

FAMILY-FRIENDS HOLIDAY SPRING SUMMER

*Una settimana nel Parco Nazionale tra monti, mare, tradizioni e gastronomia
"Southern Italian Style"
con base in San Rufo "un angolo di paradiso tra il Cilento e il Vallo di Diano"*

Day 1st – Arrival

Arrival at the International Airport "Capodichino". Welcome and transfer to San Rufo a small town into the national park of Cilento and Vallo di Diano. (Unesco's Heritage, Biosphere Reserve and Geo-park). Dinner and over night at B & B Vallovivo in the historical residence "Palazzo Mattina" (even for the rest of the week).



Day 2nd – "Valle delle Orchidee" and "Grotte di Pertosa"

The orchids valey is situated in the centre of the natural park of Cilento and Diano Valley. It can be admired a big variety of orchids, in particular 184 species of wild orchids..

In the afternoon visit to the Angelo's Petrosa Caves accompanied by an expert stuff. An amazing itinerary of 100 minutes, sailing the underground river Negro, reaching the internal waterfall and visiting the "paradise hall". The second part of this itinerary is made by boat admiring the stateliness of the "Big Hall", the particular "Sponge Hall" and the fascinating "Waterland Arm". An itinerary of 1500 meters made by foot and 400 by boat.

Dinner at homea



Day 3rd – Borgo medievale di "Teggiano" e "Cooking Class"

Visit in the center of Teggiano village, ancient stronghold of Sanseverino princes.

Lunch at home.

In the afternoon will take place a 'cooking class'. A wonderful afternoon where it can be prepared typical local dishes with fresh and local ingredients.

Dinner with the plates created during the "cooking class".



Day 4th – "Costa degli Infreschi"

Visit to the Infreschi coast, considered one of the most spectacular natural landscapes of the Mediterranean, full of cliffs, coves, secluded beaches, numerous karstic caves, both submerged above the sea level. Packed lunch. Return by boat to the port of Scario or to the port of Marina di Camerota.

Dinner at home.



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Day 5th – La "Certosa di Padula" e il "Battistero Paleocristiano di San Giovanni in Fonte" a Sala Consilina

Visit to the 'Certosa di Padula', one of the most magnificent monuments in the south of Italy. Unesco in 1998 has nominated it like a World Heritage of Humanity. A place full of history and spirituality. "Certosa di Padula" even hosts the archaeological museum of the East Lucania with a big collection of finds from the necropolis of Sala Consilina e Padula. Finds coming up from the prehistory until the Hellenic period.

Lunch in a trout based restaurant.

Visit to the Baptistery of San Giovanni in the city of Sala Consilina. It is unique in the whole world because it uses the baptismal water directly from the springs where the baptistery is built on. Its construction ascends in the first ages of Christianity. After the visit, shopping in the town of Sala Consilina.



Day 6th – Passeggiata in montagna alla ricerca di asparagi e tartufi.

Hiking in the mountains in search of wild foods in season, such as asparagus, and truffles with the truffle hunter and his inseparable dog. Lunch at home with asparagus and truffles. In the afternoon visit to a farm to participate in the Processing "cheese" of Vallo di Diano's typical cheeses. Visit to "Borgo Serrone" in Sant'Arsenio or to the Mulini of San Rufo.

Dinner to the enoteca: cold cuts and cheeses accompanied by a glass wine.



Day 7th – Departure

Breakfast and transfer to the airport.

Additional options: on request you can extend your stay by adding additional routes in the National Park of Cilento and Vallo di Diano, or to other tourist destinations in Campania



Stylized Signature

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Rates for group of minimum 4 persons

Individual quota in double room € 1.000,00

Individual quota in double room with single use € 1.500,00

Discount 10% groups
5/6 persons
Discount 20% groups
7/8 persons

Are included in the price

- transfers from and to the airport
- overnights and meals even during the outing
- all the transfers during the excursions
- entrance and guided tour to "Grotte di Pertosa" and "Certosa di Padula"
- cooking class

Aren't included in the price

Flights, alcoholic beverages

All foods used are genuine and products in the territory of the Vallo di Diano

The house

Consists on a lounge, a dinning room, a living room, 4 double bedrooms, 1 kitchen, terrace and garden. In the middle of the house is situated the dinning room through which can access all the rooms of the house and the terrace. **"Rosa room"** and **"Aavorio room"** (both double) are coadjacent and have a shared living room and bathroom. This could be a perfect solution for a family or 2 pairs of friends. The **"red room"** has got a private bathroom, the **"yellow room"** is a double and it is united to a single **"cameretta"** with a shared bathroom. These could be ideals for a family with a son or a pair of friends.



Stanza Rosa



Salotto



Stanza Aavorio



Stanza Rossa



Stanza Aavorio



Cameretta

For information and reservations please send an email to info@vallovivo.it