



HOTEL DELLA PIANA  
— AVEZZANO —



AN ODE  
TO DISCOVER

EXPERIENCES

DELLAPIANAHOTEL.IT



*enchanting apruzzo*



# AN ODE TO DISCOVER

## ABRUZZO - 2022

Tutto è pronto per accogliervi e rendere il vostro soggiorno piacevole e rilassante.

Un soggiorno che sarà un'ode alla scoperta.

Territori meravigliosi, ospitalità italiana, viaggi nel gusto e nella tradizione.

L'Abruzzo è una terra generosa, tutta da scoprire.

Dalle incantevoli Riserve naturali più grandi del mondo, ai Parchi Nazionali d'Abruzzo e del Gran Sasso e i fascinosi territori della provincia di L'Aquila, fra città antiche e pittoreschi villaggi montani o di pianura.

Tra storia e bellezza per il miglior Benvenuto Italiano!

Everything is ready to welcome you and make your stay pleasant and relaxing.

A stay that will be an ode to discovery.

Wonderful lands, Italian hospitality, food and wine tastings and tradition.

Abruzzo is a generous land, all to be discovered.

From the enchanting largest natural reserves in the world, to the Abruzzo and Gran Sasso National Parks and the fascinating territories of the province of L'Aquila, between ancient cities and picturesque mountain or plain villages.

Between history and beauty for a best Italian Welcome!

Hotel Della Piana



## The Five Energy vitalities Ring Massa d'Albe and Rosciolo dei Marsi

*slow trekking*

Beautiful itinerary in Slow Mode, Trekking trails upon the slopes of Monte Velino and of Mount Cafornia.

Travel through the ancient hills like days gone by moving through the countryside once the only form of travel, on foot to work or to meet a loved one or even your beloved. If we are lucky, we may even possibly bump into a deer and admire the majestic flight of the griffin.

We will also visit the church of Santa Maria in Valle Porclaneta: a magnificent Romanesque church, a masterpiece of art from the X century and very evocative.

Along the way we will meet five of the world's energy vitalities.

Water, the source of life, its scarcity and its abundance determine destinies and powers, systems of myths and magic.

Life on Earth depends entirely upon water a natural resource and vital for the growth and development of every living species. The



estimates tell us that 70% of the earth's surface is covered in water but 97% of this is seas and oceans, saltwater. Leaving only 3% and of which only 1% is usable for human needs, and the rest is found in large glaciers.

The sacredness of water in all populations of the earth is tied to its generating power, its purifying function.

The riches of the Regional Sirente Velino Park and the Nature Reserve Monte Velino

Not only renowned for their nature, but also for the precious heritage of history, culture and traditions, inherited from a past that helped form the identity of this area and its people whose signs are still evident today, all preserved and appreciable.

**Overall altitude difference:**  
Around 500 m above sea level

**Duration of the trek:**  
approx. 6 hours (Stops included)

**Difficulty:** medium

**Total length of route:**  
approx. 17 km

**Meeting point and time if departure:**

08.30 Massa d'Albe -  
The Piazza della Fonte, near the fountain



## Ancient Tales

*Guided excursion with ancient tales and dinner in a mountain Shelter.*

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There is a world where wolves, trees, bears and silences speak to you softly, in a narration.

Disclosing about their homeland – a wild nature.

Living in alliance with a freedom that awakens some of the most beautiful and ancient tales ever recited which all flow naturally with the ambiance.

Observe the flight of the griffin on the slopes of Monte Velino and the deer pass, Follow along the tracks of wild animals and learn how to recognize them, whilst taking in the most striking flora of the area. Observe the wildlife from a safe distance, observing its natural behaviors. Embrace the magnificent views that create unforgettable emotions from the greatest of heights and, if you are lucky, you will hear the howl of the wolf.

During this guided excursion, stories of ancient myths and legends of magical woodland creatures' life will be recited.

Departing at 14.30 from the Casale da Monte refuge,  
Meeting at 14:15 2.15 in the town's main square of Forme (Aq).

