



Viaggio Didattico Abruzzo Abruzzo Study Trip

Data / Dates:

04/05/2026 - 08/05/2026

A.A / A.Y:

2025/2026

Tutor:

Relli Maddalena

Monday, May 4, 2026

07:10
Meeting in front of the train station to catch the 7:31am train to Torino Porta Susa
09:20 - 14:44
Frecciarossa 9805 Torino Porta Susa - Pescara.
Free lunch on the train (I will accept FOOD tickets from Sunday or Saturday if you prefer to buy something to take with you)
14:44 - 16:15
Pick up with private bus and transfer to Porta dei Parchi agriturismo and farm where we will stay for the next two nights. <https://laportadeiparchi.com/>
16:15 - 19:00
Presentation and tour of the farm, a model of diversification and multifunctionality, from organic production to processing, direct sales, and related activities, for which it has been recognized nationally as the most multifunctional farm in Italy by Legambiente, WWF, and all the major agricultural trade associations (CIA, Coldiretti, Confagricoltura). In-depth study of the milk supply chain and cheese processing workshop. Each participant will produce their own cheese.
19:00
Dinner at the farm preceded by a sensory analysis of a vertical cheese tasting
Night at the farm

Tuesday, May 5, 2026

Breakfast at the farm
09:00
Hike to the Sagittario Canyons Regional Reserve, rich in biodiversity and spring waters. Along the way, you'll see some Abruzzese Black Pigs grazing, raised free-range thanks to the abundant pasture. <https://www.riservagolesagittario.it/>
13:00
Back to the farm for lunch. where we will discuss with SF Alliance chefs about short supply chain, "true" zero-km and productivity per hectare
15:00
Meat preservation techniques and practical workshop on cured meats (sheep, goat and pork)
19:00
Dinner at the farm
Night at the farm

Wednesday, May 6, 2026

07:30
Breakfast
08:15
Departure from Porta dei Parchi with luggage and transfer to Rivesondoli
09:30 - 12:00
Meeting with Patricia and Giuseppe; founders of the comprehensive project www.altaquotadirizziero.it.

Giuseppe will take us to the fields to learn about mountain cultures such as rare wheats, eikorn, barley, lentils etc.

12:00 - 15:00

Back to Rizziero Bistrot where Patricia will set up a cooking workshop and a French/Abruzzese lunch as in Rapallo with Guido Porrati of Parla Come Mangi (traditional shop). We will have a gastronomic tour tasting Rapallo's traditional products.

(<https://www.parlacomemangi.com/>)

15:00 - 16:00

Transfer to Sulmona

16:00 - 19:00

Meeting with Guerino Pescara founder of www.pescaravini.it. Guerino will tell us about viticulture and oliviculture. Wine tasting

19:00

Return to Sulmona and check-in at apartments

20:30

Dinner at the mostly vegetal-based restaurant <https://seminacucinaagricola.eatbu.com/> by Luca and Alessandra

Thursday, May 7, 2026

Free breakfast

10:00

Departure from Sulmona

10:30

Arrival at Pettorano and meeting with Valerio Reale. Walk and explanation of the project

<https://rewildingeurope.com/tag/abruzzo-national-park/>

12:00

Lunch at a local osteria

14:15 - 16:30

Visit and tasting at brewery www.birramezzopasso.it

16:30 - 18:00

Transfer to hotel-restaurant La Bilancia www.hotellabilancia.it

Check-in followed by a traditional Abruzzese dinner for which the restaurant is specially renown

Friday, May 8th, 2026

Breakfast at the hotel

9:00 - 09:30

Departure from hotel and transfer to www.ortigeometrici.it kombucha production

9:30 - 11:30

Meeting with Fabio, founder of the project, kombuchas made with local and wild herbs, visit of his garden. We will be joined by Alessandro di Tizio ethnobotanist renown for his work as forager consultant for several restaurants in Italy and abroad, among other the 3-Michelin starred Mirazur

13:10 - 16:15

Train Pescara - Bologna

16:56 - 18:59

Train Bologna - Torino Porta Susa

19:33 - 20:29

Torino PS - Bra

End of Study Trip