



Rediscover the
meaning of travel

Tour Notes

Calabria Trek – From the Ionian to the Tyrrhenian Sea

Tour Duration – 8 Days



Tour Rating

Fitness ●●●●○ | Adventure ●●●○○ | Culture ●●○○○ | History ●●●○○ | Wildlife ●●○○○

Tour Highlights

- ✓ Enjoy stunning scenery and wildlife amidst the isolation of Aspromonte National Park
- ✓ Tread the tiny cobbled streets of Calabria's mediaeval towns, villages and borghi
- ✓ Trek through some of Italy's finest mountain terrain, from the Ionian to the Tyrrhenian Sea
- ✓ Explore the noble ruins of Norman hill-top citadels
- ✓ Immerse yourself in a mix of authentic ethnic cultures in a region that time has left undisturbed
- ✓ Sample the delicious local gastronomy, from delicious meats and cheese to fine wines
- ✓ Marvel at the beautiful ecclesiastical architecture and artwork at the heart of village communities
- ✓ Stay in a fascinating variety of *Ospitalità Diffusa*-styled locally run accommodation
- ✓ Tread "the most beautiful kilometre in Italy" in search of the incomparable Riace Bronzes





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Tour Map Calabria Trek– From the Ionian to the Tyrrhenian Sea



Tour Essentials

- Accommodation:** 'Ospitalità Diffusa' ('Widespread Hotels') and Farm-stay
Included Meals: Daily breakfast (B), packed lunches (L) and dinners (D) from Day 1 dinner to Day 8 breakfast
Group Size: Private Tour
Start Point: Reggio Calabria
End Point: Reggio Calabria
Transport: Private vehicle & trekking on foot
Country Visited: Italy



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Calabria Trek– From the Ionian to the Tyrrhenian Sea

Italy is one of Europe's most popular destinations and the jewels in its crown are traditionally the ancient and historic powerhouses of Rome, Venice, Pompeii and the stunning array of picturesque northern cities whose names trip off the tongue like an incantation of artistic and cultural devotion. Tread a little further into the less-trodden pathways and still much heralded names abound – Lake Como, The Dolomites, the Italian Tyrol, Puglia and the Amalfi coast. And yet the south-western peninsula has somehow maintained its obscurity right into modern times. Having much more in common with neighbouring Sicily and its colonial forebears, the Greeks, few Italians have made it down to the remarkably beautiful Calabrian region and still fewer outsiders have even heard of the place. The elegant toe of Italy's idiosyncratic boot outline, is an astonishingly alluring coastline of dramatic cliffs that plunge down to turquoise waters fringed by virtually empty beaches that stretch from the Ionian to the Tyrrhenian Sea. Yet within these confines lies a truly enigmatic and undisturbed expanse of natural delights – the uplands of the Aspromonte National Park – where tiny villages, borghi and towns of amazing antiquity nestle amidst rugged ridges and splendid peaks and where a curious mix of ethnicities, origins and cultures maintains a way of life that has perpetuated in remarkably untainted fashion for many centuries. Our trekking tour through jaw-droppingly idyllic scenery, along antique trails and surrounded by wildlife that clings on in virtually pristine mountain habitats, strings together a series of compelling encounters with isolated and deeply hospitable settlements. From eagle owls to ruined Norman castles that cling like eeries to vertiginous rocky outcrops, Calabria is a series of intriguing and utterly pictureque surprises and all of them accessible to those willing to stride out in search of its hidden glories. Sleeping in locally owned rooms and sampling home-cooked fare, we will lead you on a tranquil and fascinating journey that offers a sense of true escape and adventure. In a country where such opportunities might have seemed a thing of the long-forgotten past, discover Italy's most secret gem.

Tour itinerary notes

The day-by-day itinerary as printed below is an exemplar and, upon request, has a large degree of flexibility built in. This may include additional side excursions, stop-offs en route or indeed further days to visit other sites.

Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not merely passing through these countries, but are usually locally born. Unlike some companies, it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK: we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. On this tour you will be accompanied by an Italian tour leader who can also speak English and a National Park licensed guide for the trekking days.

Itinerary

Day 1: Reggio Calabria – Pentedattilo (Approx. overall driving time today is 2 hours)

Arrive at Lamezia Terme where you will be met by your tour guide who will escort you to the start of the tour in Reggio Calabria. You walk some of the shoreline of a city which is considered to sport one of the best Italian corniches, carved into the cliff edges, overlooking the Messina strait and nearby island of Sicily. The route then descends to the southernmost point of the Italian Peninsula along the rugged Ionian Sea coast. As you turn up into the Aspromonte mountain range you come to the extraordinary ghost town of Pentedattilo. Situated at 280m above sea level, on the steep slopes of Monte Calvario, a mountain whose outline resembles five fingers, the few remaining inhabitants still speak an old Greek language, and are the descendants of the Byzantine people who lived here until 1059, having opened a few amenities to cater for curious visitors.



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Your walk through this timeless “borgo” will lead to its tenacious Norman castle and the Saint Peter and Paul church. After establishing ourselves at idiosyncratic accommodation in the *Albergo Diffuso* style, you will have dinner in a local house. Overnight Pentedattilo – Case Rurali di Pentedattilo – *Ospitalità Diffusa*.(D)

Alberghi Diffusi or Ospitalità Diffusa ('Widespread Hotels')

Translated roughly (and rather misleadingly) as 'Widespread Hotels', the concept of the *Albergo Diffuso* began in Italy in 1980 with two noble central purposes: firstly they allow travelers to spend the night in small towns and “borghi” sleeping in local houses, often in the centre of the town, experiencing the local hospitality and generating income to remote communities; secondly, they were intended to revitalise the fortunes of rural villages and towns by encouraging them to renovate and bring back into use buildings and rooms which had stood dilapidated for decades. The result is a network of fascinating and incredibly varied accommodation experiences. You will be treated to unique rooms in the homes of hosts, the same people that maintain the Aspromonte trekking paths you will tread. The examples in Bagaladi, Bova, Palizzi and Staiti are quite simple, but clean and very comfortable. Renowned for their innovations in accommodation, such as the superb *Agriturismo* network, the Italians' system means that, in an area virtually devoid of the presence and buying power of international tourists, locals can still welcome visitors with pride to this lovely region. The concept of the *Ospitalità Diffusa* is a way of generating and sharing the wealth among the community and has meant that rural existences are supported and maintained in an otherwise vanishing way of life.

Day 2: Pentedattilo (280 m) – Bagaladi (475 m)

Difference in altitude: ascents 570 m; descents 350 m

Approx. 6 hours trekking – 16 km

Following a home-prepared breakfast, you stride out towards the *Aspromonte National Park*, walking across olive groves and climbing up to *Punta di Leo* (502 m) and *Punta d'Argento* (743 m). From the summits the view is simply spectacular. Gradually losing height, your route crosses the foaming waters of the Melito torrent (400 m) to re-ascend slightly to *Bagaladi* by the afternoon (475 m). Your *Ospitalità Diffusa* room awaits here, and after checking in you will have time to explore the streets of this isolated and fascinating small town. Probably founded in the 10th century A.D., the etymology of Bagaladi probably suggests Arab origins: *Baha'Allah* ('God's beauty'). The narrow ways all converge at the small central piazza overlooked by the delightful *Saint Theodor Church* and the *Mother Church* which houses an incredible 15th century painting. As you scan the surrounding agricultural lands, the importance of olive oil production is inescapable and the evening meal will doubtless have been cooked in oil emanating from trees within a stone's throw of your dining table. Overnight Bagaladi – *Ospitalità Diffusa*. (BLD)

