



Activities


Coming on holiday in the Park means having the opportunity to get to know a **reality rich in nature, cultural heritage, activities and traditions**. Approximately 30,000 hectares of **forests**, 4,000 hectares of **integral reserves**, countless species of **plants, mammals, birds, reptiles, amphibians, fishes** but also **an exceptional cultural heritage**.

In fact, within the Park there are **24 municipalities**, each of which deserves to be visited by walking through the **suggestive alleys**, among **stone houses, medieval towers, original staircases, portals decorated with ancient friezes** and the balconies of the houses full of flowers.

By car, on foot, by bicycle, on horseback and by canoe... this corner of the world is able to fascinate and excite its visitors, pushing them to return in search of other experiences.

Welcome to our adventure



Activities	January	February	March	April	May	June	July	August	September	October	November	December
Independent visits and walks, on foot and by car	x	x	x	x	x	x	x	x	x	x	x	x
Guided walking tours (from 4 years old)	x	x	x	x	x	x	x	x	x	x	x	x
Fishing in lake waters			x	x	x	x	x	x	x	x		
Guided Canadian canoe trips (from 3 years old)			x	x	x	x	x	x				
Canadian canoe courses (from 9 years old)							x	x				
Horseback riding (from 12 years old)						x	x	x	x			
Guided cycling excursions				x	x	x	x	x	x	x		
MTB and E-Bike rental						x	x	x	x			
Sunbeds, umbrellas, bar and restaurant on the lake						x	x	x	x			
Daini Visitor Center (for the little ones)						x	x	x	x			
Village festivals and celebrations							x	x				
Downhill skiing, cross-country skiing, alpine skiing and snowboarding lessons	x	x	x	x								



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The activities we recommend in order to personalize the Guests' holiday are provided by small local businesses. These suppliers may modify or cancel the services offered at their discretion for reasons that may put the health and/or safety of the customer at risk.

guided walking tours



“**Vallis Regia**” – www.vallisregia.com - **Barrea** (5 minutes by car)

Excursions (adults and children from 8 years old).

Marco and Stefano; guided excursions to discover the area in all its facets, experiencing its most evocative and hidden sides.

Mainly excursions of medium, medium-challenging and challenging difficulty.

DURATION: two hours and half, half day and full day. **PRICES:** from 15,00 euros for person; children < 14 years old 50% off.

“**La Betulla**” – www.labetullaonline.com - **Civitella Alfedena** (10 minutes by car)

Excursions (adults and children from 11 years old).

Pietro and his staff; guided excursions to discover the area in all its facets, experiencing its most evocative and hidden sides. During the summer, small routes also suitable for families with small children.

DURATION: half day, full day, by night. **PRICES:** from 15,00 euros for person; children free from 8 to 11 years old depending on excursion.





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“Wildlife Adventures” – www.wildlifeadventures.it - **Pescasseroli** (27 minutes by car)

Excursions (adults and children from 4 years old).

Umberto and his staff; guided excursions to discover the area in all its facets, experiencing its most evocative and hidden sides. During the spring and the summer, small routes also suitable for families with small children.

DURATION: half day, full day, at sunset, by night. **PRICES:** from 15,00 euros for person; children from 10,00 euros for person.

clothing and equipment on a guided excursion

Dressing in layers is the best way to walk in the Park.

In order to participate in the **basic excursions** offered on site it is **necessary** and sometimes mandatory to have: backpack of at least 20 litres, waterproof jacket, light fleece or sweatshirt, comfortable trousers, hiking shoes, hat, sun cream, water (at least half a litre).

For advanced excursions: 25-30 liter backpack, waterproof jacket, light down jacket, fleece or sweatshirt, long trekking trousers, trekking boots, light gloves, hat, sunscreen, 1.5-2 liters of water.

In winter it is advisable that the backpack is equipped with a waterproof backpack cover, that the down jacket is winter-proof, that the gloves are waterproof and that you have gaiters to protect yourself from the snow.





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excursions and visits, on foot and by car



Independently – Barrea Excursions.

For those who prefer it, it is possible to purchase the **"Path Map"** on site and, following the itineraries we have studied, explore the Park at your own leisure, alternating the use of the car with short walks on foot. Dividing the Park into three sides (Abruzzo, Lazio and Molise), we have created three ad hoc programs to "guide" you to discover the area among characteristic villages, paths, valleys, rivers, mountains, hermitages, viewpoints, waterfalls, lakes, sanctuaries, lakes... fantastic views.

guided bike excursions



"Wildlife Adventures" – www.wildlifeadventures.it - **Pescasseroli** (27 minutes by car)
Guided Excursions (adults and children from 12 years old; minimum height 150 centimetres).
Guided excursions to discover the area on two wheels in complete safety.

DURATION: from 3 hours. **PRICES:** from 35,00 euros for person.





guided bike excursions and rental only



"Guida MTB Abruzzo" – www.guidamtbabruzzo.it - **Castel di Sangro** (32 minutes by car)

Guided Excursions (adults and children).

Guided and personalized excursions to discover the area on two wheels in complete safety. Guided tours also for families with children.

DURATION: from 2 to 6 hours. **PRICES:** from 20,00 euros for person.

