

1) How to reach L'Aquila BY PLANE

L'Aquila is a city in the centre of Italy, at about 110 Km (68 miles) to the east of Rome and about 100 Km (62 miles) to the west of Pescara.

The closest international airports in the proximity of L'Aquila are Fiumicino Airport (Rome), Ciampino Airport (Rome), Abruzzo International Airport (Pescara).

1.1) FIUMICINO AIRPORT (ROME)

To get to L'Aquila from Fiumicino Airport (Rome), you have two options:

1) An express coach service leaving directly from the Airport and operated by Gaspari. For the details, visit the website: <http://www.gasparionline.it>.

2) Coach service, provided by Arpa (<http://www.arpaonline.it/arpaonline/en/>, with several lines running throughout the day). In this case, you will have to firstly catch a train to "Tiburtina train station" (*Stazione Tiburtina*, in Italian) in East Rome, where Arpa coaches leave for L'Aquila. This will take one hour at least, so we really suggest using option 1 above, if possible.

How to get to Tiburtina Station from Fiumicino Airport

The International Airport "**Rome Fiumicino**" is connected to **Tiburtina** by local trains. Trains run from 5.58 a.m. to 10.28 p.m. every 20 minutes. The travel takes 48 minutes and ticket costs around 8.00 euro.

Note that using a taxi from the airport to **Tiburtina** is very expensive (you may be charged even more than 50 euro!).

In order to catch a train to **Tiburtina** after getting off your plane at **Fiumicino** Airport, just follow the signs to the Train Station (it is located inside the airport).

From **Fiumicino** Airport there are two lines of trains:

- one line, which is bound for "**Roma Termini**" (**do not take this!**). If you happen to get to Termini Station instead of Tiburtina, just use the Underground (Metro) line B, bound for Rebibbia (there are a lot of signs indicating "Linea B", "direzione Rebibbia"). Your destination is Tiburtina (only 4 stops).
- another line (**use this!**), which calls at **Tiburtina**. But please note that the trains calling at Tiburtina are actually bound for Orte or Fara Sabina, so you may find these names on the time table instead of "Stazione **Tiburtina**". There are ten stops after leaving the airport to get to **Tiburtina** (so be ready to get off the train after the ninth station called Roma Tuscolana).

Outside **Tiburtina** train station, in Via Guido Mazzoni, you will find the coach station from where coaches leave for **L'Aquila**. For the instructions to reach L'Aquila by coach from Rome, see point n. 2.

1.2) CIAMPINO AIRPORT (ROME)

To reach L'Aquila from Ciampino Airport (Rome), you have two options:

1) An express coach service leaving directly from the Airport, provided by **Gaspari**. For the details, visit the website: <http://www.gasparionline.it>

3) Coach service, provided by **Terravision**: <http://www.terravision.eu>, from **Ciampino** airport to **Stazione Termini**. The ticket costs 4 euros and you can book it online at http://www.terravision.eu/rome_ciampino.html.

2) Coach service, provided by **Arpa**, with several lines running throughout the day. In this case, you will have to reach "Tiburtina train station" (*Stazione Tiburtina* in Italian) located at the eastern side of Rome, where coaches leave for L'Aquila.

- Get out of the airport and search for either "Cotral" or "Schiaffini" buses.
- There may be different buses: ask the driver or look at the display on the bus. Your destination is **Anagnina** (it is the name of an underground station). Tickets can be bought on the bus (the price is 1.20 EUR).
- After reaching **Anagnina**, get off the bus, walk down the steps and enter the underground station (you will see an "M" (metro) on the signs).
- Buy a ticket (1.5 euro): there are self-service machines or desks.
- From **Anagnina** there is only one underground line (line A). Your stop is **Termini** (the main train station in Rome).
- After getting off at **Termini**, you will have to change trains and take underground line B, bound for Rebibbia (there are a lot of signs indicating "Linea B", "direzione Rebibbia"). Your destination is **Tiburtina** (only 4 stops).

Outside **Tiburtina** train station you will find the coach station where buses leave for **L'Aquila**. For the instructions to reach L'Aquila by coach from Rome, see point n. 2.

1.3) ABRUZZO INTERNATIONAL AIRPORT (PESCARA) (notice that there might not be many connections)

To get to L'Aquila from **Pescara Airport (Aeroporto Internazionale D'Abruzzo)** (<http://www.abruzzoairport.com>) you will have to reach "**Pescara Centrale**" train station.

- Once you are outside the airport, catch bus number 8 or 38.
- A ticket costs around 1 euro. Tickets can be bought from automatic machines or desks.
- Duration: around 20 minutes.
- The bus will take you to Piazza della Repubblica in Pescara, a large square in front of "**Pescara Centrale**" train station.
- Buy a ticket for L'Aquila at the ticket office (*biglietteria* in Italian) you will find at the bottom of the square.
- A ticket costs around 14 euros.
- Duration: around 1 hour and 50 minutes. Alternatively, you can catch a train, which is definitely cheaper (around 7 EUR) but you'll have to change trains at Sulmona (a town between Pescara and L'Aquila), so the whole journey could take you almost 3 hours.

