of the church is its polychromatic ambo by Nicodemo da Guardiagrele: its capitals feature a carved acrobat, something unique in the Romanesque sculpture of Central Italy. The many remnants of the original colours make of this precious monument one of the most significant in Abruzzo and in Italy. We'll continue on our way towards Loreto Aprutino, dominated by a typical medieval old town centre, one of the first three hundred old town centres in Italy and one of the most charming of the region. Dinner and

overnight stay at the hotel.

### 5<sup>th</sup> day: MONTESILVANO

Full Board at the hotel. Free day to relax and enjoy the sea.



### 6<sup>th</sup> day : MONTESILVANO – MAIELLA - VOLTO SANTO – SANTA MARIA A RABONA –

Breakfast at the hotel. Free morning to relax and enjoy the sea. Lunch at the hotel. After lunch, coach transfer to the Abbey of S. Liberatore a Maiella. The church of S. Liberatore al Maiella is situated in a beautiful natural setting, amid the woods that surround the village of Serramonacesca, beside the Alento river.

It's one of the most significant examples of the Abruzzo-Romanesque architecture as well as one of the oldest medieval churches of the Benedictine order of Montecassino. San Liberatore at first, was actually united to a big Benedictine monastic complex and in direct contact with the mother abbey of Montecassino. In its nave there is an exquisite mosaic in the Cosmati style from 1275. We'll then drive till Manoppello, for the visit of the Sanctuary of the "Volto Santo" (Holy Face), an **'acheiropoieta image'**, that is 'Icon made without hand' whose existence is a mystery. We'll go later to Santa Maria Arabona. Built over a pagan temple dedicated to the goddess Bona, from whom it got the name. The *Abbey of S. Maria Arabona* is a Cistercian architectural jewel dating from the end of the 12<sup>th</sup> C. The tabernacle and Easter Candle, in white stone, are absolutely considerable. The tabernacle, indeed, has no equal in Abruzzo.



**7<sup>th</sup> day : S. CLEMENTE IN CASAURIA - SAGITTARIO GORGES – SCANNO**

Breakfast at the hotel, meeting with the guide and coach transfer to S. Clemente in Casauria. One of the most interesting abbeys in the region, and important transitional monument from the Romanesque to the Cistercian gothic style. We'll then follow the amazing and scenic route across the Sagittario Gorges, a canyon hollowed by the millenary erosion of the impetuous waters of the Sagittario river. It's one of the most beautiful natural sceneries in Europe. We'll stop in the small village of Villalago, dominated by a Lombard tower, from where you can visit the hermitage of S. Domenico, the most picturesque place of the village. It was the place where S. Dominic the Abbot lived. The area, called Prato Cardoso, was in the beginning just a cave next to the source of the Segna river. Due to the increasing number

of his followers, the area became a religious meeting place and a hermitage was built. In front of it, in the twenties, they created an artificial lake bearing the Saint's name. We'll then drive till Scanno. Lunch in a restaurant. After lunch we'll visit Scanno (elev. 1000 m), overlooking the Sagittario Valley, one of the most beautiful valleys in the province of L'Aquila. Its beauty has been immortalized by famous photographers such as Cartier – Bresson and Giacomelli. Today is one of the most beautiful villages in Italy with and old prestigious craft production such as lace and jewellery. We'll then move to the Lake of Scanno (930 m), the largest natural lake of the region, formed after the glacial period, when a landslide came down from Mt Genzana and blocked the course of the Tasso river. In the evening, return to the hotel, dinner and overnight stay.

**8<sup>th</sup> day : RETURN HOME** Breakfast at the hotel. END OF OUR SERVICES

**Accommodation**

Hotel 3/4 stars in MONTESILVANO / PESCARA (8 days / 7 nights)

**During the tour our guests will taste the authentic Abruzzo's cuisine and meals such as :**

**SAGNE E FAGIOLI** Scanno typical dish



Local served at



**CALGIONETTI ABRUZZESI**  
Abruzzo sweet Christmas-time



**SAFFRON SPECIALITIES**