**Height of climb:** 300 m

**Total duration:** 4 hours, with stops included

**Duration:** 6 km round trip

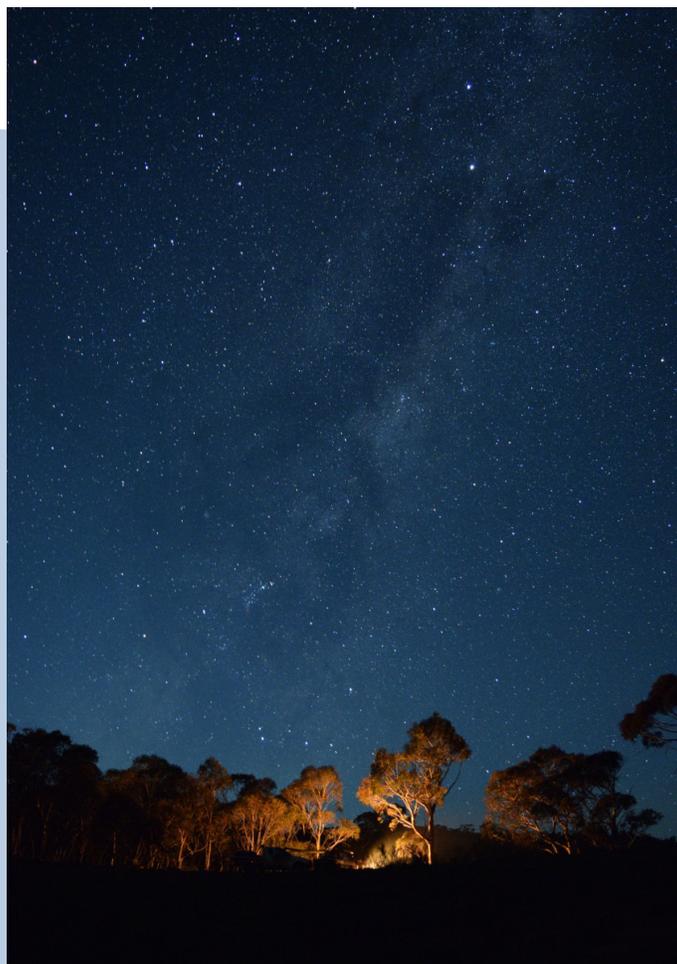
**Difficulty:** easy

**Meeting point :** Forme (Aq)

*Possibility to arrange both in the morning and in the early afternoon*



# under the stars



## Guided night astronomical excursion and magical stories

An Astronomy excursion guided at night with magical tales of wolves and ancient woodland creatures.

On the slopes of Monte Velino and of Monte Cafornia in the Regional Natural Park Sirente Velino. Easy night hike to discover the stars and their secrets.

Very Easy guided hike of

about 350 m high and 8 Km long, with explanations of major constellations.

During the walk, you will be given useful information about the stars and the constellations: Where a new world awaits to introduce

you to the magic of the sky at night! The excursions at night are a marvelous opportunity to fully immerse in this wonderful and fascinating atmosphere, to allow yourself to become seduced by nature where it emanates magic from its

most intimate and hidden facet.

During the hike guided excursion will be also read stories of wolves and legends of magical creatures of the woods. In particular we will we will tell the true story of Bon, the Mazzamurello of Mount Velino.

**Meeting point:** Forme (Aq)

In addition to the guide, on this type of excursion guided there will be an astrophile.



## Luppa Woodlands

*“Luppa Grottos” Regional Nature Reserve*  
*Guided excursion from Sante Marie to the Luppa swallow hole.*



Amidst woods, caves, huge rocks, and boulders, we discover the origins, mysteries, and ancient treasures.

Walk the L1 paths and the L5 paths from Fonte Lattero to Fonte La Rocca, in a very evocative path that plunges into a thick beech forest.

Through path L6 we will reach the mysterious Grotto of Treasure where we will hear the tale of the treasure of Corradino di Svevia, and which according to legend was hidden in this cave.

We then follow along path L1 until you reach the Luppa drain, the flower, the head of the Reserve, which has always raised lots of interest in the animal world.

Fonte Lattero, Fonte della Rocca, Grotta del Tesoro, Grotta di Luppa.

**Length:** 7 km

**Dislivello complessivo positivo:** 400 m

**Dislivello complessivo negativo:** 550 m

**Lunghezza:** 4.5 km

**Initial Climb:** 300 m

**Total climb:** 550 m

**Return length:** 4.5 km

**Total descent:** 300 m

**Difficulty:** Easy

**Departure:** Sante Mari (Aq)



## Grotta d'Orlando

### From Mystery to Magic and Sacred

# magic and mystery

Guided excursion to The Grotto of Orlando in the Lucus Angitiae Park, inside the village of Luco dei Marsi.

Full circle Excursion:  
Fonte San Leonardo,  
Centopozzi street, Grotto Of Orlando, A Hundred Wells, Origina Longagna.

Lucus Angitiae Park is a naturalistic bridge inside the National Park of Abruzzo, a Nature Reserve of Monte Salviano, the Simbruini Mountain Park and the regional Park of Sirente-Velino.

To make it special however, is not their lovely geographical location of natural and scenic beauty, this place is considered sacred and magical and has been since ancient times. That they coexist history and mythology, is a fact of nature. The park is full of monuments, works of art and archaeological remains from the Bronze age to the Middle Ages and the Renaissance.

The toponym Grotto of Orlando originated from popular myths on the knights of Charles



Magnus. According to some interpretations the present name should be an exploitation referring to the "Cave of screaming", a name that in time would come from the emitting sounds. It sounds like howls and is caused by the howling wind whirling inside the cavity. The cave can be visited and the space in front is clearly marked with signage, and it has a small parking space. The popular Lucchese

tradition connects this cave to fabulous "treasures" which are thought to have been hidden inside by bandits and robbers. Inside the cave an ancient trough is preserved made from a tree trunk which collects dripping water. It is thought that the cave, is most likely part of the larger Hundred Wells system.

