



Tour Operator esclusivo de  
" I Borghi più belli d'Italia "





## "ITALIAN LANGUAGE TOUR IN ABRUZZO"

Borghi Italia Tour Network in collaboration with 121 Italian Tuition

### DISCOVER THE MOST AUTHENTIC ABRUZZO: ENCHANTED VILLAGES, NATURE, ART, AND LOCAL DELICACIES

8 days / 7 nights

15-22 May 2022

25 September - 2 October 2022

#### ROCCARASO, PESCO COSTANZO, VASTO GIRARDI

Experience a unique yet extremely effective and fun way to learn Italian with qualified native teachers who have years of international experience in teaching and researching languages. A language course in Italy with 20 hours of "formal" learning creatively combined with an exciting cultural and sightseeing programme. Our journey of discovery of the Italian language and of the most authentic Abruzzo will begin in Roccaraso, a renowned ski resorts on the Apennines, also popular for the numerous activities in contact with a luxuriant and uncontaminated nature. We will stay in this corner of paradise for the duration of our stay and explore its surroundings. Between a relaxing walk in the woods and a trekking excursion, we will also visit Pescocostanzo, one of the most beautiful borghi\* of Italy, surrounded by enchanting natural landscapes but also steeped in history, art, traditions and home to ancient crafts. An opportunity to fully enjoy the wonders of this fascinating region, which also boasts a well-established culinary tradition based on strong flavours and home-made specialties.



[info@bitn.it](mailto:info@bitn.it) [www.bitn.it](http://www.bitn.it)



## PROGRAMME

### DAY 1 Sunday

Arrival at Rome Ciampino airport

Departure by private transfer for **Roccaraso** (altitude: 1230 m)

Check-in at the hotel

Lunch at the hotel

Free time to relax

Dinner at the hotel

Overnight stay

**Distances:** Rome Ciampino airport - Roccaraso 197 km / 2h30

### DAY 2 Monday

Breakfast at the hotel.

Italian lesson

Lunch at the hotel

Departure on foot for the centre of Roccaraso, an easy and pleasant walk

Founded around the 10th century as an agricultural village, inhabited mostly by shepherds and artisans, Roccaraso is today a very popular destination that attracts tourists from all over the world, thanks to the numerous ski facilities, the wonderful landscapes, the clean air and the many different sports that can be practised here all year round. The small but pretty town centre has a special charm, with its Baroque churches and buildings. Walking through the town centre you will find all kinds of shops, including arts and crafts and local culinary specialties.

#### **Visit of an artisan shop and tasting of typical local truffle-flavoured produce.**

Fresh truffles are some of the most famous local delicacies. Truffles grow wild and plentiful in the area around Roccaraso, the upper valley of the Sangro river between the Abruzzo and Molise regions. Once picked, truffles are processed without the use of dyes or preservatives to create spreads, liqueurs, beers and other flavoured products, including cheeses, ricotta, dried sausages, honey, etc.

Return to the hotel

Dinner and overnight stay

**Distances:** Hotel - City centre 2.7 km on foot

*Borghi Italia Tour Network Srl with single shareholder - Via A. Bargoni, 78 - 00153 Rome*

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### **DAY 3 Tuesday**

Breakfast at the hotel.

Italian lesson

Lunch at the hotel

Cultural activity with your teacher

Dinner at the hotel

Overnight stay

### **DAY 4 Wednesday**

Breakfast at the hotel.

Departure by private transfer for **Pescocostanzo**, one of the most beautiful borghi of Italy (altitude: 1395 m)

We will meet our local guide and **visit this medieval town** boasting an exceptional array of Renaissance and Baroque buildings, testament to the extraordinary artistic and cultural development that the town underwent especially between 1440 and 1700. We will also visit the Basilica of Santa Maria del Colle, an example of Romanesque-Renaissance architecture and one of the most interesting churches in Abruzzo. The variety of shapes, furnishings, materials, and structures that characterise this building make it a veritable museum, full of works of art.

#### **Lunch with a typical menu in a restaurant in the town**

In the early afternoon, **our guide will take us to the many arts and crafts shops of Pescocostanzo**, leading us through a real journey of discovery of ancient crafts.

The processing of bobbin lace, filigree and wrought iron represent the local artisan tradition handed down from generation to generation in an effort to safeguard a wealth of experience, technical ability, style and quality.

Return to the hotel

Dinner and overnight stay

**Distances:** Roccaraso - Pescocostanzo 6 km / 8 min.



### **DAY 5 Thursday**

Breakfast at the hotel.

Departure by private transfer for **a guided trekking excursion in the Montedimezzo Nature Reserve** (altitude: 1300 m)

With our guide we will explore this wonderful protected natural area located in the municipality of Vastogirardi, in the province of Isernia, where we will be able to see various animals up close. We will see deer, fallow deer, mouflon, wild boar and other extraordinary species through a protective net that runs alongside our forest path. In the aviaries we will find birds of prey such as kestrels, kites and tawny owls, while in the museum we will admire specimens of stuffed animals, samples of indigenous tree trunks and other interesting items.

**Our experience in this enchanting park will end with a delicious barbecue in a dedicated and comfortable area.**

Return to the hotel

Italian lesson

Dinner and overnight stay

**Distances:** Roccaraso - Vastogirardi (IS) 37 km / 46 min.

### **DAY 6 Friday**

Breakfast at the hotel.

