



## “go into the wild”

*in search of Marsican Brown Bear*

Everyone loves Italy and people seem to love the same destinations...

Let us introduce you to a new spot, a new destination that, we are sure, you will love – **CIOCIARIA!**

Travel just 90 km outside Rome to see an entirely different side of life and to discover the whole new world [of hidden historic treasures](#), [beautiful scenery](#), rolling hills, olive groves, pretty hilltop villages, [heavenly wine and delicious food!](#)

### Tour Name: “Go into the Wild”

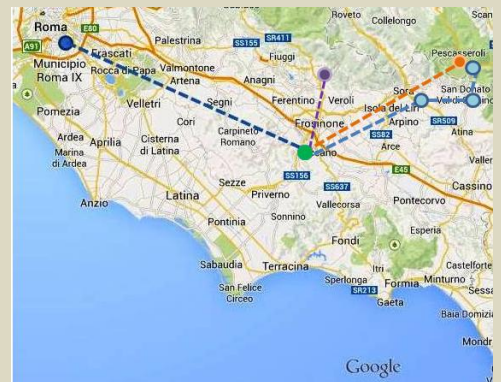
**Duration:** 6 nights / 7 days

*Includes:* 3 nights in the Roman countryside, 1 night in Abruzzo National Park, 2 nights in Rome, 7-hours guided tour “in search of Marsican Brown Bear”, liquor tasting, mozzarella tasting, 4 days car rental, 2 dinners, 1 cooking lesson, train tickets, pick-up/drop-off

**Activity:** self-guided/guided

**Tour price:** ~~920 euro\*~~ **1100 euro**  
(total cost per 2 persons)

\* depends on demand and availability, so don't delay!



**“Go into the wild”** self-guided/guided tour is available from **March 2015 to November 2015 at a special price!**

Travel in the dates that work best for you, follow the suggested itinerary and discover the best of Abruzzo and Molise National Park and of Ciociaria in your own way and on your own pace!

**4 days rental of a midsize car during your stay at “La Preta Nera” B&B is included in the price!**



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### the tour

The tour will lead you into one of the largest, most beautiful and the oldest in the Appennines nature reserves Abruzzo and Molise National Park. Go in in search of Marsican Brown Bear, enjoy packed dinner and come back to your hotel by night with torches.

Visit San Donato Val di Comino listed within “I Borghi più Belli d’Italia” (the most beautiful villages of Italy).

Visit Campoli Appennino, that is considered to be the city of truffle. Yes, Ciociaria is a truffle country too 😊.

Enjoy the natural and artistic beauties of Colleparado: the caves of Bambocci, Pozzo d'Antullo (Antullo's Well) and Certosa di Trisulti.

And before departing, discover another true Italian experience, that of the countryside, cooking and drinking wine!

### itinerary at a glance

- |              |  |
|--------------|--|
| <b>Day 1</b> | Arrival at “La Preta Nera” B&B, dinner in a private home                               |
| <b>Day 2</b> | In search of Marsican Brown Bear, overnight stay in the heart of Abruzzo National Park |
| <b>Day 3</b> | San Donato Val di Comino, Campoli Appennino  |
| <b>Day 4</b> | Colleparado, a cooking lesson at “La Preta Nera” B&B                                   |
| <b>Day 5</b> | Leaving Ciociaria and arrival in Rome  |
| <b>Day 6</b> | Rome   |
| <b>Day 7</b> | Departing home from Rome   |



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### detailed itinerary

#### **Day 1** Join “La Preta Nera” B&B (Giuliano di Roma)

Make your own way to Rome. From Rome Termini train station travel to Priverno-Fossanova. The train ride from Rome Termini to Priverno-Fossanova railway station (which is only a 10 minutes ride by car from “La Preta Nera” B&B) is about 75 minutes. We will meet you at Priverno-Fossanova railway station on your arrival and will take you to “La Preta Nera” B&B. The rest of the day is free and you can start exploring Ciociaria. At night enjoy home-cooked meals in one of cosy private homes of Giuliano di Roma .

