

WHAT TO SEE - City & Villages

- San Pietro della Ienca: <http://blog.abruzzoupndown.com/2011/05/san-pietro-della-ienca-town-history-how.html>
- Rocca Calascio Castle: <http://blog.abruzzoupndown.com/2011/06/rocca-calascio-history-town-and.html>
- Ancient village of Santo Stefano di Sessanio: <http://blog.abruzzoupndown.com/2011/09/santo-stefano-di-sessanio-abruzzo-italy.html>
- Ancient village of Castel del Monte: <http://blog.abruzzoupndown.com/2011/09/castel-del-monte-town-history-town.html>
- Roman Amphitheater in Amiternum: <https://en.m.wikipedia.org/wiki/Amiternum>
- Village and Lake of Barrea: <https://en.m.wikipedia.org/wiki/Barrea>
- Village of Anversa degli Abruzzi: <http://blog.abruzzoupndown.com/2013/04/anversa-degli-abruzzi-the-village-of-sagittarius.html>
- Village of Scanno: http://www.borghitalia.it/pg.base.php?id=5&lang=en&cod_borgo=527
- L'Aquila and its treasures: <https://en.m.wikipedia.org/wiki/L%27Aquila>
- Medieval city of Teramo: <https://en.m.wikipedia.org/wiki/Teramo>
- Medieval city of Sulmona: <http://welcometosulmona.com>
- Village of Pacentro and its Medieval towers: <https://en.m.wikipedia.org/wiki/Pacentro>

WHAT TO SEE - Nature

- Caves of Stiffe: <http://www.grottestiffe.it>
- Campo Imperatore Upland: https://en.m.wikipedia.org/wiki/Campo_Imperatore
- Lake of Campotosto: https://en.m.wikipedia.org/wiki/Lake_Campotosto
- Lake of Barrea: https://en.m.wikipedia.org/wiki/Lago_di_Barrea
- Lake of Scanno: <http://enchanteditaly.blogspot.it/2010/06/lake-scanno.html>
- Corno Grande: <http://youtu.be/jvM9YBwc77g>
- Prati di Tivo: https://it.m.wikipedia.org/wiki/Prati_di_Tivo

ITINERARIES FOR HIKING

- San Pietro della Ienca - Assergi (for kids): http://www.gransassolagapark.it/iti_dettaglio.php?id_iti=1669

- San Pietro della lenca - San Franco's Hermitage: <http://blog.abruzzoupndown.com/2011/12/saint-franks-hermitages.html>
- Campo Imperatore - Corno Grande (for kids with experience): http://www.gransassolagapark.it/iti_dettaglio.php?id_iti=1673
- Prati di Tivo - Rifugio Franchetti (for kids with experience): http://www.gransassolagapark.it/iti_dettaglio.php?id_iti=1652
- Prati di Tivo - Corno Grande (for kids with experience): http://www.gransassolagapark.it/iti_dettaglio.php?id_iti=1653

SUGGESTED ACTIVITIES

- Hiking: www.slowparks.it
- Horseback riding tour in Assergi (phone: +39 348 3014960 - +39 346 1798957)
- Biking: you rent a bike in Fonte Cerreto (near San Pietro della lenca)

WHERE TO EAT - Suggested places

- Trattoria Fuori Le Mura in Assergi: <http://www.trattoriaforelemura.com>
- Da Maria' Restaurant in Fonte Cerreto: http://www.tripadvisor.it/Restaurant_Review-g580198-d4557882-Reviews-Ristorante_Da_Maria_La_Villetta-Assergi_Province_of_L_Aquila_Abruzzo.html
- Ristoro Mucciante in Fonte Vetica (Campo Imperatore Upland): http://www.tripadvisor.it/ShowUserReviews-g1951146-d2210929-r119139508-Ristoro_Mucciante-Castel_del_Monte_Province_of_L_Aquila_Abruzzo.html
- Il Cantinone in Santo Stefano di Sessanio: <https://www.facebook.com/pages/Il-Cantinone/1494185667485938>
- Il Rifugio della Rocca Restaurant in Rocca Calascio: <http://rifugiodellarocca.it>

FOR MORE INFO - Websites

- Abruzzo Up n' Down: <http://www.abruzzoupndown.com>
- Gran Sasso Laga Park (Official Website): <http://www.gransassolagapark.it>
- Abruzzo Turismo (Official Website): <http://www.visitabruzzo.co.uk>