

A Greek-Calabrian Journey

The five senses of the Graecanic Area

Mountains, hills, hidden waterfalls and rivers, and the silence of age-old, uninhabited villages, ancient roads used now only by the flocks and shepherds of Aspromonte (lit. Rough Mountain). Then there is the sea and breath-taking panoramas, the cordiality and hospitality of the Calabrians. Unique, instant pictures that remain impressed forever on the memory, requiring no particular devices but the most meticulous we own: the eye and the heart.

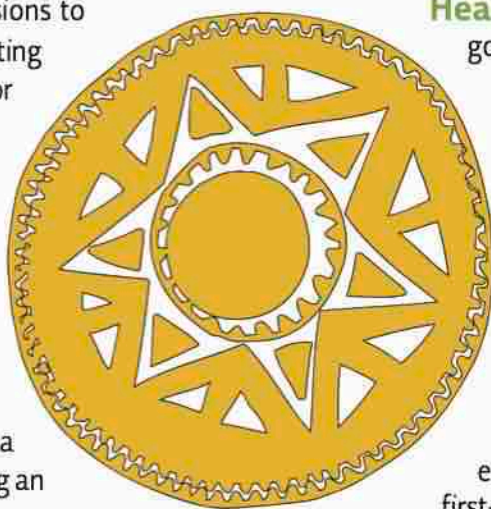
The Graecanic Area, a strip of land of about 500 square kilometres, containing about 14 municipalities, is the cradle of a unique, antique civilization; first of all the tongue of ancient Greece, still spoken by the older generation in the villages of Galliciano, Bova, Condofuri and Roghudi. A language used only orally for centuries, it has recently become the object of interest, to such an extent as to be re-evaluated, published in grammars and anthologies and studied by the younger generations.

Travelling in *Greek Calabria* means a journey through the history, traditions, architecture, flavours, culture, sounds, dance, landscapes and colours that have always marked the area's characteristic identity. It means "travelling" availing of all the five senses, each of which will be titillated by the matchless, salient traits of the Graecanic Area.

Sight. The Ionian slopes of the Aspromonte offer tours and excursions to suit the tastes and inclinations of every tourist. Steep paths and haunting beauty for those enamoured of adventure, or easier, simpler pathways for those who simply enjoy walking, while admiring and enjoying nature. For visitors who practice photography and relish long walks, the "natural catwalks" to be found here will provide moments of sublime bliss.

Smell. October and November are the months when the area collects its so-called "green gold": bergamot. This high-quality citrus fruit, thanks to the area's microclimate is grown only on the Ionian coast of Calabria: it is essential to the perfume and cosmetics industries and, today, even to pharmacology. Every part of it, even the skin, has a function all its own. Its distinctive fragrance is cherished by those seeking an exclusive scent.

Taste. Its plain country cooking uses simple and natural ingredients. The garden of the small local farmer is the chef's larder. The main dishes are *zippole*, *lestopitte*, *maccarruni*, *cudduraci*, *petrali*, accompanied by Palizzi's IGT wine and followed by bergamot liqueur. A feast for the taste buds.



Hearing. Bagpipes, accordions, the Calabrian lyre and the inevitable goatskin tambourine. The *tarantella* played by "masters of sound" is a veritable art. Then, the instruments forged by expert artisan hands, distinctive sounds and unbridled dances. In summer, the *Paleariza* (lit. "ancient roots") *Ethno-Musical Festival*, awarded the Italian Ministry of Tourism's "Heritage of Italy" hallmark in 2011 (a brand attributed to cultural events that enhance the image of Italy and generate tourism) is held. It takes place every year and attracts thousands of music lovers. Sound and tradition. A perfect end to a perfect day spent trekking and after an excellent dinner.

Touch. The farmer's kitchen garden, the shepherd's dairy, the artisan's workshops all welcome those seeking direct, hands-on knowledge and skill. The "green" and "sustainable" traveller is brought into first-hand contact with the local arts and crafts, is allowed to pick the salad he/she will savour at dinner or help the shepherd make cheese, going through all the stages from milking to the finished product. This experience is ideal for those unafraid to "dirty their hands with taste"...It is this ancient root, or *ri-a*, to use the Greek term, that, in this part of Calabria, drives the Graecanic area, this sense of belonging to a rich, resource-filled land, which is doing its utmost to raise itself up again after years of distortions and inadequate policies.

