



***Youth Mountaineering Trekking in Abruzzo (Italy)***

## ***FROM GREECE TO ITALY, THE PEACE MESSAGE GOES ON***

*The Mediterranean sea from the Abruzzo terraces  
walking onto bandits, hermits and shepherds footsteps*

***Majella National Park  
Gran Sasso and Monti della Laga National Park  
Abruzzo (Italy)  
(July 4<sup>th</sup> - 12<sup>th</sup>, 2009)***

***ITALIAN ALPINE CLUB (CAI)  
National Youth Mountaineering Commission  
Regional Abruzzo Youth Mountaineering Commission  
CAI Abruzzo***



**Youth Mountaineering Trekking in Abruzzo**  
**FROM GREECE TO ITALY, THE PEACE MESSAGE GOES ON**  
***The Mediterranean sea from the Abruzzo terraces***  
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The proposed trekking will allow participants to know at least two out of the four national and regional parks located in the “Abruzzo” Italian region. The chosen route, developing through Majella, Morrone and Gran Sasso of Italy rocky massifs, will allow a visit to areas having significant both natural and historical-cultural interests, also showing features and main living activities that local people developed during ancient historical periods .

**Day 1 : Saturday, July 4<sup>th</sup>**

Venue in Pescara (railway station) in the early afternoon; afterwards transfer by bus to “Majelletta” location (1700 mt height), within “Majella” National Park .  
Welcome participants and general overview of the trekking; hotel accommodation; dinner.

**Day 2 : Sunday, July 5<sup>th</sup>**

The trek starts off from Majelletta, with a walk on the path to Mt. Blockhaus (2140 mt. height), then followed by the ascent of Mt. Cavallo (Roskopf, 2171 mt height), to light the peace torch simultaneously with the closing ceremony of the Mediterranean Games.

By proceeding along the route, participants will then reach, respectively, the following places : “Bandits table” (an ancient rock table with human etchings); “Piana Grande” (a wonderful natural reserve, at 1498 mt height); “St. Johannes Cave” (an ancient hermitage where cultists of Pope Celestino V lived around 1200 AD, placed at 1227 mt height) all of them located within Orfento Natural Reserve.

After that, two nice hamlets will be reached : they are “Decontra” (810 mt. height) and “Caramanico” (600 mt. height), where a visit of the “Paolo Barrasso” Museum is foreseen, placed within Majella National Park.

It will be good to finish the first day of the trekking with a dinner in a local restaurant and a pleasant overnight stay in a municipal building.

**Day 3 : Monday, July 6<sup>th</sup>**

The daily program begins with a walk from “Caramanico” down to the village of “Salle Vecchio” (542 mt height), where the ascent of Mt. Morrone range can start.

The highest point of the mountain range, named “Elder's Hill” (Colle dei Sambuchi, 1638 mt. height) will be reached, afterwards along the path by walking down on the opposite slope the locations of “La Fossa” (1220 mt. height) first, followed by “Le Tre Cese” (800 mt, height) will be touched, where the local Forest Reserve will be visited. There, a number of wild animals, like: deers, roe deers, wolves, eagles, etc.... could be observed within their own environment. Moreover, a visit to the “Wolf Centre” is foreseen, then participants will keep walking until the city of “Popoli” (thermal resort, placed at 250 mt. height) will be reached, by leaving the “Majella National Park” behind own shoulders.

In the evening, dinner in a local restaurant and overnight stay in a municipal building.

#### **Day 4 : Tuesday, July 7<sup>th</sup>**

Resting day, during which the historical cities of Sulmona (world famous city where excellent confections are manufactured, also place of birth of the ancient poet Ovidio) and Popoli (thermal resort), with great cultural and historical / architectural values, will be visited.

In the evening, dinner in a local restaurant and overnight stay in a municipal building.

#### **Day 5 : Wednesday, July 8<sup>th</sup>**

From Popoli the path enters the “Gran Sasso e Monti della Laga” National Park area, by reaching the location of Castiglione first, then the built-up area of Bussi from which it climbs up to Monte Picca (1405 mt height), then getting down to Forca di Penne (950 mt height).

In the evening, participants will have dinner and enjoy the overnight stay in a farmhouse.

#### **Day 6 : Thursday, July 9<sup>th</sup>**

From Forca di Penne, respectively the tops of Monte Cappucciata (1801 mt. Height) and Mt. Capo di Serre (1771 mt height), then Castel del Monte (one of the most beautiful and high villages in Italy, placed at 1350 mt height), will be reached.

Dinner will be in a restaurant and the overnight stay in an hostel.

#### **Day 7 : Friday July 10<sup>th</sup>**

From Castel del Monte, the trek continues towards S. Cristoforo Saddle (1645 mt. height), then to St. Egidio ruins (1680 mt height), finally arriving to Campo Imperatore (2135 mt. height), so called “Little Tibet” for its wonderful sceneries and landscapes, being very similar to the ones of the Asian Tibet.

