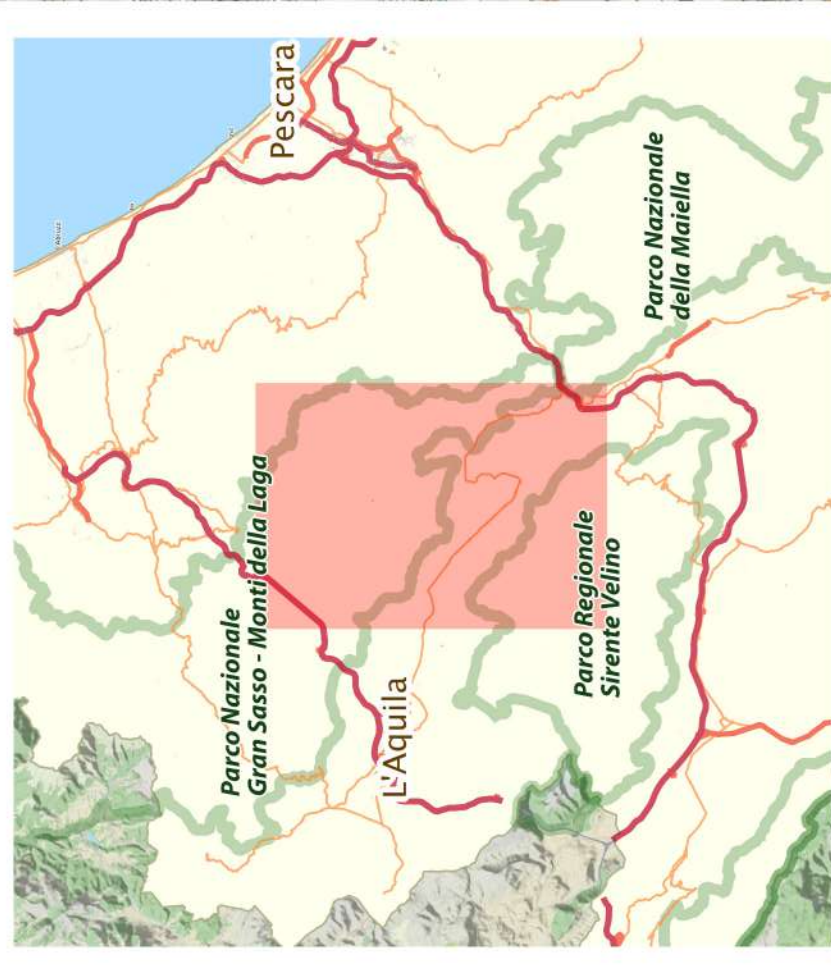
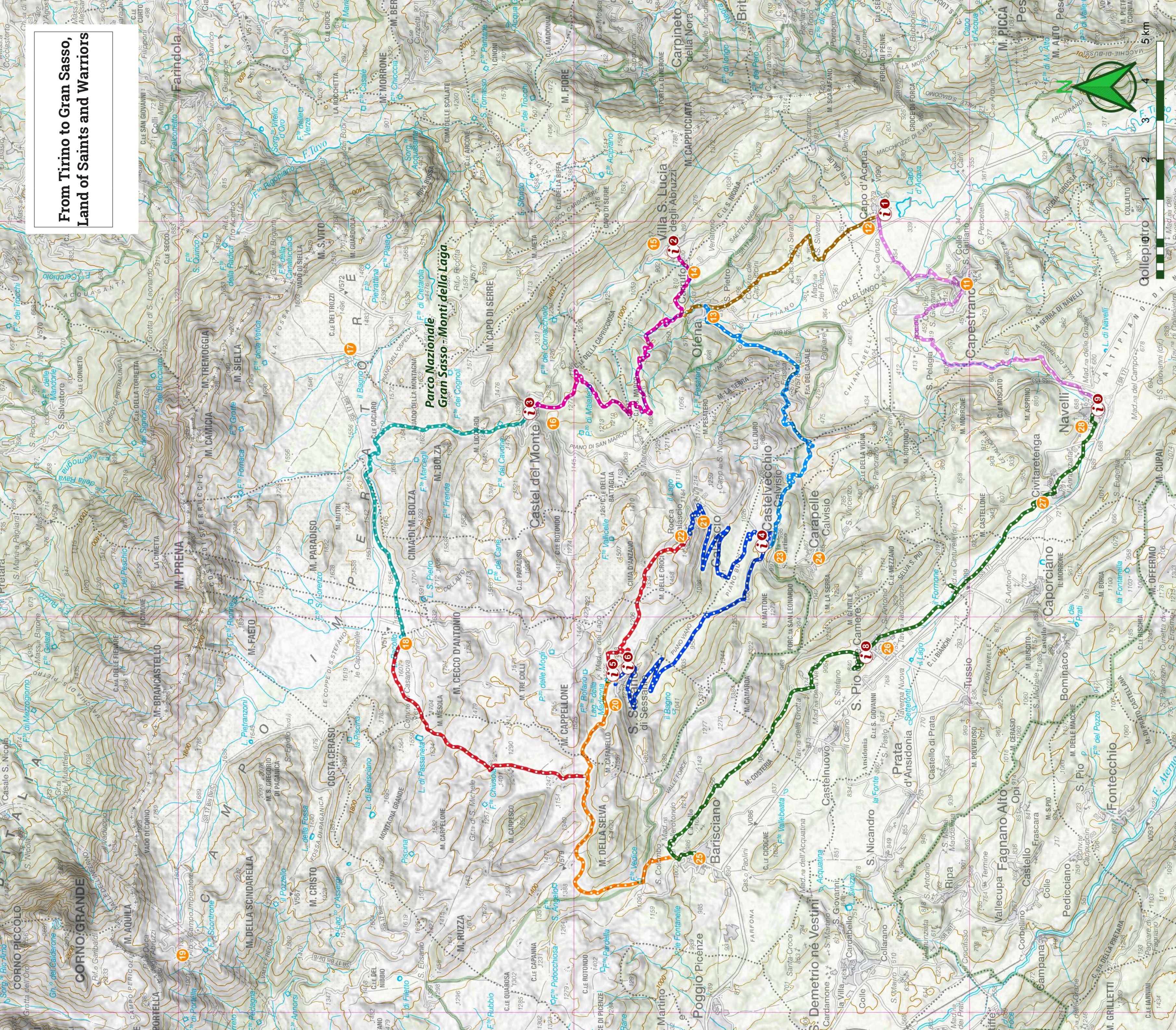