Aspromonte National Park

Aspromonte is the most isolated and unchartered of Italian mountain ranges, occupying the toecap of Italy's 'boot'. The massif straddles the Ionian and Tyrrhenian Seas, home to thick forests, rivers and lakes as well as peaks that rise to Montalto's 1,955m, offering an insight into what the landscape of the whole Mediterranean coastline must have once looked like. The habitat offers an ideal home to a rich biodiversity and in particular raptors like short-toed and golden eagles as well as the eagle owl are relatively easy to spot, whilst honey buzzards and black woodpeckers are delightful sightings. Wildcats thrive here and the Italian wolf subspecies are more often heard than seen, and you may even be lucky enough to happen upon the endangered Hermann's tortoise. Here too one can find small villages where locals amazingly still speak a form of archaic Greek, handed down for centuries from their founding forebears. The earliest recorded settlements here predated the Roman Empire and the region formed part of Magna Graecia, an influence that has perpetuated for over two millennia: the abundant vineyards are still dominated by 8th century Greek varieties and the plethora of local crafts such as bagpipe making and the throwing of amphora have their origins in to the east. In 1862 the Battle of Aspromonte took place amongst the hills, an inclusive skirmish which lasted a mere 10 minutes, yet the wounding of the Italian unification champion, Garibaldi ensures that it has retained its place in Italian folklore in the words of the children's nursery rhyme *Garibaldi fu ferito* ('Garibaldi is wounded')!



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In the modern consciousness Aspromonte was depicted by the Italian press as a mafia hideaway, but since 1990 78,000 hectares of National Park, covering a third of the peninsula, was established, recognizing its natural beauty and pristine environment. Your trek winds through tiny small villages, where locals, delighted by the small trickle of outside visitors, will welcome you with open arms. Expect to try out locally produced delicacies, gain insight into historic crafts as you discover and better understand Italy's best-kept secret.

Day 3: Bagaladi (475 m) – Amendolea (150 m)

Difference in altitude: ascents 570 m; descents 350 m

Approx. 7 hours trekking – 14 km

Breakfast is again a local affair – do ask your hosts about the delicacies that they prepare for you – before you leave the hospitality of Bagaladi to continue your trekking route to San Lorenzo Superiore (786 m), the small agricultural town of San Pantaleone (540 m), and then on to Cataluce Mountain (544 m). Your way leads across two torrents to reach the “borgo” of Amendolea (150 m). This is now another virtual ghost town with the vestiges of its opulent past still evident in the ruins of the once-noble castle on the hills above. Tonight, you will spend the night in a pleasant rural farmhouse which overlooks orchards of organically grown bergamot oranges, the perfect spot to enjoy a replenishing series of home-cooked dishes. Afterwards, the dappled-shaded terrace is a wonderful place to relax, or, if your legs are not too weary, you may wish to climb up to the ruins of the ancient Norman citadel which offers a breathtaking panorama of the environs. Overnight Amendolea – Azienda Agrituristica il Bergamoto – Farmhouse hotel, or similar. (BLD)

The Borgo

The literal translation of Borgo in English is “Hamlet” or “Village” but these words do not fully explain the connotations of the “Borgo”. A “Borgo” is a fascinating and ancient, small Italian town, generally fortified and dating back to the period spanning the Middle Ages and Renaissance. It often has the additional definition of being a secondary town, outside the walls of an older example. The Italian landscape is liberally scattered with Borghi and, whilst their size varies, all seem to be built around on a *centro storico* sometimes with a castle. What is certain though is that walking in a “Borgo” is a step back in time, a stroll through history and an archetypal Italian experience.

