



HEDONISTIC HIKING

The Wilds of Abruzzo - 9 Days Stunning Peaks and Silent Valleys

Lying just a short distance east of Rome the region of Abruzzo is wild, unspoilt and hauntingly beautiful. Our tour here explores all three of its national parks, which abound with chamois, deer, wolves and the rarely seen Marsican bear. We stay in remote villages, perched high on hilltops, surrounded by the majestic peaks of the Apennine mountains. Much of the region feels untouched by modern life and we explore some of its oldest culinary traditions. In spring the landscape is carpeted with stunning wild flowers, and in autumn with burnished leaves. The Abruzzese people are extremely warm and hospitable which makes hiking in this part of Italy a truly unforgettable experience.

What is included?

- **8 nights' accommodation** in three wonderful hotels
- **Two experienced and knowledgeable guides** to bring this stunning area to life
- **All meals** including **excellent local wines**
- **Gourmet picnic lunches** each day and snacks en route
- Dinner in a variety of **superb restaurants**.
- **Support vehicle**, enabling you to walk as little or as much of the trail as you please
- **Transport** in air-conditioned minibus
- Comprehensive **pre-trip information**.

Tour Highlights

Staying in the unique environment of Sextantio Albergo Diffuso

Hiking in a region where time seems to stand still

Cooking class of traditional Abruzzese specialities

Accommodation

Sextantio: Amazing concept hotel with rooms scattered through the unspoilt medieval village of Santo Stefano

Hotel San Rocco: Comfortable family-run hotel in the delightful Baroque village of Pescocostanzo

Villa Quintilliani: Liberty-style villa on the edge of the lively town of Pescasseroli

Itinerary

The tour starts and ends at Rome Fiumicino airport from where there are good international connections. The airport is an easy train journey from central Rome for those people choosing to spend a few days exploring the Eternal City before or after the tour. For a wonderful insight to Rome, we recommend [Rachel Potts](#) as a local guide.

Day 1

Meet Rome Fiumicino Terminal 3 Arrivals at **09.30 am**. We drive 1hr to Tivoli where we meet our local guide for a private tour of Villa d'Este. After the visit, we have a light lunch and continue 1h30mins to Santo Stefano in Sessanio. The hotel we stay in here, Sextantio Albergo Diffuso, is an extraordinary mix of the old and new - a ruined medieval village faithfully restored using traditional techniques into some 30 rooms for adventurous 21st century travellers. Time to settle in before a welcome drink and dinner in the hotel restaurant this evening.



Day 2



A lovely walk across the high plains, encircled by the peaks of the Gran Sasso National Park, undulating between 1580m and 1780m. There is the opportunity to see wild horses grazing and enjoy an abundance of alpine flowers. Dinner in a village restaurant this evening (16.2km/10.2miles)

Day 3

We walk out of the village of Santo Stefano and follow small tracks which lead us up to the imposing ruins of Rocca Calascio. Explore the remains of the fort before walking down into the village for lunch. In the afternoon we return to Santo Stefano by foot (or minibus). Later in the day we join a local chef for a cookery class of Abruzzesi specialities and dine on the fruits of our labour. (10.5km/6.6miles)



Day 4



We depart Santo Stefano after breakfast and drive towards the pretty town of Sulmona, famous across Italy for its sugared almonds, for the start of our walk. Hike along farm tracks to a small

church where we have our picnic lunch before climbing to a trail following the hillside, with wonderful views of the fertile glacial basin, which leads us to the beautifully preserved village of Pescocostanzo, at an altitude of 1400m, where we stay for two nights at the hotel Archi San Rocco. (12.5km/7.9miles)

Day 5

A spectacular walk takes us off the beaten track through woods and open meadows to a remote ridgeline. Enjoy a sense of splendid isolation and emerge with lovely views to the village of Pietransieri where we have our picnic. In the afternoon there is the opportunity to continue the hike back to Pescocostanzo. Dinner in a wonderful local restaurant this evening. (11.2km/7miles am) + (9.2km/5.8miles pm)



Day 6



We depart Pescocostanzo after breakfast and a short drive takes us to the lakeside village of Barrea where we have a coffee before setting off on our walk to the delightful village of Opi. Stroll around the village before lunch in a small trattoria. In the afternoon we climb up into high pastures populated with wild horses which brings us to the town of Pescasseroli at 1160m. We stay in the beautiful hotel Villino Quintilliani on the edge of town for the next three nights. Dinner in the hotel this evening. (13km/8miles)

Day 7

A free day in Pescasseroli to explore this lovely town. In the morning there is an optional short walk up to Mancino Castle which affords wonderful views back over Pescasseroli. Picnic lunch followed by free afternoon to relax. Dinner in local restaurant in town this evening.



Day 8



A magnificent final walk climbs 750m through beech woods to a spectacular ridge at 1800m. We follow this panoramic ridgeline along the regional border of Abruzzo and Molise before descending to mountain pastures and a small refuge where we have our picnic. In the afternoon we descend on shepherd's tracks between ancient drystone walls which lead back to Pescasseroli. Final dinner showcasing local specialities. (11.4km/7.2miles am) + (5.8km/3.6miles pm)

Day 9

We return to Rome Fiumicino airport for 12 o'clock

Walking

There are 7 days of walking on the trip including a short optional walk. Abruzzo is a mountainous and remote region, the walking is rugged and spectacular and we are always hiking at an altitude above 1000m therefore it is crucial to be prepared for adverse weather conditions. We walk on forest tracks, farm trails and mountain paths. There are some long hikes on the tour however there is always the opportunity to walk a half-day with van support for those who wish to continue to the hotel earlier. On day 8 we ascend 750m on a forest trail and then on a mountain trail to reach a ridge. Sections of the hike are slightly vertiginous, please contact us if you would like more information about this. There are some stony descents so sturdy walking boots, with good grip and ankle support, are essential. Walking poles are highly recommended.

Weather

Average daily temperature: 8°-18°, Monthly rainfall: 170mm, Hours of sunshine: 7hours/day

The area of Abruzzo that we visit is at an altitude of 1100m-1800m so expect sudden changes in the weather. Spring and autumn are beautiful times to visit with wonderful temperatures for hiking but it can be cooler in the evenings.

Useful links to our website

[Rome](#) City Page

[Sextantio Hotel](#) Blog Post

[Sweet Sulmona](#) Blog Post

[Pasta-making](#) Blog Post

[Abruzzo](#) Blog Post

[Bear Essentials](#) Blog Post

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