

19. SIGNS OF ART

Catanzaro

Day: **Saturday** Price: **20 €**

Guided tour of the old town of Catanzaro, capital of Calabria Region and guardian of civil and religious buildings of great historical and artistic interest. We will enter the archaeological and numismatic museum and the MARCA, the new art museum that hosts interesting exhibitions of contemporary art, in addition to a rich art gallery-gipsothèque. At the end we stroll into the Mediterranean Biodiversity Park, keeper of several species of flora and fauna and home to the International Sculpture Park, signed by famous artists.

20. PAINTINGS IN THE WOOD

Taverna (CZ)

Day: **Saturday** Price: **25 €**

The trip starts with a visit to Taverna, an art place of rare depth guardian of the largest collection of Mattia Preti, the famous "cavalier calabrese" follower of Caravaggio, who was born here. Contemporary art will be the protagonist both of a rich gallery and en plein air in the old town centre. Then we will move at the Sila National Park, marked by an undulating landscape of forests and sudden lakes. Here we enter the Visitor Center of Mancuso Village where, in addition to deers, roe deers and owls, two Forest Museums are ready to relate to adults and children the secrets of this green corner. Before to come back, free time for shopping of Calabrian souvenirs and typical food.



INCLUDED SERVICES

- GT Transport bus with air conditioning and Hi-Fi --
- Guided tour for the duration of the trip with professional travel courier --
- Complimentary refreshments with local organic products --
- Entrance to monuments /museums /labs included in the price, unless otherwise noted --
- Meals never included in the price (except tastings within the excursions 10 and 13) --

TOTAL LENGTH OF TOURS
6 hours approx., except where otherwise noted.

PLEASE NOTE

Reservations must be made at least 24 hours prior to departure. Any changes to the program (day, places, etc) will be granted on the basis of specific requests for groups of at least 20 people.

INFORMATION AND RESERVATIONS

ENJOY ITALY

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Catalogue of excursions in Calabria

Nature
Emotions
Culture



1. CARTHUSIANS, CHARCOAL BURNERS AND PIPE MAKERS

Serra San Bruno (VV)

Day: **Sunday** Price: **20 €**

Arrival at the medieval Charterhouse of St. Stephen founded by St. Bruno of Cologne and visit of the Museum. Continue to the evocative Sanctuary of S. Maria del Bosco, the place where the Saint died. Then, nice walking through the old town of Serra San Bruno, embellished with numerous eighteenth-century churches and wood and copper workshops. The tour ends along the Charcoal Burners Route, tangible evidence of historic coal production in the Regional Park of Serre.

2. ON THE TRAIL OF BYZANTIUM

Stilo, Bivongi, Pazzano (RC)

Day: **Sunday** Price: **20 €**

This trip represents a real dip in Orthodox spirituality than a thousand years ago, pervaded the entire Calabria. After visiting the medieval old town of Stilo, one of the Most Beautiful Villages in Italy, we enter the famous Catholic, small but extraordinary jewel of Byzantine architecture. The same that characterizes the lonely greek-orthodox monastery of St. John Therestis of Bivongi, that we will visit in company of his brothers. At the end we will go to the underground sanctuary of Monte Stella, one of the most important branches of the Basilian hermits of Calabria.

3. BADOLATO MON AMOUR

Badolato (CZ)

Day: **Sunday** Price: **18 €**

This route is nourished by the beauty and decadent and timeless charm and Badolato, one of the Authentic Villages of Italy. Its medieval old town, whose urban structure is beautifully intact, stands majestically on a hill between two opposite valleys. Together we will visit interesting medieval and Renaissance churches and we will run through a maze of alleys and steps on which noble palaces, abandoned houses and pieces of antique workshops insist. At the end of the excursion, also rewarded with splendid and uncontested views over the Ionian Sea, will visit the nearby seventeenth-century convent of Santa Maria degli Angeli and the ancient Byzantine church of Our Lady of Health, which walls still retain considerable traces of the original frescoes.

