



HIGHLIGHTS



YOUR GUIDE

Janine D'Angelo has lived in the tiny village of Tocco Da Casauria and over the past 25 years has developed an incredible network of friends and associates. Her deep respect and love of Abruzzo as well as her desire to share this most wonderful region will ensure that this 14 day tour is truly unique and unforgettable.

- * Become part of a small medieval village and community. The village of Tocco Da Casauria will be your home and base from which you will travel to secret destinations known only to locals.
- * Learn to cook local specialities and eat with locals in private homes.
- * Discover the acclaimed wines of Abruzzo with private introductions to famous winemakers. Dine in their wineries and cantinas.
- * Live like a local and shop at village markets. Buy cheese directly from shepherds and bread from a 500 year old local bakery.
- * Walk or ride through a magnificent national park.
- * Travel in style from the mountains to the seaside.
- * Explore and participate in the art and culture, both modern and traditional, of Abruzzo.
- * Stay in unique small hotels, restored palazzi and homely bed and breakfasts.



ABOUT ABRUZZO

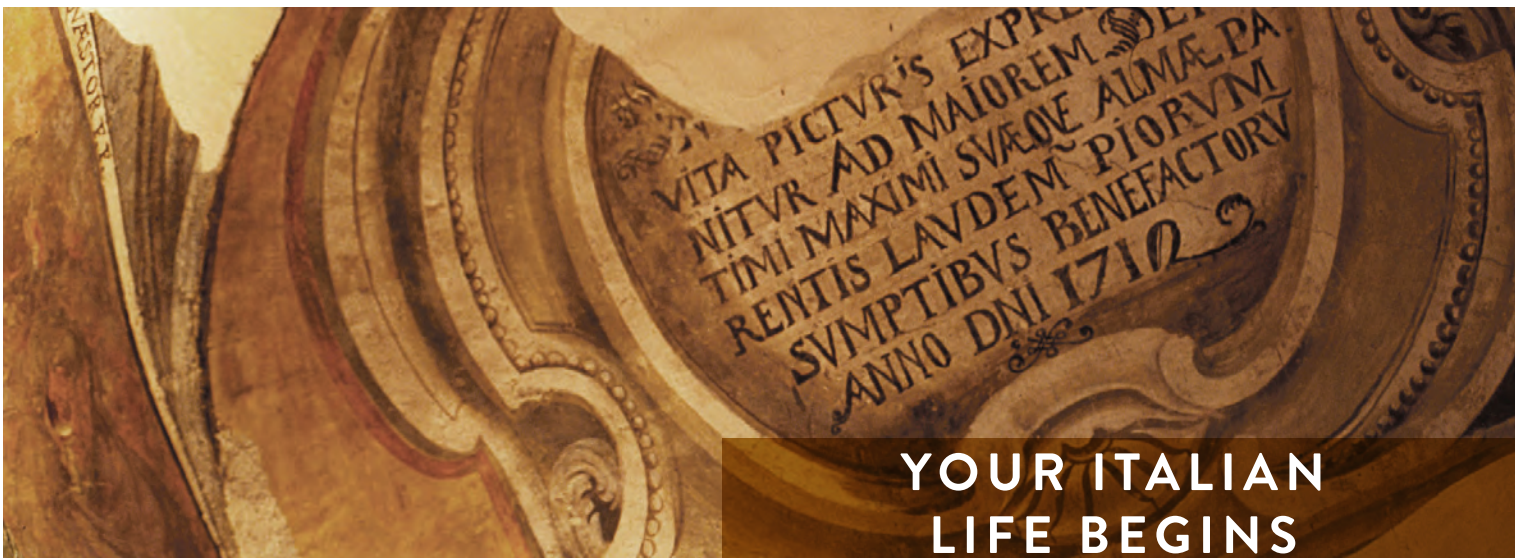
Abruzzo is known as the lungs of Europe for its preponderance of national parks and pure rural environments. With majestic landscapes ranging from the Maiella Mountain range to the Adriatic coast, the Abruzzese environment is famous in Italy for its food and wines but is relatively unknown to the rest of the world.

Like much of central Italy, the towns and cities of Abruzzo date back to a time before the Etruscans when it was the home of the mysterious Paeligni tribes. Little is known about these peoples except for the fact that they were fierce warriors and in fact held off the invading Romans. Corfinium (modern day Corfinio) was the capital of Italy from 90 BCE. The name Italia originated in this town and appears on the first minted coin. The coat of arms for the region Abruzzo bears the motto “Forte e Gentile” and the strong and gentle nature of the environment and its peoples will quickly become evident during your holiday adventure in this most ancient part of Italy.

Abruzzo produces twice as much wine as Tuscany. Montepulciano D’Abruzzo and Trebbiano D’Abruzzo are the main grape varieties in this region. Abruzzo is the fifth largest wine producing region in Italy but as most of the production is dedicated to supplying other regions, its wineries are a yet-to-be-discovered treasure trove. The largest international market for Abruzzo’s DOC wines is the United States. A key feature of this tour is to introduce the participants to several winemakers with international reputations and an abundance of Tre Bicchieri awards from Gambero Rosso (a much-prized award for “extraordinary wines”).

