

BASILICATA SLOW

marmo melandro viaggi e turismo
di Letterieri Carmelina



RURALS, SLOWS AND RESPONSABLES EXPERIENCES -FLAVORS AND NATURE

POLLINO NATIONAL PARK

Programme 25 — 29 September 2024

4 nights

Check in 25 september at 15.00

Check out 29 settembre after breakfast

Transfer from/to Naples with Bus

September, 25

Arrive by 15.30 check in at agriturismo "Bosco Principe".

16.30 Welcome to Palafrido.

17.00 museum of ceramics and craft activities.

20.00 Dinner and overnight stay at agriturismo "Bosco Principe"

September, 26

08.00 Breakfast

08.30 Departure from agriturismo "Crescente".

09.30 Laboratory «trasformazione del latte».

13.00 Lunch to agriturismo "Crescente".

15.30 Pasta Laboratory: From flour to pasta at
Agriturismo "Crescente"

16.30 Snacks to Agriturismo "Crescente"

19.00 Sunset Yoga

20.00 Dinner and overnight stay at agriturismo "Bosco Principe"

via vito marcantonio 5685055 Picerno Pzp.i. 01663740767

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www.marmomelandroviaggi.it



September, 27

08.00 Breakfast

08.30 Meeting with tour guide and walking through Bosco Magnano and ascent of Peschiera
Bosco Magnano is a big forest, crossed by the rich network of crystal clear waters of the Peschiera River and its tributaries. You walk between Cerri, Ontani, Faggi, Aceri, Carpini, inhabited by particular animals like Lontra, many species of woodpeakers, black squirrel and spectacled salamander.

route of 6 kilometres, duration 3 hours and half, altitude difference 150 metres;

13.30 Lunch with traditional dishes to "Rist'oro Pollino";

17.00 Welcome meeting with town architect, Photo tour of the town, which includes Murales, churches and RB ride Carusel.

19.00 Visit to typical products and town souvenirs shop.

20.00 Dinner and overnight stay at agriturismo "Bosco Principe"

September 28

08.00 Breakfast

08.30 Meeting with tour guide and Trekking excursion to Giardino degli Dei.

A hike through the most unspoiled nature of the Pollino National Park, heading to the majestic and millenary Pini Loricati; Route of 11 km, duration 6 hours, altitude difference 500/600 meters. The crest of Serra di Crispo is called "il Giardino degli Dei" and it's not difficult understanding why: walking among the cyclopean pines seems to stay in some mythological divinities' house.

From Rifugio Pino Loricato we will go near Sanctuary of the madonna del pollino: during this walking we can see splendid specimens of white fir (Abies alba), and then we're reaching a fairytale place.

13.45 Visit to Belvedere Sanctuary of the Madonna del Pollino, where you can admire San Severino Lucano, Serra del prete, Serra di Viggianello, colle dell'Impiso, monte Grattaculo and rocky massif that descends to Picco in a wide and broad basin called "La Copia"

14.00 Lunch to Rifugio Pino Loricato

16.30 Transfer to Viggianello and Photo Walking Tour

20.00 Dinner and overnight stay to agriturismo "Bosco Principe"

September, 29

- 08.00 Breakfast and From 08.30 onwards check out/transfer to Naples for those who use it

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Referente

Marmo Melandro Viaggi

Local Manager:

Maria Milione

Ps: Please note that weather conditions and/or organizational issues may affect the program.

IMPORTANT: We recommend for hiking mountain clothing, dressing in layers, bring trekking shoes, yoga mat, backpack.