4. THE IONIAN SEA OF MYTH

Isola Capo Rizzuto (KR), Crotona

Day: **Monday** Price: **25 €**

With this tour you will experience a postcard view of Calabria. We start with Le Castella, within Italy's largest Marine Protected Area, making entrance to the famous Aragonian castle of the fifteenth century, still perfectly preserved. Then we will move in the Archaeological Park of Capo Colonna which, by the sea, houses the only survivor Greek column of the region and a precious museum we will enter in. Before leaving, we will go to the shrine of Our Greek Lady, symbol of religious continuity that comes from the Greeks to the present day through Byzantium.

5. COSTA DEGLI DEI

Pizzo, Tropea (VV)

Day: **Monday** Price: **20 €**

The two pearls of the Tyrrhenian Sea will be the main characters of this tour. Narrow streets with a Mediterranean flavour, castles, churches, palaces, and sudden glimpses of the cobalt blue sea are the main ingredients. Souvenir shops, craft shops, smells and tastes, however, a welcome boundary.

5 Plus. COSTA DEGLI DEI (full day)

Pizzo, Tropea, Capo Vaticano (VV)

Day: **Lunedì** Price: 25 €

As 7, plus: Capo Vaticano panoramic trail; entrance to the famous underground church of Piedigrotta, custodian of numerous statues carved out of tufa; free time in the morning for individual optional tours such as: Pizzo Castle (entrance: € 2,50 per person); Museum of the Sea (entrance: € 2,50 per person).

6. ARCHAEOLOGY AND CERAMICS

Roccelletta di Borgia, Squillace (CZ)

Day: **Tuesday** Price: 20 €

It starts with the visit of the archaeological park of Scolacium, which includes the hole and the Roman theater, a Norman church, an old industrial mill and the museum of marble statues of the imperial age. And interesting "Intersections" with contemporary art designed by international artists. Then we will rise up to the medieval town of Squillace, a City of Pottery decorated with an imposing medieval castle. The trip, therefore, can only end in the workshop of a master potter, who we'll see working between clay and colours.

7. CLASSICAL AND MEDIEVAL

Locri, Gerace (RC)

Day: **Tuesday** Price: 20 €

The tour begins with a visit to the excavations of the ancient greek-roman city of Locroi Epizefiri and to its rich national archaeological museum. At the end we will continue along the slopes of the Aspromonte National Park to the entrance of the medieval old town of Gerace, one of the Most Beautiful Villages in Italy, keeper of many churches and of a thousand years cathedral made unique by the presence of Roman age columns and capitals.

8. MAGNA GRECIA (full day)

Reggio Calabria

Day: **Tuesday** Price: 25 €

After a picturesque crossing of the Aspromonte National Park aboard the bus, we will arrive in the city of Reggio Calabria. First we will visit the restoration workshop of the famous Bronze Statues and an interesting show full of amazing classic artifacts from all over the region. So, walking along the promenade, the "most beautiful kilometer in Italy" with a view over the Strait of Messina, we will reach the Aragonian castle and the Greek walls.

9. RESPONSIBLE AND SUPPORTIVE

Riace (RC)

Day: **Wednesday** Price: 20 €

The walk starts from the archaeological remains of the Magna Graecia city of Kaulon, just located by the sea, of which are still visible the foundations of the Doric temple and the remains of some beautiful mosaics. So we will continue to Riace, a symbol of hospitality and human solidarity that this land is still able to offer. Here we will see a glass laboratory run by young local girls. At the end, a brief visit to the historic center, repopulated by people who came across the sea after years of neglect. Duration: 4 hours.

10. BY MARBLE AND WOOD

Soriano Calabro (VV)

Day: **Wednesday** Price: 20 €

We start with a visit to the ruins of the monumental sixteenth Dominican monastery of Soriano Calabro, of which we can admire the magnificence exploring an interesting Marbles Museum. After, we will go to a shop of hand-crafted wicker that was once widespread within Serre Regional Park. Just as important and widespread was the production of charcoal, of which we will know more after walking the Route of Charcoal Burners, among the last still active throughout Europe.