Abruzzo has a cuisine that is centred around its pastoral traditions. You will have the pleasure of eating in people’s homes, dining at restaurants with international reputations and visiting one of the oldest cooking schools in Italy, founded in the mid 16th century by Prince Ferrante Caracciolo. Abruzzo is also famous for its olive oils and it supplies many of the smaller regions in Italy as well as an appreciative international market. Your home village hosts olive groves where some of the trees are more than 500 years old. The perfect spot to picnic or simply lay for a while, gazing up at the sky through the branches of antiquity.

Abruzzo has it all and so will you...



YOUR ITALIAN LIFE BEGINS



DAY 1 - ROME TO TOCCO

Hop on the local Pronto Bus in Rome and begin your drive to the village that will be your base for the next 12 days. From Rome, watch as the landscape changes from the flat plains of Avezzano to the steep mountain valleys that are typical of the wild landscape that is characteristic of Abruzzo. Arriving in Tocco Da Casauria, you'll quickly realise that you have stepped back in time to a place where you will no longer be considered a tourist but instead will be part of a community that has existed since before the Etruscans.



DAY 2 - SALMONA, PACENTRO, TOCCO

Spend the morning meeting Lorenzo Filomusi Guelfi, member of a noble Abruzzese family and winemaker extraordinaire. Visit the cantina, situated in the original fortress walls of the town. This building dates back to the mid 1500s but the vineyards were added to the family landholdings in the mid 1700s when Lorenzo's ancestor married into the Guelfi family and the 9.7 acres of vines came as part of the dowry. In the afternoon visit the very cultured city of Sulmona. Then head for dinner in the town of Pacentro, famous as the birthplace of Madonna's (Madge's) grandmother.



DAY 3 - TOCCO MARKET

This is free time for you as the village comes alive with the weekly travelling market. You'll know it's arrived because the smell of roasting porchetta and pollo fills the crisp mountain air. Local shepherds sell their cheeses at this market so make sure to leave room for fresh mozzarella, caciocavallo or whatever else takes your fancy. Tour the Centerbe Palazzo in the afternoon and dine at the old summer residence of the medieval baron in the evening.



DAY 4 - TOCCO COOKING LESSON

Today is the day when you get your hands dirty, or at least floury. Spend the morning learning how to make pasta the Abruzzese way: pasta alla chitarra. Made on a small mandolin-like instrument you'll strum your way to making one of the most delicious pastas that will prove a huge hit with your friends back home on your return. You'll learn to make a traditional meal from start to finish and then sit with the family to enjoy the fruits of your labour.



DAY 5 - WALKING / RIDING, PESCASERROLI

Today we head into the heart of Abruzzo for a day spent walking (or horse riding) along the trails in the national park of Abruzzo. We'll stay in the historic town of Pescasseroli in the province of L'Aquila. This beautiful town was the summer hunting grounds of the King of Italy. Today the marsican brown bear, chamois deer and wolves can still be found in the deep and secluded woods.



DAY 6 - SCANNO, PESCASERROLI

Spending today in the spectacular town of Scanno. Truly one of Abruzzo's "borghi piu' belli", strolling through Scanno is like travelling back in time. If you're lucky, you may even spot a town elder wearing the traditional black Abruzzese dress of tempi fá. Abruzzo was immortalised by the famous photographers Henri Cartier Bresson and Mario Giacomelli. It continues to be a much-photographed medieval village and Abruzzo's cultural hotspot. According to Edward Lear its women, resplendent in traditional gold filigree jewellery, were the most beautiful women in Italy.





DAY 7 – SEXANTIO

Heading back towards the mountains of the Gran Sasso we'll spend the next two nights in Sexantio's Albergo Diffuso Santo Stefano. This is a truly unique hotel that consists of an entire medieval village. Each guest's room is actually one of the converted peasant houses surrounding a central tower. You'll feel as though you've stepped on to the set of the films "Ladyhawke" and "The American" as both have been set in this unique location and environment. Photographic opportunities await you at every turn. This is a spectacular area for both its rugged mountainous surroundings and its food and culture.