From Tirino to Gran Sasso, Land of Saints and Warriors



- | Stations | Locality | Facilities |
|--|--------------------------------|--|
| 1 - Il Bosso soc. coop. | 11 - Capestrano | Accommodation / Hotel |
| 2 - Bacca Blu relax | 12 - Capodaqua - Capestrano | Campsite |
| 3 - Osteria del Lupo | 13 - Ofena | Food Services / Restaurants |
| 4 - Adonis Bar ristoro Affittacamere | 14 - Carrufò | Tourist Information Point |
| 5 - Locanda sul Lago | 15 - Villa Santa Lucia | Batteries Charge Point |
| 6 - Le Case della Posta | 16 - Castel del Monte | General Services |
| 7 - Convento di San Colombo - Dimora Storica | 17 - Fonte Velica | Panoramic Viewpoint |
| 8 - Regno dei Mazzamurelli | 18 - Racollo | Museum / Interpretation Center |
| 9 - B&B Sotto le Vole | 19 - Campo Imperatore | Cultural Site / Heritage site to visit |
| 10 - Coop. Altopiano di Navelli | 20 - Santo Stefano di Sessanio | Historical city |
| | 21 - Calascio | Monument |
| | 22 - Roccalascio | Climbing |
| | 23 - Castelvecchio Calvisio | Hiking |
| | 24 - Carapelle | Bike |
| | 25 - Barisciano | Canoë |
| | 26 - San Pio delle Camere | Adventure Park / Orienteering |
| | 27 - Civitarenaga | Nature Sport Center |
| | 28 - Navelli | Horse riding |
| | | Picnic Areas |



Dear reader,

What you have in your hands is not only a tourist guide of [name of the Ecojourney], but also the result of an ambitious project carried out by the EmbleMatic Mediterranean Mountains network. [Name of the mountain] belongs to a group of Mediterranean mountain areas that work together in order to offer you a more intensive, authentic and sustainable travel experience.

