

We organize **SPORT Weeks** in National Park of Abruzzo Lazio e Molise and Majella National Park, Sagittario Valley, Navelli's Mountains, Gran Sasso and Laga Mountain Park, generally around land of **Abruzzo Mountain, the Italian region with the longest sun.**

We have Regional guide in the group AbruzzoToEurope and others many guides are in every part of Abruzzo's mountain.

Walking tours, Mountain bike, Trekking, natural areas for wild animals watching, Cross round tour, Mountain climbing, ski, biking itineraries, nordic walking, also with regional mountain guides.

Some examples of sport tour that are possible in the land of AbruzzoToEurope

Lake of Pantaniello – National Reserve

This lake is in the borough of Barrea, in the Alto Sangro (upper part of the Sangro river). This moreanic lake, irregularly deep, is within the State land of Chiarano Sparvera. The moreanic origin of it determines the variety of flora and fauna in this basin. This reserve is populated by the rare Gammarus lacustris, crustacean from the glacial era; very common in the Grass Snake and the Warty Newt. The only fishing species in the Tench. There are also many evidences of the prehistoric man that used to camp on the sides of this little lake. The fauna is the one of the National Park of Abruzzo that in close by. The most common animals are the Wolf, the Rear and the Deer. The birds in the area are the Golden Eagle, the Alpine Chough, the Raven, the Rock Partridge, etc. During the summertime, the surface of the lake is covered by different forms of Acanthus mollis with the Water plantain, the Juncus and the Water Buttercups.

In the land overlooking the waters there are the Apennine Toadflax, the Mullein with long leaves and the Pale clover. The few Shrubs consist of Dwarf Juniper and Bearberry. The access to this protected area is forbidden to the auto vehicles and both fishing and hunting are forbidden. The tracking, the country skiing and the mountain biking are the only sports allowed.

For trekking

Wood of S. Antonio – Regional Reserve

The Reserve of the Bosco di S. Antonio is 550 hectares wide, it is run by the town-hill of Pescocostanzo which is also the borough it belongs to. This reserve is a monument built by the nature and preserved by the man during the centuries; in fact, it is particularly interesting for the beauty of the secular trees but also for historical evidences. Wonderful landscapes can be seen all through the year thanks to the shape and the colours of the ancient Beeches, of the lofty Maples which are surrounded also by Wild Pear-trees, Yews, Turkey oak and Cherry tree. Among the flora there are some protected species such as the Gentian, the Paeonia and the rare Epipactis purpurata, this last one is an orchid that can only be found here and in Emilia Romagna.

There is a large variety of birdlife. Among other birds it is possible to birdwatching the Collared Flycatcher, the Nuthatch, the Song Thrush, the Mystic Thrush, etc.

Among the birds of prey there are the Sparrowhawk and the Buzzard. Crossed by the Roman street Via Minucia that used to connect Corfinio with Isernia, few meters away from the main road, the Bosco di S. Antonio is worth of a visit during any season.

During wintertime, among the beautiful beech woods and the plateau located right below, there is one of the most beautiful tracks for cross-country skiing; in summertime, on the other hand, it is possible to go hiking or just rest and have a picnic.

For trekking and Cross round

Natural oasis of Gole del Sagittario WWF Regional Oasis

The oasis, created in 1991, is 450 ha wide and it is located at an altitude that goes from 500 to 1500 metres above the sea level. It is in the territory of Anversa degli Abruzzi in the province of L'Aquila and it is one of the most beautiful oasis the WWF created in Abruzzo. Its symbol is the Wallcreeper. This is a wonderful bird that can be seen in several places of this protected area. The bird-fauna also includes the Golden Eagle, the Peregrine, the Chough, the Dipper and the Grey Wagtail. In the area there are many Wolves, Brown Bears and Deers. The oasis is a mixture of different environments such as the vertical rocks of the Gole Del Sagittario and the cool wood around the springs of the Cavuto River well equipped as a picnic area restoring an old mill, they organized a Museum entirely dedicated to the flora and to the fauna of the Gole.

In the land surrounding the Museum and the picnic area, there is a Botanical Garden and a field planted with trees, whose target along with the didactic one is also to protect the different varieties of the extinction fruit plants. There is a number of paths in the oasis with signs of the different types of difficulty; it is going to be traced the "Sentiero dei Cinque sensi" that will make it possible for handicapped people to visit the oasis thanks to several equipments. The use of special Braille signs will allow the blind people to know the area and the botanical garden. The small villages of Anversa degli Abruzzi and Castrovalva are very nice and peculiar. The Oasis can be reached by train: Anversa-Villalago-Scanno train station or by car: exit Cocullo on the highway A25.

