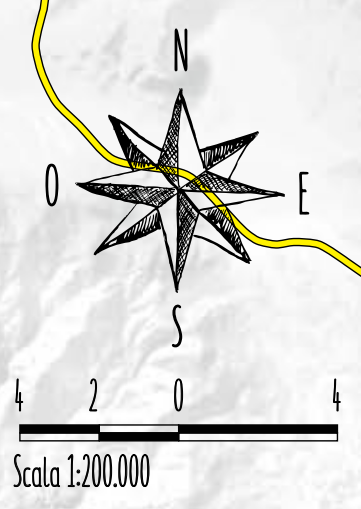
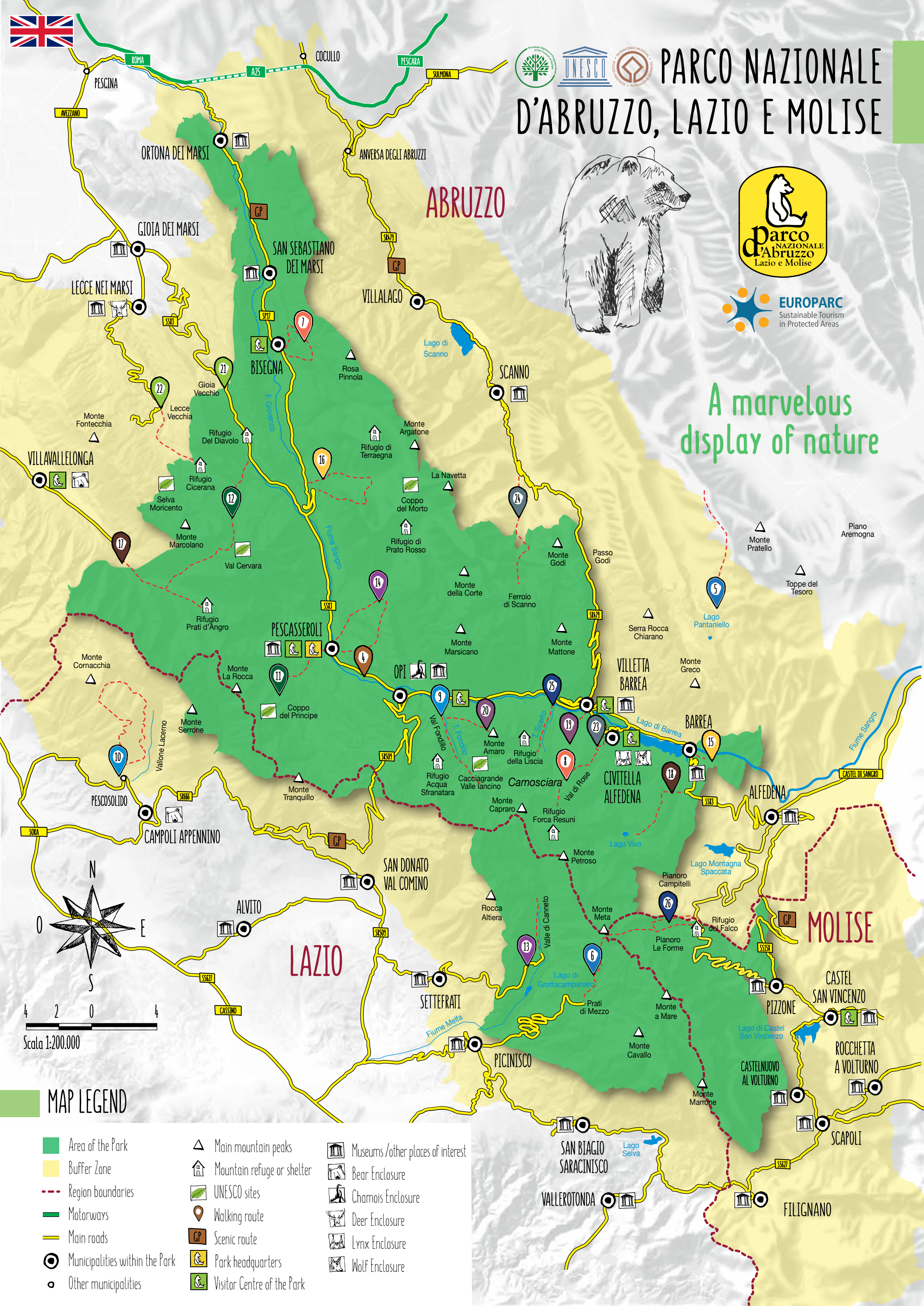




