

CULTURAL & FUN ACTIVITIES

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Mobility • Language • Culture • Training

CELANO CASTLE

Come and visit the most important building in Celano. This beautiful castle has four massive angular towers, defended by walls reinforced by external cylindrical towers, while the courtyard is delimited by numerous porches. The interior hosts the Diocesan Sacred Art museum that exposes the remains, testimonies and stone artifacts originating between the VII and XIII centuries, wooden sculptures of the XII century, the original frescoes dated between the XIV and XV centuries, the paintings from the XII century until the XVIII century. Finally, jewelry and vestments.

COST

€10,00/person

CELANO MUSEUM

The Prehistoric Museum of Paludi (Musè), is an exhibition space located in Fucino. It was built on the site where it was found a pile-dwelling settlement of the twelfth century B.C. The cemeteries were located on the left bank of the lake, which is prone to waterlogging, a feature that gave its name to the archaeological site. The innovative basement that houses the museum was designed by the architects Ettore De Lellis and Pierluigi Natalucci. It is inspired on the prehistoric burial mounds.

COST

€10,00/person



ALBA FUCENS

Alba Fucens, ancient Roman city at the foot of Monte Velino (Province of Aquila), is an archaeological jewel that one should most definitely explore! The ruins that emerged from the 1949 excavations are truly remarkable.

COST

€20,00/person

S. MARIA VALLE PORCLANETA

In the beautiful valley called Porclaneta, at the foot of Monte Velino and near to the village of Rosciolo, there is the Santa Maria Church. From the valley, it is possible to see Fucino. It is an exceptional example of Pre-Romanesque, Romanesque and byzantine style!

COST

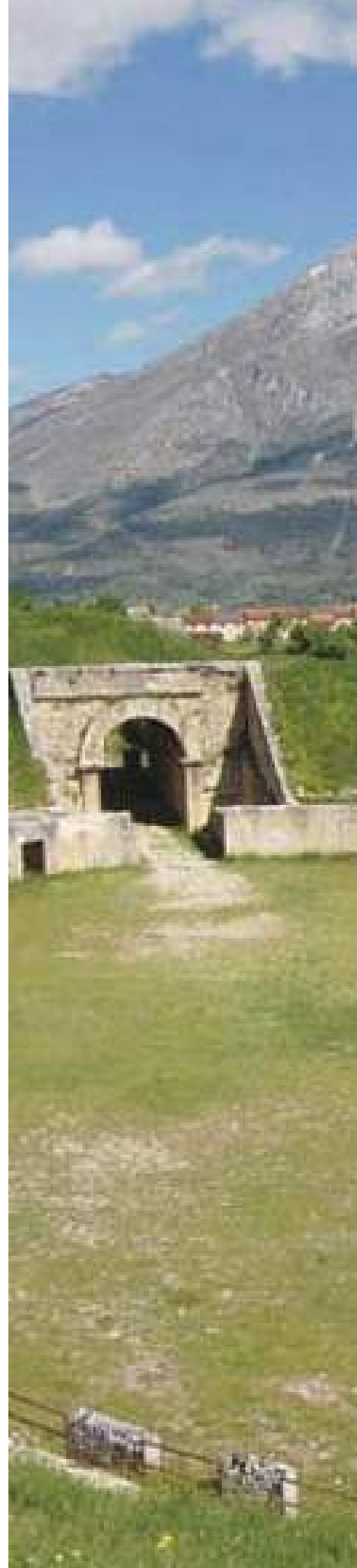
€20,00/person

TAGLIACOZZO

Tagliacozzo is part of the prestigious Club of the "Most Beautiful Villages of Italy." It owns an amazing heritage of art monuments, culture and traditions. This city, in the heart of central Italy, has been recognized as the most interesting one for its conservation, location and historical importance.

COST

€30,00/person



SIRENTE VELINO REGIONAL PARK

1) RIPETITORI PIETRACQUARIA AVEZZANO

This walk starts from the fountain at the foot of Mount Salviano, goes into the woods up to the "curve of the chestnuts" and goes on the side of the mountain by climbing up to the repeaters. From there, it descends to Pratone then down through the main road or alternatively through the Via Crucis (steeper). Possible packed lunch and relax at Pratone. Recommended on Sunday as the whole street becomes pedestrian only. **Duration:** 3 hours and 30 minutes no pitstop.

