

STIFFE

FONTECCHIO

SUBECQUANA
VALLEY

STIFFE CAVES AND TOUR OF THE SUBECQUANA VALLEY

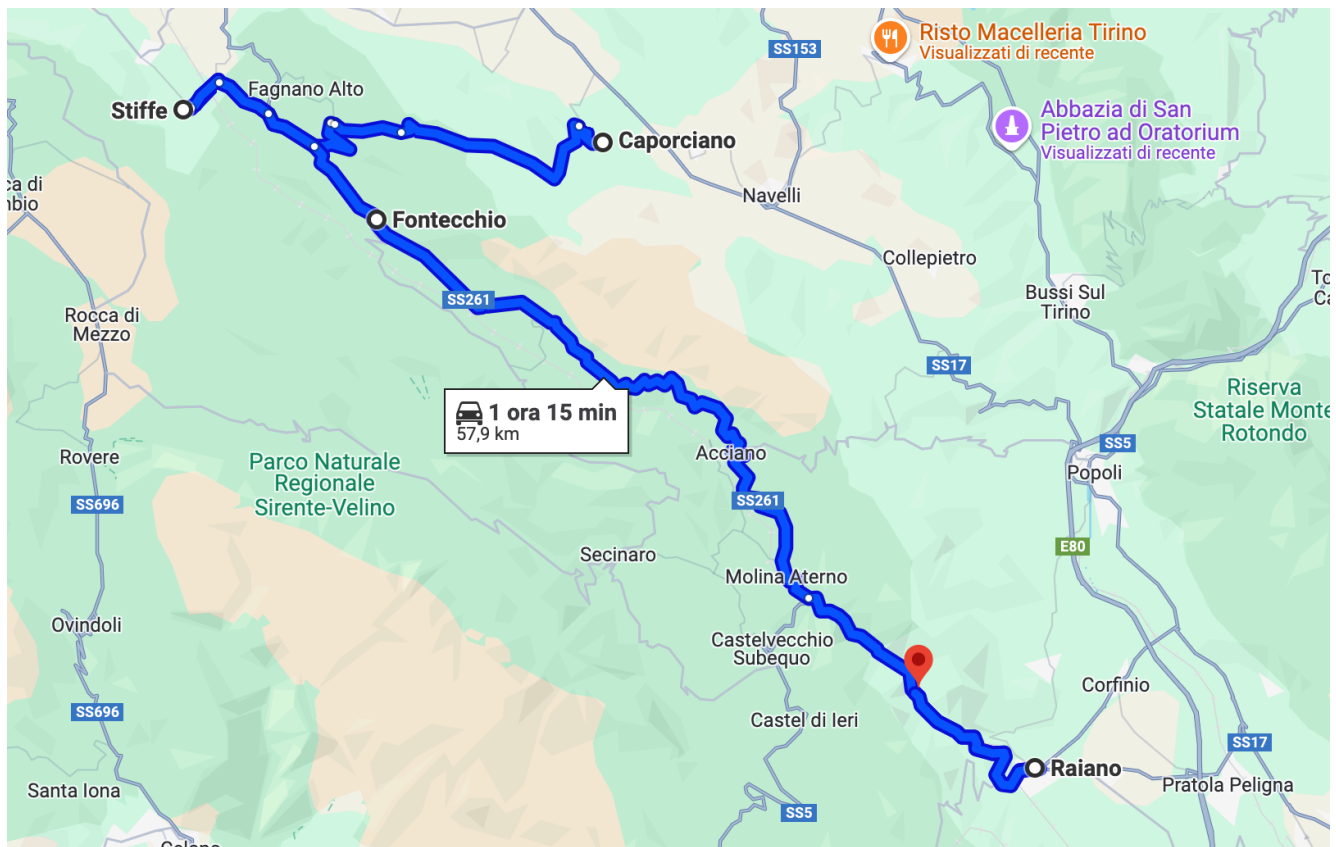


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To fully enjoy this itinerary, you will probably have to choose where to stop and where not.

In about 30 minutes by car, crossing the Subequana valley from Castello di Opi, after Bominaco, you arrive at Stiffe.

In Stiffe, you can have a snack, a small purchase or, depending on the time, a lunch at the old mill, where an English couple, but her father is originally from the village, opened a bakery combined with a small restaurant upon reservation.

After Stiffe we suggest descending the Subequana valley, along the Aterno river, stopping to visit at least some of the various villages that dot it.

Fontecchio, with its square and medieval fountain, the clock tower, but also the lively artistic life, animated by a tradition of artistic residencies which, thanks to the foresight of the municipal administration, has created a community of young international artists. Tione with its "pagliare", Acciano with the river that crosses the medieval village of Beffi, with the

church of San Michele and the guard tower of the town, very well preserved, going down to Raiano, the most important center of the area before Sulmona.



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The Stiffe Caves are, technically speaking, a "resurgence", that is, the point where a river returns to light after an underground stretch; in the case of Stiffe this point is located at the top of the gorge overlooking the town.

