



Italy & the Abruzzo Region

Embark on an unforgettable journey through the treasures of Abruzzo



Photo by Jerome Maas

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Photo by Cristian Mocovei



Meet your tour guide

I'm Monica, a second-generation Italian-Australian, and my connection to Abruzzo runs deep. My husband, Patrick, and I share a strong bond with this land - our parents were all born here, and its rich culture has shaped our lives. Patrick spent part of his childhood in Ripa Teatina, attending the local primary school, while I spent time in kindergarten there. Later, in my 20s, I lived near Pescara, soaking in the coastal charm and vibrant traditions of the region.

Abruzzo is more than a destination for me; it's a part of who I am. I'm thrilled to share its timeless beauty, rich heritage, and personal significance with you.





Photo by Laura Adai

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DISCOVERIES

Italy's best kept secret: Abruzzo

Discover the charm of Abruzzo on a relaxed, all-inclusive small-group tour, where every detail is designed to give you an authentic Italian experience. From sun-kissed beaches to charming historic towns and mouthwatering local cuisine, this journey allows you to explore Italy's hidden gem in the most enjoyable way. With stress-free transfers, a seamless itinerary, and a personal touch, you'll feel like you're travelling with friends, not just as another tourist. Escape the crowded tourist traps and discover the heart of Italy, where you can unwind, immerse yourself in the local culture, and return home refreshed.



Why visit Abruzzo?

As travel trends shift towards uncovering hidden gems, Abruzzo stands out as the perfect destination for those seeking authentic experiences. From the tranquil Adriatic coastline to serene lakes, majestic national parks, and UNESCO heritage sites, Abruzzo is a treasure trove of natural and cultural wonders. Its charming historic towns rank among the most beautiful in Italy, while its diverse cuisine delights with flavours that vary from the coast to the mountains. Abruzzo encapsulates everything you dream of in an Italian getaway, offering an unspoiled and unforgettable experience.



The church outside the site of one of my ancestral home sites

Why travel with me?

As a proud Abruzzese with family roots spanning over 12 generations, I offer a uniquely personal and authentic travel experience. My exclusive, carefully curated tours are designed to showcase the very best of Abruzzo, blending its breathtaking landscapes and rich history with opportunities to meet and connect with locals—my husband and our families included. With my intimate knowledge of the region and a passion for sharing its hidden treasures, I provide unmatched personal service, ensuring your journey is as memorable as the destination itself.



Photo by Guise

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Where is Abruzzo located?

Abruzzo is located in central Italy, nestled between the Apennine Mountains and the Adriatic Sea. It is approximately two hours east of Rome by car or train and is well connected by major roads. The region's main airport, Abruzzo Airport in Pescara, provides flights to and from several European cities, making it an accessible destination for travellers.



**This map is for reference purposes only and does not provide exact locations.*



Photo by Gabriella Clare Marino

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Inclusions

From your accommodation and meals to seamless transport and expertly guided activities, everything is taken care of, ensuring a truly hassle-free and unforgettable experience. You'll have the freedom to immerse yourself fully in each destination, from enriching cultural excursions to relaxing downtime, all included in the package.