COST

€40,00/person

2) PIANI DI PEZZA

Walk that starts from the parking lot of Piani di Pezza, at an altitude of 1500 meters. You walk through the valley until reaching Piani di Pezza. In some periods, it is possible to observe wild animals. In September, throughout the valley, echoes the loud noise of stags in love. **Duration:** 3 hours and 30 minutes.

COST

€50,00/person



SIRENTE VELINO REGIONAL PARK

3) S. JONA WOOD

Walk that starts from the fields that line the road to S.Jona. It will first open up into the oak, beech and hazel woods up to get out to reach the top of the hill at an altitude of 1500. From here you can admire all the major peaks of the regional park Velino Sirente, the valley of Fucino, and in a clear sky you can see the tip of the Gran Sasso of Italy.

Duration: 4 hours.

COST

€38,00/person

4) CAPO LA MAINA SPRING - OVINDOLI

Walk starting from Fonte Capo La Maina, at 1,116 mt through a beaten path leads to the village of Ovindoli, at 1400 or so. On this trail, you can enjoy a beautiful view of Celano and all the villages of the Fucino valley. **Duration:** 4 hours.

COST

€38,00/person

5) VAL D'ARANO CYCLE LANE

Easy and relaxing walk from Ovindoli to Rovere. **Duration:** 3 hours and 30 minutes.

COST

€48,00/person



TRUFFLE HUNTING

Walk in the forest in search of truffles with an expert guide and truffle dog. The walk is possible only in certain climatic periods and conditions to be agreed with the guide. The success of the research is not assured. You will receive a complimentary 30-40 gr truffle. **Duration:** 4/5 hours.

COST

€83,00/person

HORSE RIDING

Horseback tours through the mountains of the Regional Park Velino-Sirente.

Location: October-June in Santa Jona, June-September in Rovere

Duration: 1 hour

COST

€33,00/person in Santa Jona

€48,00/person in Rovere

LASER TAG

Simulation of a war in the woods. **Group:** 6-12 people

COST

€60,00/person



TUBING

Tubing in the river with inner tubes and paddle with the help of a guide. **Group:** minimum 4 people.

COST

€60,00/person

SEA & MOUNTAINS

Rafting and dinner on Trabocchi, which are strange and complex fishing machines, hoisted on stilts and almost miraculously supported by a web of cables and axes. **Group:** 6+.

COST

€135,00/person

PARACHUTING

Group: 4+

COST

- €110,00/person for 600 mt flight, 15 minutes
- €140,00/person for 1000 mt flight, 20-25 minutes

WATERPARK

Group: 6+

COST

- €70,00/person all day



CLASSICAL RAFTING

Excursion by boat also suitable for inexperienced, including families with children. The itinerary is in maximum security in a beautiful valley and will also be addressing some rapids that will give you a lot of adrenaline. **Duration:** 1 hr. **Group:** 4+. **Period:** Easter-September. **Need:** swimming suit, shoes.

COST

€80,00/person

DOWNHILL RAFTING

Downhill rafting over a distance of 10 km on the Aventino river. **Duration:** 2-4 hrs. **Group:** 6+. **Need:** swimming suit, shoes.

COST

€100,00/person

RAFTING UNDER THE MOON

Descending the river during a night of full moon... a unique experience. **Period:** June, July, August. **Cost & Duration might vary.**



GRAN SASSO CAMPO IMPERATORE

Gran Sasso is the highest mountain in the Apennines. There are numerous possibilities for excursions and itineraries in the Gran Sasso area. From Campo Imperatore, you can do a route to the peak, where there are also many beautiful plant species and landscapes! The spectacle offered by Campo Imperatore always leaves you breathless, offering a wonderful view.

COST

€50,00/person

EREMO S. ONOFRIO

Opened once again in 2014 after being damaged during the 2009 Earthquake in L'Aquila, this hermitage, seemingly attached to the side of the Morrone Mountain, it's a must see. This is really a 13th century monastic complex built into a series of mountain grottoes. Peace, tranquility and an amazing walk. It is a window on the valley!

COST

€50,00/person



L'AQUILA

The Province of L'Aquila is in the heart of Abruzzo. The territory of L'Aquila is the Region's most mountainous, and the most absorbed in its charming landscapes, plunged into the silence of its cities and picturesque villages clinging on mountains or lying on tablelands and valleys. You will be enchanted by a succession of images that mutate with the natural surroundings!

