

CALABRIA - IMPOSING NATURE WITH CULTURAL ROOTS IN ANCIENT GREECE

TOUR 1 - HISTORY, RURAL LIFE AND GASTRONOMY BETWEEN SEA AND MOUNTAINS

6 DAYS – 5 NIGHTS

WHY CHOOSE THIS UNIQUE TOUR?

ACCOMMODATIONS

- **ALBERGO DIFFUSO**
ROUGHLY TRANSLATED AS
“SPREAD OUT HOTEL”,
HOSPITALITY
STRUCTURE OBTAINED
FROM **RESTORED**
HOUSES
IN THE TOWNS OF
MORANO AND BELMONTE
CALABRO

EXPERIENCES

STEAM TRAIN
AND **ELECTRIC BOAT TRIPS**
IN THE SILA NATIONAL PARK

PRIVATE NAVIGATION
IN THE TYRRHENIAN SEA

RIVER WALKING
IN POLLINO NATIONAL PARK

COOKING CLASS
IN BELMONTE

VISITS:

- **MOZZARELLA PRODUCER**
- **AMARELLI LICORICE MUSEUM**
- **ROMITO CAVES**
- **GIANT PINES OF SILA**
- **CEDAR MUSEUM**

GUIDED TOURS:

- **MORANO CALABRO**
- **UNESCO AWARDED
CODEX MUSEUM**

TASTINGS

- LUNCH EXPERIENCE
“**IONIAN COAST**” WITH
TASTING OF **WINES** AND
LOCAL PRODUCTS IN
LOCAL VINEYARD
- LUNCH EXPERIENCE
“**POLLINO NATIONAL
PARK**” with tasting OF
WINES AND **LOCAL
PRODUCTS**
- DINNER EXPERIENCE
“BELMONTE”
- **MOZZARELLA**
TASTING AND
EXPERIENCE LUNCH
BASED ON BUFFALO
DAIRY PRODUCTS
- **CEDAR PRODUCTS**
TASTING

DAY 1 ROME – EXPERIENCE: THE MOZZARELLA - MORANO

Departing from Rome.

Along our way to Calabria region, stop-by in Salerno rural area for a taste experience of one of the most important products: The Mozzarella!

We will visit the dairy together to discover the production techniques and, at the end, we will entertain you with a typical lunch based on buffalo dairy products.



Arrival to Morano.

Narrative walk through the alleys of the historic center to discover the secrets of peasant life and the history of this splendid village.

For a great local experience, the accommodation will be arranged in a widespread hospitality structure obtained from restored houses in the village. Overnight.



DAY 2

MORANO - ROSSANO – IONIAN COAST - ALTOMONTE – MORANO

After the breakfast, departing from Morano to the town of Rossano and visit of the Amarelli Museum.

Amarelli is one of the most famous Italian brands related to the licorice, and in their museum a sensory journey will guide us to discover the processing of this special root. In the end, a tasting of these products will let us an even greater memory of the experience.



Following to another great attractive of the area, the The Codex Purpureus Rossanensis.

The Codex is one of the oldest gospels in the world, made more precious by its superb illuminations, that has been recognized world heritage by the UNESCO, and inscribed in the section memory of the world on 2015.



Following to Ionian Coast and visit of a local vineyard where, guided by local professionals, we will have the opportunity to discover the property and the production of the great wines that characterize the production in this area in south Italy. After the visit, an Experience tasting with local products and, of course, wines will be served.



Following to Altomonte, small rural town where Medieval-era buildings and historic churches characterize this town surrounded by enchanting hills.



Return to Morano and overnight.

DAY 3 MORANO– PAPASIDERO – LAINO – CIVITA - MORANO

Breakfast at the hotel.

In the morning visit to the caves of the Romito, a site dating back to the upper Paleolithic containing one of the oldest testimonies of prehistoric art in Italy such as the famous graffiti of the "Bos primigenius" dating back to about 11000 years ago.



Following visit to Laino Borgo where local professionals will accompany us on a River Walking, activity suitable for an audience of all ages. (ALTERNATIVE AVAILABLE "EASY/MEDIUM" RAFTING).



Lunch in a local restaurant.

In the afternoon Continue to Civita. This small town, built in the heart of the Pollino national park, is considered the capital of the Arbëreshë community of Albanian origin. Visit of the village.



Return to Morano and overnight.

