




Abruzzo Backroads Cycling

www.Abruzzo1.com

Itinerary
7 days / 6 nights
2020






ABRUZZO1.COM
AUTHENTIC ITALY


Please visit & contact us at
www.Abruzzo1.com
Hello@Abruzzo1.com

TANTALIZING COOKERY HOLIDAYS





TAILORED TOURS




Abruzzo1.com
AUTHENTIC ITALY AT ITS FINEST!

Abruzzo1.com IS THE ESSENCE OF THE ABRUZZO REGION!

TWO HOURS AWAY FROM ROME AND NESTLED BETWEEN THE MAJESTIC *Gran Sasso d'Italia* AND *Maiella National Parks* AND THE SPARKLING *Adriatic Sea*, ABRUZZO IS QUITE SIMPLY AMONG THE MOST AUTHENTIC DESTINATIONS IN ITALY.

OUR *creative, fulfilling and inspiring proposals* AT OUR WARM AND WELCOMING VENUES OFFER UNIQUE EXPERIENCES WITH HIGHLY PERSONALISED ATTENTION IN THE HEART OF ITALY!

Vi aspettiamo!!



ABRUZZO BY 500 & CLASSIC CAR TOURS

WINE SAFARIS - OLIVE OIL TASTINGS - VEGETARIAN&SAFFRON MASTERCLASSES - TRUFFLE HUNTING

www.vistaprint.it



Abruzzo Backroads Cycling

www.Abruzzo1.com

Itinerary
7 days / 6 nights

DAY ONE

***Rome Airport – Majestic Gran Sasso d'Italia - Medieval Santo Stefano di Sessanio
Presentations***

25km ride – 600m Elevation Gain

- **10:00am:** Meet in Rome, either at Rome FCO Airport with Host or Rome centre in front of the *Atlantico Hotel* on Via Cavour (near Termini Station)
- Our journey of discovery starts with a very scenic drive along the *Autostrada dei Parchi* as we head into the **Abruzzo** region along the most beautiful *Autostrada* in Italy through the *Gran Sasso* mountain Range
- Arrival in *medievale Santo Stefano di Sessanio* to meet our *AI Cycling Team* and familiarize with the bicycles and gear
- Welcome drink *aperitivo* followed by lunch and presentation of the itinerary for the upcoming days
- Afternoon ride in the area below the medieval villages of *Santo Stefano di Sessanio* and *Barisciano* in the National Park
- Return to Santo Stefano for dinner and a good night's rest

DAY TWO

The 3 Villages Tour & Campo Imperatore - Foodie Experiences

35km ride – 1000m Elevation Gain

- After breakfast, departure on *The 3 Villages Tour* as your cycling *Maestros* will lead you through some spectacular scenery through the majestic *Campo Imperatore Plateau* to reach XI century fortresses and lovely medieval villages of *Santo Stefano*, *Rocca Calascio* and *Castel Del Monte*
- Enroute visit to a local *cheesemaker* for a tasting of the local *Pecorino* and perhaps help with the preparation, from cheese to ricotta
- We will then carry on towards the impressive medieval *Fortress of Rocca Calascio* to enjoy some stunning views before lunch
- Return to Santo Stefano for a leisurely afternoon to enjoy the a special local tradition with an artisanal natural wool-dyeing workshop with the shepherd's wife, *Valeria*
- Evening and dinner in the village

DAY THREE

*The Valley Tour through Ofena & Capestrano – Tirino River – Canoe
Agriturismo Lunch - Agriturismo La Rustica or Villa Oleandri – Wine Tasting*