PUCAMBU'

Pucambù is the Agency for the promotion of Rural Tourism in Greek Calabria, an area in the south of Calabria ranging from the slopes of the Aspromonte to the Ionian Sea. Much of the territory lies within the National Park of Aspromonte. A beautiful land where nature and culture tell tales of an ancient civilization passed down through the centuries from family to family, where the language of the inland villages is Graecanic, the language of the Greeks of Calabria.

A small Network of Widespread Hospitality in the Graecanic Area, endorsed by WWF Italy, was the starting point for the activities promoted by the Agency.

Pucambù has worked over the years to strengthen this network which now numbers 20 Operators (Farmhouse Holidays, Bed & Breakfast, Widespread Hotels, Campsites, Typical Restaurants, Tourist Services) for a total of about 240 beds in the historical centres and most beautiful villages: Pentadattilo, Amendolea, Galliciano, Bova, Palizzi. It has also created a network of hiking trails linking some of the district's the most picturesque towns (Pentadattilo, Amendolea, Roghudi Vecchio, Galliciano, Bova, Staiti).

The Agency promotes tourist packages (hiking, cultural, eno-gastronomic, local, educational and religious tourism) for visitors to Greek Calabria and provides its business associates and the territory in general with support services (transport, promotion, website, etc.).

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Hospitality

Overnight and Breakfast: € 40,00 per person.
Partial bed and board (Overnight, Breakfast, Lunch or Dinner): € 60,00 per person.
Complete bed and board (Overnight, Breakfast, Lunch, Dinner): € 80,00 per person.
Overnight: accommodation in an en-suite double room.
Bed and board free for children under 6.
10% discount for families and/or groups of 4 or more persons.

Services

Transfer (return). From/to Reggio Calabria Airport to/from the Graecanic Area
€ 50,00 for 1 person;
€ 60,00 for 2 -4 persons sharing;
€ 80,00 for 5 - 8 persons sharing.
Conducted tours of Villages and Trekking Guide (transport included).
€ 80,00 per day, for 1 person;
€ 100,00 per day for 2 persons sharing;
€ 120,00 per day for groups of 3 - 8 persons.

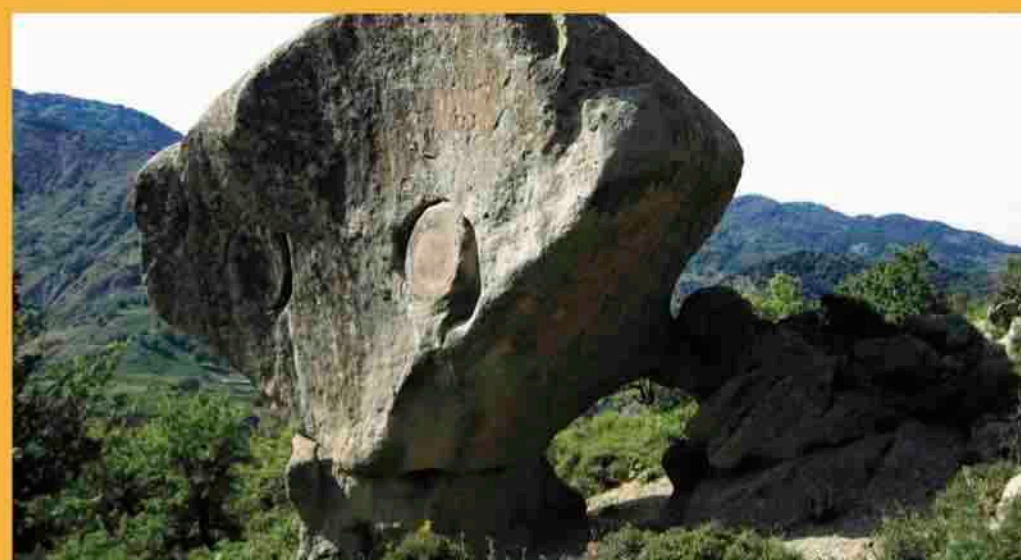
The following are not included

The Amici della Calabria Greca Card, giving the right to discount on typical local wine, food and craft products at the B&Bs, Farmhouse Inns or the arts-and-crafts workshops of the Graecanic Area's villages.
Pucambù - Bilingual (Italian and English) guide to Sustainable Tourism in the Graecanic Area. Musical and other entertainment.



