

Trip Dossier for Italy – Abruzzo and Rome

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A week in the beautiful unspoilt Abruzzo region, one of the unknown treasures of Italy. Explore alpine meadows, beech forests and mountain streams which trickle down deep limestone gorges. Paddle along the Tirino River in Canadian canoes, then spend a day trekking through a stunning gorge to find the hidden sanctuary of a Middle Ages rock hermit. Learn how to cook authentic Italian cuisine, and end the week on a high with two days in the ancient city of Rome and its spectacular sights.

Day 1 Join tour Rome; drive to Abruzzo (approximately 2½ hours)

Please refer to **Transfer Arrangements** below for details on where and how to join the tour.

Your tour leader will meet you at Rome Fiumicino airport and the group will transfer to the hotel in Caramanico Terme. Situated on a hilltop between Monte Morrone and Majella mountain, this small medieval town is in the heart of the National Park of Majella and is well-known for its hot springs. After a welcome meeting early evening, your tour leader will take you for dinner at a local restaurant. **Hotel 7 nights (dinner)**

Day 2 Canoeing; river trekking

This morning you will descend into the valley for a day on the Tirino River, one of Italy's most beautiful waterways. Starting from Saint Martino, you will enjoy a morning of paddling in Canadian canoes upstream to Capo d'Acqua, and take a quick dip in the invigorating river if you wish. Also try the curious water celery (sedanina d'acqua) which grows underwater here. After this great start to the trip, you'll stop for a picnic lunch on the river bank, and when suitably rested, take a walk along the river (approximately 3 hours) before returning to the hotel. **Hotel (breakfast and picnic lunch)**

Day 3 Walks and rock scrambling at Orfento Gorge

Today you head into the mountains to spend the day walking, rock scrambling and enjoying the fabulous views this area has to offer. The walk takes you first to the bottom of the most spectacular segment of the Orfento Gorge, with time to paddle in the crystal clear river. After a picnic lunch, it's time to explore La Grotta Mirabile, 'The Wonderful Cave', hidden in a hillside above the Gorge. A crevice in the cave's ceiling drips water all year round - thus 'The Wonderful Cave' name. This was the perfect refuge for shepherds - who barricaded their flocks into the main cavern, sleeping snugly in the cave next door. **Hotel (breakfast and picnic lunch)**

Day 4 Free day - optional activities

After two days of activity, you may wish to relax and take advantage of the pampering spa treatments available at a nearby hotel, or explore the historic churches in Caraminco.



Alternatively, there are plenty of self-guided walks available in the Majella National Park. The Park is home to deer, chamois, wild boar, wolves, otters, and a very small number of bears. The region's agriculture is traditionally pastoral: large flocks of sheep used to arrive in June, having travelled in search of summer pastures from the lowlands of Puglia, where they would return in October. The hillsides are still grazed by local flocks, and you will find ancient beehive-shaped stone huts (tholos) still sheltering shepherds today. There is also an opportunity to go horse-riding if you wish. **Hotel (breakfast)**

Day 5 Walk to the hidden sanctuary of San Bartolomeo (4 hours); cookery lesson

Today enjoy a beautiful walk across the fertile plateau of the Valle Giumentina with views towards the Gran Sasso mountain. Cross a gorge with a little steam, and continue to the tiny church of San



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Bartolomeo with its entrance hidden under the cliffs. After stopping for a well-earned picnic lunch, it's time to return to base for a cookery course where all the family can join in and enjoy the fruits of their labour afterwards! **Hotel (breakfast and picnic lunch)**

Day 6 Transfer to Rome

Our time in Abruzzo is at an end, and you transfer back to Rome, a journey of approximately 2-3 hours, stopping for a light lunch en-route (not included). Once in Rome, and after checking in to your hotel, there's time for a short walking tour to see the Trevi Fountain, Spanish Steps, the Pantheon and the famous Via Veneto. All these sights are within a short walking distance of the hotel. You are then free to enjoy your first evening in Rome; your tour leader will recommend some good places to dine.

Hotel (breakfast)



Day 7 Visit Coliseum

Undoubtedly Rome's (and arguably Italy's) most famous sight, the Coliseum is the biggest and most imposing Roman amphitheatre in the world. Imagine 70,000 spectators watching the gladiators fight for their lives in the arena, and explore the underground avenues of tunnels and cages. After this exciting visit, the rest of the day is at leisure to explore the rest of this fascinating city. **Hotel (breakfast)**

Day 8 Tour ends Rome airport

Please refer to **Transfer Arrangements** below for details on transferring to Rome airport.

Each itinerary is planned many months in advance and although it is our intention to operate the itinerary as printed in the brochure and detailed here, it may be necessary to make some changes as a result of alterations to flight schedules, climatic conditions, limitations of infrastructure or other operational factors which are beyond our control. As a consequence, the order or location of overnight stops may vary from those outlined but we will always endeavour to keep you informed of any such changes. Included meals are indicated in the daily itinerary. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets.

Transfer Arrangements:

A single group airport transfer will be provided from Rome Fiumicino airport to the joining hotel, and vice versa. The normal designated group flights for this itinerary are shown below, however you should check at the time of booking for the latest information.