**25km ride – 1000m Elevation Gain
(option for 37km ride – 1300m Elevation Gain)**

- After breakfast and saying goodbye to our hosts in *Santo Stefano di Sessanio*, today's ride will take us into the valley below
- We will cycle by and through pretty local towns of *Ofena* and *Capestrano* as we reach the ***Tirino River***, with a chance to enjoy a pleasant canoe experience
- Time permitting, a tasting of local wines before a light lunch in a local *Agriturismo*
- Transfer to the charming *Agriturismo La Rustica* or *Villa Oleandri* in the peaceful surroundings of Pescara's sweeping hills
- Welcome drink aperitivo upon arrival followed by relax and a chance to walk through the vineyards by the *Agriturismo* amid the maturing sweet fruits of *Montepulciano d'Abruzzo*, *Pecorino*, *Cococciola*, *Moscato*, etc...
- Later this afternoon...***sleeves up*** for a hands-on cooking class with *Mamma and Chef* to disclose the secrets of *fresh pasta*, *ravioli*, *tomato sauces* and the very best of fine *Abruzzese* and Italian cuisine.
- We will also indulge in the preparation of **desserts: *Tiramisù*, *pizzelle* or *cantucci*** (the real Italian *almond biscotti*!)
- Dinner to sample the fruits of our labour

DAY FOUR

*The Adriatic Sea (North) – Beach – Bucchianico - Olive Oil & Wine tasting
Gala Dinner*

35km ride – 100m Elevation Gain

- After breakfast, your ***AI Cycling Instructors*** will lead you North to discover the Adriatic Sea towards the lovely towns of *Silvi*, *Pineto* and the XV century *Cerrano Tower*
- Day at leisure on the beach with lunch either in the area or back in Pescara
- Back to *Agriturismo La Rustica* or *Villa Oleandri* to enjoy a bit of relax
- In the late afternoon we will head towards the town of ***Bucchianico*** for an *olive oil tasting* experience at lovely *Francesca's* passionately restored 17th century olive mill
- A short stroll down *Bucchianico's* narrow alleyways and we are all in for yet another treat as dinner nearby will also be an incredible *wine-tasting* experience!
- Our sommelier *Claudio* will open his exclusive cantina for a wine-tasting aperitif and ***gala dinner*** with a delicious selection of local savouries!
- Return to our accommodation

DAY FIVE

Costa dei Trabocchi – Fish Masterclass - Gamberale – Villa Danilo

40km ride – 300m Elevation Gain

- After breakfast, a lovely ride along the beautiful *Costa dei Trabocchi* will take us to the beautiful town of **Fossacesia** and its XII century *Abbey of S. Giovanni in Venere* overlooking the stunning *Golfo di Venere* and the oldest olive tree in Abruzzo
- Today's cooking class will be unique: our hosts will guide us through the preparation of fine, yet simple, **fish dishes**...a tantalizing gastronomic experience!!
- Later this afternoon we will reach lovely Hotel *Villa Danilo* in **Gamberale**, in the *Maiella National Park*
- Welcome drink aperitif
- Exquisite dinner at *Villa Danilo* and a good night's rest

DAY SIX

Truffle Hunting – Leisure & Spa - Pizza Masterclass

- This morning, an authentic *truffle hunt in the woods* with our local truffle hunter *Primiano* *along with his precious truffle gold diggers "Ruby" and "Miss"*
- Our destination will be our host's most secret spots in Abruzzo to unbury the precious underground delicacy... let's cross fingers for good luck!
- Lunch will be back at our hotel with *Risotto al tartufo*...we'll hopefully have our own fresh truffles!
- Afternoon at leisure this afternoon to enjoy some relax at *Villa Danilo's* little *Grotto Spa* with optional *Massage* or a personal *Yoga* session, a *Creative Painting* session, etc (booked separately and in advance)
- Evening *pizza making class*...ready to spin and bake in a proper wood-burning oven??

