



MEMECO

Mediterranean Music
Education Committee

MEMECO Travel Guide

Mediterranean Music Education Committee

 [Sulmona, Italy](#)

Where to Stay – Santacroce Hotels



Santacroce Meeting Hotel

4-star hotel with panoramic views, gym, and shuttle service to Sulmona station.



Santacroce Ovidius Hotel

Elegant 4-star boutique hotel located in the historic center near the Cathedral.



Santacroce Guest House

Comfortable guest house accommodation for a more intimate stay in Sulmona.

Where to Stay – Hotels



Sei Stelle

3-star hotel with comfortable rooms, panoramic mountain views, and convenient access to Sulmona's historic center and train station.



Hotel Rojan

4-star boutique hotel in Sulmona's historic center, with elegant rooms and easy access to the main attractions and restaurants.



B&B Il marchese del grillo

Charming B&B in Sulmona's historic center, set in a historic residence with comfortable rooms and walking access to the main attractions.

Where to Eat in Sulmona – Curated Picks

Ristorante Spontaneo

Contemporary Cuisine

Innovative dishes focusing on natural and spontaneous ingredients, creating a unique culinary journey.

[Visit Website](#) 

Trattoria Don Ciccio

Traditional Trattoria

Authentic Abruzzese flavors in a cozy, rustic setting. Known for generous portions and local specialties.

[View Info](#) 

Semina – Cucina Agricola

Farm-to-Table

Seasonal menu based on fresh produce from their own garden. Simple, creative, and genuine flavors.

[Visit Website](#) 

Armónia Restaurant

Fine Dining

Elegant atmosphere offering refined dishes that balance tradition with modern culinary techniques.

[View Info](#) 

Il Vecchio Muro

Pizzeria & Restaurant

Famous for excellent pizza and traditional dishes, located in a charming spot near historic walls.

[Visit Website](#) 

Verde Majella

Local Cuisine

Dishes inspired by the Majella mountain traditions, featuring high-quality local meats and ingredients.

[View Info](#) 

Recommended Route

Bus Services from Rome Fiumicino (FCO) & Ciampino



Prontobus

Direct express connection. The quickest option from Fiumicino & Ciampino airports to the region.



FlixBus

International bus operator offering comfortable rides with Wi-Fi and power outlets.



TUA Abruzzo

Regional public transport service connecting Rome airports to Abruzzo. Reliable and widespread network.



Arrival Information: Pratola Peligna

Some bus services may stop at **Pratola Peligna** instead of Sulmona center. A **free shuttle service** or independent taxis (+39 389 169 5093) are available from Pratola to complete your journey to Sulmona.

From Rome Fiumicino (FCO)

STEP 1 Leonardo Express to Roma Termini



Direct connection from Fiumicino Airport.

Duration: ~32 minutes

Frequency: Every 15-30 minutes

STEP 2 Regional Train to Sulmona



Direct regional train from Roma Termini station.

Duration: ~2h 20m - 2h 40m

Availability: Frequent daily departures

Book your tickets online:

[Trenitalia Website](#)



Scenic Journey to Abruzzo

Enjoy the comfortable ride through the Italian countryside.





From Pescara Airport (PSR)

Travel Itinerary to Sulmona



Transfer to Railway Station

Transfer from Pescara Airport (PSR) to Pescara Centrale station.

 Taxi: 10-15 min  Bus: 20-25 min




Regional Train to Sulmona

Take a direct regional train from Pescara Centrale to Sulmona.

 Duration: ~1h - 1h 15m

 Total Travel Time: ~1 hr 30 min

 For schedules and tickets, please visit the.

[Trenitalia Website](#) 

Return Journey

Travel Instructions & Orientation



To Rome Fiumicino (FCO)

1. Train: Sulmona to Roma Termini (~2h 20m)
2. Express: Leonardo Express to Airport (~32 min)

🕒 **Total Time: ~3 hours**



To Pescara Airport (PSR)

1. Train: Sulmona to Pescara Centrale (~1h 15m)
2. Transfer: Taxi (10m) or Bus (20m) to Airport

🕒 **Total Time: ~1h 30m**



Remember to book your return train tickets in advance via [Trenitalia.com](https://www.trenitalia.com).

Sulmona City Map