You can enjoy these experiences through 9 different Ecojourneys (see map above), which lead you to discover with all

senses the hidden gems lying around some of the most amazing mountains across the Mediterranean basin. Each Ecojourney offers you a route or a group of routes across the hinterland area of these mountains. Whilst enjoying this journey on foot, biking or riding, or using public transports, you have a chance to explore the areas' singularities and to discover activities, creations and festivities offered by locals. All routes are perfectly integrated in landscapes that still preserve the footprints and the spirit of their ancient cultures and gorgeous nature.

But there's more: because we know how important aspects such as sustainability and responsible tourism are for you, we are committed to offer you an experience that...

- Is located in hinterland areas that are outside of the usual (and overcrowded) touristic routes;
- Has been conceived and developed mainly using and placing value on already existing infrastructure;
- Is a result of a participatory processes with local stakeholders

Your EMbleMatic Hosts

Stage 1 - Valle del Tirino - Ofena - Villa Santa Lucia degli Abruzzi

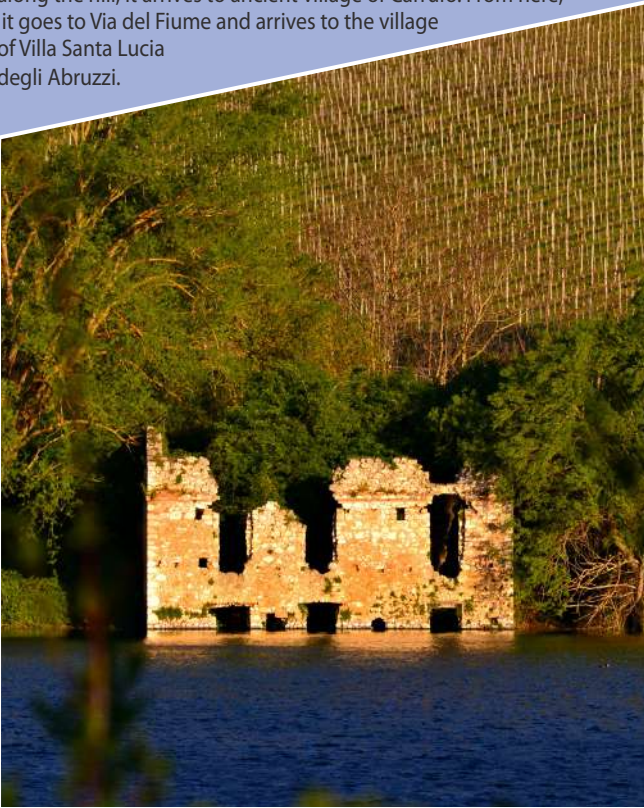


The first stage of the ecojourney starts in the Tirino Valley among the villages of Capestrano, Ofena and Villa Santa Lucia of Abruzzi's. This journey develops on the ancient paths of Saints and Warriors where it is possible to walk on historical Roman streets and mountains paths by walk, or on horseback or cycling a Mountain Bike or E-bike.

From the calm shore of the lake of Capodacqua, one of the three springs of Tirino River, in Capestrano's area at the foot of the holm oak wood of Macchiozze of San Vito. Here there is a Mediterranean vegetation with holms and terabits not usual in the inner areas.

The journey starts on the ancient Roman's road Via Claudia Nova that enter in country road thought vineyards, oil mills and cultivated fields. The path goes straight to reach the Abbey of San Giacomo until the fortified village of Ofena.

