



Abruzzo, a region beyond imagination.

Pristine nature, crystal clear sea, majestic Apennine peaks, historic villages, outdoor activities, excellent food and wine, places of the spirit and panoramic points of cinematic beauty. Land of enchantments and wonders, **Abruzzo is a region worth discovering**. This is a destination to experience and enjoy day after day, finding its key strength in the variety of its landscapes. The Abruzzo region boasts **130 km of coastline** featuring lively golden sand beaches, cliffs, promontories, pebble coves, secluded shorelines and refreshing pine forests, such as the one that surrounds the **Torre del Cerrano Marine Protected Area**.

While a large number of seaside resorts in Abruzzo are **awarded the Blue Flag every year** for the quality of the services offered, within a few kilometers inland you can find yourself immersed in the wilderness of the thus named **Green Region of Europe**. It is possible to discover breathtaking views and unspoiled environments, aptly protected by the presence of **three national parks and one regional park**, as well as **44 protected areas, including 38 nature reserves**, covering more than a third of the entire regional surface. They represent an extraordinary laboratory for the conservation of biodiversity and ecosystems of the Apennines, starting with the **five ancient beech forests** of the Abruzzo, Lazio and Molise National Park, **declared a UNESCO World Heritage Site in 2017**.

Abruzzo is home to the highest peaks of the Apennines, from the Gran Sasso d'Italia massif to that of the Maiella, passing through the summit of the Sirente Mountain. Its charm also lies in the balanced relationship between man and territory, as witnessed by the presence of medieval castles and abbeys, along with hermitages set among the rocks, fairy tale lakes and archaeological areas. Many of its small and historic villages are included in the **Borghi più belli d'Italia**, **Borghi Autentici** and **Città delle Grotte** associations, or have been awarded the **Bandiera Arancione del Touring Club d'Italia**.

Be it sea or mountain, Abruzzo can offer **countless opportunities for an active holiday**: from snow sports on over 500 km of slopes, available in 23 ski areas, to water sports among the waves of the Adriatic Sea; from horseback rides on the longest Italian horse trails to the hikes in the footsteps of brigands, saints and hermits; up to bike tours on the numerous cycle-pedestrian paths of the bike-friendly network, like the panoramic **Via Verde della Costa dei Trabocchi**. Also, not to be missed is the evocative journey on the historic railway tracks of the **Ferrovia dei Parchi** - formerly known as the Transiberiana d'Italia - which reaches over 1200 meters in height crossing the Major Highlands of Abruzzo, departing from Sulmona, winding through the territory of the Maiella National Park and ending its itinerary in the nearby Region Molise.

One of the best ways to discover Abruzzo is **to totally immerse oneself in the taste of its excellent food and wine** - from the originally agropastoral delicacies typical of the mountainous inland to the seafood specialties of the coast. Abruzzo is an extraordinarily biodiverse land: from vast areas of vineyards and olive groves, giving origin to **the highest quality wines and oils** (recognized and protected with the DOCG, DOC and DOP denominations) up to the centuries-old chestnut groves - scattered among the mountains Monti della Laga and Valle Roveto - and to the colorful fields of the **Zafferano dell'Aquila DOP**, the authentic and highly prized "red gold of Abruzzo". Worth to be mentioned is also the excellent production of local cheeses and cured meats - from Pecorino di Farindola to the typical seasoned salami Ventricina del Vastese - and the wide offer of confectionery specialties capable of conquering the heart and palate of all tourists.

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