**Difficulty:** E (medium)

**Duration round trip:**  
6 hours approx. (stops included)

**Overall altitude difference:**  
650 m

**Length a/r:** 7 km

**Meeting point:**  
Luco dei Marsi



# wild experience



## Guided excursion to the Cave of San Benedetto

### Sirente Velino Regional Natural Park

#### Guided excursion to the Cave of San Benedetto e observation point for the flight of griffin.

An opportunity to watch the majestic flight of the Gyps Fulvus, the griffin, the vulture of the old world, with an approximate wingspan of 2.80 m will most certainly bestow incredible and

unforgettable emotions... and not only this! The entire path will be exciting, from the beginning to the end, where you can enjoy unforgettable and stunning panoramas.

At the rocks at the foot of the Canalone on the south crest to the west of

Velino we discover the San Benedetto Grotta divided into two spaces, which open onto a vertical wall at 1670 m.

This site is for pilgrimages, a destination visited by both the local people and the surrounding neighboring areas, from this particular

cave they can admire the spectacular views over the plain of the Fucino. The Mazzamurello del Monte Veil.

**Meeting point:** Forme (Aq)

**Overall altitude difference:** approx 580 m ca

**Duration a/r:** 6 hours (including stops)

**Difficulty:** E (last exposed section, before entering the cave, about 10 m)

**Length a/r:** 10 km approx



## The Scent of wilderness at the Foot of Mount Velino

wild nature

Guided excursion organized by the Casale da Monte Shelter at Colle Pelato, on the slopes of Mount Velino in Abruzzo, in the Nature Reserve towards Monte Velino.

There exists a world where wolves, trees, bears and eagles silence you, they murmur with an inner voice devoid of any deception or power games. They are telling about their homeland, its wild nature and their living in harmony with the freedom that awakens beautiful senses much more ancient and natural than you.

During the excursion there will be a recital from the travel diary "The scent of the Wild".



Recounting the sensations and emotions that remain pure and Wild. The scent of the Wild On the slopes of Monte Velino accompanying you, just like the natural yet ambiguous scent of being with Mother Nature, after such an encounter and experience, you will continue to carry it with you everywhere you go, it gives a new sense of being, it is a unique life experience that remains daily.

Based on the story I am the Wolf: "I look at you in a different way, maybe you really believed you were the master of the world? Now you are discovering that the world, that you built, and from which you have always taken and never given, is locking you in a cage, those very same cages that you built

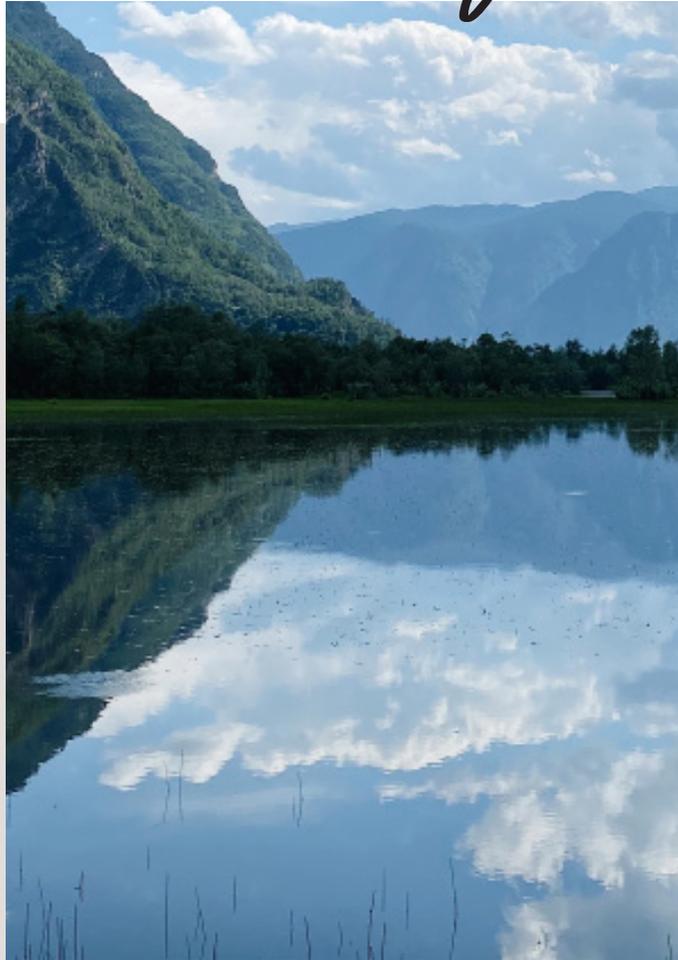
to tame the wild and free spirited, the very same".