DAY SEVEN

Sulmona - Market - Transfer to Rome

- After breakfast, we say goodbye to our hosts at *Villa Danilo* and head toward the classically beautiful Italian town of *Sulmona*, world renowned for its *confetti*
- A leisurely stroll through this historical village to visit its shops and its **market** in *Sulmona's* busy *Piazza Garibaldi* towered by the historical *Roman Aqueduct*
- We recommend a stop at *Fernanda* and *Giovanna's* pretty *honey-shop* by the *Piazza* for a *sweet honey-tasting* and a chance to purchase lovely and *tasty* special gifts
- Before sitting down to lunch, we will enjoy a trendy *aperitivo* sipping a glass of *Prosecco* amid the buzz of *Sulmona's* "*passeggiata sul Corso*"
- Lunch will be in one of the best restaurants in town
- After lunch transfer to Rome....*arrivederci Abruzzo!!*

Venues

Santo Stefano di Sessanio – Gran Sasso National Park - Campo Imperatore



The medieval village of Santo Stefano di Sessanio



Campo Imperatore: paradise!

Venues

Agriturismo La Rustica / Villa Oleandri



Villa Oleandri



Cruising along La Costa dei Trabocchi

Venues

*Hotel Villa Danilo **** - Gamberale*



6 Add-on Experiences for *Abruzzo Backroads Cycling*

Abruzzo by Supercar & Classics



Ferrari 612 Scaglietti F1

You can include a **Ferrari Experience** behind the wheel of our **Ferrari 612 Scaglietti F1**. You will have the chance to drive along winding panoramic roads and reach nearby villages to explore. Fully escorted. Duration: 2-days.

Minimum: 3 guests.

Quote on Request



Vintage Fiat 500

You can include a **vintage car experience** behind the wheel of one of our **classic Fiat 500s**! You will have the chance to drive along relaxing panoramic roads and reach nearby villages to explore. Fully escorted. Duration: half-day. Minimum: 2 guests.

Quote on Request

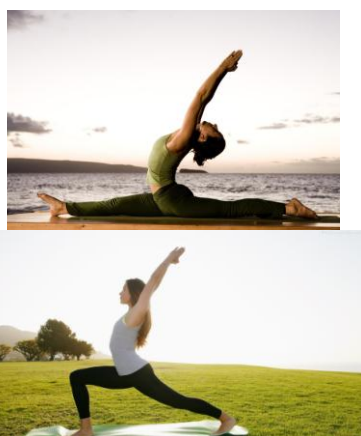


Italian Practice Lessons

Practise your Italian on all our experience journeys in Abruzzo! Our Italian Hosts, Chefs, Tutors and Team Partners will give you the chance to speak Italian and learn even more of the language while enjoying all our unique proposals.

Minimum: 4 guests (small group).

Inspiring: Yoga Masterclasses



Yoga Masterclasses

An experience that will fulfill the quest for your inner-self under the guidance of our certified Yoga Teacher, Daniela. Whether on Pescara's fine sandy beach or in the idyllic surroundings of *Agriturismo La Rustica*, Daniela will guide through sessions of **Hatha Yoga, Vinyasa Yoga, Yin Yoga or Ashtanga**.

Duration: 2 hours. Minimum: 2 guests.

Please enquire for quote.

Abruzzo Creative: Photography & Painting



Photography Masterclass

Why not get to grips with **your DSLR** camera and learn some secrets of perfect photography with this **Photography Masterclass**

The Masterclass can take place at *La Rustica* or *Villa Danilo* and in the nearby medieval towns and villages, covering all sorts of subjects and techniques!

Duration: 3 hours. Minimum: 2 guests.

Cameras: not provided.

Please enquire for quote.



Painting Masterclass

A tranquil afternoon sipping a glass of **Montepulciano d'Abruzzo** while admiring the lovely landscape either from the terrace at *La Rustica*, on the beach in Pescara or in the nearby medieval towns and villages with this **Painting Masterclass** conducted by Abruzzo1's very own professional artist.

Duration: 3-4 hours.

Minimum: 2 guests.

Painting material: provided

Please enquire for quote.

