Nature has a great simplicity and therefore a great beauty

Richard Feynmann
Few people know that more than a third of Campania’s land is covered with woods. Given its marvelous coastline, our region has always stood out as a predominantly marine land. On the contrary, after Sardinia and Calabria, it’s the Southern region with the largest forest area and with the highest percentage (30%) of land covered with national and regional parks and reserves. A large portion of wooded land, equal to 5,500 hectares divided up into 10 large forests, is directly administered by Campania Regional Government. It’s a very differentiated land due to its geographical environments, its flora and fauna, but it has a particularity common to all of its areas: a beauty beyond compare. These wonders have always been managed according to strict criteria of protection and preservation. We’ve been long committed to making these wonderful sites suitable for nature lovers and their entertainment and wellness, always mindful of the nature of the land. This handbook, which partially represents the interesting places and the opportunities offered to visitors, has been conceived as a useful information and promotion tool in order to promote visits to the Regional Forests, among other activities. Here readers can find brief but accurate information about the woods, the ecosystems, the entertainment and sport activities available; there are also references to get more detailed information about the Forests, seasonal events, activities and nature trails. Information useful both to groups and to single visitors to the Forests, willing to take part in the activities offered. The ten forests are the beginning of a journey to discover the surrounding places, equally beautiful and fascinating sites constituting an unexpectedly pleasant discovery. Many old villages deserve a visit due to their extraordinary cultural and historical heritage; there is a number of natural sites characterized by biodiversity, beautiful landscapes, geological and environmental peculiarities. This land and its population strenuously defend their historical and cultural traditions, through valuable craftsmanship, farm products and local recipes. After spending the whole day visiting museums and archaeological sites, tourists may enjoy traditional local food and have a taste of the past. This land’s cuisine is based on the Mediterranean diet, which has been recently awarded UNESCO World Heritage status. All those willing to know more about Campania will find further information on the Campania Regional Government website, in the Department of Agriculture section. In 2011, declared the International Year of Forests by the UN, we are ready to offer tourists a pleasant and surely unforgettable experience in our forests and lands.

Vito Amendolara
Councilor for Agriculture
Forestry, Hunting and Fishing
Seeking the other side of Campania.
A totally green oasis within a land to be enjoyed.
History, art, culture, tastes,
filtered through nature.

Holidays in the forests.
Region owned forest in Campania

**Province of Avellino**
- *Mezzana Forest*
  - Monteverde Irpino

**Province of Benevento**
- *Taburno’s Forest*
  - Bonea, Bucciano and Tocco Caudio

**Province of Caserta**
- *Fontegreca’s Cypress Forest*
  - Fontegreca

**Province of Naples**
1. *Phlegrean Area and Mount Cuma’s Forest*
   - Pozzuoli and Bacoli
2. *Roccarainola’s Forest*
   - Roccarainola

**Province of Salerno**
1. *Calvello Forest*
   - Campagna
2. *Persano’s Wooded Strips*
   - Serre
3. *Cuponi Forest*
   - Sala Consilina
4. *Mandria Forest*
   - Sala Consilina
5. *Vesolo Forest*
   - Sanza
6. *Cerreta Cognole Forest*
   - Montesano and Sanza
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MEZZANA
Forest
• Across a totally naturalistic path

• In the ancient town of Monteverde, the Saint Andrew from Conza’s stone

• Lagane and chickpeas with Ravece DOP Extra-Virgin Olive Oil
How to get there:

**From Rome:**
A1 MI-NA Motorway
Direction Naples
Continue on A16. Exit Candela

**From Bari:**
A30 NA-BA Motorway
Direction Naples – Exit Candela
Get onto SS655, continue on SS140 dir in the direction of Monteverde Irpino
From the ancient town of Monteverde Irpino, you can have a breathtaking view of one of the most fascinating forest areas in Irpinia. Here we are in Mezzana Forest, across the gentle hills where Monteverde rises. This trapezium-shaped 350-hectare-forest goes downstream westward till it reaches Ofanto River, surrounded by a thick scrub of willows and poplars.

In this area oaks, maples and hornbeams coexist with the 1960s’ reforestation of conifers (maritime pines and cypresses) and eucalyptuses. Its habitat is particularly varied and hospitable; rich in brooms, junipers and other Mediterranean shrubs, the perfect environment for lots of mammals (boars, badgers, foxes and hares), water birds (cormorants, herons and kingfishers), and raptors (hawks, sparrowhawks and buzzards), enriched by a structure for deer’s restocking.

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### Identity Card

**Name:** Mezzana Forest  
**Location:**  
- Monteverde Irpino (AV)  
**Total Surface:** 456 hectares  
**Altimetric range:** 250/600 a.s.l.  

**Arboreal and shrub species:**  
- Copse (turkey oak, downy oak, Montpellier maple, hornbeam, manna ash, service tree, field elm, phillyrea, black locust),  
- Cypresses, brooms, roses.

**Animal species:**  
- Black kite, red kite, peregrine falcon, lanner falcon, common kingfisher, white stork, European bee-eater, common stilt, bat;  
- Otter, boar.

**Secondary forest products:**  
- Truffles and medicinal plants.

---

- A typical Mediterranean maquis flora with junipers, brooms, and myrtle, but also flax and wild asparagus and hardy perennials such as purple betony, wild clary, and Phlomis herba-venti. Dog rose, borage and mallow are also present.
The wood’s identity
Mezzana Forest is in North-West Irpinia, on the border between the districts of Vulture and Capitanata. The lacking of high-impact human activities makes this natural resource one of the most uncontaminated sites. Its altimetric range goes from 250 to 600 meters a.s.l. and its substrate is made up of silicon and clay.
The whole forest is part of a humid area constituted by the artificial lake San Pietro, Ofanto River and Conca della Campania’s artificial lake (a WWF oasis). This land has a remarkable biological importance and constitutes a crucial habitat for the preservation of biodiversity. This forest is suitable for birdwatching activities and as an open-air teaching laboratory.

In the forest
Mezzana is lacking scouting or entertainment facilities. This place require the highest attention to its natural balance. This forest is advisable for expert trekkers accustomed to medium and high-difficulty courses. It’s a real paradise for those who love birdwatching and ethology.

The pines on the Ofanto shore
There’s a point in the forest where a line of pines almost meets the river. Here you can listen to the slow water-flowing and also spot some cormorants shaking their feathers.

• The typical mammals from the Campanian Apennines and sedentary birds coexist with migratory birds. The black stork has been recently spotted here while nesting, which only occurs in other nine Italian sites.
The land
Monteverde is situated on the geographical borders of Campania but is ethnographically and culturally linked to Irpinia. “Verde Hirpinia” refers to this land’s features: a fertile land covered with grapevines, olive trees, woods and pastures.

In Irpinia great attention is paid to the food farming products. There’s a rich gastronomy where mountain, wood and brushwood products meet traditional valley and sheep-farming products. Chestnuts, hazelnuts, delicious mushrooms and intense truffles, cherries, vegetables, legumes, extra-virgin olive oil, wine, lamb and veal, honey and cheese, are just one part of a very long list of unique products. This rich land lies in a context where traditions are firmly preserved.

Calitri’s Caciocavallo
The Caciocavallo Silano DOP is one of the oldest stretched cheeses in the South of Italy. It is also cited by Hippocrates in a 500 B.C. writing. Calitri, a few kilometers from Mezzana Forest, is one of the places where it’s made. Good cow’s milk and workmanship contribute to the making of this excellent cheese.

The wine triangle, Lapio, Tufo and Taurasi
In Irpinia wine worth is guaranteed by three DOCG wines, Avellino’s Fiano, Tufo’s Greco, and Taurasi. There are two types: Greco and Fiano are white, Taurasi is red. Three valuable, finely elegant, widely intense and very-well structured wines.

- Irpinia’s pecorino
  Irpinia’s shepherds’ dairying art turns the precious mountain pastures’ milk into pleasantly unique raw cheeses.

- Ravece, the olive tree’s magic
  Ravece DOP, an oil from Ulita’s hills. Intense smell and fruity flavour.
A travel between spirituality and asceticism, visiting museums and old villages, fascinated by literates’ stories, ancient pagan cults, lakes, landscapes, expert hands at work: emotional plots of a living land.

A silent travel to the museums: in Bisaccia, seeking the Hirpini, in Calitri, pottery’s land, in Aquilonia, to live country life.

The quietness among the prehistoric stones of Carbonara or in Goleto Abbey, among medieval castles and in Asanto Valley seeking the goddess Mefite, while enjoying Carmasciano’s pecorino. And then lying in a cornfield to spot a raptor flying or bathing in thermal waters or taking pictures of herons, always surprised by the warmness of this land and its people.

These are some of the wonders of Northern Irpinia, a magical place to discover and to breathe slowly and carefully.

**The WWF Oasis of Conza della Campania’s Lake**

Conza’s Lake originated from the Ofanto’s dam and has been integrated into the WWF Fauna Protection Oasis since 1999. Stretching for 1300 ha., 800 of which covered by the lake, the Oasis is a lay-by for over 140 species of migratory birds.

**Lake San Pietro and the lights’ show**

For over a month, between July and August, “THE BIG WATER SHOW” is held on Lake San Pietro in Monteverde. The mixing of emotions, lights, pictures, dancing and acting occurs entirely over the water in an amazing natural setting.

The event celebrates the works by Saint Gerard Maiella, a very esteemed spiritual figure. The show takings make up a social fund for disadvantaged children.

- **Calitri’s Pottery Museum**
  It holds art objects dating back to the 1700s’ until nowadays.