*Distances: Rome – “La Preta Nera” B&B – 96 km.*

#### **Day 2** Visit Amaseno Valley, a guided tour “In search of Marsican Brown Bear”

Wake up early in the morning to visit one of the local buffalo breeding farms to follow “completely real” steps of mozzarella production. Move to Pescasseroli, situated in the very heart of one of the most famous natural parks in Italy - Abruzzo National Park. Leave your luggage in a hotel room, take some time to relax and to recover energy - you will need it ☺. At 15.30 a national alpine guide will be waiting for you to start a real adventure – “In search of Marsican Brown Bear”. Packed dinner. Returning to the village in evening with torches (at 22.30). Overnight stay in Pescasseroli.

*Distances: “La Preta Nera” B&B – Amaseno – 14 km; “La Preta Nera” B&B – Pescasseroli – 88 km*

#### **Day 3** Visit San Donato Val di Comino, Campoli Appennino, return to Giuliano di Roma

Visit San Donato Val di Comino, leaned on the slopes of the Apennines, offering visitors fantastic views on the surrounding countryside. The city is listed within “I Borghi più Belli d’Italia” (the most beautiful villages of Italy) . Move on and reach Campoli Appennino, it’s considered to be the town of truffle. Prized white truffles are celebrated in the fall, but during spring and summer special dishes are showered with aromatic dark brown or black truffles. Enjoy your lunch in Campoli Appennino and move further to reach Giuliano di Roma.

*Other suggested sights of interest: Villetta Barea, Posta Fibreno Lake .*

*Distances: Pescasseroli – San Donato Val di Comino – 33 km, San Donato Val di Comino – Campoli Appennino – 18 km, Campoli Appennino - “La Preta Nera” B&B - 52 km*



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### detailed itinerary

#### **Day 4** Colleparado and its caves, Trisulti Abbey, a liquor distillery, a cooking lesson

Visit Colleparado, a small medieval picturesque town that has been awarded “La Bandiera Arancione” (an orange flag). Don’t miss the Caves of Bambocci, where you will admire the charming view of the stalactites, stalagmites, lakes and calcite draperies. Make your way to Pozzo d'Antullo (Antullo's Well), a huge pit formed by the collapse of the ceiling of an underground, ellipsoidal cavity, whose circumference is of 300m and it is 80m deep. Be sure to visit *CERTOSA DI TRISULTI*, rising up at an altitude of 825 metres, immersed in secular oak woods of the Hernici Hills, a perfect place to regenerate and find serenity, to immerse yourself in an atmosphere of emotions, art and culture. Finish to explore Colleparado with a guided tour to one of the most oldest liquor distilleries of the region.

Come back to “La Preta Nera” B&B in the afternoon. Exploring the sites of Italy is exciting and exhausting, so take a break from your discovery of art & nature sights to discover another true Italian experience, that of cooking and drinking wine. Italian food is all about simplicity, which means that you'll have fun whilst learning to prepare a first course of hand made pasta or gnocchi. Then you move onto to a main course and dessert. Of course, a meal isn't a meal in Italy without a selection of wines to enjoy, and that's all included too. ☺

Distances: “La Preta Nera” B&B – Colleparado – 34 km

#### **Day 5** Join Rome

The day is free and you can decide whether to leave for Rome in the morning or to stay in Ciociaria till afternoon, perhaps to see one more of its treasures ☺.

Click here to learn more about places to visit in Ciociaria  
<https://lapretanera.wordpress.com/2014/07/02/ciociaria-art-history/>  
<http://lapretanera.wordpress.com/2014/07/04/ulysses-riviera/>  
<http://lapretanera.wordpress.com/2014/07/02/ciociaria-sensational-scenery/>

Travel to Rome in the comfort of the train. It will take you 75 minutes to get to Rome. Make your way to your apartment where you can leave your luggage, refresh yourself and plan your perfect sightseeing. You will be accommodated in a double-room in a 3-room spacious self-catering apartment situated in via Cesare Pavese in the neighborhood of EUR, not far from Laurentina metro stop (Line B, 10 stops from city centre). The apartment has two bathrooms, a kitchen and a balcony. Breakfast is not provided.