**Climb:** approx. 450 m  
**Duration:** about 5 hours (stops included)  
**Difficulty:** E  
**Length round trip:** approx. 8 km

**Meeting point:** Forme (Aq)



# mysterious and magical tones



**Guided excursion to the Lake of the Duchess, in a mysterious land with magical enchanting hues**

**The Duchessa Mountains Regional Nature Reserve leads you to discover the enchanted lake and the magical maple trees**

The lake of the Duchess is one of the highest lakes in the central Apennines sitting in a glacial basin at a height of 1788 m and captivated by the surrounding imposing peaks like the Murolungo at 2184 m and the Mount Morrone at 2141 m. An Enchanted land with captivating and magical hues which have developed over the centuries, giving rise to several tales and legends and which have all retained their charm for a long, long time

**Climb incline:** 850 m ca

**Total duration:** about 7 hours (stops included)

**Length:** 11.5km

**Difficulty:** EE

**Departure:** Cartore (Borgorose)



# Guided excursion on Mount Etra through the Arano Valley

*Regional Sirente Velino Nature Park*



An itinerary of great beauty, where Val d'Arano reaches Monte Savina at (1760 m) via a beautiful and wide ridge where it reaches the summit of Mount Etra (1818 m).

Monte Etra together with the Serra di Celano clearly define the famous Celano Valleys.

The first section of the route is a dirt track all the way up until it reaches the bottom of the mountain where we then take the path leading to the top of the Savina and Etra mountains to enjoy splendid views that stretch from the Fucino plain to the Valley and to the Mount Tino, from the Simbruini to Mount Velino and the Arano Valley, these views will take your breath away.

We are in the Sirente Velino Regional Natural Park, an important and protected area made up of natural landscapes and we will have the opportunity to observe the Gyps Fulvus master or the griffon's flight, vultures from the old world. They have a wingspan of approximately 2.80 m a truly emotional and magnificent experience to watch.

**Overall Climb:** 550 m approx  
**Round trip duration:** 6 hours (stops included)  
**Difficulty:** E+  
**Length round trip:** 13.5 km

**Departure:** Ovindoli



## Guided excursion of Sperone also known as the ghost town

# ghosts and jabos

Traveling through ancient countries and wilderness. This tour will take us to visit the countryside of the ghost of Sperone and the summit of Monte Serrone, located at the gates of the historical National Park of Abruzzo, Lazio, and Molise.

A beautiful itinerary that commences along the ancient streets which were once the main route for commuting between one region to another. In ancient times these were the main roads always travelled for trading or for meeting up with your loved or dearest or even your beloved.

A Natural balcony of the Marsica, a silent and strategic sentinel dating back to the times of the first Roman fortifications are where we discover the town of Sperone.

Today we can see there are still the remains of some walls, roofs, and rooms without furniture, it looks as if it is still waiting for new signs of life of new times, here we witness the remnants of a story that very few will still remember. Sperone was abandoned forever after the seventies through impervious isolation, something that had one been their



bleeding Today the tower once belonging to a castle which has now disappeared dominates the Joy of the Marsi, from above.

Ghosts and Peaks is a Guided excursion to the ghost town of Sperone found on the Sparnasio Pass.

From far away one can see, signs of the old village amidst the houses that remain. For eight centuries it overlooked the valley, yet today there are no more generations alive to remember the symbol of

their city.

For those who lived here it was particularly difficult to leave. Then eventually more and more of the younger generation left until it eventually became a common trend which then caused it to slowly disappear.

From the post-war period onward, those few remaining Citizens fought hard to keep it and by trying to ensure they had the bare necessities for survival, it is believed that they held onto the countryside until the

very end.

Some of the older locals continued to return to visit the Hamlet, many did this as often as possible and mainly for tradition, but this fight against time lasted for over fifty years until nobody was left and until only their corpses remained at the sad and bitter end. They had been dead for some time before they were discovered, and then they were all laid to rest in the local cemetery.

Anyone returning or visiting today will find a field full of daisies and a row of empty houses.

As the legend goes, the people finally found their peace and rest from their enemies who had taken power over them for just too long, even going way back to the times when Sperone was prospering, they were always on their guard and on the lookout, Sperone was the first lookout town of its kind to be built on the eastern Marsico.

**Height of climb:** 650m

**Duration:** about 6 hours (stops included)

**Difficulty:** E (medium difficulty)

**Length round trip:** approx. 11 km

**Meeting point:** Gioia dei Marsi



# for families

## Guided excursion "The great passage of life"

Family excursion from 8 years +

On the slopes of Mount Velino and Monte Caforina

A day of discovering peace and harmony of Mother Nature.

This is a trip to understand the delicate connection of today's world with times gone by.

To understand the powerful bond between the sun and its energy source, to teach our children the necessity for the trees, the herbivores, and the carnivores all that is essential for our existence. This tour explains the connection which give us our daily breath to stay alive. Educational by teaching the importance of having a balance of nature, and the vital basics for new



generations to understand.

To believe in nature again and understand the need to guard and protect it. It is an excursion designed to experience the natural world, via short walks with some educational activity.

