

FAMOUS FOR ITS DELICIOUS SUGARED ALMONDS

AS WELL AS BEING CLOSE TO THE BEST KNOWN TOURIST SPOTS IN CENTRAL ITALY AND AN IDEAL PLACE FOR A HOLIDAY AWAY FROM IT ALL WHERE THE GENUINE TASTES AND FLAVOURS OF THE ABRUZZO REGION ABOUND AND FASCINATING AND ANCIENT TRADITIONS ARE REFLECTED IN THE CITY'S ART, SCULPTURE, HISTORY AND FOLKLORE.

GENUINELY STEEPED IN ITS ARTISTIC HERITAGE

TUCKED AWAY AS IT IS AMONG THE HIGHEST MOUNTAINS OF THE SOUTHERN ITALIAN APENNINES AND BOASTING A LARGE NUMBER OF HISTORIC MONUMENTS FROM PRE-ROMAN, TO ROMAN AND MEDIEVAL AND FROM THROUGHOUT THE FOLLOWING CENTURIES.

A PIECE OF ITALY'S JIGSAW NOT TO LEAVE OUT

SIMPLE IN APPEARANCE BUT FASCINATING TO EXPLORE IN ITS FINE DETAILS, AND ALL SET IN SURROUNDINGS OF OUTSTANDING NATURAL BEAUTY.

The church of Santa Maria della Tomba, Rose window - 15th cent.



The crypt of St Panfilo's Cathedral, sepulchre - 14th cent.



The Abbey of Santo Spirito al Morrone - 13rd-18th cent.

FOR ASSISTANCE DURING YOUR VISIT TO SULMONA:

CONTACT THE TOWN HALL TOURIST OFFICE (UFFICIO TURISTICO COMUNALE) WHERE YOU WILL FIND:

- information about Sulmona and the surrounding area
- up-to-date lists of hotels and other places to stay
- information and timetables for local trains and buses
- maps, brochures, books and souvenirs
- concerts and theatre tickets
- free Wifi

THERE YOU CAN ALSO:

- book guided tours around Sulmona and Abruzzo.

THE TOWN HALL TOURIST OFFICE IS OPEN EVERYDAY (HOLIDAYS INCLUDED) FROM 9.00 TO 12.30 A.M. AND FROM 3.30 TO 7.00 P.M.

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SULMO MIHI
PATRIA
EST



The city
Art, History and Culture



TOWN OF SULMONA
COUNCILLORS' OFFICES FOR BUSINESS ACTIVITIES AND TOURISM

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SULMONA
ABRUZZO
ALL AROUND

CITY OF OVID

"*Sulmo mihi patria est, gelidis uberrimus undis*", which in Latin means "Sulmona, is my homeland, rich with fresh waters", is how the Roman poet Ovid, born in Sulmona in the 1st century BC, described the city. Even today Ovid's Sulmona is traceable in the layout of the city, the streets and the city walls and in a number of interesting archaeological sites such as the *House of Arianna* (1st century BC – 2nd century AD) and, especially, in the remains of a monument that was the *Sanctuary of Ercole Curino* dating back to the 4th century BC.

You are also advised to visit the *Annunziata Civic Museum* in the heart of the old town centre. Your visit will be a journey far back into time along the major routes of Sulmona's history, illustrated by a mass of important archaeological discoveries.

PLACE OF THE CELESTINE FRIARS

In the 13th century, when the city was a key economic and political centre in the region, Friar Pietro Angeleri, who was later to be Pope Celestine V (1294), chose the city as the headquarters for the new religious order he founded. This led to the building of the *Abbey of Santo Spirito* on the slopes of Mount Morrone and, higher up, on steep and rocky cliffs, the small *Hermitage of Saint Onofrio*.

A TREASURE CHEST OF TRADITION

The centuries-old ceremonies of Holy Week are repeated every year and see thousands of people gather in the city. On Good Friday evening the *procession of the dead Christ* moves slowly through the city to the glow of torches and the chanting of a male voice choir. On Easter morning, in the main city square, a large crowd of people view the moving ceremony of the *Madonna who runs across the square* ("Madonna che scappa in piazza") towards her Son, the risen Christ. In the sunny summer days between July and August the atmosphere changes: in the *Joust of the Knights* ("Giostra Cavalleresca") the various districts and neighbourhoods of the city come together to re-enact the far-off days in which knights, with their retinue of ladies, followers and musicians, vied in the field of *Piazza Maggiore* to win the *Palio* horse race.