MTB and E-BIKE rent only

(adults and children).

DURATION: one hour, half day, full day, more days. **PRICES:** from 6,00 euros an hour for person.

cycling clothing and equipment

Sports clothing is what you need to tackle a nice ride in the Park.

To participate in the tours offered on site **you must have:** backpack to carry with you a sweatshirt and at least half a liter of water, kway, sneakers, compulsory helmet, cycling shorts with pad (recommended).

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horseback riding



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"A.D.F.'s Dreams" – www.lagravara.it - **Barrea** (2 minutes by car)

Guided Riding (adults and children from 12 years old).

Walks for beginners and non-beginners, immersed in an area full of suggestive corners, still populated by wild animals, such as deer, wild boars and foxes. Tour of the Lake, Jannangera valley, Camosciara and tour of the Tre Fonti.

DURATION: from 2 hours and 15 minutes to 3 hours and half. **PRICES:** from 40,00 to 60,00 euros for person.

Children's laps (less than 12 years old). Five laps inside the spot.

PRICE: 5,00 euros for person.

"Ranch Brionna" – www.ranchbrionna.com - **Castel di Sangro** (30 minutes by car)

Riding (adults and children from 14 years old).

Ridings for beginners and not, in the Pantano valley, surrounded by the Mainarde chains, where they graze herds of horses and herds of cows in the wild.

DURATION: from 30 minutes to 2 hours. **PRICES:** from 20,00 to 55,00 euros for person.

Guided Night riding (adults and children from 14 years old).

Walk at sunset in the Pantano valley, surrounded by the Mainarde chains, where herds of horses graze and herds of wild cows. Arrival in Sorgente la Pescara and stop for dinner based on typical products cooked on the grill. At around 9.30 pm we return to the Brionna Ranch illuminated by the moonlight.

DURATION: about 5 hours. **PRICES:** 100,00 euros for person.





horse clothing

Clothing must be comfortable. Hiking shoes or boots with a stiff sole to allow the foot good contact with the stirrup. **Avoid** smooth-soled boots and too-tight clothing; comfortable and sturdy long trousers are **required**. Helmet **mandatory** for minors.

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Independently - Barrea

Fishing in lake water (3 march - 6 october).

Subject to authorization from the Park Authority, fishing is permitted in Lake Barrea between the new bridge of Civitella Alfedena and the dam located under the town of Barrea. The authorization can be issued to those who already have a valid freshwater fishing license issued by the competent authorities (*Centro Visita del Lupo: 10:00/13:00 - 15:00/16:30 every day except Tuesday*).

Fishing is permitted from one hour before sunrise to one hour after sunset.

PRICES: daily 15,00 euros, three days 40,00 euros, seasonal subscription 250,00 euros.

by Canadian canoe

"Outdoor Center Gole del Sangro" – www.scuolacanoa.it - **Civitella Alfedena** (5 minutes by cars)

Guided excursion by Canadian canoe (adults and children from 3 years old).

Naturalistic excursions in flat water in the reserve area of Lake Barrea. During the excursions you can experience exciting moments, spotting animals such as ungulates, mustelids and rodents from the canoe, as well as the lake birds that populate the tributary area, such as herons, ducks, coots and grebes.

DURATION: about one hours and 15 minutes.

Basic and advanced Canadian canoeing courses (adults and children from 9 years old).

The basic course allows you to acquire knowledge of the primary techniques necessary for conducting, with traditional styles typical of the Canadian canoe. Once you have learned the various styles, everyone will be able to choose their own and customize it according to their aptitudes.

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cross-country skiing and alpine skiing



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"Scuola Italiana Sci Passo Godi" – www.scuolascipassogodi.com - **Passo Godi** (25 minutes by car); **Pianoro Campitelli** (34 minutes by car)
Lessons and equipment rental (adults and children from 6 years old).

The Scuola Sci Passo Godi aims to spread the techniques and passion for cross-country skiing, alpine skiing and ski touring. The school camps are located in the picturesque Passo Godi valley in the municipality of Scanno and on the Campitelli plateau in the municipality of Alfedena, on the slopes of Monte Meta.

DURATION: 1 hour. **PRICES:** group lessons from 15.00 euros for person; individual 35.00 euros.

skiing and snowboard



"SLIDE - Scuola Sci e Snowboard" – www.scuolascisnowboardslide.com - **Roccaraso** (46 minutes by car, 49 slopes)
Lessons (adults and children from 5 years old).

Marco Navarra, the first snowboard instructor in central Italy, trained most of the instructors in Abruzzo, Lazio and Campania. For over 30 years, daily lessons, individual and group, at any level; weekly, monthly and seasonal courses.

DURATION: 2 hours. **PRICES:** group lessons from 35,00 euros for person; individual 50,00 euros.

"Scuola Italiana Sci Pescasseroli" – www.scuolascipescasseroli.com - **Pescasseroli** (27 minutes by car, 15 slopes)
Lessons and rent (adults and children from 4 years old for private lessons; 5 years old for group lessons).

First school of the Abruzzo Apennines; individual and group ski and snowboard lessons.

DURATION: from 1 hour for private lesson and 2 hours for group lessons. **PRICES:** from 50,00 euros both for private and group lessons.