Within this very environment

where they will be in contact with several living beings on the planet and understand the need for their existence. From the sun, an inexhaustible source of light, heat, and energy and which is a necessity for the continuity of all living beings, the stimuli that is needed to satisfy the basic needs.

Focus will be on understanding that it is thanks to this source that everyone and everything is connected like a huge "cobweb" it becomes possible to really experience the bonds of life on our planet.

**Elevation gain:** approx. 250 m

**Excursion duration:** 4 hours approx (stops included)

**Difficulty:** easy

**Total length round-trip:** 6km approx

**Meeting point:** Massa D'Albe



## The old route of the bandits along the highway *from Rosciolo dei Marsi to Cartore*



Marsica and Cicolano are made up woodlands, mountains and ancient tales and stories of rogues and robbers. The territory which is today particularly concentrated between the border of two regions between Abruzzo and Lazio, once upon a time the Papal State and the Bourbon Kingdom.

The bandits lived on the border and could quickly swap from one side to the other depending on the threat. They were not criminals, they fought against the invasion of the Savoys, who had forced the people to join the army. They were free spirited people and did not want to give in to new masters, so for this reason they went into hiding.

A story of kidnappings, ransoms, and lots of violence from around 150 years ago.

Enjoy the hike and experience to relive the ancient past, always traveling on foot from region to region along this path. At the end of the hike we make a visit to the Church of Santa Maria in Valle Porclaneta.

**Outward altitude difference:** approx. 250 m

**Return altitude difference:** approx. 300 m

**Overall height difference:** 550 m

**Duration:** about 6 hours (stops included)

**Difficulty:** E

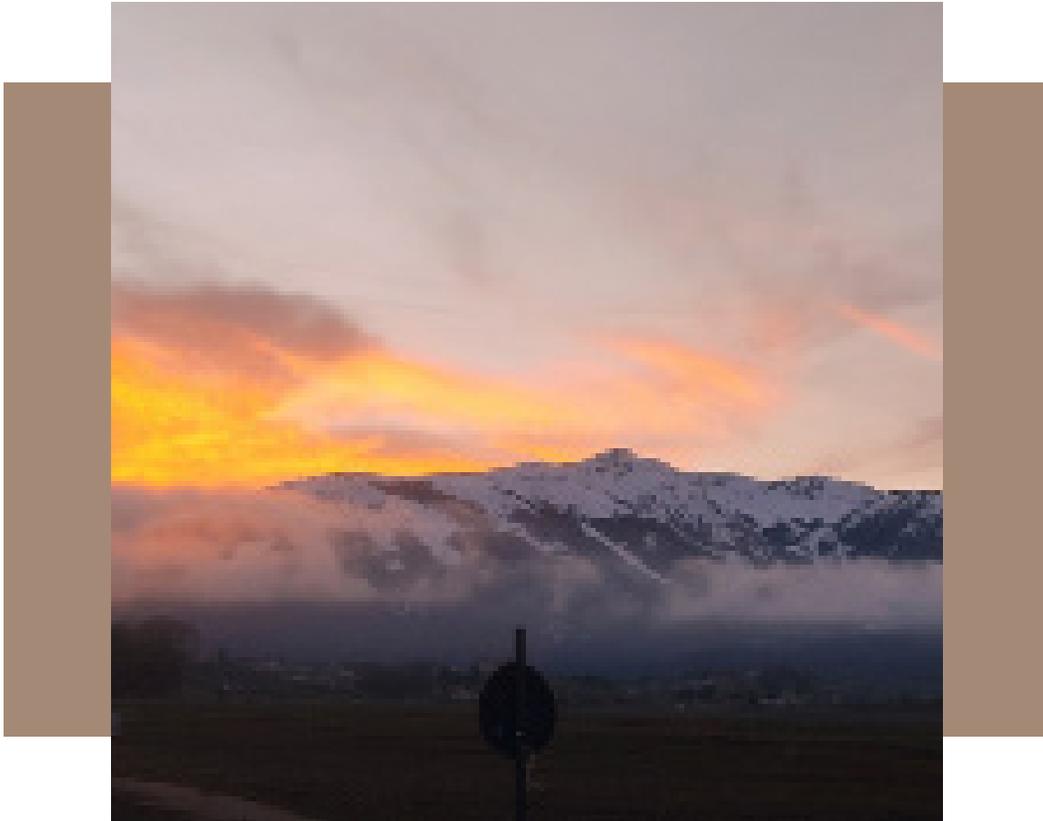
**Length round trip:** approx. 11 km

**Departure:** Rosciolo dei Marsi (Aq)



## Guided excursion on the Serra di Celano

*The majestic flight of the griffin,  
from Ovindoli to the Serra di Celano*



Elegance from all angles, the Serra di Celano has been one of the loveliest destinations for mountaineers and hikers through the central Apennines for decades. It offers the most amazing panoramas which include the Velino, the Gran Sasso, the Majella, I Simbruini and the mountains of the National Park of Abruzzo, Lazio, and Molise.

