

Molise A Rare Gem in the Apennines and the Adriatic

Nestled between the Apennines and the Adriatic, Molise is an unspoilt region where time seems to pass at a leisurely pace. Characterised by pristine landscapes, spanning from the peaks of the Matese mountains to the hills planted with olive trees and vineyards, and right down to the golden beaches of the Termoli coast, this area offers surprising variety within a radius of just a few kilometres.

Its thousands of years of history has its roots in the Samnite civilisation, which has left behind extraordinarily fascinating archaeological remains, set amid unspoilt natural landscapes. Molise is also the birthplace of the 'tratturi', the ancient transhumance routes now recognised as a UNESCO World Heritage Site. These criss-cross the region, weaving a mosaic of stone villages, medieval castles and silent hermitages. A genuine welcome, a tradition for food and wine that brims with authentic flavours, and a deep connection to its roots are what make this region such a rare gem.

Slow, Sustainable and Experiential Tourism

Molise is the ideal destination for slow, sustainable tourism off the beaten track. It is a paradise for those who love hiking and outdoor activities, who will find the perfect routes for walking, mountain biking and horse-riding along the mountain trails and transhumance routes.

The range of tourist attractions combines the rediscovery of nature with cultural and experiential tourism:

- **Archaeological sites and villages:** Visitors can explore open-air archaeological sites and stay in the charming "alberghi diffusi" – a network of accommodation spread across the different old homes in the villages.
- **Crafts and Tradition:** Direct contact with local craftspeople and a rediscovery of traditional craft techniques.
- **Sea and Coast:** The coast boasts clean seas and beaches that are ideal for families.
- **First-class Food and Wine:** The inland region offers unique flavours, dominated by truffles, PDO olive oils and local wines such as Tintilia.

To summarise: Choosing Molise means embarking on a profound sensory journey, characterised by silence, fresh air, living traditions and a warm, exclusive sense of hospitality.

Five “Must-see” Attractions in Molise

Here are the five key stops for discovering the history, culture and landscape of Molise:

Destination	Main Attractions and Places of Interest
Campobasso	Castello Monforte, with its charming historic centre and the famous Museum of Mysteries.
Termoli	A picturesque old village overlooking the sea, Castello Svevo and the traditional trabocchi.
Sepino	The archaeological site of <i>Saepinum</i> , an extraordinary blend of Roman ruins and unspoilt nature.
Castel San Vincenzo	A stunning mountain lake, with the nearby medieval abbey of San Vincenzo al Volturno.
Pietrabbondante	An imposing Samnite theatre situated at an altitude of 1,000 metres, set against a picturesque mountain backdrop.

Four Regional Traditions of Molise

1. La ‘Ndociata in Agnone

One of Molise’s most spectacular traditions. An ancient ritual linked to fire that brings together community, faith and local identity through impressive wooden torches carried in procession.

2. The Mysteries of Campobasso

Famous processional floats designed in the 18th century by sculptor Paolo Saverio Di Zinno. Carried on shoulders, they depict living tableaux of scenes from Christian tradition and make their way joyfully through the streets of the town.

3. The Zampogna of Scapoli

The zampogna, a kind of bagpipes, is one of the instruments that symbolise the culture of Molise, and is particularly associated with the Scapoli area. Skilfully handcrafted by mastercraftsmen, the zampogna has been a feature of festivals, celebrations and moments in everyday life for centuries, and remains to this day a vital part of our musical and cultural heritage.

4. The Bells of Agnone

The Marinelli Papal Bell Foundry has been carrying on the time-honoured art of bell casting for centuries. This noble craft is passed down from generation to generation through traditional handcraft techniques that are unique in the world.