

WELCOME TO VASTO

Delightful and tranquil small tourist town and seaside resort located in the south of Abruzzo, full of history, art, culture, famous for its cuisine and wines, lined with splendid beaches.

Smile and relax, while we guide you through the discovery of our city.



*“There are fewer and fewer places left around the European shores of the Mediterranean where **you can bathe in safe, clean water by a quiet beach in front of orchards and vineyards**. Fewer still where such is the volume of traffic that you can pick up your luggage at an international airport just minutes after you have landed. Abruzzo, with mountains to the west, and the Adriatic in the east, is still an unspoilt region of Italy. Abruzzo, with mountains to the west, and the Adriatic in the east, is still an unspoilt region of Italy.*

*Unpretentious as well as unspoilt is **Vasto**, about an hour south of the airport at Pescara. The old town overlooks a long sandy beach, a short walk down the hill from the centre and a clutch of low-rise hotels. A little further up the coast, past the lighthouse at Punta Penna, is another, even quieter, beach, by a nature reserve at Punta Aderci. Here, you can also see trabocchi, curious wooden contraptions used by local fishermen to catch fish, mainly prawns, without getting into the water.”*

Richard Norton Taylor - The Guardian UK





What to see in Vasto...

Vasto Marina in the gulf with its equipped beaches

Historical centre with Piazza Rossetti, Caldoresco Castle, D'Avalos Palace and its Neapolitan garden, the museum and the art gallery, Loggia Amblingh, San Giuseppe and Santa Maria Maggiore churches

Punta Aderci Nature Reserve with its wild sand (Punta Penna) and stones beaches (Libertine, Punta Aderci, Motta Grossa)

20 km of sand or stones and rocks beaches called Trabocchi Coast, typical wooden fishing machines of the Southern Abruzzo coast.



... and its surroundings

Tremiti, small islands chain that contain a compact yet diverse microcosm. Caves, gorges, and sea fans - all relics of a distant past when these parts were crossed by trade routes, they represent the best that can be offered to those who love exploring under the sea.

Majella National Park completely made by mountain, one of the three National Parks in the Abruzzo, voted the "Green Region of Europe"; Majella is the Mother or Holy Mountain with its many holy monuments, the vast plateaus of the high altitudes and of the wild and imposing canyons; the Park of the Wolf, the Bear, but also the Park of the Retreats, the Abbeys, the dry-stone huts and the wonderful old town centres of the Municipalities.

Termoli, San Giovanni in Venere and in 2/3 hrs driving Rome, Naples, Bari ...



What to do in Vasto

Vasto is a summer tourism destination, therefore many attractions have place during the summer or spring. Some of our suggestions are:

- Enjoy sandy beaches
- Events and walk/kayak tour organized by Punta Aderci Reserve
- Have a walk after dinner time along Vasto Marina promenade or the city centre, enjoy live music bars and a glass of our famous wine
- Have a walk on Loggia Ambligh with beautiful view of Vasto gulf, visit D'Avalos palace and its Napolitean Garden
- Visit and eat in a trabocco, since some have been converted in very nice restaurants and enjoy the marine atmosphere



What to eat

Typical dishes in Vasto area are:

- *Paranza*: fried little and local fish
- *Brodetto*: a typical fish soup of local fishes
- *Pallotte cace e ov*: meatballs without meat but with cheese and eggs
- *Arrosticini*: typical sheep skewers
- *Ventricina*: a typical kind of salami, by itself, in sandwiches or on pizza too
- Typical cheese, goat or sheep
- Olive oil
- Sweets as *bocconotti*, *cantucci*, *mostaccioli*
- Typical wines of Abruzzo Region such as *Montepulciano*, *Trebbiano* or *Cerasuolo*.



See you soon in Vasto!

More info about Vasto and Abruzzo Region on:

Vasteggiando.it

[Vasto by a drone](#)

[Abruzzo Turismo](#)