

THE TRAVEL CLUB

Pre-departure Itinerary

ENCHANTING ABRUZZO

Medieval Villages, Traditional Culture, Extraordinary Cuisine

8 DAYS: Sunday, May 24-Sunday, May 31, 2026

Tuesday, September 29-Tuesday, October 6, 2026

Abruzzo, often referred to as the "green heart of Italy," is a region brimming with breathtaking landscapes, rich history, and vibrant culture. Nestled between the Apennine Mountains and the Adriatic Sea, Abruzzo offers a diverse array of experiences that will captivate any traveler. Vacationing in the "best-kept" secret region filled with medieval villages with their own culinary traditions, stunning views and unique authenticity is a true discovery. We'll stay at the beautiful Hotel Ovidius in Sulmona. Steeped in history, Sulmona was founded in 1000 BC and for more than 2,000 years the town has produced the famous **sugar-coated almonds**, otherwise known as "*confetti*". The wide expanse of Piazza Garibaldi in the town center is surrounded by shops, bars and restaurants. Our tours from Sulmona will take us to beautiful villages with cobblestone streets full of history, picturesque hamlets surrounded by green mountains and lakes, a confetti factory, a Pasticceria to taste the typical sweets "pan dell'orso," an alpine village, a castle and lunch at an organic farmhouse.

RATES

\$4,299 per person double occupancy
INCLUDES round-trip airfare, fuel surcharge and fees. Single supplement is \$510. Triple accommodations may be available upon request. Fuel surcharge, air taxes and fees subject to change. Passport required. Per person deposit is \$500.

INCLUDES

- ✓ Round-trip regularly scheduled ITA Airways flights from Boston to Rome.
- ✓ Six nights' Five nights in four-star accommodations: Hotel Ovidius, Sulmona; one nights four-star accommodations in Hotel Isola Sacra at Rome Airport Village (or similar)
- ✓ Welcome beverage on arrival
- ✓ Thirteen meals: six continental buffet breakfasts, five lunches with beverages, Welcome & Farewell dinners with wine and coffee
- ✓ Escorted, private, round-trip airport/hotel transfers
- ✓ Services of professional local Tour Manager

FEATURES

Full-day guided excursion to Saint Spirito al Morrone Abbey, the village of Prezza with lunch, a visit to a confectionary house and a guided walking tour of Sulmona. Excursion to Scanno with a stop at Pasticceria Di Masso, lunch in the village of Anversa d'Abruzzi and a visit to Bugnera. Full-day guided excursion to Pescocostanzo alpine village, lunch at a local restaurant and Pacentro, considered one of the most beautiful villages in Italy. Half-day excursion to the ancient hamlet of Capestrano followed by lunch at a local restaurant. Transfer to Rome Fiumicino Village with a stop at Anversa degli Abruzzi to visit a local organic farmhouse followed by a cooking demonstration of making gnocchi with a delicious lunch.

Hotel Ovidius in Sulmona

Hotel Ovidius is a modern building set just 984 feet from Sulmona's main square with a 24-hour bar, a traditional restaurant, and a spa. Ovidius's rooms have LCD satellite TV, free Wi-Fi, mini-bars and air conditioning. A continental breakfast is served. The elegant 4-star boutique hotel has a wonderful panoramic restaurant, authentic Abruzzo cuisine and a relaxing tea room. The spa includes sauna, Turkish bath, chromotherapy showers, a swimming pool with hot tub, and a relaxation corner with infusions and tea.

Day 1: Overnight flight from Boston to Rome

Day 2: Arrive Rome – coach transfer to Sulmona in Abruzzo

After passport control and immigration, proceed to baggage claim. Pass through customs and meet your Tour Manager, who will help you transfer to the motorcoach which will take you to Sulmona. Check-in at the **Hotel Ovidius** and join your Tour Manager for a welcome cocktail followed by a Welcome dinner at the hotel. **(D)**