Italian lesson

Lunch at the hotel

Cultural activity organised by your teacher

Dinner at the hotel

Overnight stay

### **DAY 7 Saturday**

Breakfast at the hotel.

Italian lesson

Lunch at the hotel

Free time



In the late afternoon, **cooking show on typical Abruzzese cuisine with tastings of typical products**

A fun journey into the local culinary tradition where you will discover the secrets that make Abruzzo cuisine so unique. We will start with a lesson on aromatic herbs, their properties and their use in combinations with various dishes to enhance their flavours. We will continue with a presentation of the typical dishes of the local tradition, those related to Sunday lunches and religious holidays, with details of recipes and tips to make them even tastier.

Dinner at the hotel

Overnight stay

### **DAY 8 Sunday**

Breakfast at the hotel.

Check-out

Departure for Rome Ciampino airport by private transfer

**Distances:** Roccaraso - Rome Ciampino airport 197 km / 2h30

### **(\*) ...what is Borgo...**

A "Borgo" ("Borghi" in the plural) is a fascinating small Italian town, generally fortified and dating back to the period from the Middle Ages to the Renaissance. It is unique and built around a castle or palace belonging to the noble family that held power at that time and it is often surrounded by walls. In Italy we have around 310 Borghi from the Dolomites to Sicily and they are the symbol of the Italian culture with artistic and architectural heritage, tradition and food and wine treasures.

### **PRICES VALID FOR:**

**Tour 1: 15/22 May 2022**

**Tour 2: September 25 / October 2, 2022**

**Double room for single use**

**EURO 1.138,00**



*The rates are valid for the period and for the minimum number of participants indicated. They also refer to a program of at least 7 nights with all the specified services. Any changes in the number of participants, nights and services will lead to a revision of prices.*

**The price includes:**

- Transfers by private transfer: 19 seats as per programme;
- 7 nights at the 3 \* Albergo del Sole in Roccaraso;
- 7 dinners at the hotel (3-course menu + 1/2 mineral water and 1/4 house wine included);
- 5 lunches at the hotel (3-course menu + 1/2 mineral water and 1/4 house wine included);
- 1 lunch with barbecue in the park (1/2 mineral water and 1/4 house wine included);
- 1 Lunch in a typical restaurant in Pescocostanzo (3-course menu + 1/2 mineral water and 1/4 house wine included);
- 1 Tasting of typical products flavoured with truffles;
- Guided trekking excursion in the Montedimezzo Nature Reserve in Molise (with guide in Italian - 3h)
- Cooking show on typical Abruzzese cuisine with tasting of typical products (in the hotel)
- Indoor and outdoor spaces available for Italian lessons;
- Italian language lessons as per program (20 hours overall) by 121 ITALIAN TUITION;
- Didactic material provided by the teacher;
- Accompanying teacher for the duration of the stay.

**The price does not include:**

- Entrance fees to parks, museums, monuments and churches where applicable, if not specified under "The fee includes";
- Tourist tax to be paid in cash at the hotel, equal to € 1.50 per person per day;
- Porter service, tips and any extra personal expenses;
- Anything that is not indicated under "The price includes".

**Please note:**

The quotation of the transfers is based on a 19-seater bus, but could change should new government regulations be issued in relation to social distancing aimed at containing the spread of COVID-19.

**Reservations:**

For information and reservations contact **Borghi Italia Tour Network** at **+39 0658334825** or e-mail [booking@bitn.it](mailto:booking@bitn.it)

**Cancellation policy:**

No penalty for cancellations up to 20 days before the start date of the stay  
Penalty of 30% between 19 and 15 days before the holiday start date  
Penalty of 50% between 15 and 7 days before the start date of the stay  
100% penalty 7 days before the start date of the stay and in case of NO SHOW

**Payments:**

Deposit 30% of the total amount upon confirmation and balance 18 days before the start date of the stay

**Covid emergency cancellation policy:**

In the event of national or regional closures, 30% will be retained as a deposit for the next booking with BITN

## YOUR ITALIAN LANGUAGE COURSE IN DETAIL

**121 Italian Tuition** is a language centre specialising in language courses in Italy where **outdoor activities, cultural and gastronomical events seamlessly complement our language classes** for an authentic Italian experience.

Each tour includes 20 hours of “formal” learning, creatively linked to an exciting sightseeing and cultural programme.

**Your language course includes:**

- Cultural, gastronomical and recreational activities experienced entirely through Italian with your teacher.
- Qualified native teachers with years of international experience in language teaching and research.
- All courses are for small groups to facilitate interaction in Italian in a relaxed atmosphere.

**At the time of booking you will be asked to specify your level of knowledge of the Italian language.  
Choose between elementary, intermediate and advanced.**

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### **HOTEL DEL SOLE 3 \* - ROCCARASO**

Albergo del Sole is a welcoming 3 \* family-run hotel, located 1,800 km from the centre of Roccaraso, in the locality of Piana Del Leone (1,300m above sea level), in a particularly quiet area, between majestic mountains and woods, surrounded by a large green park of about 3000 square metres. The hotel has rooms with rustic-style furnishings and private bathroom equipped with every comfort, free Wi-Fi, a café-bar and a restaurant with local and national specialties. Breakfast is a buffet served with a wide range of local produce.