COST

€50,00/person

VILLALAGO & SCANNO LAKE

Villalago is an ancient fortified city of extraordinary beauty (is part of the prestigious club of "The most beautiful villages in Italy). It has about 589 habitants. This small "Borgo" is full of portals, stairs, and old stone houses that create a magical atmosphere. Villalago represents the ideal geographical center, situated between two lakes, Scanno and S.Domenico, and bordered by mountain ridges and deep valleys with large plateaus and deep circular valleys. It is a beautiful place to visit! **Group: 3+**

COST

€60,00/person



ABRUZZO NATIONAL PARK

Abruzzo National Park, besides being the oldest national park in Italy, is also the richest in biodiversity. Here lives one of the rarest world species, the Marsican brown bear, that can weigh more than 200 kg. In the Park, also live the endemic Apennine Chamois, the Apennine wolf, the red deer, the roe deer, the wild boar, the golden eagle and the whitebacked woodpecker, together with many other species, composing an exceptional biodiversity. **Group:** 3+

COST

€60,00/person

SULMONA

You will visit Sulmona, called 'the prettiest city in Abruzzo'. Once you are here you will be able to appreciate the Roman, Medieval, Baroque and modern history & architecture of this town! You can also taste the "confetti"! Sulmona is famous for its confetti: they are small, almond sweets with a crispy, sugary coating. Confetti come in a rainbow of colours to suit all tastes and festive colour schemes! Come and see it yourself!

COST

€60,00/person



GROTTE DI STIFFE

One of the most spectacular resources of Sirente-Velino Regional Park and the whole Province of L'Aquila. An important example of subterranean karst phenomenon. The Stiffe Caves have a particular feature that makes them unique in Italy: they can be technically defined an "active reappearing spring", meaning that they are crossed by a subterranean river leading visitors outside the cavity, along its 700 meters of length and 695m height.

COST

€60,00/person

ROCCA CALASCIO & S. STEFANO DI SESSANIO

Abruzzo boasts majestic castles built on high hilltops overlooking the land and mountains far and wide. Rocca Calascio is one of the most spectacular ones! Its towers up on 1460 metres above sea level, making it the highest fortress of the Apennines. Calascio and Santo Stefano di Sessanio are two towns that look like a fairytale tangle of streets, overlooked by houses and towers, all strictly in stone and squares where there are noble houses and churches. These are a fabulous and fervent testimony of the past.

COST

€70,00/person



CASTELLI ROMANI

A pretty pocket of verdant hills and volcanic lakes 20km south of Rome, the Colli Albani (Alban Hills) and their 13 towns are collectively known as the Castelli Romani. Since early Roman days they've provided a green refuge from the city and still today Romans flock to the area on hot summer weekends. The best known towns are Castel Gandolfo, where the pope has his summer residence, and Frascati, famous for its delicate white wine.

