

Italy: Abruzzo

Discover Abruzzo as a Local

May 02 - May 08, 2027

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/italy-abruzzo-may-2027

Tour Overview

Duration:	7 days
Maximum Group Size:	12 women
Start Date:	May 02, 2027
End Date:	May 08, 2027
Arrival Airport:	Rome Fiumicino Airport (FCO)
Departure Airport:	Rome Fiumicino Airport (FCO)

With the Women Travel Tribe, you won't just visit **Abruzzo**, you'll experience it like a true insider!

Our local tour operator, **Fabrizio, and his family** have called this region, and the charming city of **Vasto**, home for centuries. You'll be welcomed not as a stranger, but as a dear friend, stepping into the **homes and lives of locals** throughout your journey.

Just a short drive from Rome, prepare to be enchanted by Abruzzo, quite possibly **one of Europe's greenest and most remarkable regions**! Stretching from the **majestic Apennine mountains** to the **shimmering Adriatic Sea**, Abruzzo offers **stunning vistas** in every direction. Imagine dipping your toes in the saltwater while gazing up at **Corno Grande**, the highest peak of the neighboring mountain range.

Beyond its **breathtaking natural beauty**, Abruzzo's four provinces boast a **diverse and delicious gastronomic heritage**. Get ready to savor **regional wines**, exquisite **pasta alla chitarra**, rich extra-virgin olive oil, **artisanal cheeses**, local salami, truffles, saffron, delightful fish soups, and so many more unique flavors that will **tantalize your taste buds**!

The **warm and hospitable Abruzzese people** are eager to ensure you have an unforgettable Italian experience, guaranteed to awaken your senses and leave you with cherished memories.

Are you ready to discover the authentic charm and hidden delights of Abruzzo?

Itinerary

Day 1: Rome to Abruzzo (Arrival Day)

Included meals: Dinner

Welcome to Italy! A private shuttle will pick everyone up at the Rome Fiumicino Airport at 12:30pm. You'll then head straight to Vasto, an ancient Roman town on the Adriatic Coast. The route will take you across beautiful mountains, past amazing green landscapes and around hilltops dotted with castles and small villages. We will check-in at our charming, family-run hotel in the historical center of Vasto. You'll then get to know Fabrizio, your wonderful personal guide for the week, and learn more about the cultural and culinary trip ahead. In the evening, we'll walk into the heart of Vasto in order to enjoy a fantastic welcome dinner at a traditional restaurant.

Day 2: Vasto / Cooking Class with Mama!

Included meals: Breakfast, Lunch

We'll begin with a stroll through Vasto's colorful market in order to shop for fresh seasonal food, giving you an opportunity to practice a little bit of Italian with friendly people! Next, we'll drive into the beautiful countryside to the home of Fabrizio's family, where we'll learn to make fresh pasta and be introduced to the iconic sauces of the region in an exclusive cooking class. A sample menu based on seasonal availability with Fabrizio's family recipes might include: bread with meat sauce, pasta alla Chitarra with meat sauce and polpette (meatballs) and Tarallucci (specialty biscuits). We'll indulge in a leisurely lunch of the undoubtedly delicious dishes that we prepared, while enjoying the relaxing family atmosphere Italy is known for. After a short break, we'll explore Vasto's historic center: Loggia Amblingh, a promenade overlooking the fascinating crescent-shaped coastline, the old town with its medieval castle and charming lanes, the cathedral and Piazza Rossetti. This cathedral and plaza are dedicated to Gabriele Rossetti, a famous poet from the area. We'll also have an introduction to local artisans, offering a glimpse into the region's craftsmanship. You'll enjoy some free time to independently continue your exploration of our wonderful home base. Dinner will be on your own for this evening. (Based on our many years of experience, after our big family lunch, we know nobody will be hungry for another rich dinner!) Fabrizio will offer suggestions of his favorite places based on your personal preferences.

Day 3: Trabocchi Coast / Abbey of San Giovanni

Included meals: Breakfast, Lunch, Dinner

After breakfast, we'll explore the famous Trabocchi coast. We'll start with a short and easy walk through Punta Aderci Nature Reserve--one of the 10 most beautiful Italian beaches, according to The UK Telegraph. From there, you can also glimpse the snow-capped peaks of Italy's Apennine Mountain range. Next, we'll visit a "trabocco." Built mostly with acacia wood and railway iron sleepers, these unique fishing platforms have become a symbol of the region. We'll learn more about them from our host,

Rinaldo, as well as the secrets and history behind a particular trabocco that has been featured in the BBC TV show: "Escape to the Continent." Weather permitting, we'll help Rinaldo fish! We'll then enjoy a delicious seafood lunch, prepared exclusively for us by Rinaldo's wife, Maria, and dine al fresco on our perch overlooking the Adriatic Sea. In the afternoon, you can relax or wander around this magnificent coastal area. It's a popular location for taking photographs, by both professionals and amateurs alike. On our drive back to Vasto, we'll visit the enchanting Abbey of San Giovanni in Venere, part of an ancient 13th century monastery located on a hillside facing the sea. The abbey dominates the coastline and is surrounded by orange, olive, oak and pine trees. We'll then dine together in a traditional restaurant in the heart of Vasto.