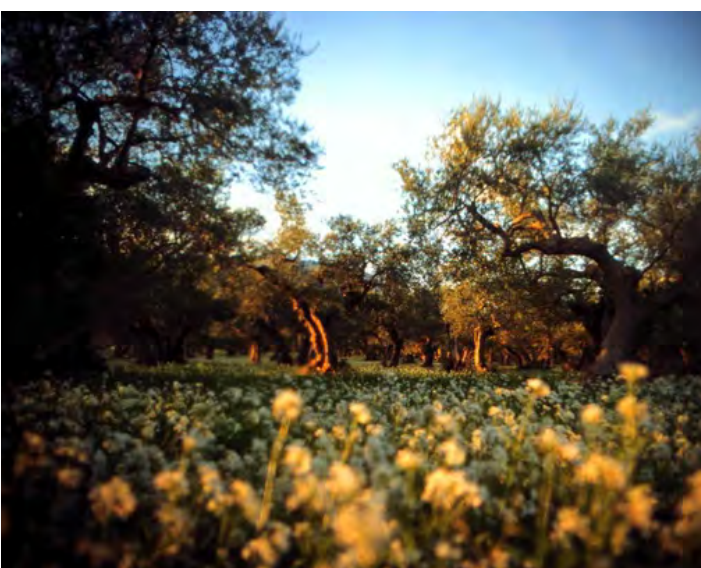


DAY 8 – SEXANTIO WINE TASTING

From your base at Sexantio we'll explore the saffron farms of Navelli and then take a very scenic drive to the village of Castelli perched on the top the Gran Sasso mountain range. Castelli's speciality is ceramics and the town has been making art in the majolica style since the 13th century for such famous families as the Orsini, Aragon and Farnese families. We visit and have a wine tasting at Villa Medoro. Situated near Altri in the Province of Pescara Villa Medoro vineyard whose motto is "Villa Medoro is the soul of wine" is a vineyard set in 220 acres of the Morricone family estate.

DAY 9 – TOCCO

Return to your base in Tocco to spend Sunday enjoying village life. Wander through the village street or down through the 500 year old olive groves to the rural part of town where local families grow their vegetables, grapes and olives. You'll be invited to share Sunday lunch with locals in their homes or, if you prefer, take a picnic lunch up into the woods. Sunday night, you can join your fellow villagers in the passeggiata.





DAY 10 - ORTONA

Heading away from the mountains towards Abruzzo's other great natural attraction, the Costa Trabocchi we'll enjoy two days of exploring the food and wine of this region of Abruzzo. History abounds in Abruzzo. Between the 17th and 18th centuries the baronial family Perticone constructed Castello di Semivicoli. Luckily for us, the castle, its grounds and vineyards still exist today and you'll be able to spend a luxurious night in one of the magnificent rooms. We will explore the town of Ortona.



DAY 11 - TRABOCCHI COAST, TOCCO

Today we head back to the Adriatic. There are lots of photo opportunities in little towns and villages on our way to the coast. This region is famous for trabocchi, which are complex wooden fishing platforms that are perched precariously over the water. We'll eat seafood fresh from the sea on an exotic trabocchio, and watch the sun set. It's the perfect way to finish your 8th day in Bell'Abruzzo, before we head back home to Tocco for the night.



DAY 12 - PESCARA

Pescara is not known for its architecture or historical buildings as it was extensively bombed during the second world war and there is little of the original town remaining. It does, however, have some great shops, so today you're free to indulge your inner fashionista on Corso Umberto. Whilst in Pescara we'll enter one of Italy's best pasticcerie for an insider's look at deliciousness! We'll also visit the birthplace of the famous Abruzzese "cake", torta senza nome. Spend the afternoon at a fantastic modern ceramics studio and drink the famous Aurum liqueur while we watch the sun set over the Adriatic. Perfetto!





DAY 13 - CARAMANICO, TOCCO

Sleep in and relax this morning as the afternoon will be spent in the 13th century town of Caramanico. Set 700 metres above sea level and at the junction of the two rivers, Orfento and Orta, this has been a famous spa town for centuries. In the late afternoon we return to just over the hill from Tocco to the small hamlet of Bolognano. It's a sleepy little town but it boasts one of the finest regional wineries whose wines have won international fame. Zaccagnini wine is an extremely successful modern example of the Montepulciano variety. Its unusual packaging includes a small piece of vine around the neck of each bottle. Dinner tonight is prepared by a group of people, whose village you have shared for a fortnight, at the piazza overlooking the valley.

DAY 14 - TOCCO TO ROME

Free time to have a leisurely breakfast and pack before departing.





ENQUIRIES & BOOKINGS

Around The Sun works with carefully chosen experts around the world – and is proud to work with Enoteca Tours.

Janine D'Angelo, the founder of Enoteca Tours, knows and loves Italy and is particularly closely connected into Abruzzo and the community of Tocco, where she lived with her children for years. Janine has worked nationally and internationally for many years in the photography industry, recently in an Italian wine importing business, and she is a member of The Accademia Italiana Della Cucina (The Italian Academy of Cuisine). She speaks Italian, she's a serious foodie she knows her wine, and she loves Italy!

Around The Sun works with experts like Janine to give travellers amazing experiences – safely and comfortably.

INCLUSIONS:

- * 12 nights accommodation as detailed in the daily itinerary.
- * Cooking classes and winery tours.
- * All meals other than those described as “at leisure” in the daily itinerary.
- * The tour is fully hosted by Janine D'Angelo and friends.
- * The tour will be joined by expert local guide, Daniele Presutto, architect, whose family has lived in Tocco for 7 generations.
- * Tours and activities as detailed in the daily itinerary and assistance choosing and booking extra activities.
- * All ground transportation (not including connections to and from Tocco).
- * Surprises and bonus activities when opportunities arise.

CONTACT US:

Tour dates and prices on application.

*Terms and conditions apply. Prices are subject to change. See Booking Form for full terms and conditions.



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