COST

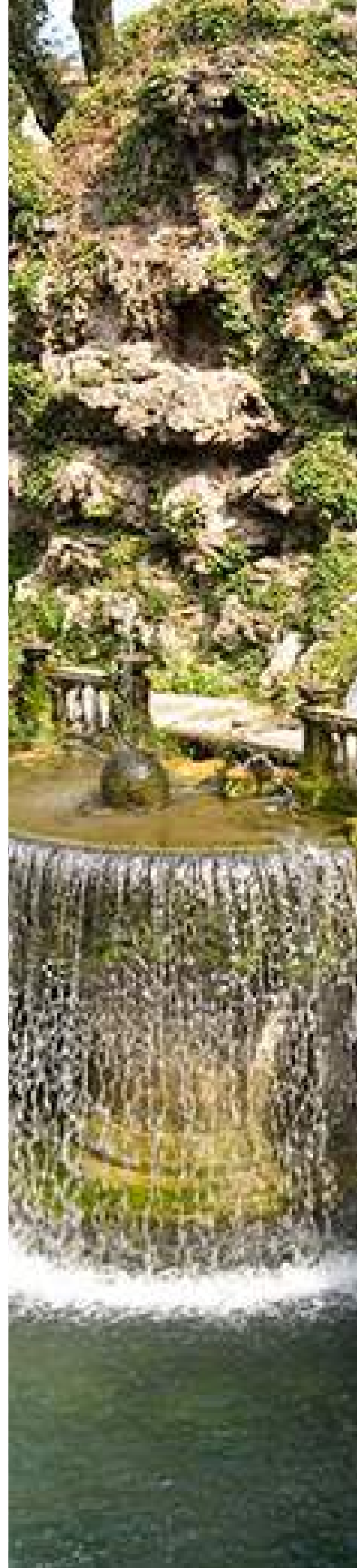
€100,00/person

TIVOLI, VILLA D'ESTE

Villa d'Este is the masterpiece of Italian Gardens. The garden is generally considered within the larger context of Tivoli itself: its landscape, art and history, as well as a place rich in caves and waterfalls displaying the unending battle between water and stone. The imposing constructions and the series of terraces above terraces bring to mind the hanging gardens of Babylon, one of the wonders of the ancient world. Don't miss it!

COST

€100,00/person



TIVOLI, VILLA ADRIANA

Villa Adriana is an exceptional complex of classical buildings built in the 2nd century A.D. by the Roman emperor Hadrian. It combines the best elements of the architectural heritage of Egypt, Greece and Rome in the form of an 'ideal city'. It's a masterpiece that uniquely brings together the highest expressions of the material cultures of the ancient Mediterranean world. Come and visit these wonderful ruins!

COST

€100,00/person

PESCARA

Pescara, the gateway to the rugged mountainous Abruzzo region, it is framed by the snowy peaks of the Apennine Mountains. The land tumbles through the hilltop villages and down to the blue waters of the Adriatic Ocean. Sun, sea, sports and movida are the keywords of Pescara, where wellness is the idea. In fact, the territory offers a mix of nature, suggestive landscapes and sport: a wonderful experience!

COST

€100,00/person



ROME, HISTORICAL CENTER

With wonderful palaces, millennium-old churches, grand romantic ruins, opulent monuments, ornate statues and graceful fountains, Rome has an immensely rich historical heritage and cosmopolitan atmosphere, making it one of Europe's and the world's most visited, famous, influential and beautiful capitals. With so many sights and things to do, Rome can truly be classified as a "global city".

COST

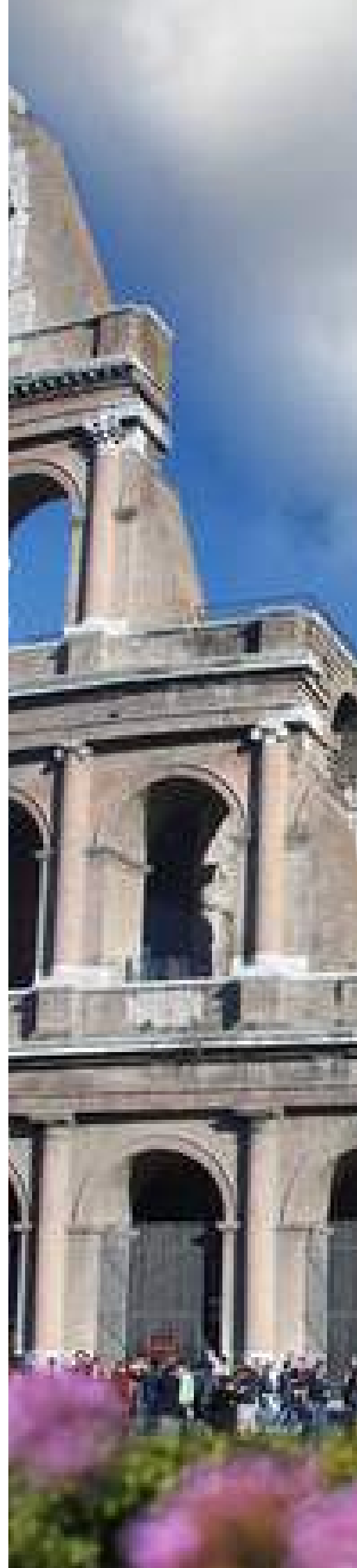
€120,00/person

ROME, COLOSSEUM & IMPERIAL FORA

Come and visit the Colosseum! It is one of the world's best known sites from antiquity. It was here that the Roman emperors liked to watch gladiators stage to-the-death battles and also hunt and kill wild animals. After that, we will visit the Fori Imperiali. According to ancient tradition, the Fori Imperiali were on the Palatino hill, where the first roman settlement was located in the middle of the eighth century B.C. by Romulus.

