

6 days / 5 nights

Gran Sasso d'Italia Trail

Walk in the Wild Beauty of Abruzzo



starting from **800 €**

SKU: PARTNER00042

 Availability on Request

 Individual

 Itinerant

 Hiking

 6 giorni


 20 hours

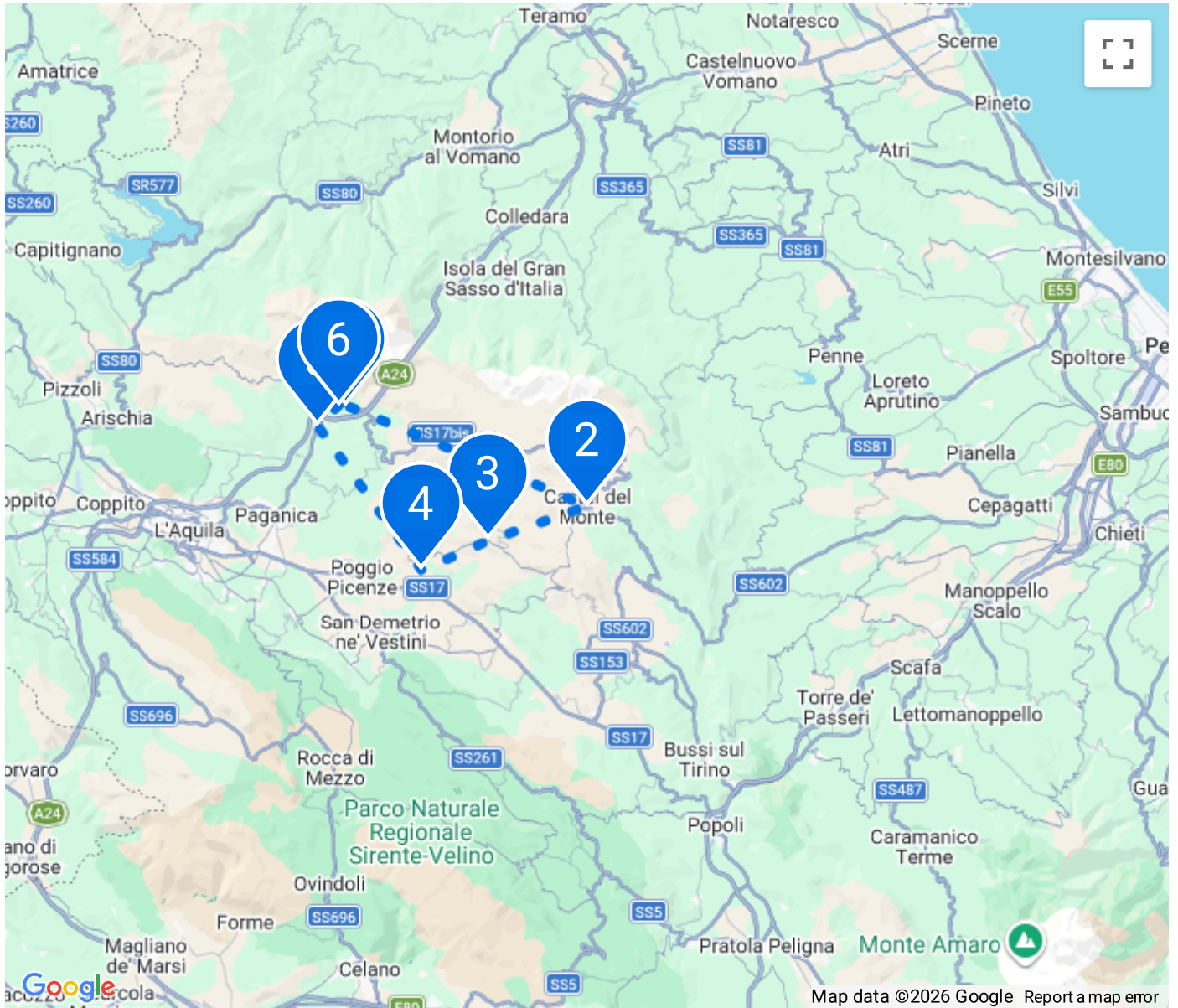
 **Medium**

 Operated by **Cammino del Gran Sasso**

Tour Overview

The journey of shepherds during the vertical transhumance to the high mountain meadows, passing through sheepfolds, shelters, and old Benedictine granges.

