

By Coach

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.

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)

ROMA (Tiburtina) - L'AQUILA (Bus Station)

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, 18.45, 19.30, 20.30, 21.30, 22.45

holidays: 6.00, 8.00, 10.10, 12.30, 15.00, 15.20, 18.00, 19.00, 20.00

L'AQUILA (Bus Station) - ROMA (Tiburtina)

working days: 4.40, 5.30, 6.15, 6.45, 7.15, 8.00, 9.00, 10.10, 11.00, 13.00, 13.30, 14.05, 15.10, 15.20, 16.15, 17.15, 18.00, 19.00, 20.00.

holidays: 6.00, 8.00, 10.10, 12.30, 15.00, 15.20, 18.00, 19.00, 20.00