Day 4: Amendolea (150 m) – Galliciano (620 m) – Bova (850 m)

Difference in altitude: ascents 1,100 m; descents 536 m

Approx. 6½ hours trekking – 18 km

Today you will make an early morning start as a more challenging day's trekking awaits. Your route will thread through the mountains to reach the Greek-speaking area of the Aspromonte Mountain range. After crossing the Amendolea torrent, you will begin a steady ascent of Mount Maradha (463 m) and Palazzine (553 m) before attaining the settlement Galliciano (620 m), considered locally to be “the most Greek town in all Italy”. Thanks to its isolation, it has retained much of the original language of its colonial ancestors and the accompanying traditions. Here you will enjoy a lunch in the local style and a traditional show as a precursor to reconnoitering the small town including its Orthodox Church dedicated to Saint Mary of Greece. The afternoon's walking leads on through the ubiquitous Mediterranean maquis to the ruins of the Focolio Mill (250 m) before a steady uphill pull to Bova (850 m), embracing the rocky steep slopes of the mountainside. Historically a centre of much renown, until recently it boasted its own bishop. There will be time to take a break at your Ospitalità Diffusa before having your evening meal at one of the local restaurants. Goats' meat pasta dishes and cold meats such as capicollo and soppressata, as well as regional cheeses pecorino, and lestopitta are all worth looking out for in most of the uplands villages and towns. Overnight Bova Cooperativa San Leo – Ospitalità Diffusa, B&B e Ristorazione. (BLD)

Note: *In the hottest months (July and August) the track that leads from the Focolio Mill to Bova is particularly hot owing to the black rocks on the path which absorb the sun's rays. Your route will deviate slightly, instead following the small creek and its refreshing cool waters. The ascent to Bova will be completed in your minibus.*





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Day 5: Bova (850 m) – Monte Grosso (1300 m) – Bova (850 m)

Difference in altitude: ascents 800 m; descents 700 m

Approx. 7 hours trekking – 20 km

Today, midway through your trek, offers the opportunity to discover Bova and its surrounding area. You follow a loop trek on a historical route to località Polemo (810 m). From here you will start the climb to Monte Grosso (1300 m), where you will be captivated by a series of spectacular views over Amendolea torrent, ghost villages of Roghudi e Africo Vecchio and, in the purpled blur of the far horizon, the unmistakable outline of Mount Etna's active volcanic peak. Lunch will be taken in a forest shelter at around 1200 m, before you make a steady descent to the haven of Bova, which seems positively urban after the tranquility of walking amidst high elevations and exhilarating isolation. Tonight's dinner will be in one of Bova's restaurants. Overnight Bova Cooperativa San Leo – *Ospitalità Diffusa*, B&B e Ristorazione – *Albergo Diffuso*. (BLD)

Art craft, food and Greek music

The artisanal crafts of the area remain true to their roots and wholly and refreshingly untainted by the capricious nature of tourism's needs. Expect to spend time amidst captivatingly skilled craftsmen and women whose talents provide a direct link to centuries of tradition. Wood is hand carved to fashion ingenious agricultural tools and kitchen equipment, from delicate spoons, customary cheese moulds and butter paddles. Here we can also watch mesmerised as blankets are intricately woven from the fibres of the local broom flower. Again, the large variety of traditional food products on show is simply tantalising, from bread, local salami and local beans to various types of cheese and the extra virgin olive oil. The bergamot orange is endemic to the area and its essential oil is the main component of a perfume which is dated back to 1700 and still on sale today.

Day 6: Bova (850 m) - Palizzi (270 m)

Difference in altitude: ascents 300 m; descents 600 m

Approx. 6 hours trekking – 16 km

Breakfast is welcome ballast before a day that includes a great range of physical, historical and gastronomic challenges: in the morning you will discover the historical city centre of Bova with its narrow lanes and antiquated buildings, its eminent and absorbing cathedral and basilica. The nick name of the village is the "hawks nest" and time spent contemplating the view from its streets and the ramparts of the ruined 10th to 12th century Norman citadel (X-XII century) offers some sense of the perpendicular gaze of the bird of prey into the valley below. Bova is very much the beating heart of the Greek community that defines so much of the area, proudly ensuring that the flame of Byzantine culture still burns brightly here. You continue trekking to the Fiumara San Pasquale (420 m), Agrappidà Mount (690 m) to reach, in the afternoon, the town of Palizzi Superiore (272 m). Here there is time to visit the small historical town centre with its elegant orthodox-domed Church of Sant'Anna. Palizzi is also home to its own IGT (Indicazione geografica tipica) red wine, much prized for its delicacy and using time-honoured methods and local grape varieties, reputedly brought here by Greek settlers in the 8th century – Calabrese black – and recently rediscovered Nocera grapes, the Sicilian tippole of ancient Romans. A bottle of this is an ideal accompaniment to dinner in a local restaurant, well suited to pasta and red meat dishes. Overnight Palizzi Superiore – *Ospitalità Diffusa*. (BLD)