COST

€120,00/person



ROME, S. PETER & VATICAN MUSEUMS

The Vatican Museums are a group of palaces which house some of the most important collections in the world. There are several exhibitions and the world-famous Sistine Chapel, which is probably the most important part of this vast museum complex. Go and enjoy art!

COST

€120,00/person

PERUGIA

Perugia, one of the most attractive and sweet towns in the area of northern Umbria. Perhaps nowhere else in Italy are the material remains of the Etruscans so clearly evident as in this city. The churches and fountain of the main square are well-known masterpieces, but there are numerous monuments of great interest. Perugia is also famous for its chocolate! Chocolate lovers can't miss it!!

COST

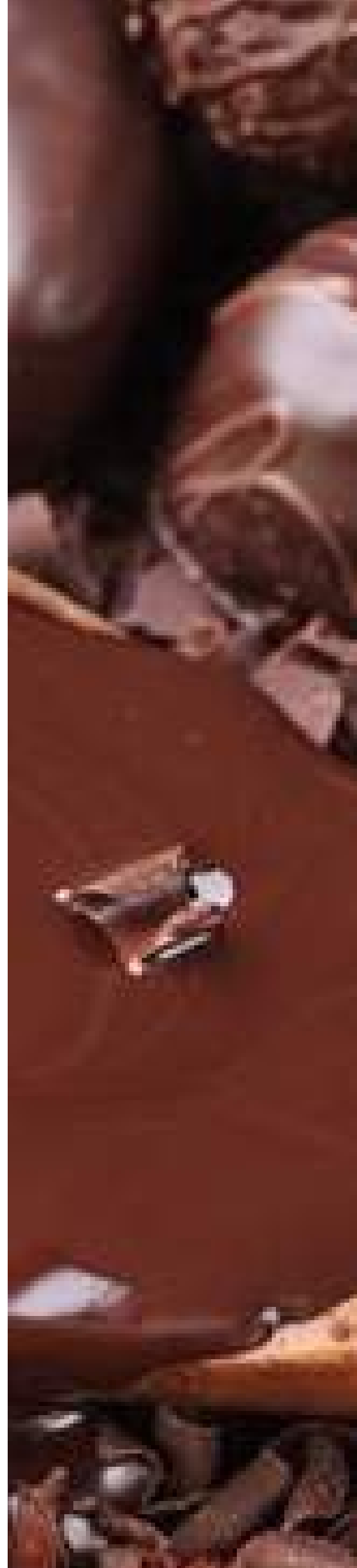
€130,00/person

NAPLES

Napoli is located halfway between two volcanic areas, the volcano Mount Vesuvius and the Phlegraean Fields. The city is renowned for its rich history, art, culture and gastronomy and, in modern days, the historic centre of the city is listed by UNESCO as a World Heritage Site.

COST

€150,00/person



PIZZA SHOW

Observe how real Italian pizza is made. Do it yourself with a pizza expert and then eat a nice pizza dinner! **Group:** 4+

COST

€40,00/person

LIQUOR TASTING

Visit one of the best liquor makers in Italy and taste their exclusive production!

COST

€40,00/person

WINE TASTING

Visit one of the best wine producers in the area and taste some amazing Italian wine!

COST

€40,00/person

HONEY TASTING

Visit one of the most interesting honey producers, learn how they do it and taste some great honey!

COST

€30,00/person



CHEESE TASTING

Meet an innovative shepherd, who turned transhumance into marketing and great cheese! **Group:** 4+

COST

€60,00/person

HISTORY LUNCH

Learn the history of this area of Italy going through a very old lunch, as the ancient populations used to do it. **Group:** 6+

COST

€60,00/person

PASTA LAB

Learn how to make great Italian pasta with an expert cook. You will be able to try yourself and come back home with a new skill!

COST

€40,00/person



INFO

For everything not included in this list we will have to calculate costs. Any transfer from Avezzano to Celano has a fixed cost of **€10,00/person**.

You will receive a:

5% discount on the total amount for at

least 3 visits;

10% discount for at least 5 visits;

15% discount on the total amount for at

least 7 visits.

For further info or requests please contact us at info@amfinternational.org or +39 0863 79 28 69



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