Day 3: Excursion to Badia – Prezza – Sulmona

After breakfast, start your adventure with a trip to the hamlet of Badia and visit the 13th century Saint Spirito al Morrone Abbey. Our next stop is the beautiful village of Prezza (with 900 residents) whose ancient cobblestone streets date back to Roman times. Enjoy lunch at a local restaurant before a visit to one of the most famous confectionary houses in Abruzzo – PELINO. Pelino has producing the best confetti (sugared almonds) since 1783. We'll return to Sulmona where we'll continue our day with a guided walking tour. Our Tour Manager will take us to the historical city center (the birthplace of Ovid, the Roman poet) building dating back to medieval times and the Roman Aqueduct from the 12th century. **(B, L)**



Abbey complex



Prezza



Day 4: Excursion to Scanno

Today we'll discover Scanno – considered one of the most beautiful Borghi (Borghi are typically characterized by narrow, winding streets, ancient buildings, and a strong sense of community. Many borghi also have a central piazza or square where locals gather) in Abruzzo. This picturesque hamlet is surrounded by green mountains with a famed lake at its feet and is nicknamed Photographer's Village. We'll stop at Pasticceria Di Masso to taste the typical Scanno sweets "pan deli'orso" and enjoy lunch at restaurant Le Gole near the village of Anversa d'Abruzzi. Later we'll visit the ancient village of Bugnara. **(B, L)**





Day 5: Excursion to Pescocostanzo and Pacentro

After breakfast we'll head to Pescocostanzo – a striking example of an alpine village. Visit the Church of Santa Maria del Colle and the Church of Santa Maria del Carmine and the famous Museum of Tombolo (lace tatting) where we'll have a demonstration. After lunch at a local restaurant, we'll continue to the medieval village of Pacentro with its historic center, defensive walls and palaces. Here we'll visit a paper mâché laboratory. **(B, L)**



Pescocostanzo





Pacentro

Day 6: Excursion to Capestrano and Vallevo

After breakfast, a local expert accompanies you on an excursion to **Capestrano**, a tiny hamlet offering visitors a unique insight into Abruzzo's rich history, culture, and exquisite natural beauty. Although not often visited by the average tourist to Abruzzo, this is an experience like no other. As you walk along the town, you will discover the replica of the famous Warrior of Capestrano statue, a symbol of Abruzzo dating back to the 6th century BCE, the original, now preserved at the Museo Archeologico Nazionale d'Abruzzo in Chieti. You will visit the castle, overlooking the beautiful Tirino Valley, with its magnificent vistas. In Vallevo we'll see a "trabocco" an ancient fishing mechanism whose technique will be explained. Enjoy lunch at Punta Tufano and return to the hotel. **(B, L)**



Capestrano

Day 7: Anversa degli Abuzzi – transfer to Rome hotel for overnight

After breakfast we'll check out of the hotel and head to Anversa degli Abruzzi for a visit to a bio agriturismo – a local organic farmhouse. Learn about the daily agricultural experience of a bio agriturismo in a scenic, pastoral setting. Watch as fresh milk is processed into cheese, with the chance to experience hands-on, the feel the fresh cheese process. You will then taste and sample some of the delicious local cheese and other products that the bio agriturismo has to offer. Finish off the visit with a cooking demonstration and learn how to make gnocchi, followed by a delicious lunch at the farmhouse to enjoy your gnocchi! We'll continue on to the Hotel Isola Sacra in Rome Fiumicino Village near the Rome airport. Enjoy a Farewell Dinner at the hotel restaurant. **(B, L, D)**



La Porta dei Parchi

Day 8: Return to Boston

Check out and transfer to the airport for your return flight to Boston.

Please note – if you wish to extend your tour or request air or hotel upgrades, please advise us at the time of booking.

Proof of Citizenship is required for all trips outside the United States. U.S. citizens require a valid passport to travel; with at least 6 months' validity. All non-US citizens should check with the appropriate foreign consulate for additional entry requirements. Passports are the responsibility of each traveler.

PLEASE NOTE: This pre-departure itinerary is designed to give you an idea of how this itinerary is structured. We reserve the right to make any changes to your final itinerary if deemed necessary, at any time prior to departure.

PLEASE NOTE: This is not your final itinerary. You will receive final documents (itinerary, tickets (if applicable), etc.) approximately 2–3 weeks prior to departure. Although we try our best to ensure that information is accurate at the time of publication, we are not responsible for any error, omission, misprint or liability that results from the use (or misuse) of this information.