

## Travel instructions to reach the Gran Sasso Science Institute

(updated: 16 November 2017)

### 1. BY PLANE

L'Aquila is located in central Italy, at about 110 Km (68 miles) east of Rome and 100 Km (62 miles) west of Pescara. The closest international airports are Fiumicino Airport (Rome), Ciampino Airport (Rome), and Abruzzo International Airport (Pescara).

#### 1.1. Rome FIUMICINO AIRPORT (national and international flights)

To get to L'Aquila from Fiumicino Airport you have two options:

##### (a) Gaspari bus

This is an express coach service leaving directly from the airport. Tickets cost 16€. For details: <http://www.gasparionline.it/en/>. Coaches leave from **platforms n. 35/36**, which you can find just opposite the exit of Terminal 3, arrivals. The journey lasts about 2 hours (2.20 at peak time). Buses run in the following hours:

To L'Aquila: 9,10 – 11,10 – 14,15 – 16,00 – 19,00 – 21,30 – 23,50.

From L'Aquila: 3,00 – 5,00 – 8,00 – 10,00 – 13,00 – 16,00 – 18,00.

Buses arrive at Hotel Amiternum, which is located outside of the city centre. From here take a taxi to the GSSI (around 7€).

##### (b) TUA bus

TUA buses leave from Tiburtina train station (*Stazione Tiburtina*, in Italian). In this case you will first have to catch a train from the airport to the station, then refer to par. 2 on how to reach L'Aquila by coach. This second option will take almost one hour longer than (a), so it only is advisable at times when the other is not available.

#### How to get from Fiumicino airport to Tiburtina station

Using a taxi is rather expensive (you may be charged more than 50€). Alternatively, you can catch a train. Follow the signs to the **railway station located inside the airport**. Take a **train service bound for Fara Sabina/Orte**. Trains run from 5.57 to 22.42 at every 15 minutes (every 30 minutes before 6.27 and after 20.12). For more information: <http://www.trenitalia.com/tcom-en>. The travel takes 48 minutes and tickets (to be purchased and validated before boarding the train!) cost 8€. Get off at **Tiburtina train station** (*Stazione Tiburtina* in Italian), which is the 10<sup>th</sup> stop. Outside Tiburtina train station, in Via Guido Mazzoni, you will find the **coach station**.

NOTE: from the airport, **do not take the train to Rome Termini**. If you happen to get to Termini station instead of Tiburtina, just use the Underground (*Metro*) Line B, bound for Re-

bibbia (follow the signs indicating "Linea B", "direzione Rebibbia"). Your destination is Tiburtina (4 stops).

## 1.2. Rome CIAMPINO AIRPORT (low cost carriers)

To reach L'Aquila from Ciampino Airport you have two options:

### (a) Gaspari express bus

This is an express coach service provided by Gaspari bus leaving directly from the airport. Tickets cost 16€. The journey lasts about 1.30 hours (1.45 at peak time). For updated details: <http://www.gasparionline.it/en/>. Buses run in the following hours:

To L'Aquila: 00,15 – 9,40 – 11,40 – 14,40 – 16,30 – 19,30 – 22,00.

From L'Aquila: 3,00 – 5,00 – 8,00 – 10,00 – 13,00 – 16,00 – 18,00.

Buses arrive at Hotel Amiternum, which is located outside of L'Aquila city centre. From here take a taxi to the GSSI (around 7€).

### (b) TUA bus

TUA buses leave from Tiburtina train station (*Stazione Tiburtina* in Italian). In this case you will first have to reach the station, then refer to par. 2 on how to travel to L'Aquila by coach.

## How to get from Ciampino airport to Tiburtina station

A taxi costs around 35€. A less expensive option is to take a bus + train. From the airport, look for the **Schiaffini bus stops** located outside the terminal building. Board a **bus to Ciampino train station** (*Stazione FS Ciampino*). Tickets can be bought on the bus and cost 1.20€ + 1.20€ for each suitcase. The duration is 5 minutes. Buses run in the following hours:

Mon/Sat (excluding holidays): 5,20 - 6,40 – 7,20 – 7,40\* – 8,00 - 8,20 - 8,40 – 8,50 – 9,20 – 11,10 – 11,40 – 12,00 – 12,40 – 13,20 – 14,00 – 15,20 – 16,00 – 16,20\*\* – 16,40\* - 17,00\*\* – 17,20 – 18:00 – 19,20 – 20,00 – 20,40 – 21,20 - 21,50 – 22,40 – 23,30 (\*only Sat \*\*not on Sat).

Sunday and holidays: 6.40 – 7,20 – 8.00 – 8,40 – 10.00 – 12.00 – 14.40 – 16,00 – 17,20 – 18,40 – 20.00 – 21.20 – 21,50 – 22.40 – 23.35.

Ciampino train station is then connected to **Rome Termini train station** every 15 minutes. The journey takes 16 minutes and the ticket (to be purchased at the station) costs 1.5€. For more information: <http://www.trenitalia.com/tcom-en>.

From Rome Termini, take **underground Line B**, bound for Rebibbia (follow the signs indicating *Linea B, direzione Rebibbia*). Your destination is **Tiburtina** (4 stops). Tickets can be purchased in the underground station and cost 1.5€. Outside Tiburtina train station, in Via Guido Mazzoni, you will find the **coach station**.