Day 7: Palizzi (270 m) - Cerasia Mountain (1013 m) – Staiti (530 m)

Difference in altitude: ascents 800 m; descents 800 m

Approx. 7 hours trekking – 18 km

Rejuvenated by breakfast, your trek will ascend the slopes to the tiny hamlet of Pietrapennata (680 m), home to a mere 40 people and lying at the head of a deep valley choked with thick woodland. You then head on to the haunting ruins of the Madonna dell'Alica monastery, following a scenic trekking route above "Capo Spartivento" the southernmost promontory of the Italian peninsula. Standing alongside the crumbling bell-tower of the defunct church, offers glorious views across the tumbling forested ridges of the Aspromonte to the hazy azure of the Ionian Sea.



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You press on to Monte Cerasia, (1013 m) and then reach Staiti (530 m), a fascinating “borgo” that dates back to the XVI century and venue for your final night in the mountains of Calabria. Tonight’s evening meal will be in a local house and is a chance to reflect on the delights of the past week’s peregrinations! Overnight Staiti – *Ospitalità Diffusa*. (BLD)

Day 8: Staiti – Reggio Calabria (Approx. overall driving time today is 3 hours)

After breakfast, your journey returns to the tarmac and drives to what the poet Gabriele D’Annunzio termed “the most beautiful kilometer in Italy”, heading around the marvellously photogenic coastal road as far as Reggio Calabria the celebrated City of the Straits that gazes across wistfully to Sicilian Messina. A visit to the archaeological museum (optional, additional cost) focuses on the two exquisite 5th century Riace Bronzes, unearthed as recently as the 1970s on the Ionian seabed nearby. In the afternoon, your route retraces its steps along the idyllic Tyrrhenian seaboard and through the rolling verdant hills, before transferring you to Lamezia Terme International Airport for your flight home. (B)

Tour Inclusions / Exclusions

Inclusions:

Arrival and departure transfers
Minibus Transport on start and end days of tour
All accommodation
Services of English-speaking local guide
National Park Guide
Meals as listed (B – Breakfast, L – Lunch, D – Dinner), starting at D on Day 1 and ending with B on Day 8
Entrance fees for sites listed as part of the itinerary

Excluded:

International flights
Any airport taxes
Travel Insurance
Visas
Drinks apart from water and wine
Expenses of a personal nature
Tips

Important Information

Foreign Office Travel Warnings

We constantly monitor the advice posted by the British Foreign and Commonwealth Office (FCO). In particular we will always advise clients of any travel warnings. At present there are no warnings against travel to Italy. Please feel free to contact us should you have any specific concerns or would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.



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Accommodation and Meals

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Daily breakfast is provided at accommodation and, when included, dinner is provided at accommodation or in a local restaurant. Please note that lunch may be a picnic. The remaining meals are not provided, but can be easily sourced during your visits to different sites.

Hotel Check-in Times

On this tour most hotels will allow guests to check-in from 4pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

Accommodation Rating

The accommodation used on this tour consists of simple but comfortable small-scale "widespread hotels" (*Ospitalità Diffusa*) and farmhouses, with private bathrooms available on each night.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as hotels and farmhouses have designated single rooms and/or limited availability. Some rooms may be smaller in size and the supplement payable takes this into consideration.

Food & Drinks

The daily meal basis is shown in the tour itinerary; Breakfast (B), Lunch (L) and Dinner (D). Please note that lunch may be a picnic. Drinks apart from water and wine are not included and will be payable locally in cash.

