



Calabria: where ancient stories meet the sea

THREE DAYS OF MEDITERRANEAN LANDSCAPES, ANCIENT HERITAGE AND BOLD SOUTHERN FLAVOURS.

Please note: All experiences are subject to availability (some are genuinely irreplaceable). The final itinerary may undergo minor variations depending on live availability and your hotel location.

Tropea's Coastal Beauty & Calabrian Flavours

Clifftop views, local recipes and the generous spirit of Calabrian hospitality.





Begin in **Tropea**, where historic streets and sunlit squares open onto sweeping views of the Tyrrhenian Sea. With a dedicated guide, explore the town's intimate lanes and coastal viewpoints, discovering how its dramatic setting shapes both its beauty and its everyday life.

Continue with a cooking class arranged with a local host, introducing the generous flavours of **Calabrian cuisine**. Learn to prepare fileja, the region's traditional hand-shaped pasta, and discover recipes featuring Tropea's red onions and seasonal produce. Sharing the dishes you have prepared offers a warm introduction to local hospitality.

Leave time to enjoy the town before dinner at a selected restaurant.

For guests staying in the **Capo Rizzuto** area, an alternative day combines a guided visit to Crotone's Archaeological Museum with a winery visit and tasting in the Cirò area, exploring Calabria's ancient Mediterranean connections and its continuing wine traditions.





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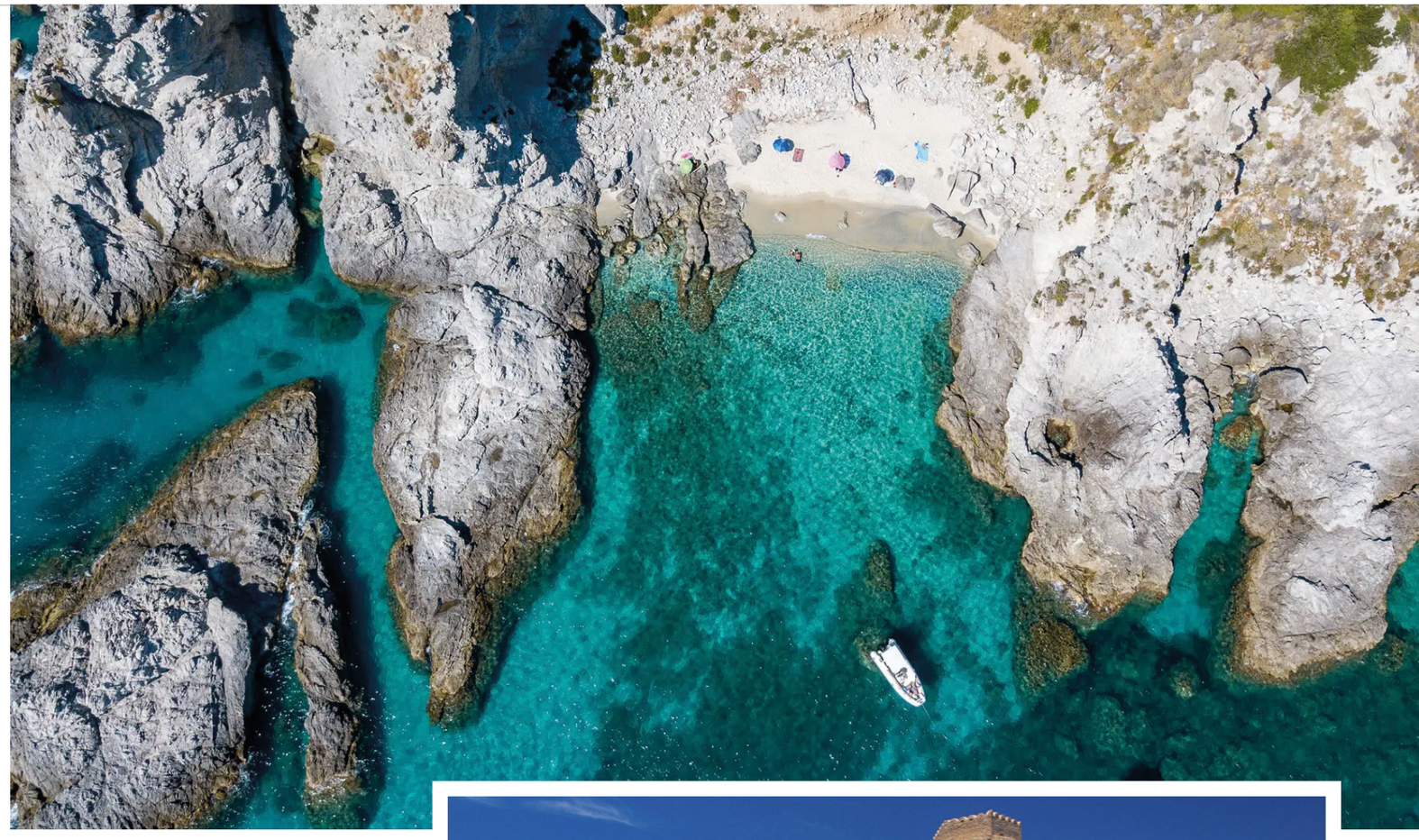
Calabria from the Sea

Dramatic coastlines, hidden bays and a slower perspective from the water.





Set out from Tropea on a boat reserved for your party, discovering the **Coast of the Gods** from the water. Rocky headlands, sandy bays and slopes descending towards the sea create a succession of changing views, with time to appreciate the coastline at an unhurried pace.

The skipper will select the route and any **swimming stops** according to sea conditions and local access requirements. Lunch may be arranged ashore where landing and restaurant reservations allow.

For stays around **Capo Rizzuto**, a coastal excursion will instead explore the Ionian shore, with views towards the sea-facing fortress of **Le Castella** where the agreed route permits.

Alternatively, head inland for a pre-booked winery experience in the **Bivongi** area, followed by a guided visit to **La Cattolica in Stilo**. This small Byzantine church offers an intimate encounter with another strand of Calabria's history, bringing together wine, village life and architecture. Any 4x4 element may be included only as part of a route confirmed with the winery.





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Greek Masterpieces & Seaside Villages

Ancient art, fishing villages and the enduring beauty of Calabria's southern coast.

Travel to **Reggio Calabria** for a dedicated guided visit to the National Archaeological Museum, discovering the **Riace Bronzes** and the region's Greek heritage. These fifth-century BC masterpieces bring the ancient world into remarkable focus: carefully modelled bodies and finely worked details reveal the skill of the sculptors who created them.

Continue to **Scilla** and its waterfront quarter of Chianalea, where narrow lanes lead between houses gathered at the edge of the sea. Enjoy lunch at a selected local restaurant and an unhurried walk, taking in the relationship between the village, its harbour and the water.

Alternatively, discover **Gerace** with a dedicated guide, exploring its historic streets, Cathedral and Diocesan Museum within their visitor arrangements. A regional lunch completes a day devoted to the quieter beauty of Calabria's inland heritage.








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