



20 days Program

- **Day 1** Check-in, “Welcome Breakfast”.
Visit the Museum of “Confetto di Sulmona”,
(<http://www.sulmona.org/gastro/confetti.php>)
Lunch at the Hotel.
Afternoon Guided tour of Sulmona.
Return to Hotel, Dinner and overnight
- **Day 2** Breakfast and ½ Morning Lesson (es.8,00/10,00).
Departure to “Gole del Sagittario” Anversa
(<http://www.abruzzoeappennino.com/parchi.asp?cat=rsagittario>).
Trekking
Packed Lunch
Water sampling
Visit Anversa
Return to Hotel, Dinner and overnight.
- **Day 3** Breakfast and ½ Morning Lesson (es.8,00/10,00).
Departure to “Centro Visita del Lupo” guided tour
http://www.ilbosso.com/lupo/cosa_trovi.html
Packed Lunch
“Orienteering” (compass & maps)
Return to Hotel, Dinner and overnight.
- **Day 4** Breakfast and departure to Campo Imperatore / Gran sasso
<http://www.gransassolagapark.it/>
Camosci sighting (binoculars included)
Packed Lunch
Visit Roccacalascio, the castle of Lady Hawke
http://www.europamedievale.it/europa_medievale/interventi/2002/06/109837.html
and Santo Stefano di Sessanio
http://www.borghitalia.it/html/borgo_it.php?codice_borgo=965
Return to Hotel, Dinner and overnight.
- **Day 5** Breakfast and Morning Lesson
Lunch in Hotel
Afternoon activities
Return to Hotel, Dinner and overnight



- **Day 6** Breakfast and departure for a day at the beach
Packed Lunch
Return to Hotel, Dinner and overnight.
- **Day 7** Breakfast and departure for a day at the beach or water park
Tortoreto
<http://www.acquaparkondablu.it/>
Packed Lunch
Return to Hotel, Dinner and overnight.
- **Day 8** Breakfast and departure for Rome.
Packed Lunch
Return to Hotel, Dinner and overnight
- **Day 9** Breakfast and departure for “Valle del Tirino”
<http://www.ilbosso.com/turismo/itinerari.html>
Mountain Bike / Canoa
Packed Lunch
Visit the Castle of Capecstrano
<http://www.mondimedievali.net/castelli/Abruzzo/laquila/capestrano.htm>
Return to Hotel, Dinner and overnight.
- **Day 10** Breakfast and departure for “percorso Celestiniano”
Es. http://www.finesetimana.it/scheda.asp?id_gestione=21
Packed Lunch
Return to Hotel, Dinner and overnight
- **Day 11** Breakfast and $\frac{1}{2}$ Morning Lesson (es.8,00/10,00).
Departure to Scanno / Villalago / Castrovalva
http://www.borghitalia.it/html/borgo_it.php?codice_borgo=527
http://www.borghitalia.it/html/borgo_it.php?codice_borgo=185&codice=elenco&page=1
<http://www.castrovalva.it/>
Guided tours and ancient crafts.
Packed Lunch
Return to Hotel, Dinner and overnight.



- **Day 12** Breakfast and departure to Pompei / Reggia di Caserta.
Packed Lunch
Return to Hotel, Dinner and overnight.
- **Day 13** Breakfast and departure for a day at the beach
Packed Lunch
Return to Hotel, Dinner and overnight.
- **Day 14** Breakfast and departure for a day at the beach
Packed Lunch
Return to Hotel, Dinner and overnight
- **Day 15** Breakfast and departure to Perugia.
Packed Lunch
Visit “Casa del Cioccolato Perugia”
<http://www.perugina.it/Templates/PaginaIntroduzione.aspx?pageid=361>
Return to Hotel, Dinner and overnight.
- **Day 16** Breakfast followed by Morning Lesson.
Lunch at the Hotel
Afternoon visit to Local production company “Mozzarella”
Return to Hotel, Dinner and overnight.
- **Day 17** Breakfast and departure for Manoppello.
- Visita al Volto Santo
<http://www.voltosanto.it/Inglese/index.php>
- Visit Cantina Pietroantonj o Cantina Zaccagnini.
Packed Lunch
Trekking Valle dell’ Orfento
http://www.viaggioinabruzzo.it/abruzzo_parchi_riserve/valle_orfento.htm
Return to Hotel, Dinner and overnight.
- **Day 18** Breakfast and departure to “Mirabilandia”
<http://www.mirabilandia.it/>
Packed Lunch
Return to Hotel, Dinner and overnight.



- **Day 19** Breakfast and 1/2 Morning Lesson (es.8,00/10,00).
Cooking class with Chef Santacroce (pasta/pizza)
Lunch at the Hotel.
Afternoon free time at Hotel Meeting:
Pool, archery, and water aerobics.
Gala dinner at the pool and overnight.
- **Day 20** Breakfast and departure to airport.