The resurgence of Stiffe has been known for many years by the local inhabitants, in fact there are documents that trace the knowledge of the first "rooms" back to very distant times. Precisely the presence of a copious stream of water inside the cave allowed, at the beginning of the 20th century, the construction of a hydroelectric power station: powered by the water

transported downstream by means of a forced conduit, some sections of which are still visible near the entrance, and it was a source of energy until its destruction during the Second World War.

The tourist itinerary which extends for 700 m. Runs entirely along an underground river whose waters come from the numerous sinkholes of the karst plateau of Rocca di Mezzo. Inside, going up the river, you can admire various lakes, rapids and waterfalls up to 20 m high. the flow of which varies depending on the seasons, making the underground landscape always different. In addition to stalactites and

stalagmites of considerable size, there are grandiose environments with evocative visual and sound effects created by the water. Outside it is possible to admire the waterfalls formed by the water that flows from the cave.

The visit is always guided and will last 1 hour. The internal temperature is 10 degrees all year round. Appropriate clothing and comfortable shoes are recommended. You must arrive at the ticket office located at the entrance to the cave 20 minutes before the chosen time. Booking the visit is not mandatory; however, in the absence, access to the Caves is not guaranteed.



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After Stiffe we suggest descending the Subequana valley, along the Aterno river, stopping to visit at least some of the various villages that dot it.

If you want to do a more in-depth visit, even with short walks to points of interest outside the historic centres, we recommend dedicating an entire day to this part of the route. In this case, after

the Stiffe caves, you can go and relax at the nearby small Lake Sinizzo (see brochure).

Fontecchio, with its square and medieval fountain, the clock tower, has a lively artistic life, animated by a tradition of artistic residencies. This program has been implemented which, by a far sighted municipal administration,

creating a community of young international artists.

Not to be missed in Fontecchio, for a high-level dinner, is the (almost) starred Costa di Maggio restaurant. Highly recommended



