

Mini-Guide: Sulmona: Poetry, Confetti & the Soul of Abruzzo

A Medieval Gem Between Mountains and Myth



What's Inside:

- **Exploring Sulmona's Historic Center & Market**
Wander through the well-preserved medieval core—Corso Ovidio, Piazza Garibaldi with its Gothic aqueduct, and elegant palaces and churches. [WikipediaWikipediaItalia.it](#)
- **The Ancient Aqueduct & Ovid's Legacy**
Discover the 13th-century Manfredi aqueduct in Piazza Garibaldi and follow in the literary footsteps of Ovid, whose statue graces the central square. [WikipediaItalia.it](#)
- **Local Crafts: Handmade Confetti (Sugared Almonds)**
Visit **Confetti Mario Pelino**, Italy's famed sugared-almond confectionery since 1783. They offer

a museum and shop telling the storied craft of confetti-making. [WikipediaLifeinabruzzo.com](#)

- **Best Cafés, Restaurants & Gelato Spots**
Explore on foot through historic streets and piazzas—cobblestones, arcades, and inviting cafés make every stop a delight. [WikipediaSummer in Italy](#)
- **Day Hikes in Majella National Park**
Sulmona lies in a valley hemmed by majestic mountains—perfect for trekking into Majella's wild beauty. [Italia.itSummer in Italy](#)
- **Easter and Medieval Festivals**
Don't miss the **Madonna che Scappa** (Running Madonna) ceremony at Easter and the **Giostra Cavalleresca**, a jousting festival in medieval pageantry. [WikipediaWikipedia](#)
- **How to Get There from Pescara or Rome**
Sulmona is reachable by train or car from both Pescara and Rome—approximately 90 minutes from Rome by road. Private tours sometimes depart from Rome as well. [PeekRick Steves Community](#)

Official Tourism Website

For planning tools, how to get there, and ideas for your stay, visit the official Abruzzo tourism page for Sulmona: **Abruzzoturismo** – Sulmona. [abruzzoturismo.it](#)

Pocket Card

Five Useful Italian Phrases for Sulmona



1. Dove si trova il museo dei confetti?

(DOH-veh see TROH-vah eel moo-ZEH-oh day kon-FEH-tee?)

“Where is the confetti museum?”

2. Vorrei provare il gelato artigianale, per favore.

(Vohr-RAY pro-VAH-re eel jeh-LAH-to ar-tee-jah-NAH-leh, pehr fah-VOH-re.)

“I’d like to try the artisanal gelato, please.”

3. A che ora è la cerimonia della Madonna che Scappa?

(Ah keh OH-rah eh lah cheh-ree-MOH-nee-ah DEL-lah Mah-DOHN-nah keh SKAH-pah?)

“What time is the Running Madonna ceremony?”

4. Mi può consigliare un buon ristorante tipico?

(Mee pwoo kon-see-LYAH-reh oon bwon ree-stoh-RAHN-teh TEE-pee-koh?)

“Can you recommend a good traditional restaurant?”

5. Posso partecipare alla Giostra Cavalleresca?

(POH-sso par-teh-chee-PAH-reh AHL-lah JOH-struh Cah-val-leh-RES-kah?)

“Can I participate in the medieval jousting event?”