DAY 4 MORANO – SILA NATIONAL PARK – FIUMEFREDDO BRUZIO - BELMONTE

After breakfast, departure for one of Italy's oldest national parks, where the steam train awaits us. Tourist trip in the Sila National Park territories, up to the highest narrow gauge railway station in Europe at over 1400 meters high. **ALTERNATIVE:** Visit to the center of Cupone, with its nature trails and the park museum

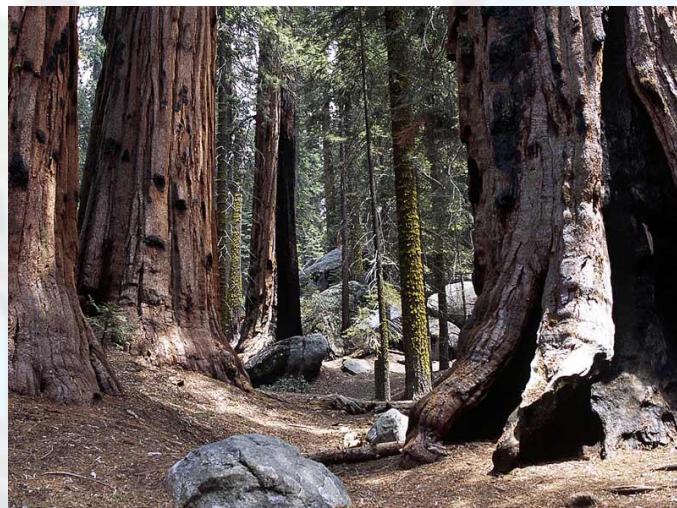


Visit of Lorica and an electric boat excursion on Lake Arvo, to experience the thrill of sailing surrounded by the wonderful woods of the park!



Free lunch.

Walk to the co-called "Giants of the Sila", ancient forest of larch pines over hundred years old of majestic dimensions.



Departing for Fiumefreddo Bruzio, lovely town characterized by narrow streets and lovely balconies in front of the sea. Visit.



Following to Belmonte, where accommodation will be arranged in a widespread hospitality structure obtained from restored houses in the village.



DAY 5 BELMONTE – RIVIERA DEI CEDRI – BELMONTE

Breakfast at the hotel.

Departing for Santa Maria del Cedro and visit of the Cedar Museum and final tasting of cedro products.



Following to Praia a Mare.

In the local harbor departure for a private sailing along the great landscapes of the coastline, discovering some of the most beautiful beaches of the Tyrrhenian sea.



Return to the harbor and departure to Diamante, delightful "city of murals" with houses decorated with wonderful works!



Return to Belmonte and in the afternoon cooking class to learn how to prepare some typical products of the local cuisine.



Dinner and overnight.

DAY 6

BELMONTE – ROMA

In the morning breakfast in the hotel.

After the check-out, return to Rome.

End of services

RATES PER PERSON

IN DBL/TWIN ON A BASE OF 4 PEOPLE: from € 2255.00

In Morano Calabro and Belmonte Calabro accommodations unsuitable for people with reduced mobility

Due to the characteristics of the services included in the itinerary, the tour is available in the season between May and October. The price is indicated as "from €..." because the exclusivity of the included services may affect their availability at certain times of the year. To organize departures at times of the year other than those indicated above, for a number less than 4 participants or, finally, if one or more than one of the included services is not available, it will be necessary to quote the tour to the measure.

RATES INCLUDE:

- n. 3 nights' accommodation with breakfast in "Albergo Diffuso" in Morano Calabro. "Albergo Diffuso" roughly translates as "spread out hotel", hospitality structure obtained from restored houses in the town of Morano;
- n. 2 nights' accommodation with breakfast in "Albergo Diffuso" in Belmonte Calabro. "Albergo Diffuso" roughly translates as "spread out hotel", hospitality structure obtained from restored houses in the town of Belmonte;
- Visit to a Mozzarella producer with tasting and lunch based on buffalo dairy products;
- Narrative walk through the alleys of the historic center in Morano;
- visit to the Amarelli Licorice Museum;
- visit to the Codex Purpureus Rossanensis, one of the oldest gospels in the world, recognized as a world heritage site by UNESCO;
- visit to a local vineyard with tasting on the Costa Jonica;
- entrance to the Romito caves;
- River Walking on the Rio Lao;
- Typical lunch in Laino Borgo;
- Tourist trip by steam train and electric boat on Lake Arvo in the Sila National Park;
- Walk between the so-called "Gigantes de la Sila";
- visit of the Cedar Museum with tasting;
- private navigation in the Tyrrhenian Sea;
- cooking class and dinner in Belmonte;
- Itinerary as above
- Bus/ Van at disposal for the mentioned itinerary
- English speaking escort guide/driver up to 8 people (driver and guide with more than 8)

RATES DO NOT INCLUDE:

food and beverages not specified above – entrances not specified above – portage – tips – city tax at the hotels - extras and whatever not specified in RATES INCLUDE