



Lucania: cave stories and lunar landscapes

THREE DAYS OF DRAMATIC LANDSCAPES, TIMELESS TRADITIONS AND DEEPLY ROOTED SOUTHERN CULTURE.

*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.

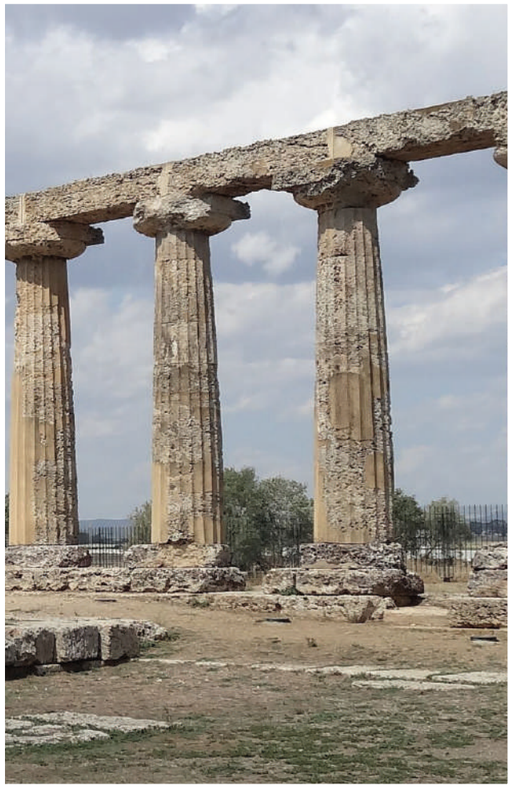
Bernalda's Heritage & a Jeep Adventure

Historic streets, rugged countryside and the authentic flavours of Lucania.



Begin in **Bernalda**, where the historic streets and **Aragonese castle** introduce a quieter side of southern Italy. With a dedicated local guide, discover a town shaped by centuries of rural life, taking time to enjoy its squares and the everyday rhythm of cafés and small shops.

Continue with a guided Jeep adventure, following a route selected by your local operator through a landscape of rugged terrain and open views. The experience offers a change of pace and a closer encounter with the countryside, ending with a tasting of traditional local products that introduces the flavours of Lucania.







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Cycling the Calanchi & an Afternoon in Craco

Lunar landscapes, abandoned villages and a journey through Lucania's wildest terrain.







Begin with a guided e-bike adventure in the **calanchi area**, following a route selected by your experienced local guide and adapted to your riding ability. Here, erosion has carved the clay into sharp ridges, deep furrows and undulating slopes. Pale earth, sparse vegetation and shifting shadows create an almost lunar scene, revealing a beauty quite different from the cultivated countryside nearby.

Pause for a regional lunch before visiting **Craco** on the return journey in the afternoon. With a private guide, discover an abandoned hilltop town whose empty buildings and commanding silhouette hold the memory of the community that once lived here. Landslides and difficult living conditions led to its evacuation during the twentieth century, leaving a haunting setting that later attracted filmmakers, including the productions of The Passion of the Christ and Quantum of Solace.

As an optional early-morning experience, take a hot-air balloon flight over the surrounding countryside, weather permitting, followed by breakfast after landing. Seen from above, the folds of the landscape offer a striking introduction to the day.

Alternatively, replace the morning bike adventure with a cooking class at a traditional masseria, followed by lunch and the afternoon visit to Craco. Discover handmade pasta and ingredients such as peperoni cruschi—sweet dried peppers briefly fried until crisp, bringing colour, flavour and a distinctive crunch to local dishes. Sharing the meal you have prepared offers a warm encounter with Lucanian country hospitality.

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Matera's Sassi & Living Traditions

Rock-cut architecture, everyday rituals and the enduring soul of Matera.

Explore **Matera** with a dedicated guide, descending into the Sassi through stone lanes, stairways and terraces overlooking the ravine. Here, homes, churches and cisterns were carved into the rock or built around it, creating a remarkable relationship between architecture and landscape.

Visits to cave dwellings, historic cisterns and rock churches reveal how generations adapted to this setting, making ingenious use of space and water. Beyond its dramatic appearance, Matera tells a deeply human story of daily life, hardship and renewal.

Pause at a local café or bottega before an arranged encounter at a neighbourhood social club, where local hosts introduce the familiar rituals of Scopa or Briscola. Learning a few rules and sharing a game offers a convivial glimpse into everyday life, with conversation becoming as much a part of the experience as the cards themselves.

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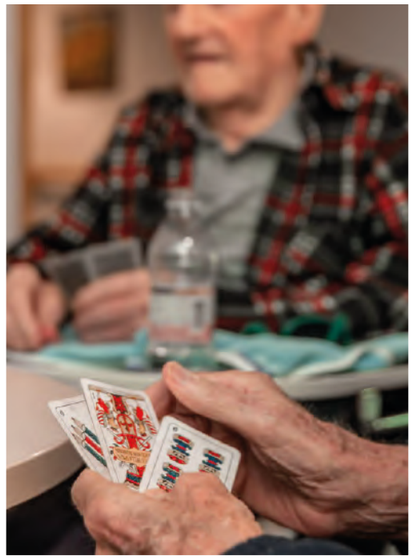
Alternatively, discover the region's bread and olive oil traditions through a bakery visit and tasting, with a hands-on breadmaking session arranged in advance where available.







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