

## PADULA &amp; NORTHERN CALABRIA

## FEATURES

- Excellent, varied walking from valleys and high hills to the forests and meadows of the high Pollino and Orsomarso
- Outstanding, little-known monuments, including one of Europe's finest frescoed rock churches
- Delightful, small medieval towns with excellent hotels

## ITINERARY

**Day 1** We drive from Naples to Padula (2.5 hrs).

**Day 2** Walking through woods, we emerge onto high meadows to explore the remains of a pre-Roman settlement and a frescoed rock church (6 miles, 3 hrs).

**Day 3** We drive then walk to the Charterhouse of San Lorenzo, an architectural treasure-house, then climb to open hillsides and follow easy tracks with fine views (7 miles, 3.5 hrs).

**Day 4** We walk across dramatic spurs of the Orsomarso massif and a lush highland plateau (950m / 3116ft), before descending into Morano Calabro (9.5 miles, 5 hrs).

**Day 5** After driving into the beautiful mountains of the Pollino, a circular walk takes us across high meadows and through majestic beechwoods (10 miles, 5.5 hrs).

**Day 6** From Saracena we drop into a dramatic gorge, then climb across hillsides to reach Albanian Lungro. We continue through olive groves and fields to Altomonte (12.5 miles, 6.5 hrs).

**Day 7** A circular morning walk follows ancient mule paths and a gentle track, providing epic views into the Orsomarso mountains. Free afternoon to explore Altomonte (4.5 miles, 3 hrs).

**Day 8** Transfer to Naples airport (3.5 hrs).

## FOOD &amp; WINE

Since this area is located in the Italian mainland's southern-most region, the sun causes intense flavours. Strong local culinary traditions have developed, incorporating unusual influences such as liquorice and gentian. Small, fiery chillies give a kick to pasta dishes and wild herbs such as fennel and oregano are used in making salami and sausages.

Vines introduced by the Greeks still flourish and are used to produce the red Cirò. Liqueurs are produced in many homes, based on diverse local ingredients.

## 8 DAY TRIP

- Destination airport: Naples
- Fitness: 40+ (see pages 14–15)
- Days of walking: 6
- Shortest / Longest day's walk: 3 / 6.5 hrs

## ACCOMMODATION

NIGHTS 1–3  
Padula



Villa Cosilinv  
★★★★

NIGHTS 4 & 5  
Morano Calabro



Villa San Domenico  
★★★★

NIGHTS 6 & 7  
Altomonte



Il Castello di Altomonte  
★★★★★

For extension hotels in Naples see page 160

## ITALY'S SECRET SOUTH

Discover one of Italy's least known and most outstanding and surprising areas – a great Baroque Cistercian monastery; a vast, 3,000-year-old hilltop citadel; an almost unvisited, superbly frescoed early rock church; spectacular high mountain meadows filled with flowers in spring; and delightful small medieval towns where we stay.



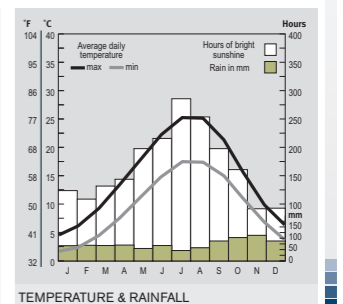
SPECTACULAR, HIGH MOUNTAIN MEADOWS



A GREAT BAROQUE CISTERCIAN MONASTERY



FRESKOED ROCK CHURCH OF SAN MICHELE



## TERRAIN

Forest footpaths and across the grassland of dramatic mountain landscapes, as well as tracks and small lanes amongst the lower hills. There are long climbs with short, steep sections and some paths are rocky and uneven.

## DATES

2012  
TRIP DATES

9th Jun to 16th Jun  
30th Sep to 7th Oct

## PRICES

(excluding flights)

£2,210 / \$3,870

DFS supplement  
(per night)

£21 / \$37