Pucambù

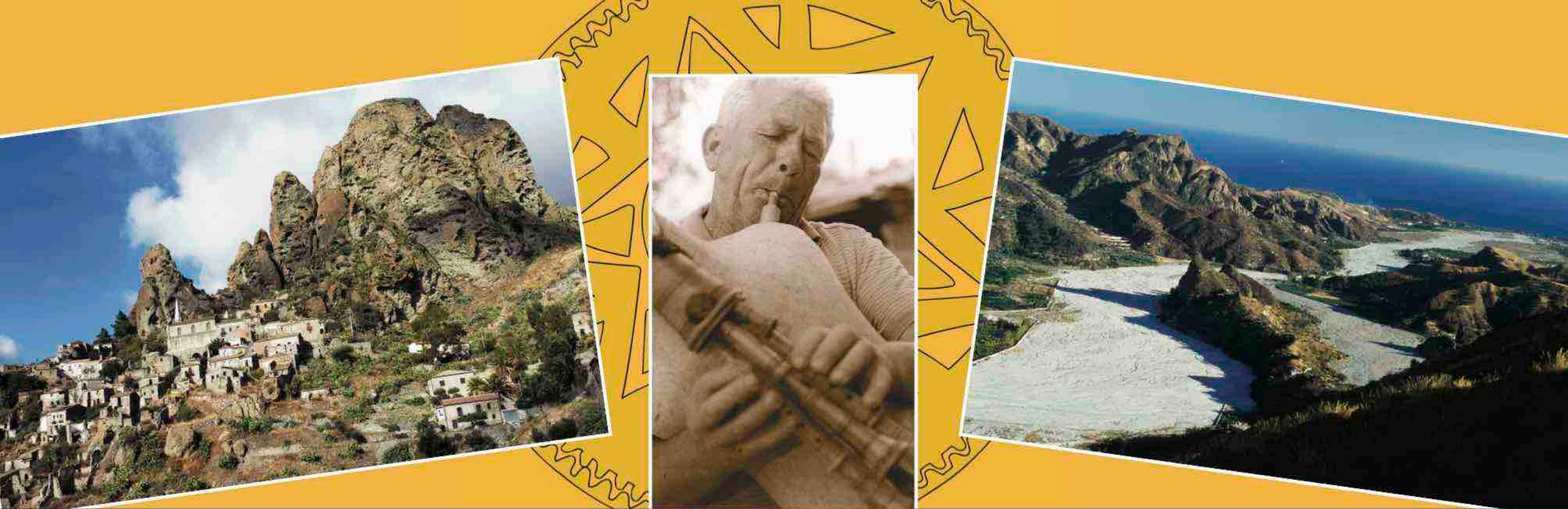
Agency for the Development of Sustainable Tourism in Greek Calabria



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Journey





PACKAGE



A five-day tour of the ancient villages of Greek Calabria where the pace of daily life is still slow and time seems to have come to a halt, a journey through the history and culture of the *Greeks of Calabria* in search of their ancient roots and hospitality.

5 DAYS / 4 NIGHTS / ACCOMMODATION / 1st and 2nd nights in Bova at the *Kalòs Ìrtete Stin Chòra B&B* / 3rd and 4th nights in Palizzi at the *Agriturismo e Locanda Aguni*

DAY 1 / KALÒS ÌRTÈTE (WELCOME) TO GREEK ASPROMONTE.

Arrival at Reggio Calabria and transfer, care of the *Pucambù Agency*, to the ancient historic centre of Bova.
Dinner at the *San Leo Cooperative Graecanic Restaurant*. Overnight at the *Kalòs Ìrtete Stin Chòra B&B*.

DAY 2 / FROM BOVA TO AMENDOLEA. THROUGH HISTORY, AMID GARDENS AND THE PERFUME OF BERGAMON.

Breakfast: at the *Kalòs Ìrtete Stin Chòra B&B*.

Conducted tour of Bova's historic centre.