The itinerary leaves from Ovindoli and it is the most pleasant and also the shortest route.

The Serra di Celano and its castle is imposing like the prow of a dry ship on what was once the lake of Fucino. Dominating the whole valley with a drop of about 1000 meters.

Its peak has an endearing charm and is very popular with hikers.

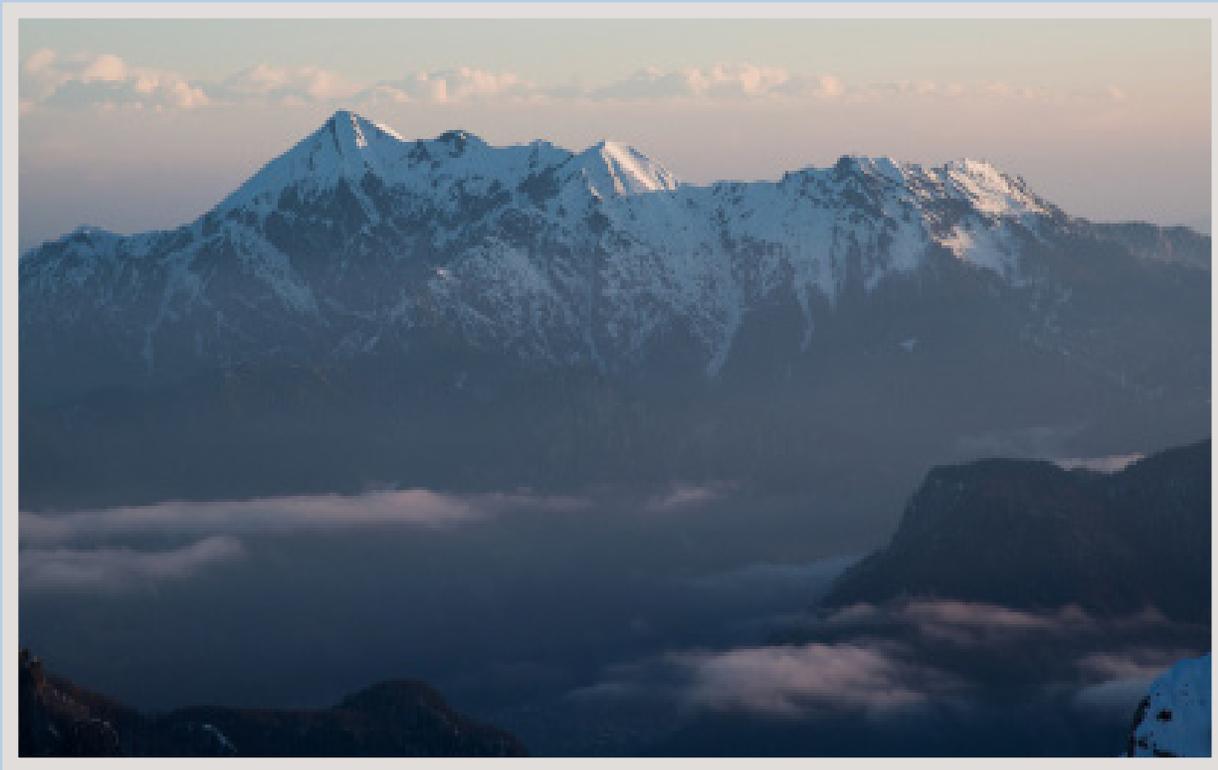
The glance on the Piana del Fucino is Spectacular, this was once the site of a majestic lake. Monte Faito and al Pizzo di Ovindoli are a small mountain group that close the Rocche plateau at midday.

**Elevation gain:** approx. 500 m  
**Duration:** about 6 hours (stops included)  
**Difficulty:** E  
**Length round trip:** 10 km  
**Departure:** Ovindoli



## “Reminder” of The Defense Ring

*Guided full circle excursion Sirente Velino  
Regional Natural Park*



Departing from the square of Massa d'Albe we reach the lower part of the town. Passing through a track which extends up to Mount Rastegliu and the Rava Grossa, taking you to Varone.

Continue on the left to reach another track which leads to the Fontanille di Forme via a series of different tracks to Casale da Monte Shelter.

From the Shelter, we continue in the direction of the ancient route known as "Fonte Canale" where we are met with a beautiful view of Monte Velino and Monte Cafornia, from here we then descend to Massa d'Albe with a less bumpy and fairly smooth descent of about 2km.

The Defense ring is about 11.5 km and 450 m high and preserves several tales - some are ancient, and others are more recent. From the ancient Italic population such as the Marsi and Equi, the ancient Romans, to the story of the 1915 earthquake and of the two great world wars of the twentieth century to today's farming, with the fields and crops and remember a time gone by, the glacial valleys, the European path E1 and the great travellers.

You may be lucky enough to also admire the footprints or sights of the wolf and the deer. All the way along you are under the "observation" of Monte Velino, the Lord of the Lake.