**4.5 STAR
TRIPADVISOR RATED
ACCOMMODATION**



**ALL
TOUR
TRANSFERS**



**ALL MEALS FOR
THE DURATION
OF THE TOUR**



**WINE, BEER
AND SOFT
DRINKS**



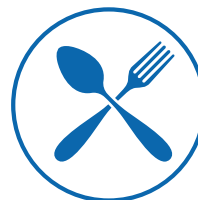
**CAREFULLY
CURATED
EXPERIENCES**



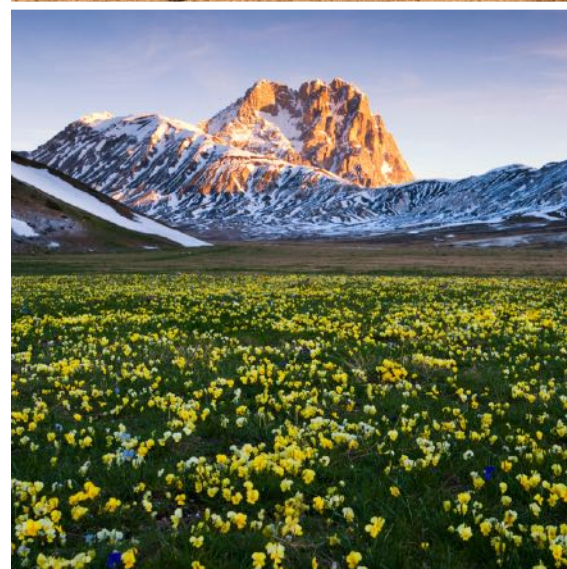
**VOUCHER FOR A
LOCAL CERAMICS
FACTORY**



**HANDS ON
COOKING
CLASS**



**PRE TOUR
INTRODUCTORY
DINNER**





Ortona (CH) - Photo by Vincenzo De Simone



Itinerary

Day 1

The journey begins with a meet-up in Rome, where travellers will receive detailed meeting instructions and a map in advance. From there, enjoy a private 2.5-hour transfer to the charming town of *Ripa Teatina* in Abruzzo, your base for the week. Settle into our exclusive accommodation and savour a buffet-style lunch. The Mayor will welcome you with a reception at the town hall, followed by a guided tour of this historic town. End the day with an authentic dinner at a local *agriturismo*.

Day 2

The journey continues with breakfast under the graceful porticos of our private accommodation, setting a tranquil tone for the day. This will be then followed by a wine tasting and elegant lunch at a grand 17th and 18th century castle with spectacular views. Discover the captivating history of *Chieti*, a city older than Rome itself, during a guided walking tour through its ancient streets. End your day with a delicious meal at one of Chieti's premier *pizzerie*.

Day 3

After breakfast and a tranquil start to the day, we journey on to the famous *Costa dei Trabocchi*, where we will lunch at an iconic fishing platform that provides a unique dining experience. Spend some free time in the afternoon exploring the picturesque towns of *San Vito Chietino* and *Lanciano*, with our private tour buses shuttling you between locations for your convenience. We conclude our day enjoying an *Aperitivo Cenato* – an Italian-style evening apéritif paired with light yet satisfying bites.

Day 4

After breakfast, we journey to *Roccascalegna* for a hands-on cooking class, diving into the art of making the iconic *pasta alla chitarra*. Afterward, explore a uniquely situated medieval citadel. Enjoy a traditional Abruzzese lunch at the cooking school before heading to *Pescara* for free time to leisurely stroll through its vibrant pedestrian shopping precinct. We'll end the day at a local wine bar, where exceptional food and wine await.



Roccascalegna (CH) - Photo by Vincenzo De Simone



Photo by Katina O

Day 5

After breakfast, we take a scenic drive to a charming farmhouse for a delicious lunch under an old oak tree (weather permitting), featuring their renowned *Asado*. In the afternoon, visit a ceramics workshop to witness the artistry of Abruzzese ceramics and use your voucher in their outlet. After free time to relax or explore, with our tour buses available for transfers, we end the day in *Ripa Teatina* with a delightful home-cooked dinner and an evening of games and laughter.

Day 6

After breakfast, choose your own adventure: *Mare* or *Monte*. For a peaceful seaside retreat, opt for *Mare* and spend your afternoon relaxing on an Italian beach. Prefer nature's wonders? Select *Monte* and explore a cave located 1,300m above sea level. Both options include a gourmet picnic lunch. We'll reunite in *Vasto* for a special dinner featuring *Brodetto alla Vastese*, a celebrated regional specialty showcasing the freshest seafood.

Day 7

After breakfast, we head to *L'Aquila*, the capital of Abruzzo, for a guided tour and enjoy some free time to explore. After soaking in the city's rich history, we'll dine at a local *ristorante*. On our return, we stop to visit *San Stefano di Sessanio* - a restored medieval village, voted one of Italy's most beautiful *borghi*. We end the day with pizza in *Ripa Teatina*, dining with friends in the town piazza, surrounded by a warm and lively atmosphere.