2) How to reach L'Aquila BY COACH from Rome.

There are two companies that provide coach service between Rome and L'Aquila:

2.1) GASPARI coach

An express coach service leaving directly from the two airports in Rome, provided by Gaspari. The whole trip takes about 2 hours depending on traffic (1 hour and 30 minutes from/to Ciampino Airport). Tickets can be bought on the bus or on the website <http://www.gasparionline.it/index.php>.

GASPARI COACH TIMETABLE (please notice that timetable can be subject to change)

From ROME to L'AQUILA			From L'AQUILA to ROME		
Fiumicino Airport	Ciampino Airport	L'Aquila (Hotel Amiternum)	L'Aquila (Hotel Amiternum)	Ciampino Airport	Fiumicino Airport
9.00	9.30	11.00	3.00	4.30	5.00
11.00	11.30	13.00	5.00	6.30	7.00
14.10	14.30	16.00	8.00	9.45	10.15
16.00	16.30	18.15	10.00	11.45	12.15
19.00	19.30	21.00	13.00	14.30	15.00
21.30	22.00	23.15	16.00	17.40	18.10

- At Fiumicino Airport, Gaspari coaches leave from Arrival Terminal 3. Gaspari coach will be stopping at parking lot no. 35/36, which you can find just opposite the exit of arrival terminal 3, after crossing the road.

- At Ciampino Airport, Gaspari coaches leave from the bus parking in front of the airport entrance (Ciampino airport is rather small); the ticket costs 16 € and you can book it online (<http://www.gasparionline.it/index.php>).

- The only stop this coach will do in L'Aquila is the one at Hotel Amiternum. When you get off, you will find a bar next to Hotel Amiternum, which sells bus tickets. From this bus stop you can catch a local bus (orange buses run by A.M.A.) (<http://www.ama.laquila.it>) or taxi to get to the GSSI in Via Crispi n. 7.

2.2) ARPA coach

Another coach service connects L'Aquila to East Rome and is provided by A.R.P.A. (<http://www.arpaonline.it/arpaonline/en/>).

Arpa coaches to L'Aquila leave from the bus station located at the exit of "**Tiburtina Train Station**" (in Italian: "Stazione Tiburtina")

- You will find the coach station outside **Tiburtina** Railway Station. When you get out of the station (either Metro or Train station), just cross two roads with a flyover above you and keep walking straight on with the station at your back. You may see the indication "Capolinea Atral e Cotral or Autostazione Tibus";

- The coach ticket (11 euro) has to be purchased, before getting on the bus, at Arpa

Ticket Office **C** (in Italian: "Biglietteria ARPA"), which you will find at the left side of the coach station. Most Arpa coaches to L'Aquila will be leaving from parking lot no. 1 (*stallo 1* in Italian). The trip takes about 1 hour and 40 minutes and it ends at the bus station called "Terminal Bus Lorenzo Natali (Collemaggio)" in L'Aquila.

- When you get off, to get to GSSI, you can walk (15 minutes by foot, following Viale Collemaggio) or catch a local bus (orange buses run by A.M.A.) or taxi.

ARPA COACH TIMETABLE (please notice that timetable can be subject to change)

ROME (Tiburtina) - L'AQUILA (bus station)	L'AQUILA (bus station) - ROME (Tiburtina)
Working days: 6.15, 6.45, 7.30, 8.10, 9.00, 10.00, 11.00, 12.25, 13.20, 14.15, 14.45, 15.15, 16.15, 17.15, 17.45, 18.15, 18.45, 19.30, 20.30, 21.30, 23.00	Working days: 4.30, 5.00, 5.30, 6.15, 6.45, 7.15, 8.00, 9.00, 10.10, 11.00, 12.00, 13.00, 13.30, 14.05, 15.10, 15.20, 16.15, 17.15, 18.00, 19.00, 20.15
Holidays: 8.10, 11.00, 12.15, 13.30, 15.00, 18.00, 19.00, 19.30, 20.30, 21.30, 22.00, 23.00	Holidays: 6.00, 8.00, 10.10, 12.30, 15.00, 15.20, 18.00, 19.00, 20.15

3) How to reach L'Aquila BY CAR

L'Aquila can be reached either via motorway or road:

- from Rome: Motorway A24 Rome-L'Aquila Est (east);
- from Autostrada Adriatica (Motorway A14): Toll gate "Teramo-Giulianova" - Motorway A24 to L'Aquila;
- from Pescara: Motorway A25 Pescara-Popoli and then S.S 17 Bussi-L'Aquila;
- from Naples: Motorway A1 Rome-Napoli - S.S. 82 Ceprano-Sora-Avezzano - Motorway Avezzano-L'Aquila A24/A25.

4) How to reach L'Aquila BY TRAIN (less advisable)

Train service is available, though less advisable, since it takes a very long time due to intermediate train stops. The whole journey may take you 5 hours and you'll have to change trains at least two times, while a coach will take you there in less than 2 hours.

Information (in English) available at: www.trenitalia.com