



Abruzzo – there's much more to it than you might think.

Pristine nature, crystal-clear seas, majestic Apennine peaks, historic villages, outdoor activities, food and wine specialities, places of spiritual significance, and artistic beauty worthy of the silver screen. A land of enchantment and wonders, **Abruzzo is a region just waiting to be discovered**. This is a destination to experience and savour day by day, whose greatest strength lies in the varied landscapes of the region. Starting with approximately **130 kilometres of coastline**, with golden sandy beaches alternating with cool pine forests – such as the one surrounding the **Torre del Cerrano Marine Protected Area**, cliffs, headlands and pebbled coves, bustling beaches, and secluded shores.

Starting from the numerous seaside resorts – **awarded the Blue Flag every year** for the quality of the services they offer – and heading inland, in just a few kilometres you find yourself immersed in the wilderness of the so-called **Green Region of Europe**. Breathtaking views and unspoilt landscapes are protected by **three national parks** (Abruzzo, Lazio and Molise National Park; Gran Sasso and Monti della Laga National Park; Maiella National Park) **and one regional park** (Sirente Velino Regional Park) as well as **44 protected areas, including 38 nature reserves** – more than a third of the region's total area. All this provides an extraordinary environment for the conservation of biodiversity and Apennine ecosystems, starting with the **five ancient beech forests** in the Abruzzo, Lazio and Molise National Park, **designated a UNESCO World Heritage Site in 2017**.

Home to the highest peaks of the Apennines – from the Gran Sasso d'Italia massif to that of the Maiella, via the summit of Mount Sirente – Abruzzo's charm also lies in the harmonious relationship between people and the land, as evidenced by the widespread presence of medieval castles and abbeys, hermitages nestled in the rock, fairytale lakes, and archaeological sites. There is also a network of small, historic villages, several of which are members of the associations **Most Beautiful Villages of Italy**, **Authentic Villages** and **Cave Towns**, or awarded the **Italian Touring Club's Orange Flag**. An incredibly picturesque landscape, from Rocca Calascio to Roccascalegna, all the way to the hermitage of Santo Spirito a Maiella, which is often used as a location for major film and television productions, adverts and music videos.

Whether by the sea or in the mountains, Abruzzo also offers **countless opportunities for active holidays**: from winter sports on over 500 km of slopes across 23 ski resorts to water sports amidst the waves of the Adriatic; from horse-riding along Italy's longest bridleways to walking trails following in the footsteps of brigands, saints and hermits; right through to cycling along the numerous routes and cycle paths of the bike-friendly network, such as the scenic **Via Verde della Costa dei Trabocchi**. Also not to be missed is the evocative journey on a historic train along the tracks of the **Ferrovie dei Parchi**, formerly known as the 'Trans-Siberian Railway of Italy'. The journey begins in Sulmona, crossing the Maiella National Park (designated a **UNESCO Global Geopark** in 2021) and climbs to over 1,200 metres, crossing the Altopiani Maggiori d'Abruzzo, before ending its journey in Molise.

Finally, one of the best ways to discover Abruzzo is to treat yourself with a **deep dive into the flavours of its culinary and wine specialities**, from the agricultural and pastoral delicacies typical of the mountainous inland regions to the seafood specialities of the coast. A land with an extraordinarily rich biodiversity, from vineyards and olive groves that stretch as far as the eye can see and where **wines and oils of the very highest quality** are produced – recognised and protected by the DOCG, DOC and DOP designations, to the centuries-old chestnut groves that dot the Monti della Laga and the Roveto Valley, and the colourful fields of **L'Aquila DOP saffron**, the authentic and prized '*red gold of Abruzzo*'. Without forgetting the **diverse range of cheeses and cured meats** – from Pecorino di Farindola to Ventricina cured sausage from the Vastese area – and **a range of sweet specialities** that will certainly be a hit with even the most discerning food-loving tourists.

For more information: **abruzzoturismo.it**