

The Association "Passi Consapevoli - Cammino e Meditazione" (the Mindful Steps Association - Walking Meditation) promotes psychophysical well-being through "Mindfulness Walking". This kind of walking allows us to rediscover our deepest existential dimension via a silent and uninterrupted dialogue between the landscape of nature and the landscape of the soul. For us, mindfulness is the foundation on which to base our life journey.

II CAMMINO DELLA MAGNA GRECIA

THE SACRED WAY, a mindfulness walk



From 15 to 20 May 2024 – 6 days and 5 nights – 80 km

- Minimum of 10 participants (Mindfulness Steps Association members)
- First stage: Crotona Urban Trekking "In the footsteps of Pythagoras" (6 km)
- Second stage: S.Giovanni in Fiore - Caccuri (20 km)
- Third stage: Caccuri – Armirò (27 km)
- Fourth stage: Armirò - Santa Severina, Urban Trekking on the "Stone Ship" (13 km)
- Fifth stage: Crotona to Capo Colonna (14 km) all-night pilgrimage (option of returning on foot by day +14 km)

A fascinating walk along the trail followed by the ancient Greeks, made up of 5 stages. This walk takes us through the lush Mediterranean scrubland, with the scents and colours of its aromatic vegetation. We explore quaint medieval villages and austere cathedrals, finally reaching the marvellous coast where the last remaining column of the Sanctuary of Hera Lacinia rises against the backdrop of the sea. The feast days dedicated to the Madonna di Capo Colonna offer us the chance to participate in the singular and uplifting night-time pilgrimage and to watch the breathtaking firework display on the promenade reflected in the sea.

The fee of **500.00** Euro includes:

- Registration fee of €10 including membership of the Association "Passi Consapevoli Cammino e Meditazione" and insurance cover (<https://www.aics.it/assicurazione/>)
- 5 evening meals, 5 overnight stays with breakfast
- 2 luggage transfers and 2 minibus journeys
- A guide for the following stages: Crotona Urban Trekking "Following the steps of Pythagoras"; San Giovanni - Caccuri; Caccuri - Armirò; Santa Severina, Urban Trekking "On the Stone Ship".



- Guided tour of the medieval castle and ancient gate of Santa Severina, including a taste of typical food products in the wine cellar in Piazza Campo.
- Guided tour of the City of Crotona, the Castle of Carlo V and the archaeological museum (ticket to be purchased separately).
- Testimonium Certificate and Credential or 'Pilgrim Passport'

Not included in the fee: anything not specifically mentioned above.

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To book, please send a deposit of 100.00 to the Post Office Account in the name of

"Associazione Sportiva Dilettantistica Passi Consapevoli Cammino e Meditazione"

IBAN IT58J07601044 00001069447850

specifying **"Deposit La via sacra 15-20 maggio 2024"**.

The balance, in cash or via credit card, is to be paid on arrival.

PROGRAMME

First Stage – Wednesday 15th May

Arrival in Crotona. The group will be welcomed at the meeting point in front of the Cathedral in Piazza Duomo at 16.30. Urban Trekking "In the footsteps of Pythagoras" (6 km), from the Cathedral to the church of Santa Chiara, through the historic city centre to the castle of Carlo V. Evening meal at an affiliated restaurant. Overnight stay and breakfast at the hostel in the historical city centre. Optional guided meditation: "The Mindfulness Walk" (* Extra).



Second stage – Thursday 16th May

Departure in minibus for San Giovanni in Fiore. Guided tour of the splendid *Florense Abbey* founded in 1189 by the abbot and philosopher Gioacchino da Fiore who was "endowed with prophetic spirit" (Dante's Paradise) and of the picturesque historical centre.

The walk begins at 11.00 in the company of an expert guide who will lead us along ancient woodland paths with their breathtaking views towards Caccuri (20 km).

Afternoon: a tour of the quaint village and its medieval castle. Evening meal at a local restaurant, tasting typical food of the *Sila* area. Overnight stay and breakfast at a B&B.



Third stage: Friday 17th May

This stage takes us to approximately 8 km from Santa Severina, through lush vegetation experiencing the scents and colours of the spring-time. On arrival at the *locanda*, Anselmo the proprietor will offer his guests refreshment with products from his vegetable garden and with his courtesy. Overnight stay.