**Meeting point:**

square of the village of Massa d'Albe (Aq)

**Positive height difference:** approx. 450 m

**Total duration:** about 6 hours (stops included)

**Length:** 11.5km

**Difficulty:** E (medium)



## National park of Abruzzo, Lazio e Molise

*national park*

### **Guided excursion in the Ancient Forest of the Val Cervara, heritage world of humanity.**

The excursion runs through the R5 path, from Prati d'Angro leads to discovering the rare and ancient beech forest.

If a lifetime cannot embrace a period of more than a century, this land, on the contrary, has encountered creatures capable of holding centuries of memory in their existence, becoming guardians' ancient knowledge.

This only happens when you are in an enchanted place, and such as the forest of Val Cervara, in the town of Villavallelonga, in the territory of the national park of Abruzzo, Lazio, Molise, which has survived time. This is one of the most ancient and most important forests in the northern hemisphere. Thus declared a heritage of UNESCO. This palm of excellence was recognized at the wood of Val Cervara by the university of Tuscia. It all began when a team of scholars succeeded



in proving the existence of the centuries-old beech trees, with the many specimens available and some of which even exceed 480 years of age.

The team of experts was led by the professors Schirone and Piovesan, and thanks to dendrochronological analysis, they were able to rebuild a chronological series which, would extend from 1523 up until today. The oldest counts are 503

rings, and only identifiable of course by this type of analysis, and it could be even older, considering there are still many other ongoing and incomplete studies.

Half a millennium of life and of memory.

While Magellan arrived with three sailing ships to reach the Indian Ocean, Charles V was crowned King of the Roman Gods in Aachen and Henry VIII founded the Anglican church, the beech

trees lived through it all, today the young people in this generation in Europe discovered this and hence it was acclaimed a world heritage of UNESCO.

#### **Difference in height:**

approx. 600 m

**Duration:** 6 hours return

approx

**Difficulty:** E

**Distance return:** approx.

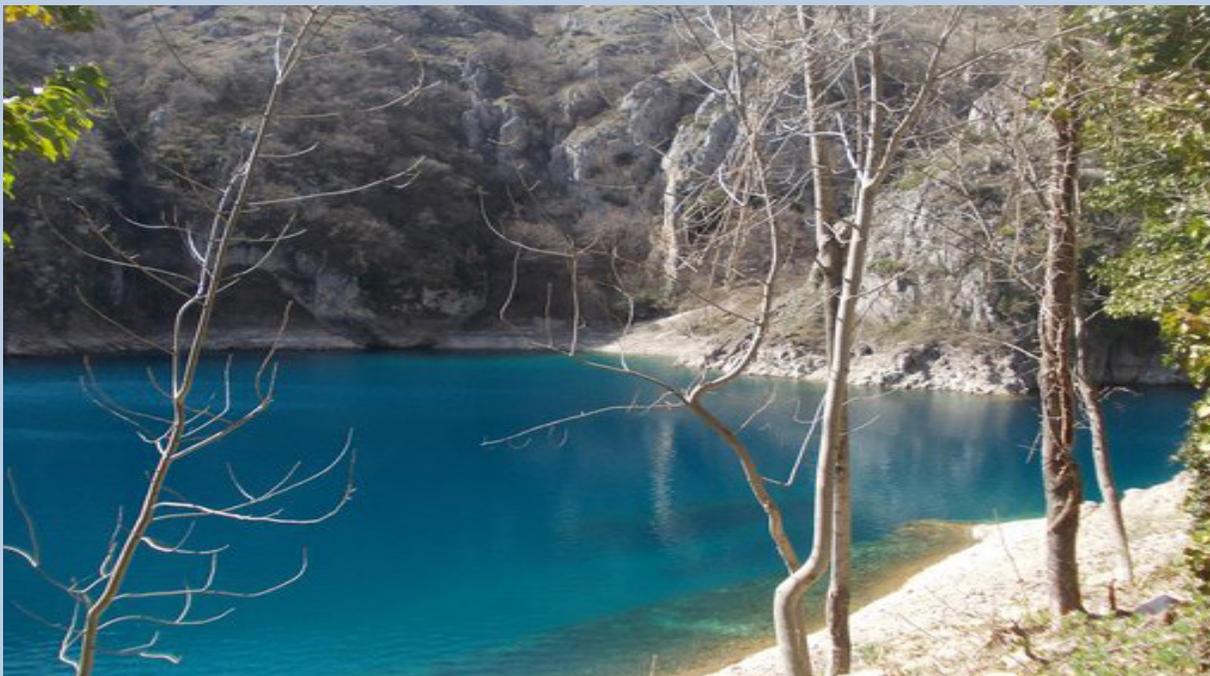
14 km

**Departure:** Villavallelonga



## Guided excursion to San Domenico Lake: between woods, lakes, and hermitages

*From the village of Villalago al Lago to the Hermitage of San Domenico, in the upper Sagittarius Valley  
Regional Nature Reserve of Lake San Domenico and Lake Pio*



There are few places where man can find peace and serenity simply by walking and admiring the views. If done with respect, one will encounter even more beauty, serenity, and harmony.