Through the village to the northeast side it goes in Il Corso street and, along the hill, it arrives to ancient village of Carrufo. From here, it goes to Via del Fiume and arrives to the village of Villa Santa Lucia degli Abruzzi.



Stage 5 - Rocca Calascio - Castelvecchio Calvisio - Santo Stefano di Sessanio



The ecojourney moves on from Rocca Calascio down to Castelvecchio Calvisio. From the fortress, it goes down and arrives to Calascio where it is possible from a magical and panoramic terrace to overlook and admire the next step of the itinerary, Castelvecchio Calvisio.

It follows for a short part the main street and on the left side, there is the entrance to a narrow path that permits slowly to get down to the village. It crosses uncultivated fields and barren terraces some of them with old oaks and it descends along the hillside and then ascend by the street to the village. From Castelvecchio Calvisio it takes the ruts that get down to the valley of Piano di Sotto, crossing by a pine grove along the hillside with several views on the valley and to Rocca Calascio. It follows the path until a crossroad fork where it is possible to choose to continue along the path on the foot of the hill or crossing directly the valley. It moves on until the point where the paths gets into the paved road to go back up to the village of Santo Stefano di Sessanio.

Extra Stage - Castelvecchio - Ofena

The route starts from the city center of Ofena (height 531 mt a.s.l.), following the provincial road for 1.300 mt to cross a dirt road on the right side. It goes up to reach Forca del Casale spot and then gets down towards Colonia Frasca. It continues uphill crossing several times the paved road and reaching, through a dirt road, the ruins of the church of Madonna Della Neve. It continues for a few meters, then turn left side, and takes the path that arrives at the Castelvecchio Calvisio's entrance gate (height 1045 mt a.s.l.).



Stage 2- Villa Santa Lucia - Castel del Monte



Our second stage starts from the village of Villa Santa Lucia to arrive to Castel Del Monte thought the ancient path used even by the shepherds during the transhumance to ascent or descent in the Tirino Valley from or to Apulia.

Leaving the village it continues along the road to the old Villa of Carrufo than it takes the road along the village in the northeast side and cross a grove of mid-hill over the village of Ofena.

In a while, the path ascends the valley and it goes into the rut path of San Rocco and, on the left side of the mountain, slowly slither to the church of Madonna delle Grazie, at the entrance of the historic village of Castel del Monte.



Stage 6 - Santo Stefano di Sessanio - Barisciano



From Santo Stefano di Sessanio takes the path at mid-hill above the lake, it crosses young's oaks and pines where it is possible to admire the cultivated mountain fields of the valleys around.

It goes up to Piano Locce and turns to Valle Cupa, continues the dirt path that goes around Monte Selva and pass across the Guado di Sant'Angelo.

From here on the dirt road goes down to reach the Monastery of San Colombo and then directly to the village of Barisciano.



Stage 3 - Castel del Monte - Lago Racollo



The ecojourney leaves again from the village of Castel del Monte where, from the church of San Donato, goes to the slopes of Monte Bolza to the Guado della Montagna.

The path allows to reach the marvelous Valianara Canyon, known as Scoppaturo, who gives suggestive ambient and where lots of film where filmed.

Crossing the Canyon it is possible to arrive to Lake Racollo Refuge, (open almost year, except in October and with the permit of the meteorological conditions) where is possible to rest and eat.



Stage 7 - Barisciano - San Pio delle Camere - Navelli



The stage starts from the village of Barisciano and it permits to follow the old Tratturo (sheep path) that from the city of L'Aquila goes to *Tratturo Centurelle* in San Pio delle Camere.

It takes the long valley to arrive in the village of Castelnuovo near around the rests of ancient Romans city of Peltuinum and lightly goes down in the valley, which is dominated by the castle of San Pio delle Camere.

From here, it is possible to take short deviations to visit Tusso's village or Bominaco (with the Oratorio di San Pellegrino and the Castle).

