

HERA ITINERARY



- 4 Days
- Provinces of Vibo Valentia, Crotone and Catanzaro
- Italian / English
- For included meals please refer to the itinerary description
- Easy



In this itinerary we propose a true coast-to-coast experience passing by the white beaches of Tropea and the volcanic Stromboli, the temple of Hera Lacinia and the Aragonese fortress of Le Castella, a journey expertly woven with the silk threads of San Floro.

DAY 1 - Tropea

After arriving in the morning at Lamezia Terme Airport, the first day includes a visit to Tropea.

Despite being one of the smallest municipalities in Italy, Tropea has a considerable number of sights to see starting with the three kilometers of white beach, washed by the Tyrrhenian Sea, with the marvelous view of the sanctuary of Santa Maria dell'Isola and in the background the island of Stromboli, where there is still an active volcano. The historic center of Tropea dates back to the Angevin-Aragonese period with its alleys that climb through the town and succession of noble palaces, majestic portals, and numerous belvederes overlooking the crystal clear sea. The Cathedral of Mary Most Holy of Romania was built around the 12th century by the Normans. Next to the austere Norman cathedral stands the ancient bishop's palace of Tropea. On the ground floor, a Swabian portico embellished with marble statues leads to the Diocesan Museum.

With a pleasant walk on the huge stairs from the old town centre, one can descend directly to the white beaches and from there go to visit the small church/sanctuary built by the Benedictines, which stands on a beautiful islet, considered the symbol of Tropea by the world.

In the course of the day, there is one moment when it is mandatory to stop: at sunset to admire the sunset over the sea and the Aeolian Islands, a spectacle that is repeated every evening, and which can also be contemplated in a special way from the various panoramic viewing points in the historic centre.

Accommodation: hotel in Tropea

Meals: Dinner in Tropea.

Additional information: Daily commute will be about 60 minutes.

DAY 2 - San Floro

In the morning leave for San Floro.

At the beginning of the 12th century, the Italian peninsula was the largest producer of silk in Europe. In Calabria in particular, the production of gold thread was flourishing. The fame of the master silk weavers from Catanzaro caused such a stir that it spread to France, where they were called to Lyon to teach the technique of weaving.

In San Floro you can visit the unique Silk Museum. One section houses relics from the history of silk: old clothes, Catanzaro damasks, sacred tapestries, and industrial textile archaeology. The museum also houses a textile workshop with a working 4-heald loom. Here is where the history of the past and that of the present, magically come together.

After a walk through the historic centre, with a short drive through the countryside via a path, we will reach the silkworm farm where it will be possible to watch a demonstration of silk production. The guided tour will end under the canopy of a majestic century-old pine tree.

Enjoy a homemade lunch with entirely organic dishes since everything comes from local gardens or producers.

Move then to Crotone.

Accommodation: Hotel in Crotone

Meals: Breakfast and lunch in San Floro.

Additional information: Daily commute will be about 2.5 hours.

DAY 3 - Le Castella/Capo Colonna

In the morning a visit to Capo Colonna. The Lacinio promontory is a veritable treasure chest of riches, many of which are still hidden. Signs of the Magna Graecia and Roman presence make this strip of land in the middle of the sea even more magical, with the only Colonna still standing of the temple of Hera Lacinia and the remains of the walls of the Pythagorean school that tell a story of unique charm in a whisper. Worth visiting is the small church dedicated to Our Lady of Capo Colonna, patron saint of the city of Crotona.

In the afternoon, onto Le Castella, where the tour continues with a visit to the seaside village and the majestic Aragonese Castle, a military fortress dating back to the 13th century located on an islet in front of the small town centre. In fine weather, it will also be possible to take a short dinghy excursion in the marine protected area.

Accommodation: Hotel in Crotona

Meals: Cena in Crotona

Additional information: Daily commute will be about 1.5 hours.

DAY 4 - Lamezia Terme

Depart in the morning after breakfast for Lamezia Terme Airport for the return flight.

Meals: Breakfast in Crotona.

Additional information: Daily commute will be about 1.5 hours.