Bova (called *Vua*), at 820 metres above sea level, is the most important and best-preserved historic centre of Greek Calabria and officially listed among Italy's Most Beautiful Villages. Bova has always been known as "the Chora" the town, having been of significant administrative and religious importance from Byzantine times on; it has been a cathedral town, the District Capital and the Seat of the law courts and, until the beginning of the twentieth century, the most populous centre, the very heart of Greece Calabria.

Of the various stories rooted in the myth, the best known is that which claims that the rock on which the castle stands contains the print of a human foot. According to tradition this footprint belongs to a queen (*Oichista*) who came here with her people to found the town.

We shall take you to our village, through the small characteristic cobbled streets, to visit the churches, most important of all, the Cathedral, the Shrine of St. Leo; then the museums, the ruins of the Norman castle, the ancient palaces of the nobles. Among these is *Palaio Toscano*, which houses the Headquarters of one of the Aspromonte National Parks Visitor Centres. Here, you can find out more about the area by consulting documents, viewing audio-visuals and examining the implements of the local farming tradition, while acquiring knowledge about the natural beauty and historical-cultural heritage of Aspromonte. A preview of your trip to the Aspromonte may be obtained by consulting *Corrado Alvaro's Gente in Aspromonte* (People in Aspromonte) or following *The Englishman's Pathway*, the trail plotted by Edward Lear, an English traveller who, in 1847, visited Greek Calabria on the back of a mule.

Lunch at the "The Bergamon" farmhouse-inn enterprise (Amendolea di Condofuri).

Transfer to Amendolea di Condofuri (120 metres above sea level) for lunch at the *Azienda Agrituristica "Il Bergamotto"*. A Greek-Calabrian wine-and-food experience, born of the ancient peasant knowledge and the produce of the Aspromonte area.

Conducted tour of the "Il Bergamotto" farmhouse-inn enterprise.

In the company of Ugo Sergi, owner of the "Il Bergamotto" farmhouse inn enterprise, acting as our guide, as we stroll through the bergamon groves, we discover the history of this scented citrus, shaped like an orange and coloured like a lemon, which grows only here in this part of Calabria. Our community's treasure-trove yields an essential oil used as a fixative in the production of perfume but also in other spheres of cosmetics (salts, soaps, etc.). The skilled hands of our craftsmen also use the dried skin of the fruit to produce original objects (snuff boxes, jewel cases, etc.). Today the juice and other parts of the bergamon make delicious confectionery and liqueurs, and, following recent research, are used to treat cholesterol.

Walk around and visit of the ruins of the Ancient Village of Amendolea and the castle of the noble Ruffo di Calabria family. The tour of "Il Bergamotto" there will be followed by a 90-minute walk to the ruins of the ancient village Amendolea and the Ruffo di Calabria castle. After this, the tourists will return to Bova for dinner and overnight stay.

Dinner at the *Ristorante Greccanico della Cooperativa San Leo* / Overnight at the *Kalòs Ìrtete Stin Chòra B&B*.

DAY 3 / THE HEART OF ASPROMONTE AMID THE MOUNTAINS AND VILLAGES OF GREEK CALABRIA.

Breakfast at the *Kalòs Ìrtete Stin Chòra B&B*.

Conducted tour of the village of Roghudi Vecchio.

The village of Roghudi Vecchio (527 metres above sea level), perched atop a mountainous reef in the middle of the Amendolea river, was abandoned by its inhabitants in the late 1960s following a flood. Today this mysterious village arouses inimitable feelings in those who visit it.

The scenery is breath-taking! During the trip from Bova to Roghudi Vecchio, along the road which passes through some of the Aspromonte's most suggestive landscapes, one comes across highly unusual rock formations like the *Rocca del Drago* (Dragon's Fortress) and the *Caldaie del Latte* (Milk Cauldrons).

Conducted tour of the village of Galliciano.

From Roghudi Vecchio we arrive at the village of Galliciano, having passed through impassable roads and unique landscapes. Galliciano is perhaps the most authentic of the Greeks-Calabrian villages, a small enclave that still preserves the ancient language, culture, religion, rituals, music, traditions and cuisine of Graecanic Calabria, handed down orally from generation to generation.

Lunch at the Taverna Greca (Greek tavern).