PARCO NAZIONALE D'ABRUZZO, LAZIO E MOLISE



A marvelous display of nature



MAP LEGEND

- | | | | | | | | | | | | | | | | | | | | |
|------------------|-------------|-------------------|-----------|------------|--------------------------------|----------------------|---------------------|----------------------------|--------------|---------------|--------------|-------------------|----------------------------|-----------------------------------|----------------|-------------------|----------------|----------------|----------------|
| Area of the Park | Buffer Zone | Region boundaries | Motorways | Main roads | Municipalities within the Park | Other municipalities | Main mountain peaks | Mountain refuge or shelter | UNESCO sites | Walking route | Scenic route | Park headquarters | Visitor Centre of the Park | Museums /other places of interest | Bear Enclosure | Chamois Enclosure | Deer Enclosure | Lynx Enclosure | Wolf Enclosure |
|------------------|-------------|-------------------|-----------|------------|--------------------------------|----------------------|---------------------|----------------------------|--------------|---------------|--------------|-------------------|----------------------------|-----------------------------------|----------------|-------------------|----------------|----------------|----------------|

PARK FACTS

Name	Abruzzo, Lazio and Molise National Park
Established	1922 by private initiative 1923 by Royal Decree - Law N. 257
Area	About 50.000 hectares of protected area plus 80.00 hectares of buffer zone
Natura 2000 sites	2 SIC, 2 ZSC, 1 ZPS
Ramsar Areas	Barrea Lake
Nature reserves under State protection	Feudo Intramonti and Colle di Licco
Regions	Abruzzo, Lazio, Molise
Provinces	L'Aquila, Frosinone, Isernia
Municipalities	Abruzzo: Alfedena, Barrea, Bisegna, Civitella Alfedena, Gioia dei Marsi, Lecce nei Marsi, Opi, Ortona dei Marsi, Pescasseroli, Scanno, Villavallelonga, Villetta Barrea. Lazio: Alvito, Campoli Appennino, Picinisco, San Biagio Saracinisco, San Donato Val di Comino, Settefrati, Vallerotonda Molise: Castel San Vincenzo, Filignano, Pizzone, Rocchetta a Volturno, Scapoli
Headquarters	Viale Santa Lucia, 67032 PESCIASSEROLI (AQ)
Highest mountain peaks	Petroso (2.249 m), Marsicano (2.245 m), Meta (2.242 m)
Rivers	Sangro, Melfa, Giovenco, Volturno
Lakes	Barrea, Vivo, Pantaniello, Montagna Spaccata, Castel San Vincenzo, Selva di Cardito, Scanno, Grottacampanaro
Strict Nature Reserves	4.400 hectares
Territories under direct management	18.000 hectares
Flora	2.000 species of plants
Fauna	66 species of mammals, 230 species of birds, 52 species of reptiles, amphibians and fish, 5.000 species of invertebrates
Forests	30,000 hectares of forests, including 5 sites of ancient beech forest, UNESCO World Heritage Site