Back to the *Tratturo Magno* it slowly skirts the main road and it is possible to visit the Tratturo churches like Santa Maria de Centurelli and then, under the village of Civitaretenga arrives to the fortified village of Navelli.



Stage 4 - Racollo - Rocca Calascio - Calascio



From Racollo it is possible to go west and, crossing the marvelous plateau of Campo Imperatore arrives to the ruins of the church of Santa Maria del Monte and to Passaneta's lake, in a spectacular position with view on Monte Camicia, Monte Prena and Monte Bolza.

Riched up the Passaneta's lake it is possible to descent to Santo Stefano di Sessanio through Piano Locce.

From Santo Stefano di Sessanio, where it is possible to rest and eat, it runs the road for Campo Imperatore and after a few meters it goes on right side in the Val Pareta's Valley and continues after almost one hour walking until the magic Rocca di Calascio.



Stage 8 - Navelli - Capestrano

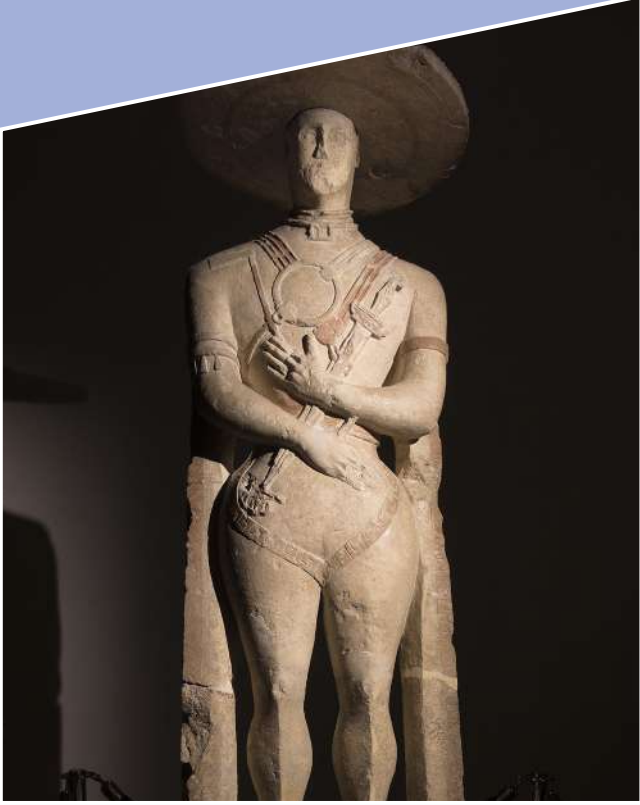


This stage starts at the doors of Navelli village from the main square, crossing the main street with the underpass, and takes the road on the left side continues straight to the street to Capestrano.

After a few meters, it goes down for a secondary road that, at mid-hill on south-west direction, get down in the valley until Santa Pelagia.

The road is almost all paved until the end of the valley and crossing oaks and olive threes where fascinating landscapes on Gran Sasso mountains opens.

At the end of the road, on the right side, it goes again in the paved street to go back up to San Giovanni Monastery and enter in a while in the main square of Capestrano village to admire, in this way, the Piccolomini Castle with its marvelous view up on all the Tirino Valley.



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GAL Gran Sasso Vellino

The network of EmbleMatic Mediterranean Mountains consists of nine complex living mountains located around the Mediterranean Sea, in France, Greece, Italy, Spain and Albania. The respective territories are working together on common challenges: Preserving patrimonial values from endogenous and exogenous threats

• Sharing positive experiences and good practices

• Increasing international recognition

EmbleMatic Ecojourneys are nine routes of European Mediterranean Mountain regions. By enjoying these journeys, visitors have a chance to explore the areas' singularities and the activities where nature and culture meet. These are journeys where nature and culture meet, and the experience with body and soul is such that it generously conveys the emblematic character of the territory.

Gran Sasso From Tirino to Gran Sasso, Lands of Saints and Warriors