In the evening, dinner in a restaurant and overnight stay in an hostel.

#### **Day 8 : Saturday July 11<sup>th</sup>**

This part of the trekking starts from Campo Imperatore, goes through the Gran Sasso mountain group then, along the normal route, it reaches the Corno Grande mountain top (2912 mt. height), the highest peak within Appennines. Afterwards, it descends back onto the northern slope (province of Teramo) towards Prati di Tivo (there is the possibility to go along an alternative route, at lower height).

From there, a bus will transfer participants back to Pescara.

The dinner will be based on “pizza” and the overnight stay in a hotel.

#### **Day 9 : Sunday July 12<sup>th</sup>**

Opening day breakfast, then participants can leave to reach their home destinations.

#### **Additional unscheduled activity**

For anyone who would like to enjoy : possibility to spend the morning on the beach!!

## ADDITIONAL INFORMATION

- Participants:** 3 young people, aged between 14 – 17, for each Country + 1 youth leader. Max 40 participants altogether can be accepted.
- Difficulty:** no more difficult than “EE” (Experienced Excursionist), not needed any technical equipment. Participants will walk from 6 to 9 hours per day: therefore, they need to be well trained and prepared.
- Meeting point:** place : Pescara – Ticket office within railway station.  
date/time : Saturday, July 4<sup>th</sup>, 2009 - No later than 4 pm.  
Programme leaders will be at the venue place to welcome participants at their arrival hour (to be communicated on time)
- Accommodation:** by hotels and municipal buildings, (i.e. schools and gymnasiums: please note that a sleeping bag and a little mat are mandatory).
- Meals:** dinners and breakfasts will be organized by hotels and restaurants, while packed lunches will be provided by the organization.
- Cost per participant:** 250 Euros (to be paid on arrival), including: lodging by hotels, meals and transfers by bus.  
Within participation fee are not included:  
(1) the trip to and from Pescara  
(2) any costs that will be sustained on July 12<sup>th</sup>, regarding both the stay on the beach and the lunch.
- Equipment :** - mid mountain trekking apparel, walking boots, parka etc. ...  
(*climate with high temperatures and possibility of rain*)  
- essential stuff for personal hygiene / cleaning
- Mandatory:** Sleeping bag, mat and bathing suit.

### NB

The “*overnight stay in a municipal building*” is to be intended within school rooms or gymnasiums owned by the municipality, where to sleep by using mat and sleeping bag.

## VERY IMPORTANT

**ALL APPLICATION FORMS SHOULD BE RECEIVED WITHIN MAY 20<sup>th</sup>, 2009**

### **Organization and Secretariat:**

Antonietta Di Girolamo (AAG)  
CAI Loreto Aprutino - Via S. Lucia, 55 - 65010 Spoltore (PE) - Italy  
e-mail: [digirolamoantonietta@yahoo.it](mailto:digirolamoantonietta@yahoo.it)

### **Coordination:**

Dolores De Felice (ANAG) – Italian Alpine Club delegate within YC - UIAA  
e-mail: [relaz.ext@caisem-ag.org](mailto:relaz.ext@caisem-ag.org)

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***Majella National Park and Gran Sasso and Monti della Laga National Park***  
***Abruzzo - Italy***

**July 4<sup>th</sup> - 12<sup>th</sup>, 2009**

**APPLICATION FORM**

**Federation:** \_\_\_\_\_ **Country** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_ **e-mail:** \_\_\_\_\_

	<i>Applicant 1</i>	<i>Applicant 2</i>	<i>Applicant 3</i>	<i>Youth leader</i>
<b>Name</b>				
<b>Family name</b>				
<b>Date of birth</b>				
<b>Address :</b> <i>(street, postal code, city, Country)</i>				
<b>Phone (day/evenings)</b>				
<b>Mobile</b>				
<b>Fax</b>				
<b>E-mail</b>				
<b>Food (problems)</b>	vegetarian YES / NO	vegetarian YES / NO	vegetarian YES / NO	vegetarian YES / NO

**ARRIVAL**                      **Date / time:** \_\_\_\_\_

? *train*              ? *car*              ? *plane*    ( *Flight number* \_\_\_\_\_ *Airport* \_\_\_\_\_ )

**We are responsible for ensuring that we are adequately insured against personal accident, rescue and sudden illness. The insurance is valid in Italy**

**We are insured:**    **yes**    **no**

**Signature of youth leader :**

**Group representative / Person to be contacted (if different from youth leader)**

**Name:** \_\_\_\_\_ **Family Name:** \_\_\_\_\_

**Phone (fix and mobile) :** \_\_\_\_\_

**Fax:** \_\_\_\_\_

**e-mail** \_\_\_\_\_