For trekking and Mountain bike

Majella Park

Majella National Park has its most important feature in the extraordinary hilliness of territory, actually more than 55% is located at altitudes higher than 2000 meters. Its inner space encloses wide lands, shows the characteristic features of a Wilderness Area, the most unique and valuable part of national biodiversity heritage. On the basis of current body of knowledge, the Park hosts more than 78% of mammal species (except for Cetaceans) existing in Abruzzo, and more than 45% of the Italian ones. Considering the lack of data about some numerous groups such as insectivorous and chiropterans, we can also consider this faunistic factor as a downright hot spot for biodiversity preservation. Under the culmination zones there is the twisted shrubs belt such as the "Mugo" Pine which represents the most widespread vegetal formation in the Apennines. Between 1800 and 800 meters grow beech groves mixed with lawns and pastures. These are the ideal habitats for the wild ungulates and predators such as the bear and the wolf, and these also are overriding species in conformity with the Directive mentioned above. Besides the natural environments, the Park also contains a discreet surface occupied with farm zones uncared since long time and under slow natural evolution towards more complex ecosystems (shrubs, arboreal pastures, recent formation of woods, etc). Other examples of human signs are the reforestation of pine forests, pastures and mowing lawns. In this case the human activities managed from age to age significantly contributed to the spreading of certain species and to the preservation of biodiversity. Keeping alive agricultural practices, outcome of strong interaction between Man and Nature, such as extensive breeding or traditional farming activities, could be an extraordinary tool for the environmental conservation; on the other hand the reforestation of pastures, even if natural, could bring about a drastic decrease of certain species, both plants and animals.

Walking tours, horse riding, and mountain bike. Guided educational tours. Trekking. Photos. Natural areas for wild animals watching. Biking. Free climbing. Rafting. Canoe in the Aventino. Cross round tours in the tracks of Pescocostanzo, Passolanciano and Decontra. Mountain climbing. Ski.

National Park of Abruzzo

The National Park of Abruzzo was established by the Royal decree n. 257 of January 2, 1923. Later, on July 12 of the same year, that decree was made law. Its present-day area of 44,000 hectares, which is the result of several enlargements, includes 22 towns in the provinces of L'Aquila, Frosinone and Isernia.

In 1980 the Autonomous Board "National Park of Abruzzo", in charge of the Park administration, has started a zonation project, which consists in dividing the whole territory in zones. This Board has set very severe restraints on full protection areas and it has established more flexible rules for tourism in the remaining ones. At present, the Park is divided into 4 zones: Full Reserve, General Reserve, Protection Zone and Development Zone. Almost every town has been provided with a Tour Information Centre and with Zone Offices. A Centre for the Apennine Ecological Studies has also been established in order to do research and publish data on the rarest animal species.

Walking tours, horse riding and mountain bike. Guided educational tours. Trekking. Photos. Natural areas for wild animals watching. Lakes bird watching. Biking. Lake canoe and windsurf. Macchiavarna and Passo di Godi cross round tracks. Cross round tours. Mountain climbing.

National Park of Gran Sasso and Laga Mountain

Covers an area of 160,000 hectares, 135,000 of which are in the Abruzzo region. Comprises 44 local borough authorities. The Gran Sasso and Monti della Laga mountain chains lie entirely within the park. The Corno Grande, with a height of 2912 metres, is the highest mountain of the Apennines. On the Corno Grande is the "Caldarone", the only glacier of the Apennines and the southernmost in Europe. South of the mountain range is the immense plateau of Campo Imperatore, at an altitude of 1600 metres.

The Monti della Laga of particular importance for its geology, wildlife and vegetation, includes the peak of Monte Gonzano (2458 metres). The park's flora offers a natural heritage of outstanding value, with beech woods where wild cherries, holly, mountain maple and yew also grow, and chestnut woods with raspberries, bilberries, deadly nightshade, wild orchids and various species of fungi. There are also smaller groves of silver fir of great interest at Selva di Cortino, Bosco Maltese and Selva degli Abeti, survivors of the original vegetation of fir and beech that once covered the Apennines. The park is inhabited by many species of wildlife, including rare animals such as the Apennine wolf, wildcat and chamois, recently reintroduced on the Gran Sasso, as well as wild boar, squirrels and foxes, all fairly common. Birds of prey include the golden eagle, the peregrine and the goshawk

Walking tours, horse riding and mountain bike. Guided educational tours. Trekking. Photos. Natural areas for wild animals watching. Bird watching in Campotosto. Biking. Canoe and windsurf in Campotosto. Cross round tracks tours in Castel Del Monte, Santo Stefano di Sessanio and Pietracamela. Mountain climbing. Climbing on ice. Ski.

