



SERVAS in bici

Cosenza, Calabria

<http://www.parcosila.it/en>

1-3 June 2018

PROGRAMME

Thursday 31 May

Arrival expected from the early afternoon at the Agriturismo (country hotel) Falcone, Celico (CS).

Welcome and welcome dinner with Calabrian SERVAS members.

Accommodation

First Day

Friday 1 June

1st leg

On Norman Douglas's tracks

(A Victorian writer in Calabrian lands)



Route duration: about 6 hours

7.00 breakfast

8.00 leaving for the Sila plateau to reach Lorica (microbus and private cars)

9-10 bicycle pickup

10.00 cycling from Lorica to lake Arvo

11.00 Silvana Mansio (stop: 15 minutes)

11.45 San Nicola (disused railway station of the Calabrian Railways)

12.30 Lake Ariamacina

13.30 Magara Cross (break)

14.00 Sila Giants (visit: 1 hour)

16.00 Cupone (visit of the park headquarters: 1 hour)

17.00 Driving by car and microbus to Camigliatello

17.30 Camigliatello to Torre Camigliati (visit to the Norman Douglas Literary Park: 1 hour)

18.30 Leaving for Agriturismo Falcone

20 Dinner

Notes

45 km-long route, which - except for an initial 2-km-long, uphill portion - is virtually flat, with some challenging segments of a few hundred meters each. Extendable up to about 55 km for those who want to arrive at Camigliatello from Cupone by bicycle.

a) Visit to the Sila Giants, a residue of the Silva Brutia forest celebrated by Latin writers, the primigenial forest, the *Urwald* described by Norman Douglas in his “Old Calabria”.

b) Visit to the Cupone visitors’ centre. Originally a sawmill, then manufacturing centre for rosin (the yellowish to amber, translucent, hard, brittle, fragmented resin left after distilling the oil of turpentine from the crude oleoresin of the pine: used chiefly in making varnishes, varnish and paint driers, printing inks, and for rubbing on the bows of such string instruments as the violin, Translator’s note) and turpentine, then sawmill again, today the location of Cupone is a power pole for policies of responsible tourism and environmental conservation. Nature paths, wildlife observatories, a geological garden and a botanical garden, accessible to disabled and blind people, showcase the extraordinary natural heritage preserved in the Parco Nazionale della Sila (Sila National Park).

c) Visit to the Old Calabria Literary Park, which is located at Torre Camigliati, near Camigliatello Silano, seat of the same-named Casino (pictured), with the adjacent structure “La nave della Sila” (the Sila ship). The Museo Narrante dell’Emigrazione (Narration Museum of Emigration), by Gian Antonio Stella, inaugurated in 2005, is hosted in the ancient and delightful dairy farm - restored by architect Sila Barracco.



Second Day

Saturday 2 June

2nd leg

The Cosenza farmhouses

(between saints and bandits)

Route duration: about 6 hours



7.00 breakfast

8.00 leaving by bicycle

8.15 Spezzano Sila

8.30 Spezzano Piccolo

8.45 Casole Bruzio

9.00 Pedace - Visit of the Monastery of Saint Francis of Paola (30 min.)

10 **Pratopiano** (it is possible to arrive by car and microbus for the not-so-fit - 30 min.)

11.30 Aprigliano

13 Mangone (break)

14 Sainfo Stephen of Rogliano

15 Rogliano (Visit to the historical centre: 1 hour)

16.30 Returning to the Agriturismo (by car and microbus)

19 Dinner

20 Leaving for Cosenza for night-time visit of the historical centre (optional)

Notes

45-km-long wavy route, with uphill portions of about 2-3 km which require an intermediate fitness level.

The convent of Saint Francis of Paola (1617) has under its structure a 30-metre-long tunnel, called "Lamia". Inside it, two old troughs are still found, supplied with fresh and clear water by a natural source. In ancient times donkeys returning from work on the nearby mountains would find rest here. Recently refurbished, it now serves as a cultural centre and hosts concerts, theatre plays, conferences, meetings and private functions.

- a) Pratopiano is a wonderful natural area of about 20 hectares which boasts at least 200 monumental chestnut trees and the remains of a dozen of *caselle* (industrial archaeology: construction where processing of fresh chestnuts into dried chestnuts takes place).
- b) Rogliano, with its historical centre, may represent an ideal Calabrian village with its alleys, its churches and small squares.



https://www.tripadvisor.com/Attraction_Review-g1078283-d1986459-Reviews-m17457-Sila_National_Park-San_Giovanni_in_Fiore_Province_of_Cosenza_Calabria.html

Third Day

Sunday 3 June

3rd leg

From the mountains to the seaside

(hamlets and Medieval castles)

Route duration: 6 hours



7 breakfast

8 driving to Grimaldi

9 Grimaldi - leaving by bicycle

10.30 Aiello Calabro - visit to the hamlet (1 hour)

12.30 Cleto - visit to the hamlet (1 hour) with break

14.30 Campora San Giovanni

15 Amantea - visit to the historical centre

18 Returning to the Agriturismo

20 Dinner with final bye-byes

Notes

45-km-long route, which provides - after 20 minutes of peaks and troughs - a 5-km-long climb, at the end of which the Tyrrhenian Sea can be admired. From that moment onwards the long, breathtaking descent towards the Medieval hamlets begins.



Aiello Calabro, seat of the Renaissance-style Cybo-Malaspina building dating back to the 16th century, castle and Medieval hamlet

Cleto, visit to the castle and to the awesome Medieval hamlet.

Amantea, visit to the historical centre, a highly picturesque place which claims an ancient past between Arabs and Normans.

General Warnings

Please beware that, for each of the routes, possible “escape routes” for the not-so-fit or “extendable routes” for the fitter ones are taken into account.

A certain degree of fitness is assumed, despite the art-and-culture and rest stops, since Calabria is not a land of plains, and the few existing ones do not allow relaxed cycling nor aesthetic fascination.

Where necessary, however, a SAG/broom wagon and assistance are available.

There are about 30 bicycles (20 front-dampened ones and 5 fully-dampened ones), with further 5 electrically-assisted pedal ones, all mountain bikes hence, from 26”, to 27,5”, to 29” wheels, with sizes S-M-L. Provided with repair kits and with the option of a safety helmet.

It is necessary to book in advance both accommodation and bicycle rental.

Returning from Calabria may take place either in the evening of Sunday 3 June, or in the following morning of Monday 4 June 2018.

Please keep in mind that Amantea, location of the last leg, is close both to the railway station of Paola (20 km) and to the Lamezia airport (30 km).

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How to get to Cosenza and Celico

Arrival at the Lamezia Terme airport or at Cosenza railway station, from where it will be possible to reach the Agriturismo Falcone of Celico, assisted by local SERVAS members.

By Bus

Cosenza can be reached by various bus companies. Information on the Internet and/or at the bus station of the departure city (Local bus companies: SIMET, LAVALLE, LIROSI...).

By Air

Direct flights to Lamezia Terme depart from:

Milan: EasyJet and Ryanair

Bologna: Ryanair

Treviso: Ryanair

Turin: Blueair

From Lamezia it is possible to book the shuttle “Al Volo”, which - taken collectively - offers excellent prices to reach Cosenza, at 45 km from the airport.

It is advisable to book about 2 months in advance to obtain best prices.

By Train

To arrive in Cosenza: *Freccia* and *Italo* trains as far as Rome, Naples or Salerno, then InterCity and regional trains as far as Paola, to continue to Cosenza.

By Car

A2 Motorway, Cosenza exit, at the junction, continue following the directions to Crotona-Sila. After about 10 km, Celico exit.