In the Regional Nature Reserve of Lake San Domenico and Lake Pio, in the town of Villalago, there are beautiful and wild peaks, where it is possible to also discover the traces of deer and wolves, observe ancient terraces, all a testimony of an ancient agro-pastoral landscape.

Starting from Lago Pio and crossing the beautiful village of Villalago we reach a terrace overlooking the beautiful upper Sagittarius Valley. We will walk on a path that takes us to a coniferous forest and arrives at Lake San Domenico... the wonder of wonders! Its waters have a beautiful color, something amazing, where one could stand and watch it for hours... From the lake we will visit the Hermitage of San Domenico, where, in ancient times man sought spirituality, solitude and reflection, living in proximity of the mountain and its elements.

Return for a round trip which then rejoins the outward path.

**Length round trip:** 6.5 km

**Outward difference in height:** 100 m ascent, 200 m descent

**Return altitude difference:** 200m ascent

**Duration:** 4.5 hours (stops included)

**Difficulty:** medium/easy

**Appointment:** Villalago



## On the lands of Celano Paragliding flight

paragliding

### A PARAGLIDING FLIGHT IN ABRUZZO

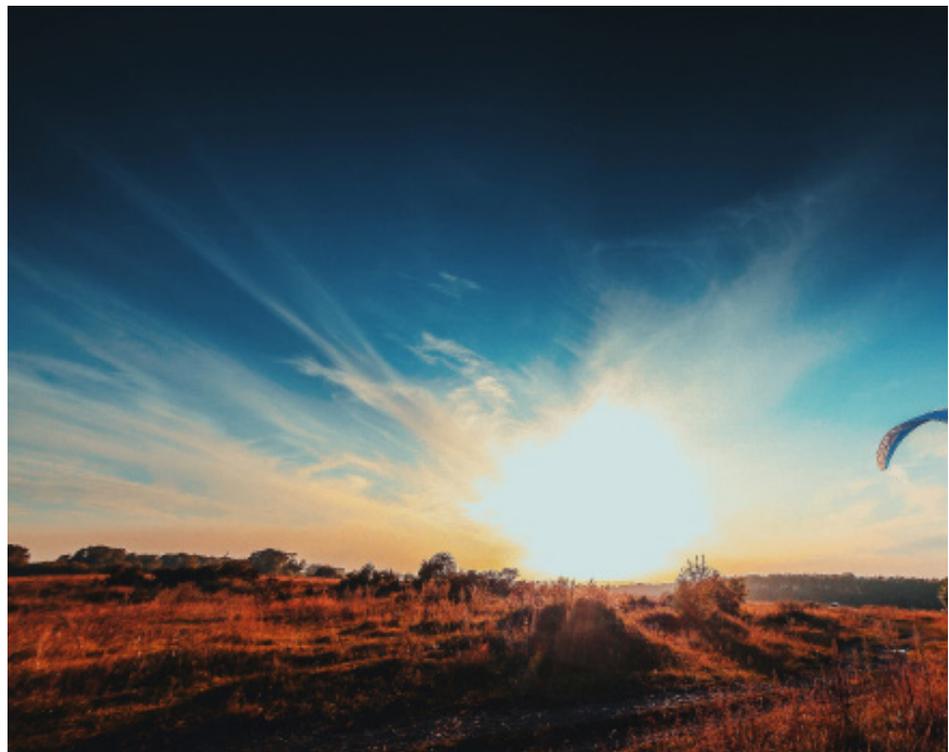
A flight to the lands of  
Calascio or Celano

From Calascio (AQ) to fly  
over the plain Ofena and  
admire Capestrano from  
above and other beautiful  
villages. The backdrop will  
be the wonderful Majella.  
Wind permitting, we will  
fly over the takeoff and  
see Rocca Calascio which  
dominates the entire  
territory.

From Celano (AQ) fly over  
the fertile plain of the Fucino  
and admire the village of  
Celano from above with  
its wonderful fourteenth  
century Castle. The view  
of Mount Sirente and the  
regional natural Sirente  
Velino Park will accompany  
our flight.

The debut of the flight is  
a very intense moment,  
characterized by an  
uncontainable desire to fly  
and from a natural sense of  
fear of the unknown. The  
secret is flying over the  
mountains.

On the lands of Celano a  
Paragliding flight lets go of



the wind with extreme ease,  
just like the birds do, and  
actually they are the ones  
who show us the thermal  
currents to follow and they  
allow us to reach even  
greater altitudes than that of  
take-off.

Flying is a balance between  
the rational world and  
fantasy.

Nobody... ever forgets their

first flight!

**Information:** only 1 person  
can fly together with a  
licensed pilot

You fly comfortably seated.

Maximum physical effort  
entails a short run at the  
take-off phase.

**Take off:** from the lands of

Calascio (AQ) or of Celano  
(AQ)

**Duration:** 1 hour (of which  
20/30 flight minutes)



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