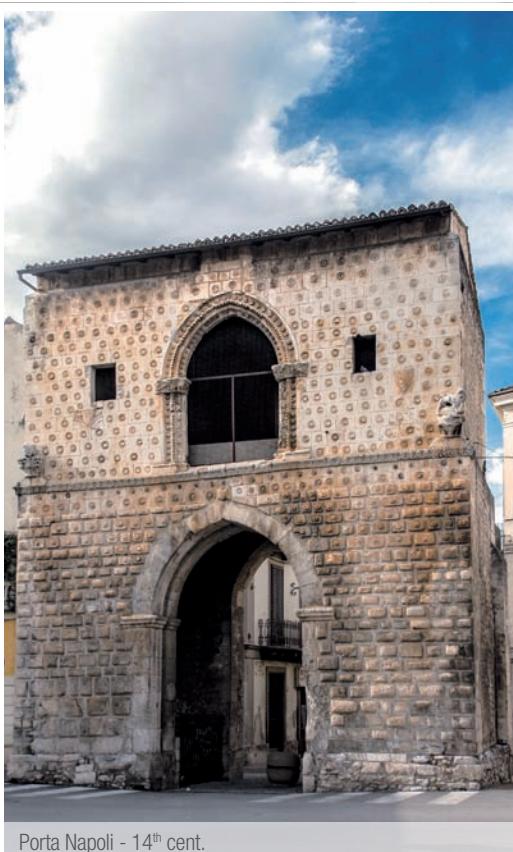
"THE SIENA OF THE ABRUZZI"

Sulmona's large number of churches and monuments in a variety of different local styles, complemented over the centuries by other styles of architecture brought to the city from Northern Italy, gave to Sulmona the reputation of being the "Siena of the Abruzzi", and today it can justifiably be mentioned in the same breath as many of the best known Italian cities of art and culture.

SWEET SMELLS AND ANCIENT FRAGRANCES

Walking along Sulmona's main street, Corso Ovidio, and the other streets of the city centre, at every turn you come upon those famous "confetti" (sugared almonds) in so many different forms. They are attractive to look at and delicious to eat, so that it is difficult to resist going into one of the stunningly well appointed shops and taking some of these sweets away with you. But you may be more interested in the red garlic, wine or local cheeses which abound in the shops along the street, and you will certainly want to visit the outdoor market in the city's main square, Piazza Garibaldi, on Wednesday or Saturday, and take your fill of its sweet smells and ancient fragrances.

SULMONA A CITY TO BE ENJOYED ALL YEAR ROUND



Porta Napoli - 14th cent.



Fontana Del Vecchio - 15th cent.

ACTIVITIES AND CULTURAL EVENTS

HOLY WEEK:

- Procession of the Dead Christ (Good Friday) and the Madonna who runs across the square ("Madonna che scappa in piazza") (Easter Sunday morning)

20TH MARCH:

- "Dies natalis" of Ovid (Celebration of Ovid's "birthday")

MARCH/APRIL:

- Fires Feast, age-old rural celebration with parade, traditional folk games and gastronomic stands

28TH APRIL:

- Celebrations in honour of St. Panfilo, the patron saint of Sulmona

APRIL:

- Freedom Trail ("Il Sentiero della Libertà"), escape route to Allied lines during the Second World War
- Certamen Ovidianum, international Latin competition with an Ovid theme

1ST MAY:

- National Vespa Rally "Città di Sulmona"

MAY:

- The "Giuseppe Capograssi" National Jurisprudence Prize

JUNE:

- Sulmona Prize for Journalism and Art Criticism
- Kids Jousting (Cordesca)

23RD JUNE:

- Folk Festival "Passar l'acqua"

JULY (LAST WEEKEND):

- Joust of the Knights (Giostra Cavalleresca di Sulmona)

AUGUST (FIRST WEEKEND):

- European Joust of the Knights (Giostra Cavalleresca d'Europa)

AUGUST:

- Assumption fair (Fiera dell'Assunta), markets in the historical centre
- "Zampanella" festival, a simple but tasty Abruzzo dish made from bread, tomatoes, oil and oregano

END OF AUGUST:

- Torchlight Procession, celebration of St Peter Celestine commemorating the journey on foot of the Hermit Pope Pietro da Morrone from the Hermitage of Saint Onofrio in Sulmona to L'Aquila, where he was consecrated pope

SEPTEMBER:

- Awarding of the "Sulmona Prize at International Exhibition of Contemporary Art"

OCTOBER:

- "Maria Caniglia" International Opera Song Competition

AUTUMN:

- "Sulmonacinema" Film Festival

NOVEMBER:

- Winter bugs rally

DECEMBER:

- Ars, Eros, Cibus, gastronomic festival in the city of Ovid

- "Augusto Daolio" National Prize for Emerging Singer-Songwriters



Good Friday - Procession of the Dead Christ



Easter morning - Madonna who runs across the square



Medieval Aqueduct - 13th cent.