11. BY OLIVE OIL, WINE AND CANVAS

Tiriolo, Lamezia Terme (CZ)

Day: **Wednesday** Price: 30 €

This trip is dedicated to identity and culture of the Mediterranean. Intended as gastronomy and as handcraft. Which is the protagonist in Tiriolo, where we visit the Museum of Traditional Calabrian Female Costume and a textile art workshop where they still work at the pillow and at the hand-loom. After the exciting sight of Ionian and Tyrrhenian Seas in a single glance, we'll move on the breeding, the olive grove, the press and the cellar of a farm which is guardian of the Lamezia Denomination of Origin, both for oil and wine. Of which we will sample two labels in the company of meats and cheeses, keepers of authentic flavors of Calabria. All products can be purchased directly from the company's emporium.

12. BETWEEN SEA AND SKY

Soverato (CZ)

Day: **Thursday** Price: 18 €

First we visit the Aquarium of the Marine Park of the hippocampus, a famous inhabitant of Soverato Bay depths. Then, a brief but intense trekking up to the ruins of a medieval village where you can enjoy a remarkable view of the Gulf of Squillace. Before leaving, is a must a few minutes of contemplation in front of the Gagini Pietà, a masterpiece of Renaissance marble sculpture. Duration: 4 hours.

13. BY SEA AND BY MILK

Isola Capo Rizzuto (KR)

Day: **Thursday** Price: 35 €

The day begins with a visit to the Aquarium of Capo Rizzuto Reserve, Italy's largest Marine Protected Area, with twenty tanks and within which are also hosted specimens of sea turtles in danger. We will go on with an exploratory tour of the rich depths of the area aboard a nice transparent boat (duration: 1 hour). After that, we will visit the first buffaloes farm of Calabria, where we will watch the milking of animals and the processing of famous mozzarella. The same that we will enjoy in the final tasting!

14. FROM VILLAGE TO CASCADE

Stilo, Bivongi (RC)

Day: **Friday** Price: 25 €

After visiting the medieval old town of Stilo, one of the Most Beautiful Villages in Italy, we enter the famous Catholic, small but extraordinary jewel of Byzantine architecture. Then we move to Bivongi and, after an off-road experience, we will walk deep inside a thick forest of oak and chestnut trees till reaching the amazing waterfalls of Marmarico, 115 meters high, among the highest in Italy. Before to come back, we can plunge into the pool of fresh water that comes directly from the Serre.

15. WILD CALABRIA – SILA

Sersale (CZ)

Day: **Friday** Price: 20 €

The hike will take us into the canyon of the Cupe Valleys, unique in Italy for its geo-morphology and characterized by vertical, inaccessible and rugged walls, the kingdom for many birds and plant species of rare beauty. Then we'll do another trek that will take us to an interesting waterfall nestled in a setting of lush subtropical vegetation. Before returning, you can enjoy the unique experience of swimming in clear and pristine waters. Difficulty: E (Excursion).

16. CHARCOAL AND ADRENALIN

Serra San Bruno (VV)

Day: **Friday** Price: 30 €

The Adventure Park, built among the trees of Serre Regional Park, offers beautiful safely acrobatic trails to enjoy the taste of fun and to have a wonderful and exciting experience immersed in nature. Test your sense of balance, your strength, intelligence and your cool head! Before returning we will move on foot along the Charcoal Burners Route, tangible evidence of historic coal production in the Regional Park of Serre.

17. WILD CALABRIA - SERRE

Caulonia (RC)

Day: **Friday** Price: 18 €

The proposed tour, along one of the many rivers that flow from Serre Regional Park in the Ionian Sea, winds through one of the most beautiful canyon in Calabria. Formidable maze carved in granite, tens of meters high waterfalls, rapids and pools in which to dive for a refreshing bath are, according to experts, "sublime and impressive." Difficulty: E (Excursion).

18. LOST PLANTS, ANIMALS AND FACTORIES

Mongiana (VV)

Day: **Saturday** Price: 18 €

The nature of Serre Regional Park is the undisputed star of this route. It starts with the entrance to the Villa Victoria of Mongiana, custodian of 400 acres of botanical gardens, many endangered animals and the Lost Fruits Trail, marked by more than 200 varieties of medicinal plants. Then we will move to the remnants of nineteenth-century Royal Iron Factories and Royal Weapons Factories of King Ferdinand, one of the most important industrial centers of Italian Mezzogiorno, built by the Bourbons.