All – Inclusive

LDF



 *Italia Speciale*
www.ItaliaSpeciale.com

Highlights & What's included for “Abruzzo Backroads Cycling 2020”

from 2650 eur

- **Guests: min 4 / max 7**
- Starting point: Rome Airport / Centre @ 10:00am on Day One (please contact us in case of personal arrangements)
- Ending point: Rome on Day Seven
- Fully escorted by our Leaders and Hosts
- Cycling gear & Professional Instructors included
- Accommodation 7 days / 6 nights:
 - 2 nightS in the fascinating medieval village of *Santo Stefano di Sessanio* in the majestic *Gran Sasso*
 - 2 nights at the lovely *Agriturismo La Rustica* in the sweeping hills of the Pescara countryside
 - 2 nights at the beautiful *Hotel Villa Danilo* in the *Maiella National Park*
- **An exciting and unique journey of discovery through the very best of Abruzzo**
- Traditional medieval Workshop with wool
- Guided Canoe Experience on the *Tirino River*
- Private spa afternoon (massages and treatments are extra)
- Hands-on Cookery Classes at our highly selected venues under the guidance of our Chefs
- Foodie Experiences:
 - Hands on Pasta & Sauces Making with *Mamma* and Chefs
 - Typical Desserts Masterclass
 - Pizza Masterclass
 - Fish Masterclass along the stunning *Costa dei Trabocchi*
 - Olive Oil Tasting in a beautiful olive mill dating back to the early 1700's
 - Authentic Truffle Hunting in the woods
 - Pecorino d'Abruzzo Cheese & Ricotta making
 - Wine Tastings
- All restaurants and venues are highly selected and offer the most special **Abruzzo1 & ItaliaSpeciale Experiences!**
- All meals included as per the program with **highly selected wines from Abruzzo** as part of the *Abruzzo1 Experience*

A word on Tipping

At **Italia Speciale and Abruzzo1** our mission is to assure only the best experiences possible around Abruzzo and Italy through our highly selected network of Partners and Hosts, all committed to delivering the highest standards of knowledge and service to our guests. We do this by nature and soul, as proud as we are of our proposals and our people. Tips are never expected and always come as a nice bonus for our partners.

A token of gratitude. Ideally your Host should collect €75 eur in cash per guest on Day 3 to cover all tips that deserve to be shared among all Partners. Tips are not compulsory by any means, and should be given exclusively for high quality service.

Payment: Bank Transfer + bank charges | Credit Card: +3.5% | Cash: €100 eur discount

Leonardo De Flaviis || Abruzzo1.com

The Nitty Gritty

Breakdown & Payment

Proposal Cost: from €2650 pp Eur

Payment breakdown:

- €500 Eur non-refundable deposit due upon booking
- Balance due 10 days prior to agreed starting date / Day One

Payment method:

Deposit:

- Cash Payment: *please see below*
- Bank Transfer + bank charges
- Credit Card: +3.5%
- Credit Card via Paypal: +4.5%

Balance*:

- Cash payment: €100 eur DISCOUNT
- Bank Transfer + bank charges
- Credit Card: 3.5%
- Credit Card via Paypal: +4.5%

*** CASH AMOUNT REQUIRED UPON MEETING: €500 pp**

*Thank you,
Leonardo*

BUSINESS ADDRESS

GlobalMente.biz SRLS
Via Gran Sasso, 25
65010 Spoltore (PE)
Italy
T: [+39 328 4838954](tel:+393284838954)
E: info@GlobalMente.biz

BANK DETAILS for Bank Transfers

Name: GlobalMente.biz SRLS
Bank name: UniCredit (00789)
Address: Viale Abruzzo -66010 Chieti (Ch)
IBAN: IT20H0200815502000103708183
BIC/SWIFT: UNCRITM1789

BANK - FULL ADDRESS

UniCredit S.p.A.
00789 Chieti Viale Abruzzo
Viale Abruzzo, 281-287 - 66013
Chieti Scalo (CH) - Italy
T: +39 0871 076089
Fax +39 0871 530205