

## I've written 66 guidebooks for Lonely Planet. Here are the top 10 places I've ever visited.

Brendan Sainsbury

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Abruzzo is at the top of my list when it comes to regions in Italy.



Pacentro is a ridgetop village in Abruzzo and an ideal base for hiking excursions into the nearby Morrone Mountains. Brendan Sainsbury

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I've researched 18 of Italy's 20 regions for Lonely Planet, but Abruzzo still sits at the top of my list.

The fiercely traditional region of tall, rugged mountains and authentic hilltop villages is in central Italy. It's conveniently close to Rome but less visited by the hordes of tourists making beelines to Florence and Venice.

I particularly like Abruzzo for its impressive network of well-marked hiking trails (one of Italy's understated joys) and intricate jigsaw of wild national parks, home to the rare but majestic Marsican bear.