- **Bisaccia’s Ducal Castle**
  A 19th-century majestic building, of Lombard origins, with thick walls and a 12-meters-high tower.
Campania Regional Government
Department of Agriculture
Forestry, Fishing and Hunting
Via G. Porzio
Centro Direzionale Isola A/6
80143 Naples
www.agricoltura.regione.campania.it

Provincial Executive Section for Forests in Sant’Angelo dei Lombardi
Via Petrite
83054 Sant’Angelo dei Lombardi
Tel. +39 0827 454226
c.aveta@regione.campania.it

Tourism Provincial Authority – Avellino
Via due Principati, 32/A
83100 Avellino
Tel. +39 0825 74732
www.eptavellino.it
info@eptavellino.it

LAG - Cilsí
Piazza della Vittoria 20/22
83047 Lioni (Av)
Tel. +39 0827 270013
www.galcilsí.it
net@galcilsí.it

Monteverde Irpino Town Hall
Via Fontana
83049 Monteverde Irpino (AV)
Tel. +39 0827 86043
www.comune.monteverde.av.it

Pro Loco Monteverde Irpino
Via Roma - 83049 Monteverde
Tel. and Fax +39 0827 86155
www.prolocomontereverde.it
prolocomonteverde@tele2.it

Do not miss:

Aquilonia
• Ethnographical Museum
• Archaeological Park
  Tel. +39 0827 83004

Bisaccia
• Ducal Castle / City Museum
  Tel. +39 0827 89196
  www.museobisaccia.it

Calitri
• Calitrian Pottery Museum
• Old Town Centre
  www.calitri.net

• Conza della Campania
  The WWF Oasis of Conza’s Lake
  Tel. +39 0827 39479
  www.lagodiconza.it
  info@lagodiconza.it

Sant’Angelo dei Lombardi
• Goleto’s Abbey
  Tel. and Fax +39 0827 454226
  www.goleto.it - info@goleto.it

one-day trip:
Monteverde Irpino - Mezzana Forest
Aquilonia - Lake San Pietro

Three-day trip
Monteverde Irpino - Mezzana Forest
Aquilonia - Lake San Pietro, Ethnographical Museum and Archaeological Park
Calitri - Old Town Centre and Pottery Museum
Sant’Angelo dei Lombardi - The Castle and Goleto’s Abbey
Rocca San Felice - the Castle and Mefite
Bisaccia - The Ducal Castle and City Museum

Unmissable landscapes:
• Aquilonia - Lake San Pietro
• Monteverde Irpino - Ofanto River

Tastes and Flavours
• Irpinia’s DOC wines
• Caciocavallo Silano Dop
• Pecorino Carmasciano
• Ufita’s Hill Extr-Virgin Olive Oil DOP
• Chestnuts
• Honey

Eventi
Calitri - Inter-regional Fair (September)
Monteverde Irpino - The Big Water Show (August)
Rocca San Felice - Medieval Festival (June)
Sant’Angelo dei Lombardi - The Festival of all Food Festivals (August)
TABURNO’S Forest
• The local truffle under a mantle of woods
• Old monasteries “among green cypresses and olive trees”
• Mushrooms and brushwood products enrich the local cuisine
How to get there:

**from Roma:** A1 MI-NA Motorway
Dir. Naples – Exit Caserta Sud
Take the SS Sannitica/SP36 to Montesarchio. Continue on the SP Vitulanese to Tocco Caudio

**from Bari:** A16 NA-BA
Dir. Naples – Exit Benevento
Continue until Benevento Ovest. Continue on the SP Vitulanese to Tocco Caudio

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**TABURNO’S Forest**

*echoes of the past,*

*notes of flavour*
Taburno Massif has the shape of a sleeping girl, thereof the name “Sannio’s Sleeping Girl”, on whose lap lies a 600-hectare-forest at an altitude of 375 and 1394 meters.

A wide and rich forest covering the areas of Bonea, Bucciano and Tocco Caudio. This forest is closely linked to the local tradition and culture. Its varied landscape is divided up into different belts. In the submountain area, originally covered with oak forests, now pastures, grapevines and olive trees grow along with hop hornbeams, manna ashes and maples. In the mountain area the land is characterized by beech and silver fir woods.

Woods and wide pastures alternate in between the two areas. A naturalistically and geologically varied environment, an ideal place for nature lovers and trekkers, a particularly cosy habitat for families seeking a simple and direct approach to nature.

<table>
<thead>
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<tr>
<td><strong>Name:</strong> Taburno’s Forest</td>
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<tr>
<td><strong>Location:</strong></td>
</tr>
<tr>
<td>• Bonea (BN)</td>
</tr>
<tr>
<td>• Bucciano (BN)</td>
</tr>
<tr>
<td>• Tocco Caudio (BN)</td>
</tr>
<tr>
<td><strong>Total surface:</strong> 614 hectares</td>
</tr>
<tr>
<td><strong>Altimetric range:</strong> 375/1394 a.s.l.</td>
</tr>
<tr>
<td><strong>Arboreal and shrub species:</strong></td>
</tr>
<tr>
<td>• Beeach trees, silver firs, spruce firs, black pines and larches, maples and hornbeams.</td>
</tr>
<tr>
<td><strong>Animal species:</strong></td>
</tr>
<tr>
<td>• Marmots, boars, hedgehogs, foxes</td>
</tr>
<tr>
<td>• Peckers, peregrine falcons, buzzards, owl.</td>
</tr>
<tr>
<td><strong>Secondary forest products:</strong></td>
</tr>
<tr>
<td>• Mushrooms, asparagus, truffles and officinal plants.</td>
</tr>
<tr>
<td><strong>Facilities:</strong></td>
</tr>
<tr>
<td>• Picnic and concert area.</td>
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- A rich plant heritage where anemones are to be added to brooms, hawthorns, blackthorns and dog roses. Hornbeam woods host rare species such as orchids and orange lilies.
The wood’s identity
Taburno is an isolated massif in the Campanian Apennines characterized by a calcareous and dolomitic sediment. Erosion phenomena have created plains and steep rocky slopes. Other geological phenomena contributed in making the territory botanically articulated. In the lowest areas you can find manna ashes, downy oaks, hornbeams and a few maples with a thick shrub brushwood and some holm oaks. Towards the top, you can find pines, cypresses, cedars and broad-leaved woods, while on the top a thick beech wood and hollies. Lots of epigeal (edible boletus, chanterelle, russula) and hypogeal fungal species (black summer truffle) are also present. The local avifauna is quite heterogeneous and includes mostly raptors; in the brushwood there are mainly boars, foxes and badgers. In the winter you can also see some wolves.

In the forest
Taburno’s Forest is particularly suitable for sport and entertainment activities. It’s a cozy place for families seeking a close contact with nature and having large equipped areas at their disposal, but it’s also an ideal place for trekking and birdwatching activities.

The king’s narrow road
Being quite close to the Royal Palace of Caserta, Taburno was the Bourbons’ favourite hunting place and a path called “the king’s narrow road” is a testimony of it.

- The local faunal heritage is characterized by a wide biodiversity. Among the most common birds are the great tit, the winter wren, the robin, the jay, the nuthatch, as well as the peregrine falcon, the buzzard, the sparrow, the common raven and the owl.
The land
This land hosted a tenacious people who was able to keep the Romans “under the Caudine forks”. Tocco Caudio reminds this battle but Bonea claims the legacy of it due to some archaeological findings. Sabellians, the in-between land’s people, in the heart of Campania, discovered the sea, first in Cumae and then in Pompeii. Today it is known that in the Pliocene Epoch the sea used to be right where Taburno is now. It’s a precious legacy, a complex and historically Lombard land.

Taburno and Southern Samnium constitute an area of food farming specialties. Wine is the most important product of local economy, thanks to 12,000 grapevine hectares and a one-million-hectoliter-production. Then there is the PGI “annurca” apple, which has a-thousand-year-old production modality. Excellent milk is used to make cheese such as caciocavallo silano and Laticauda’s pecorino. Equally noteworthy are “the Central Apennine PGI white tender beef”, the Laticauda lamb, with which delicious “mugliatielli” are made, and the local pork with which Castelpoto’s red hot sausage is made. Very sweet cherries from Tocco Caudio, strong onions from Bonea. Excellent chestnuts and hazelnuts, along with a traditional production of Beneventan hills’ PDO extra-virgin olive oil.

Taburno’s Aglianico
Taburno, a land dedicated to wine and olive oil. The Aglianico’s land, the Southern nebbiolo, a grape that here turns into a unique wine. It is an intense, smooth, dry wine that ages particularly well, and is a landmark of Campania’s vitiviniculture. Experienced vine-dressers grow grapevines that cover the harsh Taburno’s mountainsides drinking in precious elements from the ground. It’s a wine that perfectly fits the local gastronomy.

Taburno’s annurca apple
The origins of this delicious Campanian apple date back to 2000 years ago and even a fresco in Herculaneum shows it. The small, firm and pleasantly acidulous PGI annurca apple is intensively grown in the Caudine and Telese Valleys. This fruit is red-striped, smooth and waxy-skinned. It traditionally ripens on the ground, being periodically turned over on a layer of straw.

- Dairy farming and pork meat processing are traditional activities. Brawns, sausages and bacon are the best expressions of such activities.
- A land’s good quality is best appreciated through food. Local traditions offer meals such as “cicatielli” with ripe ricotta cheese and “laina” with chichpeas.
Taburno is particularly rich in historical, cultural and environmental elements. Its varied and fascinating landscape is full of old town centers, hamlets, rural homes, old hermitages and sanctuaries. In the valleys there are many cultivations, which reminds an impressionistic painting made up of vineyards, olive groves and orchards. On the top are the Karst plains of Camposauro, Trellica, Cepino and Melaino, which funnel rainwater to the valley, making it pass through an underground hydrogeological system until it springs heavily in all its pureness. The most interesting sites are the old centers of the three towns in the forest. In Bonea, in addition to the monumental Saint Peter and Saint Nicholas’ churches, you can visit the Pizzillo Mausoleum, the Roman water tanks and Cocceius’ Villa. In Bucciano you cannot miss the Taburno’s Virgin Mary’s 15th-century sanctuary and Saint Symeon and Saint Maurus’ Grottos. Though abandoned now, Tocco Caudio’s old urban centre is worth a visit for its surprisingly lying on a rocky spur.

The wheat festival
Foglianise’s wheat festival may have been a pagan rite in the past, later turned into a thanksgiving ritual to Saint Roch. The event, which takes place on the 16th of August, culminates into a float parade showing scale reproductions of churches and historical monuments, made up of wheat-straw interwoven by skilled local artisans.

Montesarchio’s Castle
It was born as a Lombard blockhouse in the 8th century to control the whole Caudine Valley. Restored in the 13th century by Frederick II of Swabia, it has maintained the original basements, made up of big squared calcareous blocks, the original seats for the drawbridge chains and the original embrasures. In the 19th century, Ferdinand I turned it into a prison. Today it hosts the Caudine National Museum, rich in Roman, Pre-Roman and Samnite locally found items.

• Taburno’s Virgin Mary’s Sanctuary, dating back to the late 15th century, hosts the wooden sculpture of a miraculous Saint Virgin.

• A place of worship of the hermit saint, Saint Symeon’s Grotto is a natural cave embellished with frescos.
Do not miss:
Montesarchio  
- The Caudine Samnium National Archaeological Museum  
Tel. 0824.834570  
archeosa@arti.beniculturali.it
Sant’Agata dei Goti  
- Cathedral and Romanesque crypt  
www.prolocosantagatadeigoti.it
Pietrarroja  
- Geopaleonthologic Park  
Tel. +39 0824 861167
Bucciano  
- Mount Taburno’s Virgin Mary’s Sanctuary  
- Saint Symeon’s Grotto  
Tel. +39 0823 712742
Cerreto Sannita  
- Old and Modern Pottery Permanent Exhibition  
Tel. +39 0824 861700

One-day trip:
Tocco Caudio - Taburno’s Forest  
Montesarchio - Caudine Samnium Museum

Three-day trip:
Tocco Caudio - Taburno’s Forest  
Montesarchio - Caudine Samnium Museum  
Bucciano - Mount Taburno’s Virgin Mary’s Sanctuary and Saint Symeon’s Grotto  
Sant’Agata dei Goti - Cathedral and Romanesque crypt  
Cerreto Sannita - Pottery Permanent Exhibition  
Pietrarroja - Geopaleonthologic Park

Unmissable landscapes:
- Caudine Valley  
- Mount Taburno viewed from Montesarchio  
- Camposauro  
- Vitulane Valley

Tastes and flavours:
- Taburno and Solopaca’s DOC wines  
- Pietrarroja’s ham  
- Extra-virgin olive oil  
- Benevento’s nougat  
- San Marco dei Cavoti’s brittle  
- Samnite Laticauda’s pecorino

Eventi
Foglianise - The Wheat Festival (August)  
Montesarchio - Days in the hamlet (September)  
Sant’Agata dei Goti - Cherry Festival (June)  
Solopaca - Grape Festival (September)
FONTEGRECA’S
Cypress Forest
- From an altitude of 400 meters the cypress goes down into the valley
- Waiting silently in the Virgin of the Cypress’ Sanctuary
- Olive oil, Matese’s yellow gold
How to get there:

**From Rome:** A1 MI-NA
Motorway Dir. Naples – Exit San Vittore. Continue on SS6 and then SS85 direction Venafro

**From Bari:** A16 NA-BA
Continue to A30 direction Rome – Exit Caianello. Continue on SS430, then SS6, and lastly SS85 direction Venafro
Fontegreca, situated on the western slopes of the Matese range in the north of Caserta province, was born around the year 1000 thanks to shepherds from Gallo and Letino who used to take care of the pastures at the bottom of the valley during winter for their herds. The Cypress Forest stands in its territory, extending for about 70 Ha, between the Zappini wood and Sava River valley. The forest formation is by all means atypical, characterized for 90% by a cypress of the Horizontalis variety, among the few that are resistant to cortex cancer, which has put to risk the existence of these trees. The Zappini wood, which stands on the right of the Sava River which passes by a limestone gorge in that stretch, is rich in white hornbeam and downy oak trees. Around 400 meters above sea level we can notice the cypress, which can be found even in the lower valley and transforms the area in a real cypress forest. Its rapid diffusion, substituting the preexisting turkey oaks, holm oaks and fraxinus, makes this forest peculiar, even for its fauna made up of rapacious and mammals. This site is not part of the regional property, but it is owned by the town of Fontegreca.

Identity Card

Name: Fontegreca’s Cypress Forest

Location:
• Fontegreca

Total surface: 70 hectares

Altimetric range: 400 meters a.s.l.

Arboreal and shrub species:
• Cupressus sempervirens L.var horizontalis, white hornbeam, downy oak

Animal species:
• jay, barn owl, buzzard, falcon, foxes, weasels, beech martens, hedgehogs, trouts, crayfish.

Facilities:
• equipped picnic areas

The favorable ecologic environment has determined the spreading of cypresses not only exclusively, but also along with hardwood trees such as white hornbeam, downy oak, holm oak and manna ash.
The wood’s identity

The cypress forest, along with the Sava River, can be seen from the provincial road going from the Fontegreca plains to Capriati al Volturno, on the Western slopes of the Matese mountain range. Its origin is not certain but the most credible hypothesis seems to be that of sacred trees planted close to properties in a pre-Roman age, taking into account the fact that the area was part of the Pentran Samnium. The calcareous soil, where the cypress grows in density, is richer in humus and deeper. In the areas with a less dense vegetal presence, the soil is poorer in organic substances and in calcareous material. The whole Matese range is subjected to karst phenomena that are highlighted by the presence of almost 200 caves of different depth, natural ponors and sources of subterranean waters.

In the forest

The Cypress Forest is made up of several private properties and the only public properties are the town’s ones, situated on the banks of the Sava River. In such areas filled with cascades and rapids we can suggest some open air trekking, a healthy activity to go along with fishing where permitted, with the aim of catching some trouts and fresh water fishes.

Between cypresses and mineral waters

The cypress is paradoxically linked to water, not only in Fontegreca. The strong, yellowish white, hard, compact and resistant cypress wood has been used for thousands of years to build light and strong ships. The territory is rich in mineral waters thanks to the karst erosion and an exceptional quality of the environment.

- Distinctive fauna both on the ground and in the air: nightly and daily rapacious (several kinds of owls, poiana, red kites and hawks) live along with song thrush, common wood pigeon, Eurasian jay and crows. Among mammals we can find bats, foxes, badgers, wild boars, weasels, beech martens and hedgehogs.
The land
The Matese mountain range is one of the biggest of the southern Appennines. Here the nature is even more wild and pristine. This area of more than 33000 hectares is filled in creeks that are only partially visible, as they run along karst holes and then resurface in the valley. 20 towns of the Caserta province and 5 of the Benevento province are part of the marvellous Matese Regional Park, a scrupulously protected area, able to satisfy demanding and careful touristic fluxes.

For centuries the shepherds of the Matese area have been grazing herds with the passing of seasons. The artisan wisdom of the peasant and bucolic world produces unique pecorino, mozzarella and caciocavallo cheeses. The climate is good for the aging of hams and salamis such as the ‘cazzu ntontulu’, typical of Castello Matese. From the woods we can get strawberries, blackberries and blueberries, along with oregano, marjoram, chestnuts and delicious mushrooms. On the lower slopes we can find olive farms from where extra virgin olive oil is made. La Pezzata, an example of real delicacy of simple yet tasty dishes, is a refined mix based on lamb, boiled for a long time with products of woods and mountain pastures. Snail soups and taralli biscuits are typical respectively of Ailano and San Lorenzello.

Pallagrello, the wine of the Matese slopes
Originating from the Alife area, Pallagrello is a kind of grapes that has been known from the 18th century with the name ‘pallarella’, meaning little ball. It is one of the very few varieties of grapes which is both red and white. Once it was also known as Piedimonte grapes, thought of as excellent and even present on the King’s tables. In fact, a 1775 tombstone in Piedimonte’s Monticello area states the King’s love for Pallagrello.

Vairano Patenora’s Peschiole
Peschiole, which somehow remind of big table olives, are peach fruits taken from the trees with the first thinning. Not longer than 2 cms and with a still soft core, they are kept in acidulated water and used as appetizers. Its conserve, whose historical roots aren’t known, is a typical peasant preparation from Vairano Patenora.

- **Pratella’s taralli biscuits**
  Bread and baked products are among the traditional values of the territory. In the picture, the olive oil taralli biscuits from Pratella.

- **Spun paste cheeses**
  Herds of buffaloes offer quality milk, rich in flavour, that can be used for mozzarella and smoked treccioni.
The Matese range offers a unique package of naturalistic, cultural and historical places. In Pietraroja we can find calcareous fossils from the Triassic (200 million years ago), and there was found Ciro, the smallest known dinosaur. Between Capriati al Volturro and Venafro we can find the WWF Le Mortine oasis. The Lete caves, which name comes from the infernal river which waters had the effect of removing the oblivion of a past life, can be found close to the Letino lake dam, an incredibly fascinating place for the fans of speleology. The landscape of Matese is filled with castles, boundary walls, towers and fortified towns. Most of them perfectly preserve their Medieval structure. Among the places of worship the Santa Maria Occorrevole monastery in Piedimonte Matese is worth a visit: largely altered in the nineteenth century, its origins are to be traced in the 1400’s.

Castrum Vayrani a.d. 1193
In Vairano Patenora, on the slopes of Trebulani mountains, a medieval town of Norman origins is to be found: there, the failed siege to the castle fortifications from Henry VI of Swabia is commemorated. The costume commemoration usually takes place on the first weekend of August.

The artificial lakes of Gallo and Letino are formed by dams of the Lete and Sava rivers. One century away from their creation, they represent now the symbol of an extremely fascinating naturalistic environment. Before the dam, the Lete rivers deepened into the Caûto and during spring, they formed a lake that used to flood forming some falls on the Ravi valley. The waters are rich in fish and, in the summer, in migrators such as garganeys, mallards and coots.

- Letino is in the heart of the Matese Park, situated more than a thousand metres above the sea level. A splendid view on the lake and the mountain.
- On a hill, Pratella (from pratila, small lawns) is a name which defines the amenity of the place. An historical centre ready to be discovered.
Do not miss:
- Roman Amphitheatre
  www.prolocoalifana.it
- “Le Montine” WWF Oasis
  Tel. +39 0865 411955
  www.oasilemortine.135.it
- Arts and Traditions Museum
  Tel. +39 0823 945187
- County Life Museum
- First and Second World Wars Museum
- Potter’s Museum
  Tel. +39 0823 941080

One-day trip:
- Fontegreca - The Cypress Forest
- Gallo Matese - The lake
- Letino - Arts and Traditions Museum

Three-day trip:
- Fontegreca - The Cypress Forest
- Gallo Matese - The lake
- Letino - Arts and Traditions Museum
- Alife - Roman Amphitheatre
- Prata Sannita - The Potter’s Museum
- Vairano Patenora - Medieval town and castle

Unmissable landscapes:
- Volturno River
- Prata Sannita’s old town centre
- The Lake of Gallo
- Lette River

Tastes and flavors:
- Terre Aurunche extra-virgin olive oil
- Legumes
- Alife onions
- Pallagrello wine
- Mushrooms
- Black and white truffles
- Buffalo Mozzarella DOP

Events
- Vairano Patenora - Medieval festival (August)
- Castello Matese - Medieval Giostra (August)
- Alife - Onion festival (August)
PHLEGRAEAN AREA
and MOUNT CUMAE’S
Forest
• Silva Gallinaria’s holm oak forest and the fascinating humid area

• History, myth and mystery into the Cave of the Sibyl

• The land's promotion value in the local traditional products
PHLEGRAEAN AREA and MOUNT CUMAE’S Forest
A green carpet on the seashore

How to get there:
From Rome: A1 MI-NA Motorway
Direction Naples

From Bari: A30 NA-BA
Direction Naples
Continue on Naples bypass
Exit Cuma – dir. Arco Felice
Continue to Via Cuma Licola
Turn to Strada della Colmata
Follow the roadsigns
A 150-hectare forest within the Phlegraean Fields Regional Park divide Cumae archaeological site from the sea. A precious narrow green belt between the new mouth of Lake Fusaro and the seaside resort of Licola, representing a unique environment for its naturalistic, historical and cultural treasures. This forest, between Pozzuoli and Bacoli, in the province of Naples, is a pleasant oasis in an area strongly marked by man’s presence. Its habitat is quite complex, particularly in Silva Gallinaria, whose humid area is extremely fascinating to ornithologists and birdwatchers. The site’s features offer a unique naturalistic experience. In particular, thanks to the facilities available to visitors, the forest is a modern teaching lab equipped with large learning spaces.

You cannot miss the evocative dune route leading you from the reception camp to Lake Fusaro.

Identity Card

Name: Phlegraean Area and Mount Cumae’s Forest

Location:
• Bacoli and Pozzuoli – NA

Total surface: 130 hectares

Altimetric range: 0/5 a.s.l.

Arboreal and shrub species:
• Field elm, elder, hawthorn, downy oak, narrow-leafed ash, stone pine.

Animal species:
• Black-headed gull, kingfisher, common tern, stone curlew, pratincole, common snipe, curlew.

Secondary forest products:
• Mushrooms and officinal plants.

Facilities:
• Picnic area; signaled paths; SEPSA train station; multipurpose centre with teaching room.

It’s surprising to find a Circumphlegraean train station in the middle of Cumae’s Forest, reachable directly from Central Naples. The PV-system-equipped-building also hosts a multipurpose reception camp and some guest rooms.
The wood’s identity
Under the benevolent eyes of an elephant rock we can find the downy oak forest, that can be very dense and also alternated to the Mediterranean shrub that grows on the marine dunes. In the reforestation zones, there are forests of domestic pines and also field elms, holm oaks, strawberry trees and figs. English oaks and manna ashes are to be seen in the downy oak forest areas that are periodically submerged by water. Among the shrub species of the typical dune vegetation we can find myrtle, mastic, alaternus, rough bindweed and juniper. The covering of ivy, rubia, mistletoe and wild blackberry is dense and it’s not easy to admire wild orchids, cyclamen and ciste, especially during the spring season. There is a strong presence of sedentary and migratory birds, studied by ornithologist experts. Robins, blackcaps, chiffchaffs and chaffinches are some of the most studied birds. In the humid area, coloured water irises share the habitat with several amphibian families.

In the forest
Visitors and schools can take part in learning and recreation activities and can get to know and live the forest, choosing from 70 different proposals of local associations and enterprises. In September, the forest hosts some of the events of the Malazé festival, ten days of events dedicated to the Phlegraen Fields’ archeoenogastronomy.

The fireflies’ show
Nature in the forest is a magical show even at night. The late spring and early summer nights, enlightened by small swarms of fireflies, are the nicest and most emotional ones. In the Silva Gallinaria, fireflies watching is the main event of the weekend events called ‘the Wood and the Dunes’ that takes place in the forest from April to October.

- Home to the upupa and more than 30 other species of birds, among which are the common kestrel, the buzzard, the peregrine falcon. In this mixed environment it is also easy to find several shrubs and herbs. On the coast dunes the surprising dune lilium can be found.
The land
The fascinating landscape and the rich historical and cultural value of the Phlegraean Fields are the background of Cumae Forest: it is in fact the point where several Phoenician and Greek civilizations have permitted the subsequent development of the Neapolis colony, around Megaris Island. A magical place for the Roman civilization, that thought of it as the entering place of the Inferi and the residence of the famous Sibyl. A rich and fertile area, thanks to the precious volcanic deposits, land of ancient vineyards, splendid roman villas and fisheries.

The wine roads of the Phlegraean Fields
Under the Campi Flegrei DOC name are expert winegrowers who transform the Piedirosso and Falanghina grapes in heavenly nectar. In this area, the two main vines who are symbol of Campania's wine production express unique characteristics in their wines. The Phlegraen wines speak about the area and contribute to the territory promotion by means of the ‘Strade del Vino dei Campi Flegrei’ association, reuniting producers, touristic and cultural structures for common activities.

Fish and fish markets
In the local culture the fish is the symbol of richness and wealth, that is also shown in the Phlegraean gastronomy. In order to taste the best products, you can visit the fish market of Pozzuoli, one of the few in Italy where piers for the direct sale of fish straight from the sea can be found. Here it is possible to find fresh fish and the best varieties are those found in the waters of the Gulf.

• The round, angular cicerchia is often considered, wrongly, a ‘poor’ legume. It is in fact great if eaten along with mussels.

• The ‘botta a muro’ plum is a delicious violet fruit, whose flesh is savoury: it can be eaten fresh or in jams.
The Phlegraean Fields represent a touristic place of big fascination, both for the proximity to Naples and the value of the territory. The area offers dozens of exceptional landscape, artistic, cultural and enogastronomic attractions with a rich historical background. These places, which were called Hot Fields by the Romans for their volcanic activity, were highly contended by Greeks, Romans, Osci, Samnites and Lombards. Pozzuoli and Cumae are the main centers of cultural interest. In Baia, Mercury’s thermae, the submerged city and the Archaeology in Cumae

The passion for history and archeology can be fulfilled with a visit to the Archaeologic Park of Cumae with the Acropolis, the Sibyl Cave, Arco Felice and the Roman crypt. Not to forget is the Archaeologic Park of Baia Sommersa, which is underwater because of bradyseism. Guided tours are cured by Archeosub. www.centrosubcampiflegrei.it

Aragon Castle are to be visited and beyond the sea, there are the islands of Procida, Vivara and Ischia. The Fusaro, Averno, Lucrino and Miseno lakes remind us of precious turquoises in the middle of beautiful landscapes where the sea and vineyards are breathtaking. The local food is to be remembered and the touristic acceptance is valuable.

Pozzuoli’s Solfatara is one of the most interesting volcanoes in the Phlegraean Fields. A not-to-miss excursion.

Vanvitelli’s hunting ‘Casino’, fine example of rococo architecture from the 1700’s, can be found at the very center of Lake Fusaro in Bacoli.

The temple path

History, legend and myth cross their paths in the place that is thought of as the ancient harbour of Cumae, where recently the ruins of an Isis-dedicated temple dating back to the first century BC-second century AC were discovered. The temple, which can be reached with the temple path within the forest, testifies the cult of the oriental goddess that was associated to the magic and to the afterlife world; this goddess was thought to protect marriages and domestic arts daily.
Information

Campania Regional Government
Department of Agriculture
Forestry, Fishing and Hunting
Via G. Porzio
Centro Direzionale, Isola A/6
80143 Napoli
www.agricoltura.regione.campania.it

Provincial Executive Section for Forests in Naples
Via G. Porzio
Centro Direzionale, Isola A/6
80143 Napoli
Tel. +39 081 7967607 - 7611
Fax +39 081 7967646
c.baselice@mail.dip.regione.campania.it

Tourism Provincial Authority - Naples
Piazza dei Martiri, 58
80121 Napoli
Tel. +39 081 4107211
www.eptnapoli.info

Tourist Information Centre Pozzuoli
Autonomous Local Tourist Office - Pozzuoli
Largo Matteotti, 1/A
80078 Pozzuoli (NA)
Tel. +39 081 5266639
Fax +39 081 5265068
www.infocampiflegrei.it

Pozzuoli Town Hall
Via Tito Livio, 2
80078 Pozzuoli (NA)
Tel. +39 081 8551111
www.comune.pozzuoli.na.it

Pro Loco Pozzuoli
www.prolocopozzuoli.it

Bacoli Town Hall
Via Lungolago, 4
80070 Bacoli (NA)
Tel. +39 081 8553111
Fax +39 081 5234583
Numero Verde: 800235763
www.comune.bacoli.na.it

Pro Loco Bacoli
www.prolocobacoli.it

Do not miss:

Agnano
• “Cratere degli Astroni” Natural Reserve
  WWF Oasis
  Tel. +39 081 5883720

Bacoli
• Cento Camerelle
  Tel. +39 081 5233797 / +39 081 5233690
• Piscina Mirabilis
  Tel. +39 081 5233199

Baia
• Archaeological Park
  Tel. +39 081 8687592
• The Phlegraean Fields’ Archaeological Museum
  Aragonese Castle
  Tel. +39 081 5233797
• Baia’s Underwater Park
  Tel. +39 081 8688923
  Fax +39 081 5275061
  www.areamarinaprotettabaia.it

Cuma
• Archaeological Park
  Tel. +39 081 8543060

Pozzuoli
• Solfatara
  Tel. +39 081 5262341

One-day trip:

Bacoli - The Phlegraean Area Forest
Bacoli - Archaeologic Park of Cumae

Three-day trip:

Bacoli - The Phlegraean Area Forest
Bacoli - Archeologic Park of Cuma and Piscina Mirabilis
Baia - Baia’s Underwater Park and the Phlegraean Fields’ Archaeologic Museum
Pozzuoli - Solfatara

Unmissable landscapes:

• Cape Miseno
• Lake Averno
• Lake Lucrino
• Lake Fusaro with Vanvitellian Casino

Tastes and flavors:

• Fish
• Miseno mussels
• The Phlegraean Fields’ DOC wines
• DOP buffalo mozzarella

Events

Pozzuoli - Malazé (September)
Cuma - The Wood and the Dune (April to October)
ROCCARAINOLA’S Forest
• Walks, trekking and biking in a friendly nature
• The chestnut festival, the autumn event to warm up the first cold days
• Simple products and traditional local meals
How to get there:

**from Rome:** A1 MI-NA motorway direction Naples
Continue on the A30. Exit Nola

**from Bari:** A30 NA-BA motorway direction Naples - Exit Nola
Keep going on Var.SS7BIS to Roccarainola.

ROCCARAINOLA’S Forest

*from above, the sky almost touches the sea*
Roccarainola’s Forest, which is part of the Partenio Regional Park, has a total surface of 950 ha. The site, entirely included in the town from which it takes the name, is the meeting point between the provinces of Naples, Avellino, Caserta and Benevento and it represents an important natural site just kilometres away from the metropolitan area of the city of Naples, which extends itself to the town of Nola.

This area is welcoming for families searching for a dimension of natural wellbeing and, at the same time, natural and pristine for trekkers, birdwatchers and mountain bikers. There are, in fact, several equipped areas that offer visitors moments of comfortable socialization.

But what is most fascinating is the magic of paths inerpicating in the woods, a wildly natural habitat, enjoyable within a preservation context.

The welcoming package of Roccarainola’s Forest also features six guided paths which complete its fascination.

**Identity Card**

**Name:** Roccarainola’s Forest

**Location:**
- Roccarainola (NA)

**Total surface:** 896 hectares

**Altimetric range:** 300/997 a.s.l.

**Arboreal and shrub species:**
- Chestnuts, Neapolitan Alder, Douglasia, Beech, Wild Hazel, Hornbeam, Hop Hornbeam.
- Brushwood: Coronilla shrub, Blackthorn, Common Dogwood and Broom.

**Animal species:**
- Wild boar, Badger, Hedgehog, Fox, Common snake;
- Common blackbird, Buzzard, Peregrine Falcon, various species of Passeriformes.

**Secondary forest products:**
- Mushrooms, truffles, soft fruit, officinal plants.

**Facilities:**
- equipped picnic areas, signed paths.

**There are about a hundred species: other than the typical mammals of the southern Apennines, there are several birds including the peregrine falcon, the robin, the woodpecker and the tit.**
In the forest
Naturalists, trekkers, ecologists and nature lovers can enjoy photography, birdwatching, trekking, walking, biking, or take part in the ‘forest days’ offered by the STAPF. Other activities can be booked in advance.

Costa Grande terraces
Two hectares of land host the Costa Grande Terraces: plants that are grown to safeguard the forests of Campania are grown there. Opened to the public, the terraces are easily reachable and they are a precious didactic instrument for the spreading of green culture.

- Coronilla shrub, blackthorn, broom, common dogwood are part of the local shrubs. Among other plants we can find ivy, borage, sanicula, anemone, ornithogalum, Saint Robert’s geranium and rosemary.

The wood’s identity
The wood is rich of chestnuts, Neapolitan alders and several types of oaks. The Mediterranean shrub owns the underwoods and clearing with rosemary, mistletoe, broom and rosehip. Delicious mushrooms are also present, and if you’re lucky, you might find some truffles. Moving to higher altitudes, you might find wild hazels and ancient hornbeams. Many species typical of the Apennines fauna found home in this peculiar habitat and it’s easy to find badgers, hedgehogs, foxes and wild boars, along with stationary and migrant birds, in the paths most filled with vegetation. From the highest altitudes the buzzard and the peregrine hawk can be observed, with a spectacular landscape that can stretch for kilometres and kilometres especially in the case of clear skies. Under us the fertile Campanian plains with the Vesuvius while far beyond, the sky almost touches the sea.
The land
The forest of Roccarainola tops Agro Nolano and is an area rich in culture and history, with a strategic position in inland Campania, especially if you need to reach Avellino. This area had an intense fascination on Osci, Samnites and Romans who have left traces of their presence. A land that was home to Giordano Bruno, an innovator of the human mind, and that yet has kept its traditions.

A typical example is the art of making pasta and bread which has reached heights of rare excellency.

The hazel that Linnaeus called ‘avellana’ is intensively produced, almost if the area was the center of its Mediterranean diffusion. The horticultural and fruit productions are typical of an area which might feature places with an high irrigation, and that’s maybe where the delicious ‘friariello napoletano’, a delicious turnip top with unique characteristics, was born. As for fruit, other than the traditional citrus fruits we can find the Diospiro vanilla, a kaki locally called Legnasanta that is still used in the peasant families as dessert.

Roccarainola, “ancient land of the hazel”
Great names of the food industry employ the Agro Nolano hazels, but the so called ‘avellana’ is not only destined to be an ingredient of creams, chocolates and torrone. In the towns that are close to the Roccarainola forest, that are part of the ‘Ancient Hazel Lands Circuit’, artisanal productions valorise the seeds, that can enrich pasta, some meats, fresh cheeses and coffee.

Mugnano Salami
In the Mugnano di Cardinale area the traditional Neapolitan salami that the Minister of Agriculture has recognized as ‘traditional Italian food’ was born. This special salami’s peculiar taste is smoked and sweet, slightly herbaceous, that is given by the aging exploiting the perfume-rich winds coming from Roccarainola’s Forest.

- Neapolitan Pappacella
  It’s a small, flat, tasty pepper. In oil or in vinegar, it usually goes with pork.
- ‘e Friarelli
  Turnip tops boiled in oil with their own water: it’s one of the most appreciated local foods.
In about 30 kilometres, visitors can enjoy one of the historically richest places in Campania, where great populations have built civilizations the local culture is still imbued with. The main centre is Nola, an ancient Osco-Sannite place, military base and refugium tranquilitatis of Emperor Augustus. Stopping in Nola and its surroundings can make you able to travel in time, from the Prehistorical village of San Paolo Belsito to the Early Christian Basilicas of Cimitile, from the Medieval convent of Sant’Angelo in Palco to the Diocesan and Archaeologic Museum in an urban area. History and folklore intertwine in the celebrations of Agro Nolano that remind us of ancient rites. The courtesy of its inhabitants can be appreciated in the welcoming flair of its hotels and bed&breakfasts, collocated on the whole territory. The gastronomy offers typical dishes and traditional foods but is also opened to the big restoration, especially in Roccarainola, with peaks of culinary excellency.

**The Lilies Festival in Nola**
Among the 500 most beautiful popular festivals in Europe, the protagonists are giant wooden machines, covered in papier-mâché and maneuvered by the corporations of artisan works. The festival takes place during the whole month of June with the ballad of stripped lilies, the dressing and the final dance.

**A chain of castles**
The Nolan plain has always been a border between coastal and internal Campania; here a chain of castles, testimony of a constant and important human trace, was born with functions of control. Beyond the Maddaloni towers and the Cancello Castle, visible from the forest but out of its area, there are the ruins of Avella Castle, Roccarainola Castle and Castelluccia, the Norman Castel Cicala in Nola and, towards Naples, the Duke’s Castle in Marigliano.

- In Cimitile, where the first primitive pagan necropolis was, we can find a complex of seven Early Christian churches, dated from the 3rd to the 5th century AC.
- In Avella you can go from a Roman amphitheatre to the Medieval castle, from the natural caves to a rocky cascade.
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<td><em>The Mask, Folklore and Country Life Museum – Baronial Castle</em>Tel. +39 081 8857249 <a href="http://www.pulcinellamuseo.it">www.pulcinellamuseo.it</a></td>
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<td><em>Castle</em> <a href="http://www.gruppoarcheologicoavellano.org">www.gruppoarcheologicoavellano.org</a></td>
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<td>- <strong>Cimitile</strong></td>
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<td><em>Early Christian Basilicas</em> Tel. +39 081 5123126 <a href="http://www.prolococimitile.it">www.prolococimitile.it</a></td>
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<td></td>
<td><em>Diocesan Museum and Episcopal Seminary Antiquarium</em> Tel. +39 081 3114632</td>
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<td><em>Nola’s Lilies Ethnomusical Museum</em> Tel. +39 081 8239974 <a href="http://www.giglidinola.it">www.giglidinola.it</a></td>
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<td><em>Ancient Nola Historical Archaeological Museum</em> Tel. +39 081 5127184</td>
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<td><strong>Roccaspinosa</strong> - Chestnut Festival (October)</td>
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PERSANO’S WOODED STRIPS and CALVELLO Forest
• Oaks and holm oaks, shrubs, hardwood trees along the Sele river.

• Towards the coast, the majestic temples of Paestum, a Magna Graecia colony devoted to Poseidon.

• The round artichoke of Paestum, a precious local gem, with the PGI trademark.
How to get there:

Persano’s Wooded Strips
From Rome: A1 MI-NA motorway direction Naples, then on to the A30 direction Salerno, then on to the E841 and A3 direction Reggio Calabria, exit Campagna direction Serre.

from Reggio Calabria: A30 motorway direction Salerno, exit Campagna direction Serre.
Almost at the beginning of the Cilento coast, towards the inner part, the territory of the town of Serre hosts the Persano woods. Part of the so called Sele zone, made of fluvial terraces for the Sele and Alimenta rivers, it is made of two different green stripes, linear and well definite. All around are cultivated areas of private property and a military zone. Not far from the WWF oasis, with which they share a big part of the vegetal and animal species, the woods of Persano within the town of Serre are characterized by the peculiarity of the arboreal and shrub formations. Between the Picentini and Alburni mountains, the state-owned areas are suitable for the touristic and naturalistic activities in the forest. At the center of an area full of medieval towns, often built on sites of ancient Greek colonies, then substituted by Romans, Byzantines, Normans until the Bourbons, these woods look to the Paestum coast, the biggest archeological complex of Magna Graecia.

Identity Card

Name: Persano’s Wooded Strips

Location:
- Serre (SA)

Total surface: 352 hectares

Altimetric range: 20/60 meters a.s.l.

Arboreal and shrub species:
- turkey oak, hornbeam, field maple, holm, holm oak, black and white hornbeam, Judas tree, laurel, fraxinus, fig, poplar, smilax aspera, Neapolitan alder, lime, viola alba, rose.

Animal species:
- white heron, hen harrier, crane, spotted redshank, albatros, turtle dove;
- otter.

Secondary forest products:
- chestnuts, mushrooms, truffles, soft fruits, officinal plants.

The arboreal and shrub formations are rich of flower species, and in the wood you might easily find bats, otters, water birds, sparrows. Raptors fly up above.
The wood’s identity
The Persano woods represent a mosaic of different woods, in which the single parts coexist generating a complex ecosystem. From the riparian wood, which is parallel to waters and usually made up of poplars and willows, to more elevated woods made up of hardwood trees, especially oaks, hornbeams and fraxinus. Reforestation zones, positioned on more or less bristling slopes, host oaks, holms, laurel and wild fruit trees such as wild apple and wild pear trees. There are numerous shrub formations such as brooms, tamarisks, roses and the peculiar climbing hederia, clematis and smilax which create sort of drawings on the trees, almost as to describe fantasy subjects in the forest. The fauna is as rich as the wood, perfect objects of study and observation.

In the forest
The naturalistic and didactic observations are among the principal activities in the Persano woods. Walking along the waterways is good in order to observe unusual species of birds. The secular woods, worth being inserted in the national register of ancient forests, offer relax and rest during the excursions.

Woods and cultivations
The woods are home and food for numerous antagonists of species which are dangerous for the cultivations. Long before verifying it scientifically, men have understood that a place with a high biodiversity index, like a forest, contributes to create a not so favorable habitat because of the development of dangerous insects, and so they have planted woods along the cultivated fields.

• The common moorhen is a bird whose ideal habitat can be found in the mouths of rivers and in humid areas where it lives and nests. Very famous in Europe, it often breeds. In the Persano woods, you can often hear its call.
The town of Campagna, in the province of Salerno, is topped by mountain ranges of various names. One of these, known as Calvello, at the western tip of the Picentini mountains, hosts a state-owned forest that has to protect the slopes from erosion. The access is not easy, because the state-owned zones are intertwined with private properties, but the footpath along the old Sant’Elmo path is fascinating and suggested to expert trekkers. Pastures full of trees are mixed with turkey oaks, and often the presence of wild species of cultivation trees shows the strict interaction between men and forests. Going all the way down from the top, with an excursion until 300 metres above sea level, other trees and shrub are mixed with oaks, along with fields of graminoids. The presence of zones with sparse vegetation and rocks somehow limits the presence of fauna, which is still present with species of notable interest anyway. Mount Calvello and the forest are topping the town of Campagna, that has been practicing an important role of defense since the middle ages, and especially under Frederic II.

**Identity Card**

**Name:** Regional Forest of Calvello

**Location:**
- Campagna (SA)

**Total surface:** 86 hectares

**Altimetric range:** 300/997 meters a.s.l.

**Arboreal and shrub species:**
- wild apple, wild pear, turkey oak, hornbeam, poplar, maple, holm oak, black hornbeam, chequers tree.
- Rose, blackthorn, salvia glutinosa, broom of Spain, asparagus, mistletoe.

**Animal species:**
- tawny pipit, peregrine hawk, collared flycatcher, woodlark, fieldfare, woodcock, turtle dove, redwing, grey partridge, common quail, skylark, imperial crow;
- wolves.

**Secondary forest products:**
- mushrooms, truffles, soft fruits, officinal plants.

• Campanulas, digitalis, anemones, cyclamens and other flower species make up coloured stains on the woodlands. The imperial crow and the jays are part of the site’s fauna, along with the rapacious and venatory species such as the rock partridge, nowadays rare.
The wood’s identity
The Calvello wood, characterized by zones with sparse vegetation, is going to be more and more dense with the time passing with a new vegetation which is though subjected to the summer fires. On the western slopes, the turkey oak and the black hornbeam prevail over the holm oaks which are still present at 900 metres above sea level. At inferior heights, these species are followed by several types of oaks while terraces in the valleys are home to poplars on a carpet of ferns. The geological characteristics of the soil, mainly calcareous, along with the abundance of light might explain the uneven aspect of this wood. Roses, blackthorns and heathers make up the shrub part. The south western slopes appear bare because of the presence of the calcareous matrix and the washout of the soil with sparse oaks and rare evergreen shrubs. The inferior part is occupied by holm oaks, at whose margins are firewalls.

In the forest
The Calvello forest is now part of the interactive environmental lab “Forests in motion” that is being formed in 2011 by the Regional Committee of the Italian Sport-for-All Association. The activities that are proposed can go along with birdwatching and naturalistic observation.

And once upon a time there used to be charcoal...
As usual on the Apennines, the Calvello wood used to be destined to the production of charcoal. Old coal yards and paths are still there to tell us about the hard and patient work of coal workers, that from the cutting of the tree (especially turkey oak) built the ‘catuozzi’, stacks made to burn slowly to ‘cook’ the wood. It’s just a memory by now.

How to get there:
Calvello Forest
from Rome: A1 MI-NA direction Naples, on to the A30 motorway direction Salerno, then on the E841 and A3 direction Reggio Calabria, exit Campagna.

from Reggio Calabria: A30 motorway direction Salerno, exit Campagna.
The land
The woods of Persano and Calvello Forest belong respectively to the territories of Serre and Campagna, linked by history and geography, which sees them positioned along rivers such as the Sele and the Tenza. The presence of waters has led to the creation of the Persano and Monte Polveracchio oasis, that give luster to the two towns as important for the naturalistic interest. The forests integrate the site’s biodiversity, and the biggest photovoltaic central can be found on the territory as well.

DOP Salerno Hills’ Olive Oil
DOP Olearia comprehends 87 towns between the Amalfi Coast and Vallo di Diano, among which are Campagna and Serre. The Salerno Hills’ olive oil is green, with yellowish reflects, rich in fruity flavours. Rotondella, Frantoio, Ogliarola and Leccino are the varieties, introduced a long time ago or originating in the area. This product with distinctive organoleptic and nutritional characteristics is created thanks to the respect of high standard disciplines of production and mechanization.

Cucumber flowers
The cucumber flowers, usually available in summer, are delicious if covered in a water, flour and salt batter and then fried. They’re equally good if you add yeast or other local traditional ingredients such as anchovies and provola cheese to the batter.

- Mozzarella
  Slightly sourish taste, milk ferments, big (Zizzona di Battipaglia) or small (bocconcini and ciliegie).

- The buffalo products
  From buffalo milk you can also enjoy ricotta cheese, yoghurt, icecream and delicious fresh, smoked and filled cheeses.
The bordering territories of Serre and Campagna, just away from Salerno, are at the center of an area which touristic offers range from archeology to history, not to miss great works of advanced technology. The forest is also a subtle hint to discovering the Holy Virgin sanctuary and the Peasant Museum in Serre, as well as the ruins of Gerione Castle, antique monasteries and bourgeois palaces in Campagna. Between the Calore and Sele rivers we can find traces of the Bourbons in the Real Casina, that had one of their hunting lodges in Persano. The Persano horse was brought up here, tame and prone to equestrian sports and tourism. The Photovoltaic Centre is pure avantgarde and is at a short distance from the Paestum Archeological area. Country houses and Bed and Breakfasts and big hotels especially around Capaccio would love to host you during your travels, completing the pleasure of the journey along with the local gastronomy ranging from traditional foods to foods of the territory.

**The WWF oasis of Persano**
On the banks of the Sele river, in the Sele-Tanagro mouth natural reserve, the oasis of Persano is one of the protected wet zones of Italy. The otter has its kingdom in the swamp zones among woods, Mediterranean shrub and grasslands full of flowers. Freshwater fish and insects are food for migrant birds.

**The Memory and Peace Museum**
Telling the absurdities of Fascism, Carlo Levi detected the limits of the world and of history in Eboli. Few people know that Campagna was a site of pre-internment for the Jewish destined to lagers from 1940 to 1943. The Memory and Peace Museum bears witnesses of the humanitarian work of Bishop Palatucci, the uncle of Fiume’s quaestor and martyr for peace Giovanni Palatucci, who is in the list of Israel’s ‘right among the world peoples’ for his commitment to save Jews.

**The Olive Tree Virgin Mary**
- A fifteenth-century sanctuary, it bears the name of a sacred tree and it is important for the local economy.

**Tenza river’s ‘Chiena’**
- Used to clean up the streets in the past, the controlled flooding of the river takes place in the summer weekends in Campagna.
Campania Regional Government
Department of Agriculture
Forestry, Fishing and Hunting
Via G. Porzio
Centro Direzionale Isola A/6
80143 Napoli
www.agricoltura.regione.campania.it

Provincial Executive Section for Forests in Salerno
Via Generale Clark, 103
84125 Salerno
Tel. +39 089 3079215
Fax +39 089 330774
f.land@regione.campania.it

Tourism Provincial Authority - Salerno
Via Velia, 15
84125 Salerno
Tel. +39 089 231432
www.eptsalerno.it
info@eptsalerno.it

LAG - The well-being paths
Largo Padre Pio
84020 Laviano (Sa)
Tel. 0828 915312
www.isentieridelbuonvivere.it
coordinamento@isentieridelbuonvivere.it

Serre Town Hall
Via Vittorio Emanuele
84028 Serre (SA)
Tel. +39 0828 974900 - 974901
Fax +39 0828 974798
info@comune.serre.sa.it

Campagna Town Hall
Largo della Memoria
84002 Campagna (SA)
Tel. +39 0828 241200
Fax + 39 0828 46988
www.comune.campagna.sa.it
info@comune.campagna.sa.it

Pro Loco di Campagna
www.prolococittadicampagna.it
prolococittacampagna@libero.it

Do not miss:
Campagna
• The Memory and Peace Museum
  www.memoriapace-campagna.it

Castelcivita
• Castelcivita’s Caves
  www.turismoinsalerno.it

Serre
• WWF Oasis of Persano
  www.wwf.it/persano.nt
• Serre’s PV Power Station
  www.enel.it

Paestum
• Archaeological Park
  Tel. +39 0828 811023
• National Archaeological Museum
  Tel. +39 0828 722654

One-day trip:
Serre - Persano woods, WWF oasis of Persano

Three-day trip:
Serre - Persano woods and WWF oasis
Campagna - historical center, Memory and Peace Museum
Castelcivita - Castelcivita Caves
Paestum - Archaeological Park

Unmissable landscapes:
• Sele river mouth
• Oasis of Persano

Tastes and flavors
• DOP Caciocavallo Silano
• PGI Paestum artichokes
• Controne beans
• DOP buffalo mozzarella
• DOP Salerno Hills’ Extra-Virgin Olive Oil
• DOC Cilento wines

Eventi
Campagna - Portoni Ghiotti (August)
Campagna - Water festival (August)
Paestum - Paestum festival (July/August)
Serre - Alburni Jazz Festival (August)
CUPONI and MANDRIA
Forest
- Seasonal springs among oak copses, conifer forests, shrubs and meadowlands
- City architectures tell about history
- Truffles in the forest, ingredients of fragrant main courses
CUPONI and MANDRIA’S Forest

Sala Consilina’s green challenge

How to get there:

Cuponi Forest

from Reggio Calabria: A30 Motorway, dir. Salerno - Exit Sala Consilina
Sala Consilina, the most populated centre in the Vallo di Diano plateau, hosts two regional wooded areas. In the Maddalena Mountains is Cuponi Forest, historically established in brown lands, which are deeper in rainwater harvesting areas, and more superficial in the surface-rocky or autumn-spring-rain-eroded areas.

In some areas bushfires have caused forest thinning. Elsewhere conifer replantings have been carried out. Sala Consilina, placed at the foot of the mountain, in-between the cultivated plains and the mountain, enjoys the presence of the forest for the climate and the environmental protection.

Local vegetation is the product of a management policy aiming to wildlife conservation. Such policy has made copses turn into timber trees, has bettered the access to the forest and also made the building of a refuge possible.

Identity Card

Name: Cuponi Forest

Location:
• Sala Consilina (SA)

Total surface: 485 hectares
Altimetric range: 600/1350 a.s.l.

Arboreal and shrub species:
• Hazel, beech, Turkey oak, pear, wild apple, downy oak, manna ash, lobel’s maple, hop hornbeam, chestnut.

Animal species:
• Bats, black kite, quail, blackbird, song thrush.

Secondary forest products:
• Chestnuts/sweet chestnuts, mushrooms, truffles, soft fruit, officinal plants.

• A number of flower species blossom in wide fields, such as geranium columbinum and orange lily. You can also smell oregano, sage, coronilla shrubs and brooms.
**The wood’s identity**

Cuponi Forest has a 500-hectare-surface distributed on different altimetric levels, which determines arboreal formations. On a medium height, in the turkey oak forest, downy oaks, manna ashes, lobel’s maples, hop hornbeams live together with dogwoods, coronilae, hawthorns and weaver’s brooms. In the oldest Southward woods, the hazel appears, while in the Northward areas the manna ash and the hop hornbeam prevail. On the lowest areas, there are beeches and poplars and the flowery red carpet smells of licorice and chamomile. Cuponi Forest is crossed by paths, old travelling routes for man’s activities. There is a number of birds, mostly blackbirds, passerines, quails and black kites. In this environment, lots of bats prosper due to some signs of plant deterioration.

**In the forest**

Just like Calvello Forest, Cuponi Forest is included in the interactive environmental lab called “FORESTS IN MOTION” promoted by the Regional Committee of the Italian Sport-for-All Association. Visitors can autonomously practice naturalistic observation.

**Let’s save the forest**

Reforestation is crucial to forest protection. In Cuponi Forest, this activity focuses on the aleppo pine which is able to renovate on burnt land, along with the maritime pine and the Monterey pine, originally coming from California.

- Only six bird species are to be found in this site, the blackbird, the red-backed shrike, the thrush, the mistle thrush, the quail and the black kite. Bats nest in Cuponi, which means that small mammals adapt to the surrounding environment better than other species.
Mandria is the other State-owned forest in Sala Consilina. Less rough than Cuponi, its name is a testimony of the presence of man, who used to pasture animals and produce charcoal. It covers some rather steep mountainsides of the Maddalena Range, with mainly turkey oak or chestnut copses, planted allegedly by the friars of Padula Charterhouse in 1714. The forest is rich in seasonal streams and hosts several springs, some of which goes into the city aqueduct. There are different types of copses: on the rocky sides of Mount Schiavo manna ashes, hop hornbeams and downy oaks live together. On Cavallo Mount, the turkey oak mixes with the beech and gives it way at 900 meters. A century-old beech, five meters round, is to be found close to a fountain near Casone refuge. Mandria is the ideal habitat to the badger and the holly. In Vaccarizzo locality, an old disused pasture, a chestnut forest has been planted using grafts coming from Vesolo Forest.

### Identity Card

**Name:** Mandria Forest

**Location:**
- Sala Consilina (SA)

**Total Surface:** 471 hectares

**Altimetric range:** 450/1302 a.s.l.

**Arboreal and shrub species:**
- Turkish pine, common cypress, holm oak, terebinth, holly, Acer opalus obtusatum, beech, hazel, hawthorn, coronilla, common broom, elder, dog rose, chestnut

**Animal species:**
- Black kite, quail, blackbird, badger.

**Secondary forest products:**
- Chestnuts/sweet chestnuts, mushrooms, truffles, soft fruit, officinal plants.

**Facilities:**
- Equipped picnic area; State Forestry Corps Refuge

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*The migratory black kite feeds on the bats living in the forest. The abundance of water, which in Cilento and Vallo di Diano creates appreciated mineral springs, allows the development of a varied wildlife.*
The wood’s identity
There are different types of copses according to the altitude ranging from 450 to 1302 meters a.s.l. At a low altitude, on the Western sides toward Vallo di Diano, the old mixed copse includes conifer reforestations, as well as hazels and shrubs such as common broom and elder. Brooms, similarly to downy oaks, allow the growth of truffles. In addition to hollies, dog roses and hawthorns are to be mentioned. The thick grass layer includes different flower species, such as wood spurge and broad-leaved helleborine. Willow trees live near the streams while alders are to be sporadically found at the foot of the mountain. There is a number of practicable paths, both on foot and by car, and well-preserved mule tracks.

A scented garden
The forest is home to herbs. Sage, oregano and others make up a scented garden looked after by the forestry personnel. In Mandria, the salvia glutinosa grows more spontaneously than common sage, known for its antiseptic, digestive and sedative properties. Oregano is known for its antioxidant property.

How to get there:
Mandria’s Forest
From Rome: A1 MI-NA motorway
Dir. Naples – get onto A30
Dir. Salerno, continue on E841, and then A3 dir. Reggio Calabria exit Sala Consilina.

From Reggio Calabria: From Reggio Calabria: A30 motorway
Dir. Salerno, exit Sala Consilina.

In the forest
Walks by streams tracing water paths. Relaxing in the forest, under a green tent while looking for soft fruits or herbs. For those more experienced, uphill paths where to go trekking.
The land
In the sole town of Sala Consilina you can find the testimonies of all the local historical events. The border between the Cilento Park and Lucania witnessed very old peoples and dominations following one another, thus determining a unique cultural stratification. The city antiquarium, the civil and religious architectures along with the surrounding landscape are all narrating pictures, while the local traditional products speak with our eyes and tastes. The Cilento National Park offers extremely beautiful naturalistic sites.

Cilento means a lifestyle pivoting on a culinary art that enhances local products. From mozzarella to the whole provinces’ other traditional cheeses, from Contrace’s beans to cacio ricotta, a peculiarly manufactured goat cheese, from Roccadaspide PGI sweet chestnuts to the Park’s honey, Wine-producing farms and oil mills produce precious supplements to Cilento’s cuisine, which is partly influenced by Lucan cuisine. Sala Consilina’s traditional meals are broccoli and polenta, chips and dried peppers, lagane and chickpeas (from Cicerale) and cakes such as fried sweet gnocchi and cuccija.

The king of Cilento’s salamis
Among Cilento’s salamis, Gior’s brawn deserves a place of honor. Extra-fine-grained pork is pressed with a very white piece of lard in the middle to enhance its flavour and fragrance. Stuffed into a swine bowel, it is usually sliced thin to better appreciate its colour and delicate taste. It’s a product which has been long included among Campania’s traditional foods.

The “cruschi”
Some types of red sweet peppers are hung by their stalks and sun-dried. Fried in oil, they have to be crunchy, “cruschi” in dialect, to be used in many local recipes.

- Cilento’s white fig
A DOP specialty from seaside hills. This extremely sweet fig is dried and usually served natural or stuffed.

- Olive tree groves
The local landscapes is peppered with centuries-old olive tree groves. Here olive oil is DOP.
Looking from Sala Consilina the land appears culturally and naturally rich everywhere you turn. Teggiano, the most important historical centre, is to be found a little more Southward. The Norman Castle suggestively reminds of history, while the Customs and Traditions Museum is a speaking anthropological document. Again in Teggiano, in the Herbs Museum with Viridarium you can chronicle the history of natural medicine. In Padula, the wonderful 14th-century charterhouse with its valuable architectures hosts art works and old archives. In the interesting historical centre of Pertosa, you may be fascinated by the karst caves inhabited since the New Stone Age. Towards the border with Basilicata, Atena Lucana recalls the Lucan culture that here fuses with the Cilentan one. On the opposite side, there are the seaside resorts of Agropoli, Santa Maria di Castellabate and Acciaroli. Everywhere you will find excellent food and warmth.

**Saint John’s Baptistery**

In Sala Consilina, Saint John’s Baptistery was founded in the 4th century by Pope Marcellus I. Located directly on a holy perennial spring, baptisms by immersion used to be administered. A Church dedicated to the Baptist arose from its ruins in the 12th century.

**Padula’s Charterhouse**

Declared a UNESCO Human Heritage site, it’s one of the oldest monasteries in Europe. Founded in the 14th century, it was linked to Montevergine Abbey in Irpinia and used to host a Carthusian community which determined the architectural organization. It hosts Western Lucania Provincial Archaeological Museum, holding findings from Sala Consilina, art collections and other testimonies of its long history. It has the largest cloister in the world.

**An impregnable castle**

Considered as such in the 17th century, Teggiano’s Castle took its current appearance in 1417 thanks to the makeover by the Sanseverino Princes. The annual event “Having dinner with Princess Costanza” recalls its ancient splendours.
Do not miss:

Padula
- Saint Lawrence’s Charterhouse
  Tel. +39 0975 778549
  www.comune.padula.sa.it
  info@comune.padula.sa.it

Pertosa
- The Angel’s Caves
  www.grottedipertosa.it

Sala Consilina
- Saint John’s Early-Christian Baptistry
  Tel. +39 097523111

Teggiano
- The Sanseverino Princes’ Castle
- Vallo di Diano Customs and Traditions Museum
  www.teggianoturismo.it

One-day trip:

Sala Consilina - Mandria and Cuponi Forests
Padula - Saint Lawrence’s Charterhouse

Three-day trip:

Sala Consilina - Mandria and Cuponi Forests
Athena Lucana - Old Town Centre
Pertosa - The Angel’s Caves
Padula - Saint Lawrence’s Charterhouse
Teggiano - The Sanseverino Princes’ Castle, Vallo di Diano Customs and Traditions Museum and Old Town Centre

Unmissable landscapes:

- Vallo di Diano
- Pertosa’s Caves
- Mount Balzata’s Top
- One-day trip

Tastes and flavours:

- Cacio Ricotta
- Caciocavallo Silano Dop
- Legumes
- Honey
- Buffalo’s Mozzarella DOP
- Salerno Hills’ Extra-Virgin Olive Oil DOP
- Giòi’s brawn
- Cilento’s DOC wines

Events:

Sala Consilina - Arts, crafts and mores (August)
Teggiano - Having dinner with Princess Costanza (August)
Padula - Mountain Red Potato Festival (August)
Padula - A-thousand-eggs omelette (August)
CERRETA COGNOLE and VESOLO Forests
• Green lively galleries

• Beyond the treetops, rapacious birds spread their wings

• Fresh pasta and vegetables, a mix of taste and flavour
How to get there:

Cerreta Cognole Forest

From Rome: A1 NA-MI motorway direction Naples, on to the A30 direction Salerno and then A3 direction Reggio Calabria, exit Buonabitacolo, direction Montesano sulla Marcellana

from Reggio Calabria: A30 motorway direction Salerno, exit Buonabitacolo, direction Montesano sulla Marcellana.
Few kilometers away from Teggiano and Padula, on a mountain territory which represents the biggest forest part of the Vallo di Diano, the town of Montesano sulla Marcellana hosts the Cerreta-Cognole state-owned forest, one of the most interesting in Southern Italy for the protection of endangered fauna and flora. Among the forests of the Salerno province, Cerreta also has a fascinating history, linked to the nearby Saint Lawrence’s Charterhouse in Padula and even long before, to the millenarian Badia of Cava dei Tirreni. Situated on one of the mountains of the Maddalena range, between the Campania and Basilicata regions, the forest enjoys the proximity of the Calore river and the presence of karst waters. It features a breeding farm for the repopulation of deers, who were very often seen on Mount Cervati long ago, as the name and the presence on the town of Sanza’s coat of arms seem to say. In Cerreta-Cognole you might find, along with the forest trees, shrubs and chestnuts, even other endangered animal species such as barbastelle, a very rare bat, some wolves and several species of woodpeckers.

**Identity Card**

**Name:** Cerreta Cognole forest

**Location:**
- Sanza (SA)
- Montesano sulla Marcellana (SA)

**Total surface:** 823 hectares

**Altimetric range:** 500/709 meters a.s.l.

**Arboreal and shrub species:**
- beech, hop hornbeam, maple, service tree, fraxinus, chestnut, blackthorn, downy oak, Aleppo pine, mistletoe.

**Animal species:**
- woodpecker, woodcock, quail, blackbird;
- wild boar, deer, roe, buck, moufflon, wolf.

**Secondary forest products:**
- chestnuts, mushrooms, truffles, forest fruits, plants.

**Facilities:**
- equipped picnic areas, State Forestry Corps Refuge.

**The Breeding Center,** born to defend the soil and the trees from the overload due to the wild pasturing of animals, is divided in four big precincts and is a main attraction for visitors, who can observe the wild fauna from a close range: for example deer, roes and wild boars.
The wood’s identity
Strategically close to the A3 freeway, Cerreta-Cognole forest’s extension is of about 830 ha, and the heights range from 500 to 700 metres above sea level. Topped by a forest of turkey oaks, along with hornbeams, chestnuts and fraxinus, Cerreta is separated by the Cognole forest, on the Sanza territory, by an affluent of the Calore river. There are several springs, among which are Caprile, Salice, Sauco and other small creeks which bar a good amount of water. Shrubs like mistletoe, holm, chestnut, broom, dogwood, heather, holly and blackthorn are dense, while the soil bears traces of the presence of animal species such as wild boars, moufflons, deer, roes, bucks which are currently taken to breeding centers in order to limit the damages to the vegetation an guaranteeing the repopulation.

In the forest
Didactic walks, scientific observation of the wild fauna and flora, family or specialized excursions are the main activities of Cerreta-Cognole. Trekkers and bikers can enjoy 15 kilometers of internal viability but it’s also nice to stop by and enjoy the sources while listening to the forest voices.

The Cerreta plant farm
Divided in two big land plots, the forest’s own plant farm, along with two main houses and a manure, breeds little plants and takes part in the regional plan for the conservation of the walnut and chestnut germoplasm. The center’s didactic activity is notable, and it also cooperates with the local schools.

- In the wood, equipped picnic areas welcome the visitors, often attracted by the easy access and the environmental aspects that the forest has. Equipped with tables and benches, the areas are the ideal places of rest between an activity and another.
The Cilento and Vallo di Diano National Park is a reality made of scenarios where the nature has such important tasks, that it bears the necessity to find highly protected areas to favor men's respect for the very important natural equilibrium. The state-owned Vesolo Forest, situated in Sanza and very close to the Cerreta-Cognole Forest in Southern Campania, forms a big extension of green spaces whose forests remind of remote times when the peaks hosting these forests acquired that aspect. Winter transforms the treetops in ice needleworks, while summer paints the slopes of the Nuovo and Serritore mountains in green, as well as the beech and birch trees. The soil, whose nature is essentially karst, creates terraced valleys which were used until not long ago. Here the man-nature interaction is still seen on the signs that man's activity has left in and out of the forest, and is necessary for the wild animals who are in the process of being reinstalled there.

Identity Card

Name: Vesolo forest

Location:
• Sanza (SA)

Total surface: 780 hectares

Altimetric range: 660/1222 meters a.s.l.

Arboreal and shrub species:
• black pine, maple, hazel, wild pear, wild apple, dogwood, fern, bramble, juniper, red oak, walnut, cherry, birch.

Animal species:
• buzzard, golden eagle, woodcock, woodpecker;
• wild boar, wolf.

Secondary forest products:
• chestnuts, mushrooms, truffles, forest fruits, plants.

Facilities:
• picnic equipped area, State Forestry Corps Refuge

• Every year in October, Vesolo recalls visitors for the Chestnut festival, whose quality here is surprisingly high. The black woodpecker has its habitat in the forest, which makes up a very important population in the Cilento area.
The wood’s identity

Vesolo Forest, which stands entirely as part of the town of Sanza, has got a surface of about 780 ha, and is the object of special naturalistic studies because of phenomena such as the thermic inversion in the karst valleys and the endemic arboreal species such as the maple and the alder, and the birch forests in the Tasso valley. Even if part of the surface is not effectively covered with forests, from the lowest heights you might find hornbeams, hop hornbeams, holm oaks and turkey oaks. Also present in the area are wild apple and wild pear trees, hazel, blackthorn, broom and most of all ferns, which creates a real sort of grass. Going towards Monte Nuovo at about 1000 metres above the sea level, you might find chestnut trees and small woods of birch, poplar, maple, alder, beech and red oak, along with walnut and wild cherry. Birds are abundant and among the mammals, the noctule is easily found.

In the forest

The Vesolo forest is equipped for family moments of full immersion in the nature, searching for forest fruits or for a picnic among the trees. Trekkers can find several paths and can take excursions to the natural territorial attractions such as the spectacular karst ponor.

The Vallevona ponor

Around the height of 1000 metres in Sanza, part of the Cervati mountains area, karst waters which are also the sources of the Bussento river form the Vallevona ‘affon natura’, a famous place for trekkers and bikers. A funnel of calcareous rocks that can be visited in summer by means of a tunnel that goes to a seasonal lake.

How to get there:

Vesolo Forest

from Rome: A1 motorway direction Naples, then on the A30 direction Salerno and the A3 direction Reggio Calabria, exit Buonabitacolo direction Sanza.

from Reggio Calabria: A30 motorway direction Salerno, exit Buonabitacolo direction Sanza.
The land
Sanzia and Montesano sulla Marcellana are situated on the Maddalena range and are united by the common forest heritage, at the center of historical Lucania. Faith keeps the territory together; it is lived as a true feeling that becomes religious identity. Deeply linked to the human reality and to the people’s dignity, Cilentan religiosity has generated worship places that are real works of art. The paths of faith become a journey in the local popular culture.

One of the possibilities of a journey to Vallo di Diano is to discover these lands by tasting its foods. A tradition of tastes, made of typical and local foods which have got common links to foods of other regions, that the visitor can enjoy and become a real gourmet. In these places it is in fact impossible to resist the call of dairy products such as the Cervati and Centaurino ‘treccia’ cheese. The DOP distinctive olive oil of Cilentan hills is perfect for fresh pastas such as cavatelli and fusilli, which often go along the Cilentan vegetables. It is also possible to find young lamb and goat meats, and vegetables as a side dish. Typical sweets and desserts are the Christmas ‘canestrieddi’, the honey-covered Ghibetelle and the Pastorelle with chestnut cream.

PGI Roccadaspide sweet chestnuts
Historically part of the territorial gastronomy, as tested in documents of the Cava Abbey that date back to the eleventh century, the Roccadaspide sweet chestnut owes its fame to the intuition of Basilian monks who diffused them into the Cilento region. The modern chestnut is owed to new joints of the nineteenth century, and has got organoleptic characteristics which enhance the request of the food industry. Chestnuts can in fact be easily found as marron glacés, marmalades, rum-flavoured chestnuts and purée.

The Cervati and Ventaurino treccia cheese
An intertwined, slightly sourish, dry and compact mozzarella cheese is produced from a noble milk in Sanza and other towns, and is often kept in subtle myrtle branches. The myrtle essences also give it a special perfume; it is also celebrated in a local festival and it is part of the Slow Food protection.

Local typical foods
- **Cheeses**
  Fresh or dried DOP Caciocavallo Silano and pecorino cheeses are very tasty and they form part of the ingredients of the Tasca, the Easter ‘pizza chiena’.
- **Olive oil**
  The DOP Cilento olive oil makes even a simple bruschetta extremely special, whether it be alone or with the local small tomatoes.
Sanza and Montesano sulla Marcellana find themselves in a strategic position to reach art and history relevant places such as Padula’s Charterhouse or the town of Teggiano, Pertosa’s caves and archaeological sites such as Velia and Ascea, and offer ideal touristic journeys which can be quite interesting. In Sanza you might find the Assunta church, the medieval tower, the Cippo di Pisacane, and the Holy Mother of Snow Chapel on Mount Cervati, along with perennial snows. Montesano sulla Marcellana hosts the Saint Anne’s Cathedral, which bears the medieval feeling of its historical center, as well as the ruins of the chapel of Saint Sophia and the City Museum that keeps traces of the popular tradition. Outside the city, it is easy to find excellent works of art in the Cadossa Abbey and the Saint Michael’s Cave, not far away from Montesano thermal complex. There are several hotels and bed&breakfasts in the area which offer well-being packages, as well as country houses and quality traditional gastronomy.

Saint Anne’s Cathedral in Montesano
Built in 1954 thanks to Filippo Gagliardi and his money earned during many years in Venezuela, the church was built in the Italian gothic style and in reinforced concrete, and appears balanced and harmonious, with two tall bell towers dominating the square and the whole town.

Montesano thermal complex
Montesano is a place of waters, which features Spigno and Magorno winter lakes at heights between 800 and 1000 meters above sea level, and oligomineral springs being bottled in the Contrada Ponte neighbourhood. They are highly beneficial because of their composition, and they are part of a modern thermal complex that might be able to cure several illnesses. It is situated at the very center of a big park and is equipped for inhalations, mud therapy, hydromassages and well-being programmes for the personal care.

• Medieval Tower
The still standing fifteenth-century bell tower of the now gone San Martino a Sanza Church is now also used as a clocktower.

• Cippo di Pisacane
Dedicated to the hero that was head of ‘300 young and strong men’ and who died in Sanza in 1857 during the repression from the Bourbons.
Do not miss:

Montesano sulla Marcellana
• Saint Stephen’s Springs
• Montesano sulla Marcellata City Museum
  www.museocivicomontesano.it

Padula
• Saint Lawrence’s Charterhouse
  Tel. +39 0975 778549
  www.comune.padula.sa.it

Sala Consilina
• Saint John’s Early-Christian Baptistery
  Tel. +39 097523111

Teggiano
• The Sanseverino Princes’ Castle
• Vallo di Diano Customs and Traditions Museum
  www.teggianoturismo.it

One-day trip:

Montesano sulla Marcellana - Cerreta Forest
Sanza - Cognole and Vesolo
Padula - Saint Lawrence’s Charterhouse

Viaggiatori per tre giorni

Montesano sulla Marcellana - Cerreta Forest
Sanza - Cognole and Vesolo
Padula - Saint Lawrence’s Charterhouse
Teggiano - The Sanseverino Princes’ Castle, Vallo di Diano Customs and Traditions Museum and the old town centre
Atena Lucana - Old town center
Velia - Archaeological Park

Unmissable landscapes:

• Vallevona ponor
• Mount Cervati

Tastes and flavors

• DOP Caciocavallo Silano
• PGI Roccadaspide sweet chestnut
• Honey
• DOP Cilento Extra-Virgin Olive Oil
• Cervati and Centaurino treccia cheeses
• DOC Cilento wines

Events

Montesano sulla Marcellana - Hill Festival (August)
Novi Velia - Muzzarella ‘nt’a Murtedda Festival (August)
Sala Consilina - Arts, Crafts and Mores (August)
Sanza - Chestnut Festival (October)
Teggiano - Having dinner with Princess Costanza (August)
Padula - A-thousand-eggs omelette (August)