Dietary Requirements

If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch £10 - £15

Dinner £25



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Drinks

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general, you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Bottle of Beer £2 - 3.50

Water (1.5L) (supermarket) £0.75

Water (0.33L) (restaurant) £1.00

Tipping – Guide and Drivers

Tipping is always appreciated in Italy, but not compulsory. If your local guide has been helpful then you could think about tipping. This amount can obviously be left to you. When tipping a driver, a guide or hotel staff a few euros will always be gratefully received.

Money and currency

ATM Availability: Available only in Reggio Calabria – please make sure you carry enough cash with you for art crafts, souvenirs and other personal expenses.

Credit and Debit Card Acceptance: Widely accepted although payment in cash is usually preferred

Local Currency: Euro

Joining your Tour

Flight Information

Our advertised prices do not include the cost of international flights. Please contact us if you would like a quotation to book a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Joining Your Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a free airport transfer, both on arrival and departure. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country and be valid for the entire duration of your holiday.

Visa Information

Visas are not required by many nationalities, including UK and US citizens, and citizens of some European countries. However we recommend that you check with your nearest embassy for the most up to date details.

Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to your country.



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We strongly advise that your passport contains a minimum of two blank pages, as this may be a requirement of the local immigration authorities. In addition certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit www.gov.uk/foreign-travel-advice

Vaccinations & Protection

As with travel to most parts of Latin America, we strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations. For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. The use of an insect repellent is recommended and especially if you travel from June to September.

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on [best practice when travelling with medicines](#). For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.

Preparing for your tour

Climate

Italy can be visited year-round. The Aspromonte National Park is a mountainous region nearby the sea and climate is therefore unique. The best times to visit are generally considered to be spring to early summer and early to mid-autumn when temperatures are enjoyable. In the high summer months of July and August it can get warm but still pleasant, while in the winter, it can be very cold. In spring you can expect occasional rain showers or longer periods of rain but at the same time many days without rain is the norm. Autumn tends to be slightly drier and temperatures are usually most pleasant. Note that in spring and autumn early mornings and at night it can be quite cool especially at higher elevations inland. In short, unless you are travelling in mid-summer you should expect a range of conditions and temperatures.

Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. A hat is also advised to be worn through the day to protect from the sun, along with at least one piece of waterproof/windproof clothing for any days that the weather may be wet or windy. There will be some opportunities for swimming on this tour so you may wish to take a swimming costume and towel. It is also a good idea to bring some long light trousers and long-sleeved light shirts to avoid being bitten by insects.

Equipment

We advise to bring a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. Suncream/sunblock is a must – please ensure you bring enough as it may not be available locally. Sunglasses will also be invaluable. Insect repellent, including a bite spray will also be useful to have. You should also bring binoculars if you have them – these will greatly enhance your wildlife viewing.





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As for the hikes, trekking poles are strongly recommended as well as a small day backpack and a water bottle/flask or thermos for hot tea/coffee, and a waterproof cover for your backpack and camera. You may also bring a headlamp / flashlight.

Footwear

Footwear is a main priority on this tour. Comfortable and sturdy waterproof walking shoes/boots are recommended (ideally up to the ankles), as well as an additional pair of shoes to change into should your boots get wet.

Luggage on tour

Your luggage should not exceed 20kgs (44lbs). One large suitcase/rucksack, and one small hand luggage rucksack is acceptable. We advise to bring a small day backpack for carrying your essential belongings during the hikes. The rest of your luggage will be carried by minibus from one accommodation to the next one.

Trekking card

At the start of the trekking you can ask for a "trekking card". You will then be able to get it stamped from hotels, bars, restaurants on the way and at the end of the trekking you can receive an "Aspromonte trekking certificate".

Electric Supply & Plugs

Electrical supply is 220V/50 Hz and plugs have two round pins.

Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. Tour notes were updated on 17th July 2020.