Day 8

After a leisurely final morning at the accommodation, we head to a green and red Michelin-starred restaurant for an elevated farm-to-table lunch. Next, enjoy free time shopping for designer deals at *Città Sant'Angelo Outlet Village*. The day concludes with a farewell dinner by the poolside at *un locale*, featuring traditional Abruzzese *arrostitini*, local delicacies, and live music from classically trained musicians — a magical final night together.

Day 9

On the final day of our journey, we'll enjoy our final breakfast at our accommodation and afterward, you'll be transferred to your choice of Pescara (Airport), or Chieti (for bus or train routes), ensuring a smooth departure as you continue your travels or head home.



Photo by Kateryna Hliznitova

General information about Italy



Introduction

Italy is famous for so many things—its incredible history, mouth-watering cuisine, stylish fashion, sleek luxury cars, and breathtaking coasts, lakes, and mountains. You'll fall head over heels for the charm of Italy as you soak up its culture, dive into its history, and experience the warmth and hospitality of its people.

Time Zone

Italy is one hour ahead of Greenwich Mean Time. Italy also has daylight saving adjusted at the same time as the rest of Europe. During Australia's summer, Italy is 10 hours behind, and only 8 during Australia's winter.

Climate

Most of Italy has a Mediterranean type of climate, which has cool, rainy winters and hot, dry summers. Winter temperatures along and near the coasts of southern Italy seldom drop to freezing in winter, and summer temperatures often reach 32° C or higher. The climate is diverse, depending on region. Mountainous regions in the north are far cooler and offer great skying conditions during European winter.

Visas

Australian and NZ travellers can travel into Italy without a visa for a period of up to 90 days, provided they have a passport with at least 6 months validity.

Electricity

The electricity in Italy is 220V and the plugs with two prongs, therefore an adapter will be needed.

Italy Stay Tax

The local Governments have introduced a Stay Tax on all hotels and apartments throughout Italy. Fees vary depending of the official star rating and must be paid locally by the clients upon check out. This tax is covered while on the tour.

Tipping

Tipping is not expected if a service charge is added to the bill, however if there is no service charge, a tip of 10% is recommended, but it is not obligatory. In bars, Italians generally leave their small change as a tip. Tipping taxi drivers isn't common, but tipping hotel porters, particularly in higher class hotels is expected.

Getting Around

Italy offers a variety of convenient travel options to suit different needs. Train travel is popular, particularly for those visiting major art cities, as stations are centrally located and provide frequent, high-quality service. For those wishing to explore more remote areas, hiring a car is an excellent choice, although toll roads should be factored into travel plans. Bus travel is the most economical option, ideal for reaching smaller villages not served by trains, though journeys may be longer. Air travel within Italy is another possibility, with Alitalia connecting major cities such as Milan, Rome, Bologna, Naples, Pisa, Venice, and Turin.



Chieti - Corso Marrucino



Pescara - La Nave

General information about the tour

Tour Exclusions

While our tours are designed to provide an all-encompassing experience, certain items are not included in the package. These exclusions are spirits and cocktails, personal shopping expenses, airfares, travel insurance, and personal transfers. We recommend arranging your travel insurance and transfers in advance to ensure a seamless journey. For your convenience, we also offer a pickup and drop-off laundry service, should you require it during your stay.

Collection Point

The collection point for our tour is in Rome, but this may change due to seasonal road closures. The exact location will be confirmed well in advance, and a detailed map will be provided to ensure you can easily find your way to our meeting point in the Eternal City.

Tour Dates

The tour dates are listed on the website, and I update them regularly. For the most current information, please visit the site or feel free to call or email me directly if you have any questions. I'll be happy to provide the details you need.

- info@mdldiscoveries.com
- mdldiscoveries.com



*La ricerca della qualità non è una singola azione di cui si può ricordare solo una volta a settimana oppure una volta al mese...
È un pensiero costante col quale ci si sveglia al mattino e ci si addormenta la sera.*

*The pursuit of quality is not a single action that can be remembered only once a week or once a month...
It is a constant thought with which we wake up in the morning and fall asleep at night.*

- Gianni Masciarelli



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