Ski and Snowboard

After Alps area, in Italy Abruzzo has the largest number of winter resorts (a total of 16). Tracks aren't long due to the mountain conformation but have a good technical profile. Snow has a good quality and many resorts have also artificial snow. In general the services offered to clients are really efficient.

- o **Comprensorio Sciistico di Aremogna Roccaraso Pizzalto Rivisoldoli Monte Pratello**

100 km of tracks, the most large and most important of Italy Centre and Sud

- o **Vallefura** a few of tracks in the ancient town of Pescocostanzo, ideal for family and the beginners
- o **Gran Sasso Teramano - Prati di Tivo e Prato Selva.** Near Pietracamela, Poggio Umbricchio, Castelli. Very beautiful tracks at Gran Sasso and Laga Mountain
- o **Campo Imperatore** (2.233 metri) with a few of tracks but very good quality of snow. From Campo Imperatore the view on Gran Sasso. Other skilift at **Monte Cristo** (1.450 metri)
- o **Scanno Monte Rotondo** from 1.050 metri to 1.615 metri. Others skilift from 1.560 metri of Passo Godi
- o **Passo Godi** (m. 1.630 -1.780), is a beautiful land for sky in the National Park of Abruzzo. Sky for family is ideal, entertainment sure with telemark and other.
- o **Campo di Giove** at Majella Park, 2.350 mt., it is the higher station in Abruzzo.

Cross Round

Abruzzo's Apennine is rich in tablelands that during winter offers to the cross round addicted the chance to practise this sport in a beautiful environment from the half of December till the end of March. Cross round is a local traditional sport and there are thousand of tracks as the ones in Bosco di St Antonio, Pescocostanzo and the National Park of Abruzzo.

Pescocostanzo and Sant'Antonio Wood - Pescocostanzo is an important Italian cross round location and hosts a F.I.S. centre for athletes training. To cross round in total silence in the Bosco di St Antonio tracks is a unique experience. This wonderful beech-wood, one of the oldest in Italy, since few years is a natural reserve. Also important is the track on the feet of the Monte Rotella. A cross round school is available for the beginners and information can be asked to the entrance bar owner.

Anello dell'Aremogna near Roccaraso - Closed to the skiing tracks of Roccaraso there is the Aremogna Ring (10 km long) and the new Roccapie ring. The tableland is equipped with bar, mountain dew, and equipment rental point.

Anelli di Marsia near Scanno - Marsia Rings are located in the Simbruini Mounts and Passo Godi area, closed to Scanno.

Macchiarvana in the national Park of Abruzzo - Situated in Opi, in the National Park of Abruzzo, Macchiarvana is an important cross round center. Tracks lead the cross-round addicted to a wonderful natural sanctuary, the Val Fondillo and the Cicerana area.

Passo Godi near Villetta Barrea and Scanno - In Passo Godi, two beautiful rings at an altitude of 1560 feet, can be reached from the little ancient village (14 km) and also from Villetta Barrea

National Park Of Gran Sasso In Fonte Pietratina (**Campo Imperatore**) a 20 km track is situated. Nearby, in Racollo, there is a mountain-dew where visitors can find a room to spend the night and a cosy restaurant. Also interesting are the tracks of Three Lakes, Fossa di Paganica and Piani di Fugno. In the northern part of Gran Sasso, cross round can be practised in many locations: **Prati di Tivio**, Campo Felice, Ovindoli, Rocca di Mezzo.

Alpine sluing and hiker ski

Abruzzo Mountains offer many places to practise mountain climbing, alpine sluing and hiker ski, from the difficult and high mountain peaks to the easier hill sides. The best period for these sports is from February to May.

Mountain climbing can be practised from expert people or with an alpine guide. Here the most important snow sports places

Information regional guide Rinaldo Le Donne www.masseriaceraselle.it

Some examples:

1. **Monte Greco 2285 mt Direttissima est**
2. **Monte Pizzalto Versante sud-est** (serra Ciamarucchella 1770 mt)
3. **Monte Rotella 2129 mt Versante nord** da 1277 mt a 1984 mt (Serra Carrata)
4. **Monte Rotella 2129 mt Versante ovest** da 1241mt a 2129 mt
5. **Serra Rocca Chiarano 2237 mt. canalino di Dx o di Sx.**
6. **Il Vallone Fondo di Maiella**
7. **La Val di Rose**
8. **Il Monte Amaro**
9. **Lama Bianca e monte Rapina**, at Majella,