Day 4: Fattoria D'Arte

Included meals: Breakfast, Lunch

This morning we'll drive to the small hilltop village of Lentella and visit our friend Ettore's home and art studio known as "Fattoria d'Arte". Surrounded by an impressive landscape with a stunning view of the sea, mountains, hills, and small towns, Ettore will teach you to create your very own picture postcard. This will be done using the natural pigments produced by combining the leaves and flowers that we'll pick ourselves on Ettore's property! (For those who prefer not to participate in the artistic activity, there are other delightful options: wander through nature amidst captivating artworks, unwind with a glass of fine wine, or simply marvel at the stunning panorama of the sea, majestic mountains, olive groves, vineyards, and picturesque hilltop villages.) We'll enjoy an aperitif and a traditional lunch with Ettore and his wife, Barbara, before heading back to Vasto. You'll then have some free time to really slow down and stroll the beaches, visit a museum, wander in and out of art galleries, do some shopping or simply soak up the Vasto vibe.

Day 5: Agriturismo / Farm-to-Table Lunch / Roccascalegna

Included meals: Breakfast, Lunch

After breakfast, we're off to a farmhouse owned by Pina and Berardino, who will welcome us to a genuine "agriturismo" experience. They will share with us exactly what makes their process of food production so unique. While at the farm, you can relax in our gorgeous surroundings, join the crew in milking a cow, or chat with our welcoming hosts during this authentic slow food preparation. Once ready, we'll learn how to make a special bread called "pizza scima" (stupid pizza), with its crust made without yeast. We'll also try organic wine from Pina and Berardino's winery and enjoy an aperitif as we sample cheeses, salami, and extra virgin olive oil. We'll learn how to prepare ricotta cheese and collect fresh vegetables from the garden in preparation for our farm-to-table lunch. Almost everything we'll eat is produced on the farm, including organic flour, fresh pasta, farm-fresh eggs, olive oil, wines, liquors, juices, jams, cheeses, and an assortment of meats, and vegetables. In the afternoon, we'll take a scenic drive inland to explore the enchanting Abruzzo's Castle in the Sky in the charming village of Roccascalegna, ranked by Condé Nast Traveler as one of the "Nine Most Beautiful Hilltop Towns in Italy." We'll then drive back to Vasto where you'll have a free evening.

Day 6: Wine and Olive Oil Tasting / Farewell Family Party

Included meals: Breakfast, Lunch, Dinner

Today we'll visit the olive grove that's been in Giovanni's family for the last three generations, which has become known for their specialty olive oils. Giovanni will reveal the secrets of what Homer called "liquid gold." Of course, we'll conclude our visit with a proper olive oil tasting. Next, we'll visit an award-winning winery situated between a marine park and the mountains. We'll enjoy a wine tasting and lunch with pairings of local cheeses and meats before touring the vineyard and cellars with noted winemakers, Emanuele and Nicola. After lunch, you may use this free afternoon to relax or pack, and perhaps do some last-minute shopping. Once the evening arrives, we'll enjoy a farewell party hosted by Fabrizio's family! This meal will be full of regional wines and wonderful food, all in a familial atmosphere. Once the preparation begins, feel free to assist Rosa and Mama Anna Maria as they make tiramisù and pizza. We'll then share our final dinner together, with the small group of women who might have arrived as strangers, but will certainly leave as family.

Day 7: Abruzzo / Rome (Departure Day)

Included meals: Breakfast

Our airport transfer will depart from Vasto at 9:00am and take the group to the Rome Fiumicino Airport. The drive is approximately 3.5 hours so please plan your flights accordingly. Flights should depart Rome after 4:30pm.

Tour Inclusions

Included

✓ Small group experience with a maximum of 12 women

✓ 6 nights of accommodation in a comfortable 3-star hotel

✓ Transportation within Italy by air-conditioned minivan and/or car

✓ English-speaking tour director throughout the trip

✓ Local guide for activities

✓ All activities, tastings, admission fees and excursions listed in the itinerary

✓ Daily breakfast

✓ 5 lunches, 3 tastings and 3 dinners, including food, water and local wine on occasion

✓ Airport transfers to and from Rome Fiumicino Airport at set times

Not Included

✗ Airfare to/from Italy

✗ Meals and activities not mentioned

✗ Passport/visa fees

✗ Travel insurance (required)

✗ Gratuities

✗ City tax (€1.5 to €2.50/night/person to be paid at the hotel)

Pricing

Shared Room:	**$ 2,960**
Single Room:	**$ 3,250**
Deposit:	**$ 750**

Accommodations

During this tour, we use a simple, family-run 3* hotel located near the historic center of Vasto. Each traveler will have a private room with an ensuite bathroom. All rooms are

clean and comfortable and are equipped with the conveniences of heat, air conditioning and wi-fi.

Please note: While more basic than a 4* hotel (there are no 4* hotels in the center of Vasto), the hotel we use provides a deep sense of belonging and authenticity. It also allows you to connect deeply to our host and his wonderful family who live in this neighborhood.

Physical Demand

EASY-MODERATE

This trip includes relaxed daily exploration, village visits, food experiences and cultural activities, but guests should still be comfortable walking 1-2 hours at a time. Most walking is at a leisurely pace, though some towns include cobblestones, uneven surfaces, hills and long stairways. You can also expect a couple of longer drives (such as the 3.5-hour drive between Rome and Vasto), a variety of climates, and specific terrain challenges mentioned in the itinerary (such as the ascent at Roccascalegna Castle or walking at Punta Aderci Nature Reserve).

Ready to Book Your Adventure?

Women Travel Tribe

Phone: (646) 481-6284
Email: team@womentraveltribe.com
Website: womentraveltribe.com
Tour Details: womentraveltribe.com/tours/italy-abruzzo-may-2027

Small group adventures designed specifically for women 50+
Experience the world with like-minded travelers!