Lunch at the *Taverna Greca* will be an event, a true Greek-Calabrian feast for our guests, a reception according to our style. A sequence of country dishes faithful to tradition, good Palizzi wine, Graecanic music and dance performed by traditional musicians and dancers from Galliciano.

After lunch, a tour of the village in the company of one of our guides, Mimmolino Nucera, who will take us to visit the stone Orthodox Church, to the Old Church and to the Museum of Greek-Calabrian Culture and Traditions.
 Transfer from Galliciano to the Aguni Farmhouse-Inn, Palizzi.

Dinner at the *Agriturismo e Locanda Aguni* / Overnight at the *Agriturismo e Locanda Aguni*.

DAY 4 / THE VILLAGE OF PENTEDATTILO, THE OIL MILLS OF BAGALADI AND CATOJ (WINE CELLARS) OF PALIZZI.

Breakfast at the *Agriturismo e Locanda Aguni*.

Conducted Tour of Pentedattilo village.

Pentedattilo (Pentadattilo in Calabrian Greek), from the Greek *Pentadàkylos*, five fingers, a small half-abandoned village is an authentic ethno-architectural jewel which has maintained its charm down through the ages. The village, once home to feudal noble families (the Albertis and the Abenavolis), still contains remains of the old castle, and is the focus of valorisation projects run by the Pro-Pentedattilo Association (*Associazione Pro Pentedattilo*) also responsible for the restoration of the buildings now used as arts and crafts workshops and above all, for the creation of social and cultural activities and initiatives of great significance, for example, International Civil Service and the Pentedattilo Film Festival. With Peppe Toscano, who will act as our guide, we will enter into contact with history and imagine the future of the small village of Pentedattilo, from the seventeenth-century tragedy of the Albertis to the present day.

In 1930 the Dutch artist *Maurits Cornelis Escher* represented Pentedattilo in a lithograph.

Conducted tour of the Gateway to the National Aspromonte Park and Bagaladi's Olive Oil Museum

From the village of Pentedattilo we continue on to Bagaladi, renowned for its olive groves and excellent oil. With Peppe Battaglia of the *Cooperativa Grecale* as our guide, we shall visit the Olive Oil Museum situated just inside Bagaladi's Gateway to the National Park of Aspromonte.

Lunch at the Cooperative Grecale - Gateway to the National Park of Aspromonte.

The lunch will be an opportunity to become acquainted further with the typical foods and wines of Greek Calabria in a refurbished mill, once used for pressing olives and making oil the old way, availing of traditional equipment and methods.

Conducted tour of the village of Palizzi.

After lunch at Bagaladi we move on to the village of Palizzi, whose name probably stems from the Byzantine Greek "Politzion", meaning "little city". The village is charming, and seems to have been chiselled into the rock face. From an artistic point of view, Palizzi contains a number of churches of great interest, like that of St. Anne, with its Byzantine dome or that built in honour of Our Lady of Mount Carmel, located in *Contrada Carmine*, and the Castle overlooking the entire village.
 In 1930, *Maurits Cornelis Escher* made a lithograph of Palizzi.

Characteristic of Palizzi are its *Catoj*, the underground premises where the local peasants stored their barrels full of red wine, today known as *IGT Rosso di Palizzi*, one of Calabria's most appreciated wines. It will give us great pleasure to welcome you to the *Catojo* of the *Alica Aurelia Tassone B&B* and share a glass of *Aranghia*, one of the *Cooperativa Terre Greccaniche's* IGT Palizzi red wines mentioned in the *Slow Wine Guide 2015*. Everything in a spirit of friendship.

Transfer from Palizzi village to the *Agriturismo e Locanda Aguni* (Farmhouse accommodation).

Dinner at the *Agriturismo e Locanda Aguni* / Overnight stay at the *Agriturismo e Locanda Aguni*.

DAY 5 / GOODBYE TO GREEK CALABRIA.

Breakfast at the: *Agriturismo e Locanda Aguni*.

Transfer to Reggio Calabria and the chance (depending on departure time) to visit the National Museum of *Magna Grecia* to admire the famous Greek statues, the Riace Bronzes (*Bronzi di Riace*) salvaged from the sea near the Ionian coastal town of Riace, and other lesser-known exhibits.

WHAT TO BRING

It is essential to bring comfortable walking shoes, a foldable raincoat and/or umbrella, in case of rain.