

ABRUZZO : sea, religion and “macaroni eaters”



1st day: ARRIVAL - VASTO

Arrival of the group in Vasto, check-in at the hotel. Lunch. Free afternoon to relax and enjoy the sea.

2nd day : VASTO

Breakfast at the hotel. Meeting with the guide and coach transfer for the guided visit of the city, which has a valuable city centre. You'll admire the Cathedral, rebuilt in the 19th century but with thirteenth-century elements such as the portal, the Castle, built in the 15th century and still dominating a part of the town with its powerful bulk. Among the several churches of Vasto, the Church of Santa Maria Maggiore is noteworthy: built in 1000, has a beautiful fourteenth-century bell tower. The interior is decorated with paintings of great value, attributed to Tiziano and Veronese, 16th – century Venetian artists. The archaeological site of the Roman baths is where a mosaic floor of great value has been found. Lunch at the hotel. Free afternoon for leisure time activities. In the late afternoon, meeting with the guide and coach sightseeing tour of the “Trabocchi Coast”. The “*trabucchi*” or “*trabocchi*” are fishing machines built on daring piles that jut out into the sea. A thin bridge connects these “fishing machines ” with the dry land. A web of piles props up a hut on the sea where, through a rudimentary yet effective system of piles and ties, the fisherman controls the fishing net. **Dinner in restaurant in a local trabocco.** Overnight stay at the hotel.

3rd day : VASTO – LANCIANO

Breakfast at the hotel. Free morning to relax and enjoy the sea. Lunch at the hotel. After lunch, meeting with the guide and coach transfer to Lanciano, “Anxanum”, ancient Roman city built over a pre-existent Italic city. Sights: Porta San Biagio, a section of the medieval city walls and the Torri Montanare, from where you can enjoy a wonderful view over the mountain and the sea. The main church of the city is the Church of St. Francesco, that is the world-famous Sanctuary of the Eucharistic Miracle. That miracle occurred in the 8th century and is recognized by the Catholic Church. In the evening, return to the hotel, dinner and overnight stay.

4th day : VASTO – FOSSACESIA - SAN VITO CHIETINO

Breakfast at the hotel. . Free morning to relax and enjoy the sea. Lunch at the hotel. After lunch, meeting with the guide and coach transfer to Fossacesia to admire the renowned Abbey of St. Giovanni in Venere which rises up facing the sea. Founded in the 8th century, it's an important example of religious architecture of Abruzzi. Later, we'll drive on till San Vito Chietino, a small town from where there is a wonderful view over the Maiella and the sea. We'll stop in D'Annunzio's favourite place of retreat, a building full of charm in the midst of nature where you can enjoy a panoramic view. Here D'Annunzio wrote the famous novel “Il trionfo

della morte". Arrival in Ortona, interesting sea city that keeps the mortal remains of Saint Thomas the Apostle. In the evening, return to the hotel, dinner and overnight stay.



5th day : MAJELLA NATIONAL PARK AND FARA SAN MARTINO

Breakfast at the hotel, meeting with the guide and coach transfer to the Majella National Park. Stopover in Palombaro, small town, located at 536 m. a.s.l. It will also be possible to see the Angel's Grotto, connected with the cult of Saint Michael the Archangel; it's an interesting example of rupestrian church of the Abruzzi. We'll later go to Bocca di Valle where is kept Andrea Bafile's sacrarium, symbol of the soldiers of Abruzzi killed in battle. Arrival in Fara San Martino, which is part of the Maielletta Mountain Community. The town is known, above all, for being one of the world capitals of pasta. The old 19th-century tradition in the production of pasta was the origin of the industrial development of this small piedmont town. It is possible also

to visit the big pasta company "de Cecco". We'll later go to the Lake of Bomba, which is around 7 km. long, 1,5 km. wide and 36 m. deep. It has been created by the damming of the Sangro river, with a packed earthen dam; the dam is one of the biggest built in Italy with this technique and the first in Europe. Lunch in a restaurant, in the evening return to the hotel, dinner and overnight stay.

6th day : VASTO

Full Board at the hotel. Free day for bathing or individual activities.

7th day : VASTO – CASALBORDINO

Breakfast at the hotel. Free morning to relax and enjoy the sea. Lunch at the hotel. After lunch, meeting with the guide and coach transfer to the Sanctuary of the Madonna dei Miracoli, connected with the miraculous apparition of Our Lady on Whit Sunday in 1576 and religious destination for numerous pilgrims every year. In the evening, return to the hotel, dinner and overnight stay.

8th day : RETURN HOME

Breakfast. END OF OUR SERVICES.

Accommodation

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

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



"LU VUDRATTE" alla Vastese
(Vasto's local Fish Soup)
Gli arrostiticini di Pescara
(meat cooked on a spit)