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### detailed itinerary

#### **Day 6** Exploring Rome on your own

Travelling in Italy is always lovely! So enjoy a day in Rome, revel in endless artworks and antiques, stroll through ancient streets and splendid gardens, grab a slice of authentic pizza, eat gelato and have a glass of Frascati at one of the city's exquisite squares!

#### **Day 7** Departing

Leaving Rome and going back home.

Our tour outlines are ideas of what you can see and experience, but you're individual, and so tours can be tailored to include all, or selected places of interest, please, [just ask](#).



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### **inclusions (per each party of the group)**

- ✓ train tickets from Roma Termini to Priverno-Fossanova and from Priverno-Fossanova to Roma Termini
- ✓ pick-up and drop-off at Priverno-Fossanova railway station
- ✓ 3 nights accommodation at “La Preta Nera” B&B in Giuliano di Roma (FR) in a double room
- ✓ 3 breakfasts at “La Preta Nera” B&B in Giuliano di Roma (FR)
- ✓ 1 night accommodation at a B&B in Pescaseroli (breakfast included)
- ✓ a 7-hours guided tour “In search of Marsican Brown Bear”
- ✓ one dinner in a private home
- ✓ a guided visit to a local dairy farm, a mozzarella cheese producer
- ✓ a guided visit to a liquor distillery
- ✓ one lunch in a restaurant
- ✓ a cooking lesson
- ✓ 2 nights accommodation in a spacious self-catering apartment in Rome (a double room in a three room apartment)

### **inclusions (per group)**

- ✓ 4 days rental of a midsize car during your stay at “La Preta Nera” B&B in Giuliano di Roma (fuel is not included)
- ✓ information kit and maps

### **what’s NOT included**

- ✓ anything not specifically mentioned in the “inclusions”



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### how to book

#### 1. Send an Enquiry

Fill in our online Enquiry form and SUBMIT it to us. This self-guided tour is available from July 2014 to October 2014! Travel in the dates that work best for you but please take note that Vacation packages are subject to availability and may not be available on every date.

#### 2. Get a Quote

As soon as we get your enquiry, we will check the availability and you will receive our reply by email within 24 hours. We offer a standard 6 nights / 7 days self-guided package tour and the quoted price of the tour is based on 2 persons travelling. If there are more people travelling together, if you are a family with children or in case you want the package to be tailored to meet your needs, just contact us and we will offer you our best price under the current economic conditions depending on the season, special offers and the number of participants. Upon your receipt of our reply, please study carefully the quotation we have prepared for you. The quotation is a no obligation draft for your review and comments. Any additions or modifications will be implemented and a new proposal will be forwarded to you for approval!

#### 3. You like what you see!

Upon meeting your requirements and expectations, you will be requested to pay the 30% of the total cost of the holiday package to reserve your vacation. The final payment of the balance is due at least 15 days prior to your arrival date.

#### 4. Buon viaggio!

Approximately 10 days prior to your departure we will send you all the important detailed information about your holidays including addresses and our phone & mobile contact numbers.

### talk to us

If you require any further assistance regarding this tour or any other tour, please contact us at [trueblueitaly1@gmail.com](mailto:trueblueitaly1@gmail.com) or at cell. +393667037374 (Tatiana), +393285720000 (Riccardo).



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### our contacts

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### follow us

our blog: <https://lapretanera.wordpress.com/>

our FB page: <https://www.facebook.com/pages/La-Preta-Nera-in-the-countryside-of-Rome-Italy/604425379639655>

Organizzazione tecnica « DV SERVICES »

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