 More information regarding the time and meeting point for the first/last day will be provided after the booking.



Itinerary

Travel Notes

Assergi/Fonte Cerreto

Arrival at the Accommodation. Dinner and Overnight Stay.

Duration:

Accommodation: Assergi



Castel del Monte

The Gran Sasso Trail begins at Campo Imperatore, in the heart of the Gran Sasso and Monti della Laga National Park. In this place, we are in the presence of the Gran Sasso d'Italia, the highest mountain range in the Apennines. The arrival of the cable car brings us to the Campo Imperatore Plateau (2100 m), where we find the small church of Madonna della Neve and the Abruzzo Astronomical Observatory. We walk towards the Pietranzoni Lake (1660 m), where we can observe herds of cattle and horses grazing. In the tranquility and silence of the plain, we glimpse the ruins of the Church of Sant'Egidio before promptly heading into the Scoppaturo or Valianara Canyon (1475 m). The setting for numerous films, including *They Call Me Trinity*, *The Desert of the Tartars*, and *King David*, the Canyon represents the most interesting and original natural attraction of this stage. We conclude the day's walk with swift steps, arriving at Castel del Monte (1346 m), the village of shepherds and "witches," which gives its name to the Slow Food Presidia for Pecorino Canestrato cheese. Dinner and overnight stay.

Duration:

Height difference: 358 m

Accommodation: Castel del Monte



Santo Stefano di Sessanio

The second stage of the Gran Sasso Trail leads us through the discovery of two beautiful villages, Castel del Monte (1346 m) and Calascio (1210 m), and reveals the mysteries of the Rocca di Calascio (1464 m). We head south along a gravel path that runs parallel to the provincial road. We pass by cultivated fields and farms, eventually ascending towards Colle della Battaglia (1180 m), an ancient settlement of the Italic Vestini people. Continuing our journey, we soon reach Calascio, a stunning village perched on the southeastern ridge of the mountain where the imposing Rocca stands. This architectural masterpiece of Norman origin, expanded and equipped with four cylindrical towers at the end of the 15th century, has been listed by National Geographic as one of the 15 most beautiful castles in the world. Exploring this ancient fortress, a favorite location for numerous films, and visiting the Renaissance Church of Santa Maria della Pietà, we are transported to distant times, savoring the cultural richness of these mountain lands. Free dinner and overnight stay.

Duration:

Height difference: 456 m

Accommodation: Santo Stefano di Sessanio



Barisciano

Before leaving Rocca di Calascio (1464 m), we take a thorough tour of the fortress and enjoy a breathtaking view of the highest peaks in the Gran Sasso range. The section of the trail that leads us to our destination for the day is simple and scenic, making it suitable for families with children. We walk along a path for five kilometers and overlook the valley to the south, which is elegantly and geometrically shaped by terracing once used for cultivating lentils and grains such as farro, Solina wheat, Rosciola, and Saragolla—floral species that could withstand these altitudes. Reaching the village of Santo Stefano di Sessanio (1251 m), the end of the third stage, we will have no need for rest, as we will be irresistibly drawn to the picturesque and narrow streets of this medieval village, characterized by Renaissance architectural features with a Tuscan flavor, which bear witness to the dominance of the Piccolomini and Medici families in the region. Free dinner and overnight stay.

Duration:

Height difference: 330 m

Accommodation: Barisciano



Fonte Cerreto/Assergi

After discovering every enchanting corner of Santo Stefano di Sessanio (1251 m), we set off with our backpacks for the fourth stage of the Gran Sasso Trail. This stage, which is mostly downhill, will take us to Barisciano (940 m), a town that retains some 16th-century architectural features as a testament to the presence of the Caracciolo family. Here we can visit the small Church of Buon Consiglio or Capo di Serra, dating back to the 13th century and decorated inside with valuable votive frescoes. Our journey allows us to explore the beautiful highlands of the Park, framed by the towering peaks of the Gran Sasso range. We leave Barisciano (940 m) heading north, following the trail markers, and come across the former Convent of San Colombo (1088 m). We proceed with a gentle ascent for almost the entire stage, crossing a valley that leads us to a junction with a small lake, Fonte Vedice, used for watering grazing animals. From here, we follow a gently rising gravel road in a north-west direction that will lead us to the solitary and serene Tempietto di Sant'Eusanio (1402 m). Shortly after, we cross the Piano di Fugno (1373 m), a broad and spectacular high plain where rainwater collects to form the small Filetto Lake, which is almost always frozen in winter. We cross and follow the provincial road that climbs from the Aquilan side and proceed along the valley that leads us to the Montecristo Refuge, just in time for a snack. From here, a slight climb takes us to the ridge, right above Valle Fredda. We then begin our descent and, in just four kilometers, reach Fonte Cerreto (1115 m), where there are refreshment facilities, accommodation options, and the base of the cable car. Free dinner and overnight stay.

Duration:

Height difference: 745 m

Accommodation: Fonte Cerreto



Fonte Cerreto/Assergi

After breakfast, end of services and departure.

Duration:

Accommodation: Assergi



Supplements

Cancellation Insurance (see terms and conditions)

Corresponds to 5.00% of the full participation fee, per person (terms and conditions, available only for residents in Italy). By choosing cancellation insurance, you will have to pay the full amount of the order at checkout.

[Download insurance details.](#)

Basic Insurance (see terms and conditions)

[Download insurance details.](#)




Additional Night

Price starting from: 50.00

Price and discount rooms




Triple Room

Third place is entitled to:

-  60% discount if occupied by a child
-  40% discount if occupied by a child
-  10% discount if occupied by an extra adult

Quadruple Room

The two additional seats are entitled to:

-  60% discount for each child
-  40% discount for every child
-  10% discount for each extra adult

Sup. Single rooms: €

Departures on request

starting from **800 €**
April 2026

starting from **800 €**
May 2026

starting from **800 €**
June 2026

starting from **950 €**
July 2026

starting from **950 €**
**August
2026**

starting from **800 €**
**September
2026**

What's included

- ✓ 1 Dinner
- ✓ Phone assistance
- ✓ Breakfast
- ✓ Credentials of the Camino
- ✓ Tour Operator Guarantees
- ✓ Overnight stay in a Double Room
- ✓ Stay in a 3-star establishment or similar
- ✓ GPX Tracks
- ✓ Transfer
- ✓ Luggage transport
- ✓ Videobriefing

What you will visit

- 📍 Assergi/Fonte Cerreto
- 📍 Castel del Monte
- 📍 Santo Stefano di Sessanio
- 📍 Barisciano
- 📍 Fonte Cerreto/Assergi
- 📍 Fonte Cerreto/Assergi

Accomodation



LOGGIA



HOTEL



To know

✓ How to get there

By Car: A25 L'Aquila exit

By Train: L'Aquila train station

By Plane: Abruzzo Airport or Rome Airport

✓ Features of the trip

Open to travelers of all ages. You will travel either independently or in a group, with full support from the agency. On a group vacation, you may meet people from different countries with habits different from your own. For a cycling holiday, you might find yourself riding with people on e-bikes as well as those on traditional bikes. Respect everyone's space and enjoy yourself. The tour is organized by local guides and operators, carefully selected for you

✓ General travel information

Remember to bring a valid passport or ID card with an expiration date of at least 6 months from the departure date. The itinerary may be subject to changes before and/or during the trip. On a group tour and in certain specific villages, it may be necessary to use dispersed accommodation due to the lack of large facilities. Please inform us of any food intolerances at the time of booking; we will do our best to accommodate them, but we cannot guarantee it. Tourist taxes to be paid locally.

✓ Currency

Euro

✓ Vaccinations

No

✓ Documents and visas

Passaport/ Id card

✓ Emergency numbers

Emergency number: 112

✓ Electrical sockets

220v

Level of difficulty of the experiences

 **Difficult**

 **Medium**

 **Easy**

 **Hard**

Travel terms and conditions

We invite you to read the documentation regarding the general terms and conditions of sale for travel packages at the following link: [Travel Terms and Conditions](#)

Thank you for choosing our services. Be real. It's Isy!