### 1.3. Pescara's ABRUZZO INTERNATIONAL AIRPORT (Ryanair low-cost flights)

To get to L'Aquila you will first have to reach **Pescara Centrale train station**. Taxis cost around 20€. Alternatively, catch **bus n. 38**, departing every 15 minutes from outside the airport. The journey is about 20 minutes and the fare is 1.10€. Tickets can be bought from automatic machines in the terminal arrival area. The bus will take you to Piazza della Repubblica, a large square in front of Pescara Centrale train station. From there, you have two options:

#### (a) TUA bus

Buses run to L'Aquila Collemaggio terminal (*Terminal di Collemaggio*). Tickets can be purchased at ticket office (*biglietteria* in Italian) you will find at the bottom of the square. A ticket costs 9,60€. Duration: between 1,35 and 2,05 depending on the service. Buses runs in the following hours:

To L'Aquila: 5,55\* – 6,25\*\* – 8,00 – 13,00\*\*\* – 13,10\* – 14,10\* – 16,05\*\* – 17,15\* – 18,00 – 19,30\* – 19,45\*\*\*.

From L'Aquila: 6,00\* – 6,25\*\* – 8,10\*\*\* – 8,15\* – 13,00 – 14,10# – 15,15\* – 15,30\*\*\* – 17,15\* – 18,00# – 18,45\*\* – 21,10\*\*\*.

(\*Mon/Sat only \*\*Mon/Fri only \*\*\*Sunday only #Friday only).

Once arrived at the Collemaggio terminal, either walk to GSSI (only 700mt, but uphill), or take a taxi (around 7€).

#### (b) Train to L'Aquila rail station

There is no direct connection, so you will have to change train at Sulmona. The journey lasts between 2 and 3,30 hours depending on the time of the day. It is hence advisable to check the updated timetable at <http://www.trenitalia.com/tcom-en> before opting for the train. The ticket (to be purchased and validated before boarding) costs 9€. From L'Aquila train station, which is located outside of the city centre, then take a taxi to the GSSI (around 7€).

## 2. BY COACH (from Rome Tiburtina bus station).

You will find the coach station outside Tiburtina Railway Station. When you get out of the station (either metro or railway), just walk under the flyover leaving the station behind you. You will find the **Tibus bus station** (*Autostazione Tibus* in Italian). There are two main companies providing coach service to L'Aquila:

#### (a) TUA buses

TUA coaches generally leaves from Platform 1 (*stallo 1* in Italian). The ticket is 11.5€ and should be purchased before getting on the bus at TUA Ticket Office C (*biglietteria C* in Italian), which you will find on the left-hand side of the coach station. The trip takes about 1 hour and 40 minutes and it ends at the **Collemaggio bus terminal**. From here, you can either walk to GSSI (only 700mt, but uphill) or catch a taxi (around 7€). Buses run as follows:

**To L'Aquila, Mon/Sat:** 6,15 – 6,45\* – 7,30 – 8,10\* – 9,00 – 10,00 – 11,00 – 12,25 – 12,45# – 13,20 – 14,15 – 14,25# – 14,45 – 15,15 – 16,15 – 17,15 – 17,45 – 18,15\* – 18,45 – 19,30 –

20,30 – 21,30 – 22,00# – 23,00 (\*not on Sat #stops at Hotel Amiternum, not Collemaggio terminal).

**To L'Aquila, Sundays:** 8,10 – 11,00 – 12,25 – 13,30 – 14,25# - 15,00 – 18,00 – 19,00 – 20,30 – 21,30 – 22,00# – 23,00 (#stops at Hotel Amiternum, not Collemaggio terminal).

**From L'Aquila, Mon/Sat:** 4,30 – 5,00\* – 5,30 – 6,00\* – 6,45 – 7,15 – 7,45 – 8,15 – 8,40# – 9,00 – 10,10 – 11,00 – 11,05# – 12,00 – 13,00 – 13,30\* – 14,05 – 15,05# – 15,20 – 16,15 – 17,15 – 18,00 – 19,00\* – 20,15 (\*not on Sat #leaves from Hotel Amiternum, not Collemaggio terminal).

**From L'Aquila, Sundays:** 6,00 – 8,00 – 8,40# – 10,10 – 12,30 – 15,00 – 15,05# – 16,15 – 18,00 – 19,00 – 20,15 (#leaves from Hotel Amiternum, not Collemaggio terminal).

### (a) Gaspari Bus

This bus company will bring you to **Hotel Amiternum**, which is not located in downtown L'Aquila. From there, catch a taxi to GSSI (around 7€). Tickets cost 9€, and buses run as follows:

**To L'Aquila:** 7,30\* – 10,00 – 12,00 – 15,00 – 17,00 – 18,30 – 20,00 – 22,30 (\*not on Sunday).

**From L'Aquila:** 5,00 – 6,20 – 8,00 – 10,00 – 13,00 – 16,00 – 17,30 – 18,00.

## 3. BY CAR

From Rome: Motorway A24 Rome-L'Aquila Est.

From Autostrada Adriatica (Motorway A14): Toll gate "Teramo-Giulianova" - Motorway A24 to L'Aquila.

From Pescara: Motorway A25 Pescara-Popoli, 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. BY TRAIN

Train service between Rome and L'Aquila is available, though less advisable, since it takes a very long time due to intermediate train stops. The whole journey may take up to 5 hours (against 2 hours by bus) and you will have to change trains twice. Information is available at: <http://www.trenitalia.com/tcom-en>. If you are travelling by train from other Italian cities, it is hence advisable to **arrive at Rome Tiburtina train station and from there continue by bus** (see par. 2).