Fourth stage: Saturday 18th May

Today's 8 km walk takes us to the charming medieval village of Santa Severina, voted one of the most beautiful in Italy. Urban trekking "On the Stone Ship" as the village of Santa Severina is fondly called due to its resemblance to a stranded ship when seen from afar. Guided tour of the majestic Norman Castle and the historic centre. There is an option of a guided visit to the ancient



cathedral of Sant'Anastasia which dates back to the XIII century, and to the even older baptistry – an austere jewel of Byzantine art – as well as to the parish museum. Sampling of typical food products in the wine cellar in the picturesque Piazza Campo

Fifth stage: Saturday 18th May and the night of 18-19th

Departure in minibus for Crotona. Accommodation in the hostel, evening meal and rest before departing for the ancient pilgrimage in honour of the Madonna of Capo Colonna, patron saint of the City of Crotona.

This is an independent stage in that it follows the public procession to the promontory of Capo Colonna (14 km) along the coast road.

The procession reaches Capo Colonna at dawn and watching the sun rise over the sea remains one of the most wonderful sights you can experience. Return to the city is either via coach or on foot as you wish.

Sunday 19th May

Day of rest. Free afternoon awaiting the return of the icon of the Madonna of Capo Colonna, in the evening, via boat. Fireworks display on the promenade. Evening meal and overnight stay. Optional guided meditation: "The Walk Continues" (* Extra).

Monday 20th May: Breakfast, free morning. Departure.



A MINDFULNESS WALK, AN INTERIOR JOURNEY

*Extra: A defining feature of our association is the adoption of meditation as an instrument of awareness employed to enhance all the aspects associated with a person's life. We are therefore pleased to offer – for those who would like to take advantage – two sessions of guided meditation ("**The Mindfulness Walk**" on the first day and, on the last day, "**The Walk Continues**"). These sessions are led by Dr Adele Scorza, Chair of the Association as well as psychotherapist and mindfulness coach. These sessions, at the cost of €10 per person, per session, are only available if we reach a minimum of 10 participants.

General conditions for participating in the *Cammino della Magna Grecia*

Annulment, withdrawal, cancellation or modifications

- The registration fee will be reimbursed in full as long as the Association receives your cancellation at least 45 days before the beginning of the Walk. We would therefore advise taking out an insurance policy which will protect you should unforeseen circumstances prevent you from joining us.
- The registration fee will not be reimbursed if notice is received less than 45 days before the beginning of the walk, or should you not show for the walk.
- If a participant starts the walk but is unable to continue (for reasons which cannot be attributed to the Association) the fee will not be reimbursed.
- Should the Association need to modify the departure date or to cancel the walk due to extenuating circumstances (adverse weather conditions or not reaching the minimum number of participants) the fees paid will be reimbursed in full.
- The itinerary is subject to modification in the case of adverse weather conditions which could compromise the safety of the participants.
- In the case of particularly adverse weather conditions, the firework display could be cancelled by the Municipality of Crotona



Evening meals and overnight stays

- Evening meals: the 'Pilgrim's Menu': typical dishes made with local products, comprising antipasto, a first course, a main course with side, fruit or dessert, water and soft drink. Any other dishes or drinks are to be paid for as extras.
- Overnight stays: in rooms accommodating 2-3-4 people, in single beds. Single rooms are not always available. It may become necessary to share a room with other participants apart from those indicated when booking.

General information

- The itinerary is made up of 5 stages, one of which is a night-time walk. None of the stages are particularly difficult but we would require that you have a fair amount of training, are used to walking long distances and are adaptable.
- We recommend wearing appropriate footwear, suitable for walking on both tarmacked and untarmacked roads, dirt tracks, etc. We also recommend wearing layers and comfortable trousers.
- Other recommended items include a backpack containing all your necessities: water bottles or flasks containing at least 1.5 litres of water to be filled before each walk; insect/tick repellent, hats for sun and rain. Trekking poles are a good idea.
- The walk will continue in the rain – unless this becomes prohibitive – so please pack a weatherproof jacket or poncho.
- All participants are invited to turn off their telephone ringtones. Should you need to reply to a phone call, please distance yourself from the group, having notified the guide, but remain in view of the same.

We very much look forward to welcoming you to Calabria.