Fontecchio

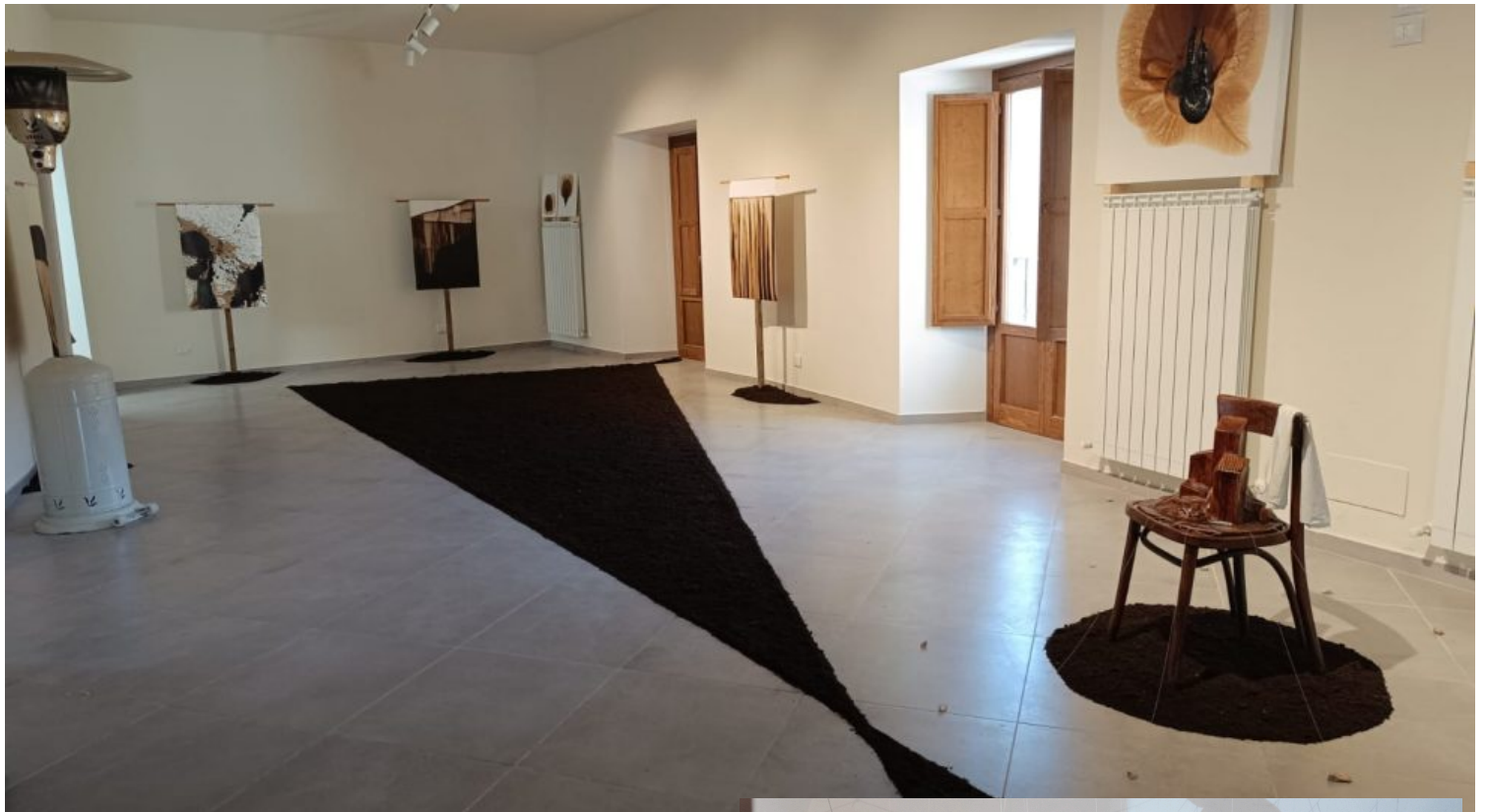


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Contemporary Art in Fontecchio



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Along the Subequana Valley you'll go by Tione with its "pagliare", Acciano with the river that laps the medieval village of Beffi, with the church of San Michele and the guard tower of the town, very well preserved. You the will be going down to Raiano, the most important center of the area before Sulmona.



Beffi



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In the Raiano area, of great interest is the Corfinium aqueduct built in the imperial age, which crosses the valley: it is dug into the rock with a tunnel of over 5 km and is bordered by a road onto which 134 wells open, which act as breathers.

At the narrowest point of the gorge, on a system of arches where the Aterno flows below, a sanctuary opens up like a mirage before your eyes, it is the hermitage of San Venanzio, among woods and cultivated land.



San Venanzio Hermitage and Gorges



Roman Uccole Aqueduct - Raiano

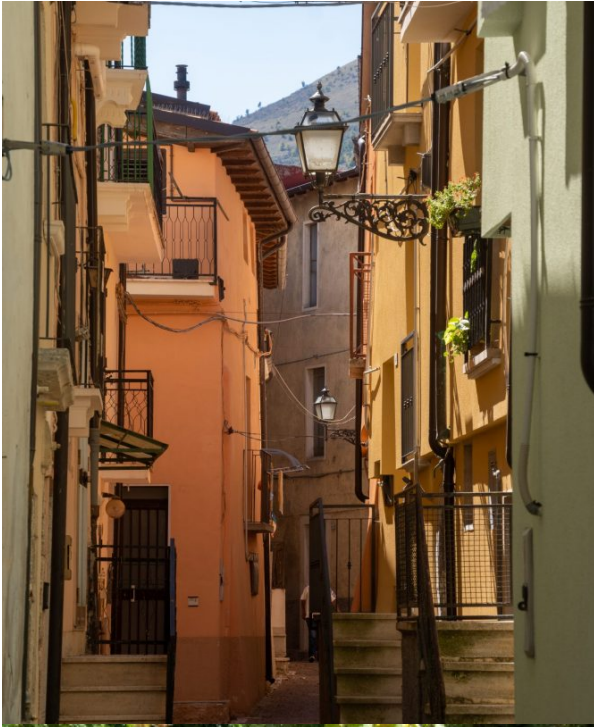


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Museo Storico Frantoio Fantasia



La Solfa Spring



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GOOD TO KNOW

- a) Considering the possible wait at the caves, and the fact that various points of interest, to be appreciated, require walks which are a shame to rush, unless you select only some of the suggested places for a stop, we recommend dedicating half a day to Stiffe, and a separate full day to the Subequana valley up to Raiano.
- b) The half day that you spare after Stiffe can be spent relaxing at Lake Sinizzo, or in L'Aquila or other destinations in the area
- c) For a meal of great quality and elegance, in a context that combines ancient and contemporary, don't miss the Costa di Maggio restaurant in Fontecchio. We suggest dinner, so you can enjoy the different courses calmly. Very refined reinterpretations inspired by Abruzzo cuisine. It is NOT a "typical" restaurant, DO NOT look for arrosticini etc.
- d) Depending on the time, from Raiano you can return to Caporciano passing through Popoli Capestrano or, if you have a passion for driving and a car with manual transmission, from Popoli via the direct route to the Navelli plain which goes up with 14 km of hairpin bends, home to a famous annual car race. On the way back a visit to San Benedetto in Perillis/Navelli is advisable.

CONTACTS

Stiffe Caves

Via Del Mulino Stiffe, 2
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Tickets
<https://www.visitsandemetrio.it/clvbticket/prodotto/biglietto-ingresso/>

Position 42.254206320017346,
13.541159535009578

Ristorante Rito di Claire Staroccia e Dan Gibeon
via del Mulino, 4
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cstaroccia@gmail.com

Ristorante Costa di Maggio
Via del Rio, 67020 Fontecchio AQ
Tel: 345 305 0285



Roman Uccole Aqueduct - Raiano



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