

# In Abruzzo National Park

## Camping La Genziana

67030 BARREA (AQ) - ITALY



### HOW TO SPEND THREE DAYS IN BARREA

#### Day 1

**COLLE DELLA MALAFIGLIA - PATHS K1-K8 - THE OLD TOWN - THE CANYON ON SANGRO RIVER**

Easy walk to reach the top of hill called Malafiglia. Stop at point with the best view where you can see one by one the mountains around the lake of Barrea. This point is a good place to take great pictures. After another ten minutes, by going down the steps you can visit the historical town centre and the medieval castle. From Piazza Colle, 30 metres from the main square, you can watch over the colourful vegetations on the opposite hill, and you can look deep down into the canyon of the Sangro river. In the afternoon there is time for visit the other towns of the National Park.



#### Day 2

**THE THREE 'MOSES' - VALLE DELL'INFERNO - THE FOREST - LAGO VIVO, PATHS K6-K4. 5 HOURS HIKE, 600 METERS DIFFERENCE IN ALTITUDE.**

Passing through the Valle dell'Inferno (The Infernal Valley) after two hours a fantastic view appears before your eyes. In front you can see Monte Petroso, the king of the National Park, and the other mountains, the highest of the National Park. After a short walk through a beautiful valley full of flowers, you reach Lago Vivo, which only in spring is filled with water. On the way back you can enjoy the astonishing panorama on the surrounding mountain tops. If lucky, you see some chamois, red deers and wild birds.

#### Day 3

**TOUR BY CAR - SCANNO, CASTROVALVA, GOLE SAGITTARIO, SULMONA, PACENTRO, PART OF MAJELLA NATIONAL PARK, PESCOSTANZO AND BARREA.**

The trip starts in Villetta Barrea where you can take the road to Scanno. where some women are still dressed in the same typical costumes as 200 years ago. It is possible to shop at the goldsmith's, who still works the gold by hand. Then drive around the Lake of Scanno. A stop at Castrovalva is recommended. Only 30 habitants live in this small town, that was painted by the famous Dutch artist M.C. Escher in 1930. Then you pass the beautiful Gole del Sagittario and arrive in Anversa degli Abruzzi where you can adopt a sheep. After 14 km in Sulmona, visit the Museo dei Confetti. Here you find the old sugared-almonds factory. Sulmona has many monuments, for example the one that reminds of the Latin poet Ovidius, who was born there. The next stop is Pacentro, a nice town in Majella National Park, with a beautiful mediaeval castle with twin towers.. After Passo S. Leonardo, Cansano you reach the eremitage of S. Antonio in the middle of a wood of centuries old beches. The last stage of the tour is Pescocostanzo where you can find one of the most beautiful churches in the area, which offers the visitor a completely wooden interior.



#### Peace, silence, stillness

This is the slogan coined by "Pasetta", the founder of "Camping La Genziana", poet e descendant from a family of shepherds, nephew of the last wolves - hunter of his region. He lived in New York for several years and finally went back to his fatherland: Barrea. His passion for mountains, which made him associated of the Italian Alpine Club, his own experience of life, reliable evidence of time change, convinced him that the fundamentals of human beings life are: peace, silence, stillness. He took part in the European longest trekking: "Camminaitalia". In 2004 he was part of "K2" camp base expedition. A guide book written by the owner Pasetta, a fifty years mountain experienced man, will be available to the camperers.



# HOW TO SPEND FIVE DAYS IN BARREA

## Day 1

COLLE DELLA MALAFIGLIA - PATHS K1-K8 - THE OLD TOWN - THE CANYON ON SANGRO RIVER

See other side.

## Day 2

THE THREE 'MOSES' - VALLE DELL'INFERNO - THE FOREST - LAGO VIVO, PATHS K6-K4.

See other side.

**OR: THE SPRINGS - CIVITELLA ALFEDENA - RING OF THE LAKE PATHS K6-I4-J3 OR REGIONAL ROAD. 4 HOURS HIKE , 300 METERS DIFFERENCE IN ALTITUDE.**

The main characteristic of this trip would be false flat and light climbing. The first part, 1 km, is on the regional road, then start path K6. After 150 by the spring called Fonte del Sambuco you can salute a gigantic willow tree of more than a hundred years called Moses. After two more water springs and after crossing one little bridge, it is time to take the path I4, direction Civitella Alfedena. Here it is possible to visit the village, the Wolves Museum, the wildlife area of the wolf and the wildlife area of the lynx. There are three ways to return to Barrea: by bus, by foot along the right board of the lake and by foot along the left board (path J3).

## Day 3

TOUR BY CAR - SCANNO, CASTROVALVA, GOLE SAGITTARIO, SULMONA, PACENTRO, MAJELLA NATIONAL PARK, PESCOCASTANZO

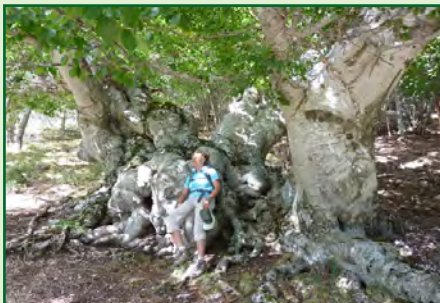
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## Day 4

MONTE ROTONDO - PATHS J8-J6-J7 - GENERAL VIEW OF NATIONAL PARK MOUNTAINS - MATHUSALEM. 6 HOURS HIKE , 900 METERS DIFFERENCE IN ALTITUDE.



After 30 minutes, you can take pictures of the lake, the canyon and to the old part of town located on it. Along the trail you can see little caves at the bottom of the rocks, where during World War II some families from Barrea found refuge. Then you reach the top of Rotondo 1823 m, the view is tremendous (picture), beneath you see all the mountain surrounding the National Park. Along the road down into the bushes, you can find 'Mathusalem', an old and curious knotted (picture).



## Day 5

ROUND TRIP OF THE ABRUZZO LAZIO AND MOLISE NATIONAL PARK

In addition to the Abruzzo site, we suggest to visit the Lazio and Molise site. It's nice to visit the Sanctuary of the Madonna di Canneto; Scapoli the town of bagpipes; the thousand years old Necropoli of Castel San Vincenzo, which had recently been discovered and had turned out to be of great archaeological importance.

**The National Park is well prepared for mountain biking. Lots of routes starting and ending in Barrea, running through Molise and Lazio, are very suitable for classic bikers too. The most important Italian bike race, the "Giro d'Italia" often runs through those route. You can also enjoy other sports like horse-riding, canoa, wind-surf, fishing and swimming.**



## Peace, silence, stillness

Camping La Genziana is built in terraces on the hill close to the small town Barrea, where you can do your shopping. The quiet camping is conducted by Pasetta, who can give you advice on how to spend time in Barrea and the National Park. The view on the Barrea Lake and the surrounding mountains is magnificent. The places for tents, caravans and campers are big and numbered. The sanitary units are kept clean.

The camping owners speak English.



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Camping La Genziana Pasetta



This camping is recommended by:

