



*Independent cycling tour (BVS14)*

# The 'Via Cilento'

*A unique journey along the coast and through the mountains of the Cilento, one of Italy's largest and most diverse National Parks, including the best parts of the 'Via Silente'*



## TRIP NOTES

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## INTRODUCTION

*The region of Campania has been known as a paradise on earth since ancient times. The Greeks built some of their most impressive temples here and under the Romans it became known as 'Campania Felix', or the Happy Land. When travelling through this region, one becomes overwhelmed by its wealth of cultural and natural attractions, from the great city of Naples to the well-known Costiera Amalfitana, with its towering cliffs and picturesque coves.*

*But Campania's real secret is located south of Salerno. Here the coastline bulges out into an expanse of mountainous landmass known as the Cilento, now one of Italy's biggest National Parks, with World Heritage listing. This is an area of amazing natural beauty, where crystal-clear water laps at uncontaminated rocky coasts, and wild untamed forests cover high mountain peaks.*

*The 'Via Silente' is a journey of 600 km. through this magical, authentic, sometimes harsh, sometimes stunningly beautiful area. The route describes a circle, touching both the shores and mountains of the Cilento National Park. It is subdivided in 13 stages, with two optional stages to climb the mountains Cervati (1899 m.) and Gelbison (1705 m.). The route is named after the typical 'sound' of the places you will discover: silence. Silence on The Silent Way is everywhere. It completely neutralizes the day-to-day noise you are used to.*

*This tour roughly follows the 'Silent Way', taking in the best parts and adding some extra 'must-see's. Your tour starts from Casalhelino. The first part of the route is very picturesque. It passes through the quaint fishing villages of Pioppi and Acciaroli. From there, it continues for 40 Km following the beautiful coastal line. From this point on, it will take 400 km. to have the sea in front of you again. Meanwhile, you will have travelled through an amazing piece of Earth. You will have touched the clear water of Calore river and will have enjoyed the primitive charm of the caves of Castelcivita and Pertosa, rich in stalactites and stalagmites. Plains, beech woods, valleys dotted with orchids, charming rural hamlets, and much more.*

*Your time on the Silent Way will be magical, but not without difficulty. In fact, The Silent Way goes sometimes through a very harsh land, wild, and for that reason authentic. We are sure that during this tour you will learn to know and love the Cilento area, discovering its many natural and cultural treasures. Even more so you will be pleasantly surprised by the hospitality of its people, who will make you feel like a welcomed guest.*



*Please note: this is a moderate tour which is suitable for all those who have some experience of bicycle touring and are in a good general physical condition. On some of the inland stretches you may encounter some steeper climbs (vehicle support possible). Two of the steepest climbs can be booked as an optional extra. Average cycling times: approx. 3-5 hours each day.*



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## DAY-TO-DAY PROGRAMME

### Day 1 – Arrival in Casalvelino (Castelnuovo)

After your arrival at Vallo della Lucania you will be picked up and brought to your first accommodation. Your bike will be waiting for you here. In case you want to try it out already you could go for a short ride to the Greek city of Velia or ride down to the beach for a quick dip before turning in and getting settled in at the hotel. You will be welcomed by your local host and receive your 'Silentina', your 'pilgrim's certificate'.

### Day 2 – From Castelnuovo Cilento to Pollica 1<sup>st</sup> & 2<sup>nd</sup> Stage of the 'Via Silente'

Your journey begins in Castelnuovo Cilento, a wonderful village whose name originates from the ancient castle that dominates it. From the square just in front of the castle the view is extraordinary, it offers a unique view on the 'Silent Way' that you are about to begin. This stage is not very difficult. After 11 km from the start, you will find yourself climbing on a hilly road with 5% slope in average. Once in Acquavella you can stop and rest before continuing in the direction of Stella Cilento (386 MASL), in the foothills of the homonym mountain. From Stella Cilento, continuing on SP77 for 3 km, you will arrive in Omignano. There, in the main square of the village you can visit the "laboratory" of the artisan basket maker Giuseppe Giuliano. The Silent Way continues in the direction of Galdo, along the southern slopes of the Monte Stella. Take a rest at the Caffè Letterario (the literary cafe). In this café "thoughts shape themselves". You then pass about level through the charming hamlets of Celso and Pollica, with great views over the sea. Then you cycle down along the beautiful village of Canicchio, until you reach the coast at Acciaroli, a quaint little fishing village, beloved by Hemingway. From here, without leaving the coastline for a second, you will reach Agnone, where you'll stay in a nice hotel in the medieval village centre, and eat at one of the best fish restaurants of the area.

*Distance: 30 km.*

### Day 3 – From Pollica, along Castellabate, Perdifumo, Vatolla to Rocca Cilento 2<sup>nd</sup> Stage of the Silent Way

Today's ride starts with another bit of coastal scenery. Very soon after the start you'll have to tackle the 'Ripe Rosse' (red cliffs), from where you cycle down to Ogliastro Marina. You can choose to cycle straight to San Marco (along a relatively busy road) or to cycle all the way around Punta Licosa. Here you will cycle in the middle of a pine tree forest, among the oldest and better preserved of the entire area of the Cilento National Park, and along a lane lined with carrub trees. You reach the small harbour, and then cycle along a beautiful coastal trail to the village of San Marco: Then you leave the coast and will face the first significant ascent, up to the village of Castellabate. Visiting Castellabate is truly worth it, especially its ancient castle whose building begun on October 10th, 1123. After Castellabate, you will cycle along a very scenic road to the beautiful village of Perdifumo, and then up to Mercato Cilento. From there you start circling with some up and downs around the Monte Stella. First you cycle to the beautiful village of Vatolla. Make sure that you visit Palazzo De Vargas here. The place hosts the museum dedicated to Gianbattista Vico (an Italian political philosopher, rhetorician, historian, and jurist). Still today it is possible to sit in the shadow of the Vico's olive tree, in the square of the Convento della Pietà'. It is in this place, that Vico wrote his theory of the Science of History. The last stretch brings you back to Mercato Cilento, from where, along the Convento del Carmine, you cycle to Rocca Cilento, dominated by its imposing castle.

*Distance: 60 km.*

### Day 4 – From Rocca Cilento along Cicerale to Stio 3<sup>rd</sup> & 4<sup>th</sup> Stage of The Silent Way

From Rocca Cilento, you first cycle down to Torchiara, a beautiful village located on a scenic ridge, overlooking the lake. Continue on SS18 until, before reaching Ogliastro Cilento, a small road on the right will lead you to the



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village of Finocchito, then in Monte Cicerale, and finally Cicerale. Mercato Cilento in the Middle Ages was the point of convergence of the main roads have the territory of Monte Stella and became a place of trade following the construction of a church in the fifteenth century, probably built in 1472 by the Carmelites along with their convent, leaning against the side church. The dirt road uphill to the side of the convent of Mount Carmel is the first part of an interesting path that follows the ridge, with views of both inward land and toward the sea. The road skirts the thick woods of the Forest of San Francesco and finally reaches in view of the spectacular castle of Rocca Cilento. The first information on this site can be found in a manuscript of the year 1110. There, the decision of William Sanseverino to move the seat of the Barony of Cilento from the fortress on the top of Mount Stella to Rocca Cilento, is described. The castle is one of the most characteristic monuments in the landscape of Cilento, set atop a hill at 635 m above sea level.

Leaving Rocca Cilento on the road you will pass by the old Convent of San Francesco, founded in 1417 by St. Bernard of Siena with the help of some noble families of the place. Past Torchiara, the Silent Way continue for 3.5 km on SS18, until a panoramic road on the right takes you to the tiny village of Finocchito. Stop and rest on the square outside the church, where silence reigns. After Finocchito, continue in the direction of Cicerale, named after the Latin expression *Terra quae cicera alit*, meaning "land that feeds the chickpeas." Now you cycle above one of the largest reservoir of the entire territory of Cilento and Vallo di Diano: the Alento Lake. Around the dam, the 'Oasis' now is a ideal place for birdwatchers. After Cicerale, you will continue towards the village of Trentinara (606m.), clinged to a rocky mountain that looks down on the valley of the Sele river. From the panoramic square at the top of the village, you can clearly see the Costiera Amalfitana (Amalfi coast) and Punta Licosa. From Trentinara to the village of Monteforte and then to Magliano, the road goes gently uphill. Your next stop will be the village of Stio, where you will be staying in a beautiful, welcoming B&B.

*Distance: 51,5 km.*

### **Day 5 – From Stio along Felitto to Sicignano degli Alburni 4<sup>th</sup> & 5<sup>th</sup> Stage of The Silent Way**

Take your time to visit Stio. Here you can find the Museo Trotta, luthiers' craftsman, the photography museum. Leaving Stio, you will go down on a dirt road that will lead you on the embankment of the Calore's river. From here, you will reach the medieval bridge of Magliano. Felitto is very close now. Felitto is famous for the Calore 'Canyon', a hiker's paradise, and its special "fusilli felittesi", a typical pasta. From now on you will continue along the Calore river. After a few km from the *Gole di Felitto* you go past *Castel San Lorenzo* and *Roccadaspide* (where you will find the Filomarino Castle). Ahead of you, you will see the massive of the *Alburni* mountains. At its slopes there is *Castelcivita* with its very famous caves. The caves are on the right side of the Calore river, half way between *Castelcivita* and *Controne*. If you have the energy, you can go and do this short detour, it is worth the ride. From *Controne*, well known for its special beans, a beautiful small road underneath the towering *Alburni* mountains brings you to *Postiglione*, with its well-maintained medieval castle. After Postiglione, a secondary road goes just past the cemetery and leads after a few kilometers back to the main road. At the intersection of Scorzo continue in the direction of Sicignano degli Alburni. From here and all the way up to Petina the view on the right is dominated by the mighty and magnificent buttresses of Alburni. Entering Sicignano, you will notice its ancient castle recently restored and spectacularly situated on a relief to guard the valley below. You will stay again in a nice agriturismo.

*Distance: 70 km.*

***N.B. As this is a long, challenging stage, we recommend to stay overnight in Felitto. With a few extra detours you will then do two days of about 45 km.***



**Day 6 – From Sicignano degli Alburni along Petina over to Alburni Mts. to Roscigno***Second part of the 5<sup>th</sup> Stage of The Silent Way + 6<sup>th</sup> Stage of The Silent Way*

Today is a relatively short stage, but with a serious climb! From Sicignano you continue along the beautiful road in the shadow of the Alburni Mountains, until you reach Petina, set on a small plateau at the feet of the Alburni. Here you can gather the energy to tackle one of the steepest climbs of the whole tour. From Petina you begin a notable climb through the dense chestnut forest, gradually turning into thick beech forests. At the end of the climb you will find yourself on a wide mountain meadow at about 1100 meters above sea level: here stands the Observatory, an evocative and isolated building, made surreal by the characteristic metallic dome which houses the scientific instruments (vehicle assistance up to this point is possible). From here the road is gently rolling. After a few kilometres you arrive at the small path which leads to one of the symbols of the National Park, the Antece, a prehistoric rock sculpture, which could very well be an ancient representation of a God or a hero. Its date is placed between the year 1000 and 400 before Christ. To get to the Antece you will need to leave your bike and continue walking. From up there, where the Antece stays since millennia, the view will leave you speechless. Once you are back on your bike, it will all be downhill towards Sant'Angelo a Fasanella. In the period between June and July, you will also benefit from the typical yellow color of the flowered Broom. Once in Sant'Angelo a Fasanella you will be facing yet another marvellous cave, the Cave of San Michele Arcangelo, UNESCO Heritage, just like the Antece. Continuing the Silent Way you will pass Corleto Monforte and from there it's only 10 more km. to Roscigno. Hopefully you will reach Roscigno in time to enjoy the sunset from the view of the famous abandoned village. The small village was subjected to catastrophic seismic events in the XVII and XVIII. It was definitely abandoned between 1902 and 1908. From that point, time stood still in Roscigno.

*Distance: 41 km.***Day 7 – From Roscigno along Teggiano to Padula** *7<sup>th</sup> & 8<sup>th</sup> stage of The Silent Way*

Today you will leave the heart of the Cilento, and you will enter in the highplain Vallo di Diano. To get here you'll make a stunning ride over the Sella del Corticato pass. From Roscigno, go towards the village of Sacco. After 3 km you will go through one of the tallest single-span bridge in Europe. Below you, after 170m you will see the Sammaro River. Past the bridge, you will find the indication of the path that will bring you to the river's source. The path is 1km, it is very steep. Climbing back again will be very challenging. From the village of Sacco, you will start climbing towards the beautiful Corticato Pass, the highest point of the Silent Way (1022 m.). The effort will be worth it. Between Mt. Motola and the Cocuzzo delle Puglie mountain during spring you will find a completely yellow landscape. The broom flower gives it its typical colour. Once at the top of the Sella del Corticato, looking down you will see the village of Teggiano that you can reach with a refreshing down-hill path. The population of Lucani founded Teggiano during the IV century b.c. It is also called "the village of churches", due to the numerous religious places you will find here. The first church is the one dedicated to SS Annunziata (XV century). The road will lead you to the main square of Teggiano where you can find the church dedicated to S. Francis, 1307. In the very same square, with a lateral entrance, you will also find the Cathedral dedicated to S. Maria Maggiore, 1275. Further in Teggiano, you can find the church dedicated to S. Peter (XIII century), the church dedicated to S. Angelo (XII century). On the opposite side of the village, north side, you will find the church dedicated to the Pietà. Teggiano, also hosts a very important museum that collects spices. It is the focal point for researches from all over the world and the local farmers. The last part of the ride today goes down to the plain, and you'll settle in your hotel just in front of the Certosa di San Lorenzo, also known as Certosa di Padula, the largest Carthusian monastery in Italy. From Teggiano to the Certosa it is quick. However, for some kilometres the way will be less silent than usual, with some busier roads.

*Distance: 46 km.***Day 8 – From Padula along Sanza to Morigerati** *8<sup>th</sup> & 9<sup>th</sup> Stage of The Silent Way*

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Before starting the ride, it's a must to pay a visit to the Certosa (if you did not do so yesterday). The Certosa di Padula is the largest Carthusian monastery in Italy, founded in 1306 by Tommaso Sanseverino. Its construction was very slow, it lasted until 1850. Carlo V was hosted here after the battle of Tunisi in 1535. Since 1997 it is rightfully part of UNESCO. The access is through a rectangular courtyard with the monumental eighteenth-century façade as background, the original entrance to the monastery. Before entering, to the side of the corridor, a door leads to a very elegant spiral staircase connecting the library, paved with tiles and paintings of the eighteenth century. The large cloister dates back to 1690 and is the largest in Europe with its 15,000 square meters, with an arcade of 84 arches of ashlar pillars. From the large yard you will see the village of Padula, that here appears almost suspended on the roofs of the Certosa. You could also go for a small detour to the unique Battistero of S. Giovanni in Fonte. There is a water fountain in the middle of the church and its water is used for baptisms. This is one of the world's most antique Christian settlements, founded during Constantine era by Pope Marcello I. If you have the strength to get to the top, we also recommend a visit to Padula's historic centre with the Church of St. Michael the Archangel which rises above the houses and the monastery and the Church of St. Augustine, built to the XIV century. In the old town, it is also remarkable the House-Museum of Joe Petrosino, dedicated to the famous Italian-American police officer, with documents and objects belonging or linked to his figure.

Then you'll cycle through the plain to the next village, Buonabitacolo, known for the Festa della Cuccia, a soup of legumes and cereals. A few km. further you reach the mountain village of Sanza, known for its lavender and gateway to Mt. Cervati, the Cilento's highest mountain. Then you'll cycle in southern direction, towards the coast again., But first you'll cycle into one of the most intriguing parts of the Cilento, the karst landscape between Caselle in Pittarti and Morigerati. Here a complete river disappears into the ground, and re-appears several kilometres further down. The beautiful landscape of forests and canyons is quite demanding, going up and down continuously. After 15 km from Sanza you reach Caselle in Pittari. A beautiful road brings you from here to Morigerati, your final destination for today. Here you will find the church of Saint Demetrio, with access to it from the arch of Castello Baronale. The view from the church is astonishing. In Morigerati you must visit the WWF oasis 'Grotte del Bussento'. Within the oasis you will also find a water fountain that comes out in the proximity of the old wind mill. Still in Morigerati don't miss the "Etno-graphic" museum silvo-pastorale.

*Distance: 35 km.*

### **Optional Extra Day - From Sanza to Monte Cervati (return trip)**

*Today you will have to make a choice. You can take it easy and continue the Silent Way towards Morigerati and Casaletto Spartano, through a rolling landscape. Alternatively, you can climb on the Cervati mountain up to 1898 m. above sea level, the highest mountain of the region. The Cervati mountain is spectacular, however you will face 24 km of climb (7 km on asphalt road, and 17 km on dirt road). During the last stretch, you will even have to push your bike for a bit, or just leave it and enjoy the walk. For this reason, it is advised to leave the bags in the structure that hosted on the previous evening and just bring a small bag with some food and water with you. At 1100 m. in the village Colle del Pero, you will find a sign pointing you towards Affondatore di Vallivona. In about 10 minutes you will reach the entrance of a tunnel, it is roughly 400 meters long. Be sure you have proper anti-slip shoes and a flashlight, the tunnel is completely dark. Leave your bike before the tunnel, and secure it with a chain and a lock. At the end of the tunnel you will find something unique, it will seem like you have travelled in time. You will enter into a cave with a unique microclimate that allows prehistoric plants to still live and prosper, the Farfaracchio. From there, walk back outside of the tunnel and continue your journey towards the top of the Cervati mountain and the Church of the Snow Mary. Nature here is at its best. Here, only the Broom tree survives. All around you will only have calcareous rock and silence. It is exactly here that you will finally understand the reason that lead you to the Silent Way in the first place.*

*Distance: 54 km.*



**Day 9 – From Morigerati along Casaletto Spartano down to the Gulf of Policastro 10<sup>th</sup> & 11<sup>th</sup> Stage**

You will leave Morigerati from the north side going up the way you came in, but now taking a right turn towards Casaletto Spartano. Just beyond Casaletto you cycle along one of the area's most beautiful natural wonders, the so-called 'Venus Hair' waterfall, in the small river Rio Casaletto. From Casaletto Spartano you then follow the road to Tortorella. At the roundabout, take the narrow road that goes down on the right. This path is mostly downhill and it crosses woods until another crossroad. There, on the right, following the direction for Villammare, there is another narrow road downhill. The latter, after 2km will lead you on the SP210 road. Go ahead towards south for roughly 600 m. At that point, you will find another crossroad. You may go to the sea, finally through the village of Vibonati. The Silent Way, however, will lead you to the right, following the sign for Santa Marina. The way goes down towards Policastro Bussentino. There, you will pass by the former cathedral dedicated to the holy Mary. In Policastro Bussentino there still are the remaining of the walls of an ancient Byzantine city. Passing under the railway, you can continue towards Scario. This old angler's village is characteristic for its port with the church. Go visit it and rest before continuing with the Silent Way. The next 7 km will all be climbing until the village of Bosco. Jose' Ortega, the pupil of Pablo Picasso, lived here for twenty years of his life. He painted 196 majolica at the entrance of the village. The museum with its masterpieces is always open between June 15th and September 15th. During the rest of the year, reservation is mandatory. After leaving Bosco you go back to the crossroads that lead you there. You take the right continuing on the SS562 until you reach the village of San Giovanni a Piro, where you stay for the night. There, the sanctuary of the Pietrasanta is really worth visiting. It is built on a steep rock, by monks in the 13th century. If you want to stay some more time here, from San Giovanni a Piro there is a road that will take you towards the top of the Bulgheria mountain (1215 MASL). If you don't have an extra day, you must in any case take a moment to admire the Policastro Gulf from the view of Ciolandra, one of the most stunning panoramic terraces of the whole of southern Italy. From here, when the sky is clear, you can even see the island of Stromboli, part of the Eolie islands of Sicily.

*Distance: 34 km.*

**Day 11 – From San Giovanni a Piro along the coast to Palinuro and Pisciotta 12<sup>th</sup> Stage of The Silent Way**

This is the 12th stage on The Silent Way, an easy, but beautiful route. Today you will touch two of the most beautiful costal places of the entire Italian coast. The first is Marina di Camerota that was awarded as the most beautiful beach in Italy in 2013 and 2014. The second is Palinuro, with its wonderful caves, the natural arc and its long beaches of fine sand. During the summer period, Palinuro and Marina di Camerota are extremely lively due to the convergence here of young people from all over Italy. Despite the many activities here during summer, what truly leaves you speechless is mother nature. Go and visit Baia degli Infreschi for instance. You can reach it by boat or walking through the typical woods "Macchia Mediterranea". Here water is crystalline with silence all around that would make you want to stay. Those rocks all around, are the house for the Primula Palinuri flower. It is a protected species and it is the symbol of the Cilento National Park. Palinuro was initially angler's village. Today, instead, it represents the perfect destination for hundreds of people during summer. The last 13 km for today will be along the seaside, first almost flat, then gently uphill, until you'll reach the lovely Pisciotta, located along the hillside, on a hill dominated by the great Marquis Palace. Park your bikes on the square and meet your host here. After settling in the hotel, it's worth it wandering through the old historical centre.

*Distance: 37 km.*

***N.B. As this stage is already toward the end of the long, challenging, tour, we recommend to take it easy these days, and alternate the cycling with some swimming, and perhaps a boat tour. You could book an extra overnight stay in Marina di Camerota. You will then do two days of about 25 km.***



**Day 12 – From Pisciotta along Ceraso back to Casalvelino 13<sup>th</sup> Stage of The Silent Way**

Today you'll finish the ride along the 'Silent Way'. A first, challenging stretch, will bring you to the small village of Rodio. Leave Rodio on a challenging climb top of the hill near a crossroads; here we turn left in the direction of Catona. After Catona, continue towards Terradura but before reaching the village, the Silent Way turns right and heads towards the village of Santa Barbara. Santa Barbara was built around a church in the year 977. It is attributed to the Greek monks, perhaps fleeing Velia to escape malaria and fear of pirate attacks. The oldest part of Ceraso is the district 'mpieri Ceraso' (at the foot of Ceraso) where the Church of St. Nicholas of Bari is also located. Other buildings of historical importance are the buildings "Lancillotti" and "Di Lorenzo".

Distance: 22 km.

**Optional Extra Day - From Ceraso to Monte Gelbison 14<sup>th</sup> Stage of The Silent Way**

*After the top of Cervati mountain, Gelbison is the highest peak of the Silent Way (1705 MASL). After 10km from the beginning of this stage, you will slowly start to climb already. Precisely, Novi Velia will represent the turning point. Novi Velia is characteristic for its Norman tower. Once you are at the entrance of the village, at the roundabout follow the direction Via Monte Gelbison until you will find a sign that indicates the ancient pilgrim's road. From this point, climbing will get harder. At each turn, you will hope it is finished. Due to the steep difference in height, the vegetation changes suddenly. Between 600 and 800 meters, the Quercus dominates the landscape, then chestnut tree, and spruce tree. Finally, after a section that is completely straight, you will reach the "Cross of Rofrano". If you managed to get here without getting off your bike and push it, now it is the time to actually get off your bike. The sanctuary is only few meters away, and the last part of the road is an ancient sacred path made of a special stone. Indeed this sanctuary is created on an ancient place where pre-italic populations used to go and meditate. The name Gelbison originates from Gebel-el-son and in Arabic means the Mount of the Idol. The name has to be attributed to Muslim pirates of IX century. Instead Basilian monks have built the Christian Sanctuary. The first document that proves its existence is dated 1131. The square in front of the sanctuary offers you a unique view of the entire territory of the Cilento National Park. Just below the square, you will find a steep rock. Try to throw a coin there and make your wish.*

Distance: 22 km.

**Day 13 – From Ceraso (or Monte Gelbison) to Castelnuovo Cilento 15<sup>th</sup> Stage of The Silent Way**

Your adventure on the Silent Way is about to end. Still sixty kilometers to go before leaving Cilento and its people. The last stage is also known as the artists stage: from music to visual arts, nothing will be left out to greet your passage on the Cilento National Park. Past Novi Velia you will move in the direction of Cannalonga. Moio della Civitella, a few kilometers from Cannalonga, is home of the event Mojoca. Every year, in early August, the town is transformed into a huge stage by calling through its narrow streets and small town squares, street artists from all over Italy. Immediately after Moio, you'll reach the village of Pellare, which houses the Museum of Rural Life of Cilento and the laboratory of the great artist sculptor Emanuele Stifano. Go to visit him, he will be happy to show you and talk about his work. From Pellare the route continues towards Gioi Cilento where another great artist, the painter Mario Romano, will be awaiting you in his house and museum, if you are lucky, he will take you on a visit to the ancient churches of the village. After Gioi, you reach Piano Vetrare, well known for its many murals and for being the birthplace of the greatest artists of the Cilento, Paolo De Matteis, esteemed painter, active mainly in Naples during baroque époque riding the seventeenth and eighteenth centuries. You leave the village through a nice downhill road to the valley below to Omignano Scalo. Crossing the village you will get to Vallo Scalo first and, at the last intersection, turning left to Castelnuovo Cilento. The castle tower that can be seen among the foliage of the forest is ready to give you the welcome back and end your extraordinary journey along the Silent Way!

Distance: 60 km.





## Day 14 – Departure

The tour ends after breakfast today. A private transfer can take you back to the train station, Naples or Salerno. A taxi transfer to other destinations can be arranged on request.

***N.B. It is possible to include extra nights in any of the accommodations en route. Descriptions for extra rides and sightseeing options will be provided !!! It is also possible to extend your tour with a few days in Salerno, or with a few days cycling along the beautiful Amalfi Coast. Details and prices on request.***



## TOUR DETAILS

### ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic hotels, B&B's and agriturismo's (generally 3-star). All rooms have en-suite facilities. *It is possible to book an upgrade in some of the places en route. Details and prices on request.*

Dinners are included on some days. On other nights you are free to make your own dinner arrangements. On request all dinners can be included - at fine restaurants.

No picnic lunches are included in the tour price, but these can be prepared for you by the accommodation holders, or materials for picnics can be purchased in the villages where you stay.

### LEVEL OF DIFFICULTY

**Easy to Moderate (2-3):** Mostly moderate rides but with some longer climbs. All roads are well paved and mainly quiet, with limited traffic except for some periods during summer and holidays near the coast. Extensions are possible on some days.

**Fitness:** Some experience of bicycle touring and a good general physical condition will certainly make your travel experience more enjoyable. You should be able to cycle for several hours a day, even in hot weather.

### INCLUDED

- 13 nights accommodation in good \*\*\* hotels, B&B's or agriturismos such as listed below – BB/HB
- 2 nights Hotel\*\*\* or agriturismo in Castelnuovo Cilento/Casalvelino – HB
  - 1 night Villa Cannicchio in Cannicchio (Pollica) – BB
  - 1 night B&B La Carosella in Vatolla – BB
  - 1 night B&B Il Portigo in Stio – BB
  - 1 night Antico Castagneto in Sicignano – HB
  - 1 night B&B Vittoria in Roscigno – HB
  - 1 night Hotel Antichi Feudi in Teggiano – BB
  - 1 night Affittacamere Relax in Sanza – BB
  - 1 night Palazzo Galotti in Casaleto Spartano – BB
  - 1 night Albergo La Pergola in San Giovanni a Piro – HB
  - 1 night Agriturismo Isca della Donne in Palinuro – BB
  - 1 night Agriturismo 'La Petrosa' in Ceraso – HB
- Meals: 13 breakfasts, 6 dinners
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 50.000 scale (or better)
- GPS tracks (optional)
- 24/7 h assistance
- Luggage transport
- Private transfers as specified



## NOT INCLUDED

- Departure taxes & Visas
- Travel Insurance
- Drinks and meals not mentioned in the itinerary
- Optional additional tours or activities
- Tips
- Items of personal nature
- Bicycle rental (available on request: [www.genius-loci.it/tour/rental-bikes](http://www.genius-loci.it/tour/rental-bikes) )

## ARRIVAL & DEPARTURE

**Arrival:** The tour starts in CASTELNUOVO CILENTO, which can easily be reached by train from either Naples or Salerno. Naples has an international airport. From Rome (and many other cities) Naples and Salerno, and from here Vallo della Lucania, the nearby train station, can easily be reached.

**Departure:** The tour ends after breakfast in CASTELNUOVO CILENTO on day 14. A short transfer can bring you to the train station where Salerno and Naples are easily reachable.

## TOUR VARIATIONS

### EXTRA NIGHTS

For the really fit cyclist – preferably with road bikes – it is possible to add two extra loops to the highest Cilento mountains: Mt. Cervati and Mt. Gelbison, staying one extra night in Sanza and Ceraso respectively.

Shorter versions of the 'Via Silente' are offered as well; soon it will be possible to do the whole route in 2 or 3 different tour. Check out the great [6-day version](#), which covers the beautiful first part, the 'western' Cilento.

It is possible to extend your tour with a few days in Paestum, Salerno, along the beautiful Amalfi Coast or in Naples. Details and prices on request. Extra cycling and/or sightseeing options can be provided!

### ROAD BIKE CHALLENGE - the full 'Via Silente' loop

For fit cyclists – preferably with road bikes – it is possible to do the full 'Via Silente', including the two extra loops to Mt. Cervati and Mt. Gelbison, in less than 14 days. You can choose your own challenge, according to your fitness & time, and complete the full loop in 5, 6, 8 or 10 days. Please contact us for detailed proposals. Luggage transport will be provided, and for small groups also vehicle support can be organised. Details & prices on request.

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