

# Daily transportation

- Today:
  - The bus from LNGS to L'Aquila today will leave at 6:00 p.m.
- Timetable for next week:
  - Pick you up each morning at 8:45 a.m. at the usual pick-up points.
  - Pick up from LNGS at 6:30 p.m.
  - Friday 6, pick-up at LNGS at 2:15 p.m.

# City tour

- Saturday 30, 4 p.m.:
  - Meeting at Fontana Luminosa (piazza Battaglione Alpini). Walking tour of L'Aquila, a city with a long history that began in the XIII century with Frederick II, Holy Roman Emperor and King of Sicily.  
L'Aquila went through some bad times in 2009 when the earthquake almost destroyed it. However, the city has not given up and day after day it is returning to its former glory.
  - Duration ~2 h, of soft walking with the description of historical sites and monuments.



# Sunday excursion

- Sunday 1, 4 p.m.:
  - Excursion to the Gran Sasso National Park: the bus will pick up the participants from Fontana Luminosa (piazza Battaglione Alpini) at 8:30 a.m. We suggest you bring shoes that are suitable for a soft trekking trail.
  - The bus will take you to the historic town of Calascio. The trekking ~2 h will reach the amazing Rocca castle.
  - The Bus will take you to Santo Stefano for the lunch at restaurant Il Palazzo at 1:00 p.m.
  - Tour of the historical town of Santo Stefano.
  - The return time is expected at around 5:30-6:00 p.m.

