

Taste of Abruzzo

We are so excited to introduce you to Abruzzo! It is an utterly unique region within Italy with unspoiled nature, the Adriatic coastline, mountain ranges and magical medieval towns. The diversity in the Abruzzese land provides a bounty of diverse and wonderful food and wine delights.

Our itinerary was chosen to experience it all, from interior hilltop towns (Castel del Monte), medieval villages (Pacentro, nominated as one of the most beautiful villages in Italy), the mountains (Sulmona) and the seaside (Fossacesia). For these and all our destinations, including visits to olive orchards, vineyards, and cooking schools. Enjoying food and wine is always on the agenda!

Sample Itinerary*

(B) Breakfast (L) Lunch (D) Dinner (A) Aperitivo

Day 1 Arrival Day (D)

Natalina meets the group at Rome Fiumicino Airport with the coach and driver in the late afternoon and we transfer to our first hotel in L'Aquila. This is the only group transfer, so if you have pre-tour travel planned (i.e.. a couple of days in Rome), make sure your transit back to the airport is in place. Welcome dinner at the local restaurant on site at the hotel.

Hotel L'Aquila, 4 nights, old town centre

www.hotel-laquila.com

Day 2 L'Aquila walking tour, torrone tasting, Stiffe Caves (B) (L)

We meet our local guide today for a walking tour of our host city, L'Aquila and enjoy a torrone tasting and lunch along the way. Enjoy some free time in the afternoon to explore or rest up. We meet later in the afternoon to visit the Stiffe Caves of San Demetrio. A gelato snack awaits our return. Learn how to pick the best gelato! Evening on your own with restaurant recommendations.

Day 3 Hands on cooking experience, aperitivo experience (B) (L) (A)

Today we enjoy our first hands on cooking experience with local restaurant owners. We will learn, laugh, and enjoy the fruits of our labour. A multi-course lunch means a light Aperitivo experience in the evening is the perfect way to cap off the day.

Day 4 Castel del Monte walking tour, arrostitini experience, Santo Stefano di Sessanio walking tour (B) (L)

We begin with a guided walking tour of Castel del Monte and then onto the Piana di Campo Imperatore for stunning views of the mountains while we cook our arrosticini (kebabs) for lunch! After lunch we stop in Santo Stefano di Sessanio for a walking tour. Evening on your own.

Day 5 Navelli saffron experience, Oratorio of San Pellegrino, Moro River Cemetery, arrive Fossacesia, group dinner (B) (L) (D)

Check-out day. We travel to Navelli today for a saffron experience with lunch and a visit to the Jewish Ghetto (depending on restoration schedule/pending availability). In the afternoon a visit to the “Sistine Chapel of Abruzzo”, Oratorio of San Pellegrino, with an optional visit to the church of Santa Maria Assunta or hike behind the oratory to enjoy the natural surroundings. We travel to our next host town of Fossacesia with a stop at the Moro River Canadian War Cemetery. Dinner in the beautiful hotel restaurant tonight, seafood is their speciality.

Supporter Deluxe Hotel, Fossacesia, 2 nights, seaside with pool

www.supporterhotel.it

Day 6 Winery tour and lunch, trabucco dinner experience(B) (L) (D)

Today enjoy the hotel amenities or a walk on the beach in the morning with some free time. Enjoy the local wines in a casual setting when we travel to a nearby winery for a tour and picnic lunch today. A brief stop at the Abbey of San Giovanni in Venere for pictures and a visit if possible (weddings and events often held here) on our way back to the hotel. Tonight, we enjoy an iconic dinner experience at an authentic trabucco. (seafood speciality).

Day 7 Extra virgin olive oil experience and lunch with the producers, arrive Sulmona, Confetti Museum, group dinner (B) (L) (D)

We check out of our seaside hotel this morning and make our way to our last hotel in Sulmona. On the way we stop at a gorgeous estate that produces award winning extra virgin olive oil and wine. The owner takes us on a tour and his wife cooks us lunch which we enjoy in the beautiful surroundings. Enjoy the scenic drive to Sulmona in the afternoon with a stop at the Confetti Museum as we arrive in Sulmona. The Santa Croce Ovidius Hotel is a family run hotel in the heart of Sulmona. Tonight, we enjoy a group dinner at a popular, local restaurant.

Santa Croce Ovidius, 3 nights, old town centre

www.hotelsantacroceovidius.com

Day 8 Sulmona walking tour, Scanno walking tour and lunch, jewellery museum (B) (L)

We start the day with a walking tour of lovely Sulmona then board the bus for Scanno. We will enjoy a walking tour of Scanno and a visit to a small local

jewellery museum (optional) plus lunch here and some free time. Back at the hotel you can rest up and then evening on your own with restaurant recommendations.

Day 9 Pacentro walking tour, local cheese producers with lunch (B) (L)

We start the day with a short drive to Pacentro for a walking tour and visit to Castle Cantelmo-Caldora. Climb the tower for some stunning views and photo opportunities! Here, we also meet a multi-generational, local cheese producing family for a brief cheese tutorial and then a fabulous lunch with everything produced on site!

We then head back to the hotel to enjoy your last evening in Sulmona as you wish with opportunities to pick-up last-minute gifts or culinary treasures to take home!

Day 10 Hands on cooking experience with locals and farewell lunch, transfer to Rome airport hotel (B)(L)

Today we check out of our Sulmona hotel and start heading back north for a final hands-on cooking experience with locals and farewell lunch. It is a fitting end to our time in here to celebrate the vibrant food culture of Abruzzo once again.

We transfer to the Rome Airport hotel in the afternoon to prepare to go home or the next leg of your vacation. If you wish to add some travel to this trip, we suggest adding it here as you are positioned close to Rome and the airport.

Rome Fiumicino Airport Hotel, TBA, 1 night with breakfast & airport transfer

Day 11 Departure Day(B)

Transfer to the Rome Fiumicino airport.

Please note

All items on the itinerary and hotels are subject to availability from one departure to the next. When you request to register for a departure your exact itinerary, including hotels will be confirmed.