Here, nature is protected

VISITORS CENTERS AND OTHER POINTS OF INTEREST

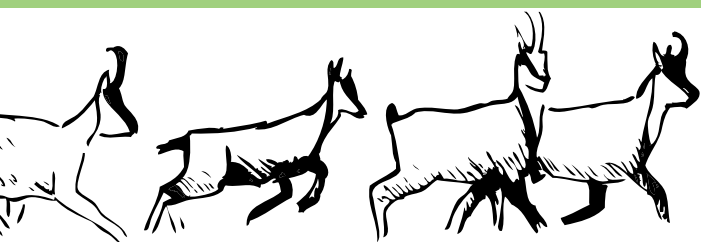
Park Library - Via Rovereto, 2 PESCIASSEROLI (AQ) - Tel. (+39) 0863.91131
 Nature Center - Viale S.Lucia, 2 PESCIASSEROLI (AQ) - Tel. (+39) 0863.9113221
 Chamois Visitor Center - OPI (AQ) Tel. 331.9727262
 Wolf Visitor Center - Via S. Lucia CIVITELLA ALFEDENA (AQ) Tel. 0864.890141
 Visitor Center - CASTEL SAN VINCENZO (IS) Tel. 0865.951131
 Service Center - Via Roma, 1 BISEGNA (AQ) Tel. 333.1948465
 Service Center - Via Roma, VILLETTA BARREA (AQ) Tel. 0864.89102
 Forest Museum - Val Fondillo - OPI (AQ) Tel. 331.9727262

Chamois Enclosure - OPI (AQ)
 Deer Enclosure - LECCE NEI MARSII (AQ)
 Lynx Enclosure - CIVITELLA ALFEDENA (AQ)
 Wolf Enclosure - CIVITELLA ALFEDENA (AQ)
 Bear Enclosure - CAMPOLI APPENNINO (FR)
 Bear Enclosure - VILVALLELONGA (AQ)

Bat Visitor Center - BARREA (AQ)
 Archaeological Museum A. De Nino - ALFEDENA (AQ)
 Water Museum - VILLETTA BARREA (AQ)
 Safina Civilization Museum - BARREA (AQ)
 Wool Museum - SCANNO (AQ)
 Bear Museum - PIZZONE (IS)
 Transhumance Museum - VILLETTA BARREA (AQ)
 Bagpipe Museum - SCAPOLI (IS)
 Geological Museum - SAN DONATO VAL DI COMINO (FR)
 Bear Information Point - CAMPOLI APPENNINO (FR)



SUGGESTED ROUTES AND TRAILS



- 1 The charming Giovenco and Sagittario valleys - Scenic route
- 2 The secrets and wonders of the Comino Valley - Scenic route
- 3 The Upper Volturno Valley in the presence of the Mainerde - Scenic route
- 4 The Tratturo Regio in the Park - Ancient route in the Upper Sangro Valley
- 5 The Pantaniello lake - Return to the ice age
- 6 Monte Meta - A scenic terrace over three Regions
- 7 The Appia Gorge - The secret valley
- 8 Val di Rose - Where chamois fly
- 9 Val Fondillo - Tales of a special valley
- 10 The Vallone Lacerno - Wilderness in the Lazio Region
- 11 Difesa di Pescasseroli - The forest of Giants
- 12 Val Cervara - The oldest beech forest in Europe
- 13 Val Canneto - Nature and human sanctuary
- 14 The Hills of Pescasseroli - Walking between earth and sky
- 15 The Focce di Barrea - The Park's "Grand Canyon"
- 16 Coppo della Polinella - All the colors of the forest
- 17 The Prati d'Angro - The jewel of the Vallelonga
- 18 Lago Vivo - In the heart of the Park
- 19 From Villetta Barrea to Colle S. Janni - Among wolves and deer
- 20 Monte Amaro di Opi - A visit to the rock population
- 21 Gioia Vecchio - A scenic view over a new wilderness
- 22 From Lecce Vecchia to the Cicerana - The valley of silence
- 23 Civitella Alfedena - Close encounters with the wolf and lynx
- 24 Ferroio di Scanno - Land of wolves and shepherds
- 25 The Camosciara - On your tiptoes and with no hurry
- 26 The Valle Fiorita - When the sun sets



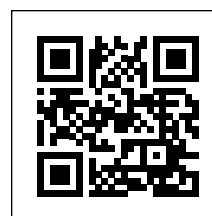
HOW TO REACH THE PARK

From Rome take the A24 / A25 Rome-L'Aquila-Pescara motorway, exit at Celano or Pescara and continue for Bisegna (or Gioia dei Marsi).

