

## Fam Trip Calabria



**Taste, History, and Nature**



[www.sognareinsiemeviaggi.com](http://www.sognareinsiemeviaggi.com)

### **Day 1: Welcome to Calabria!**

Arrival in Calabria: Warm welcome with an aperitif of local products.

Transfer and check-in to hotel.

Exploration of Altomonte: Visit the historic village with a typical dinner and tasting of "Terre di Cosenza" wines at the Altomonte Castle. An unforgettable food and wine experience with breathtaking views. Visit the Ferrocinto Winery. Immerse yourself in the Pollino nature and discover the production of Calabrian wine. Typical lunch. Tasting of local products.

Overnight stay in Serragiumenta

### **Day 2: Cosenza "Athens of Calabria"**

After breakfast, continue to Cosenza, known as the "Athens of Calabria". In fact, it was here that one of the first academies in Italy was founded, the Accademia Cosentina, dating back to the early 16th century.

Visit the San Domenico Complex, with the Church of the same name from the 15th century, which represents an extraordinary example of Gothic style with Baroque superstructures. Continue with a visit to the Cathedral, recognized as a UNESCO World Heritage Site for its culture of peace. Continue to Piazza XV Marzo, one of the most beautiful and important squares in the historic center of Cosenza, surrounded by palaces and monuments. Visit the Castle, which stands on the Pancrazio hill and overlooks the city of Cosenza. According to tradition, the castle was built in ancient times, but it has been remodeled several times over the centuries by the Normans, Swabians, Angevins and Aragonese.

Return to hotel, dinner and overnight stay in Serragiumenta

### **Day 3: Cerchiara, between bread, history and spirituality**

Breakfast at the farmhouse. Departure for Cerchiara.

Visit to the village of Cerchiara. Discover the medieval castle and the picturesque alleys. Bread making experience: participate in a bread making workshop with local women. A dive into the most authentic traditions, culminating in a delicious tasting of freshly baked bread. Visit to the Sanctuary of Santa Maria delle Armi: Afternoon visit to the mystical and evocative sanctuary.

Dinner with Sommelier. Overnight stay at Masseria Castello di Albidona

### **Day 4: Sibari, licorice, rice and architectural treasures**

Breakfast in Hotel. Journey to the Sibari plain with a visit to the Archaeological Park and museum with the opportunity to visit the remains of one of the richest and most important cities of Magna Graecia.

Visit to the Amarelli Licorice Factory: Discover the secrets of this ancient delicacy and taste it in all its forms. Lunch with "Riso di Sibari". A renowned Calabrian gastronomic excellence that will delight your palate. Visit to the Ducal Castle of Corigliano Calabro: Immerse yourself in history by visiting this architectural gem with breathtaking views. Return to the Masseria. Overnight stay to recharge for the last day of this gastronomic adventure.

### **Day 5: Goodbye!**

Breakfast in Hotel. Final farewells.

Departure: Leave with a suitcase full of unforgettable memories and flavors. Calabria has won our hearts with its beauty, history and culinary traditions. An adventure that we will always carry in our hearts.

Please note: The program is subject to change.