London to Rome:

British Airways BA552 Depart London Heathrow 07:05 / Arrive Rome Fiumicino 10:35

British Airways BA2542 Depart London Gatwick 07:00 / Arrive Rome Fiumicino 10:40

Rome to London:

British Airways BA553 Depart Rome Fiumicino 11:45 / Arrive London Heathrow 13:30

British Airways BA2543 Depart Rome Fiumicino 11:25 / Arrive London Heathrow 13:00

If you are arriving and departing on different flights to the designated group flights (whether you have booked flights with Families Worldwide or otherwise), you may take advantage of these transfers only if your flight times coincide with the designated group flights. Otherwise, you will need to make your own transfer arrangements – private transfers can be booked in advance at an extra cost, please contact us for details. Transfers can also be arranged from Pescara airport if required (approximately 1 hour's drive)

Optional Extras



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These excursions can be arranged, subject to availability, through your tour leader:

Horse-riding – 2 hours

€25 per person

Rome Vatican tour

€20 per person

Prices are per person; they are a guideline only and are subject to change. Prices given may also be subject to a minimum number of participants.

Is this right for your family? A combination of activity and cultural interests, providing an insight into rural Italian life, and ancient Roman history. Walks are suitable for children aged 7 years and over.

Accommodation The hotel in Caramanico Terme is modern and comfortable, rooms have private bathroom, air conditioning, fridge, TV and balcony. Guests can use the outdoor swimming pool at a nearby 4* hotel (June-September). The hotel in Rome is centrally located near the Presidential Palace, in a quiet street. All rooms are comfortable and quiet, with private bathroom, air conditioning and TV. Breakfast is buffet-style.

Lone Parents Single parents or other adults travelling alone with children should be aware that some countries, including the UK, require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the relevant country embassy for further information on exactly what may be required. These details can be found on the Foreign & Commonwealth website under the appropriate country www.fco.gov.uk/travel

Climate The climate of Abruzzo is typically Mediterranean, sunny. Whilst the average temperature in summer on the coast is around 24°C (increasing to around 30°C in late June and July), Abruzzo's mountainous 'continental' thermal temperature is always lower due to its natural air conditioning system. The Apennine Mountains let out heat during the night, counteracting the lower temperatures caused by the higher altitudes. There is little rain from April to October. In Rome, spring and autumn are mild; summer is hot and humid, but the advantage is that most Romans will be at the coast during this period, making for a quieter city and less traffic.

Average monthly temperatures for Pescara:

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Max °C	11	12	14	18	22	26	29	29	25	21	16	12
Min °C	2	3	4	7	11	15	17	17	14	11	6	3
Rainfall (mm)	55	53	63	55	35	44	34	54	61	74	71	77

Local Costs:

A small bottle of mineral water (500ml) £0.75

A large bottle of mineral water (1 litre) £1.00

A can of coke (soft drinks) £0.80

A carton or bottle of fruit juice £1.00

A bottle of beer £1.00

A light lunch time snack – sandwich for example £3.00

A two course meal* - excluding drinks £6.00

A three course meal* - excluding drinks £10.00

**Based on a mid range tourist restaurant.*

Currency The unit of currency in Italy is the Euro € and the current exchange rate at the time of writing (September 2011) is €1.13 = UK£1. We recommend you exchange money before you travel or you can obtain cash with your debit Maestro / Cirrus card from ATM's (bank cash dispensers). Credit cards are accepted in many restaurants and souvenir shops.

Passports and Visas British passport holders do not require a visa to visit Italy. Please ensure you have 6 months' validity on your passport.



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Tipping is a recognised part of life and although at your discretion you will be expected to reward service. Tips should be a way for individuals to thank staff for good service. We recommend £2 per person per day. It is often a good idea to nominate one person in the group to distribute the tips on behalf of the group.

Language Italian is the official language, but English is widely spoken.

Security Whilst the vast majority of travellers never experience anything untoward it is worth taking precautions particularly in urban areas. You should take sensible precautions in crowded areas such as street markets and airports, where pick-pocketing is common, and keep clear of any street disturbances. Don't wear jewellery, never leave your bags unattended, keep large amounts of money, cameras and mobile phones out of sight when walking in town centres, and avoid walking in city centres after dark. Keep copies of important documents, including passports, in a separate place to the documents themselves, together with details of credit cards. Leave copies at home with a friend or relative too. Safeguard valuables, important documents and cash. We recommend you deposit valuable items and important documents in the hotel safe, where practicable.

Insurance Comprehensive travel insurance is compulsory when joining a trip with Families Worldwide. To arrange cover for single or multi-trip, please contact one of our family travel consultants.



Clothing & Equipment List for Italy – Abruzzo and Rome

Lightweight comfortable casual cotton clothing is recommended, but also bring some warm clothing for the evenings (especially if travelling outside of summer)

The following list of clothing and equipment is intended to be fairly comprehensive and experienced travellers may well take a good deal less luggage than we recommend.

Clothing

Walking boots or sturdy walking shoes
Trainers or strong sandals (all purpose wear)
T-shirts
Long sleeved shirt
Long casual trousers
Shorts/short trousers
Fleece or sweatshirt
Lightweight windproof/waterproof jacket
Swimwear (optional)
Sunhat (styled to cover face, ears and neck)

Equipment

Soft-sided bag (50-80 litres)
Lightweight daypack
Sunglasses
Camera, memory card(s)
Passport
Cash, credit/debit cards
Money security belt/pouch
Insurance documents
Trip information and itinerary
European travel adapter
Personal first aid kit
Insect repellent
Sunscreen
Washing kit (wet wipes and dry anti-bacterial handwash are useful)
Binoculars (optional)
Water bottle

For details regarding **hand luggage restrictions** please visit www.baa.com