Alternatively with the A1 Roma-Napoli motorway, exit at Frosinone, then continue to Sora-Forca d'Acero, crossing the Lazio side of the Park.

For those coming from the south, take the A1 motorway, exit at Caianello then continue to Venafro and Alfedena.

During the summer season there are scheduled bus services from Rome to the Park and vice versa.



www.parcoabruzzo.it

Follow us on



Get the full descriptions of the above suggested routes and trails in **VIVI IL PARCO**, the new Park Guide, which can be purchased online (q-code) or at the Visitors Centers.

Legal and operational headquarters

PARCO NAZIONALE D'ABRUZZO, LAZIO E MOLISE

Viale S.Lucia - 67032 PESCIASSEROLI (AQ) ITALY

Phone (+39) 0863.91131

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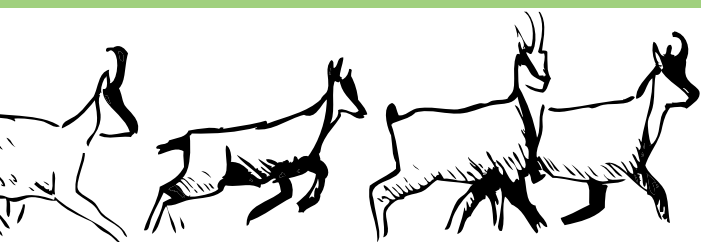
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VISITOR'S CODE OF CONDUCT

1. The Park is a small universe that warrants our attention and understanding. Be informed, before and during your visit to gain in depth knowledge regarding visiting opportunities, current regulations and most importantly to recognize its environmental and cultural peculiarities.
2. A protected territory is a common shared heritage: when visiting the area, behave in an "ecological" manner. Natural resources and facilities of the Park are not to be destroyed or disturbed in any way.
3. A visit to the Park is an opportunity to relax and slow down your pace. Choose your itineraries and navigate splendid trails on foot, horseback or bike, perhaps with the phone turned off, listening to your inner voice and trusting your five senses.
4. The flora of the Park includes many rare and particularly protected species: do not pick flowers, do not leave the paths and pay attention where you place your feet. Remember that mushroom picking and harvesting of other forest products is regulated.
5. The marvelous beech forests of the Park are UNESCO World Heritage sites: respect the trees, do not break the branches, do not carve the tree trunks and do not light fires.
6. Many different species of animals live in the Park. In the lucky event of an encounter with wildlife, behave with respect and discretion. Do not create a commotion, do not pursue them, perhaps for the simple purpose of taking a picture, and enjoy, in silence, these precious moments in contact with nature.
7. The Park boasts an extraordinary biodiversity, made up of thousands of different organisms. Do not capture, manipulate or, even worse, kill invertebrates, reptiles or amphibians. In addition to being forbidden by Italian law, the killing of minor fauna is a barbarism not justified by any reason. Remember that sport fishing in the Park is regulated.
8. A visit to the Park is free and open to everyone although areas A and B can be accessed only through the official trail network. Keep in mind that leashed dogs are allowed only on certain itineraries highlighted in the tourist map.
9. The Park needs your help: We ask you to immediately report any major inconvenience you may experience during your visit in order for the Park staff to take prompt action and eliminate said issue.
10. A beautiful experience in touch with the world of the Park can change your life. If you enjoyed your visit become a defender of nature and participate in volunteer programs. Spread the principles of conservation and biodiversity and choose a more sustainable lifestyle.



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Follow us on

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