

The Association "Passi Consapevoli - Cammino e Meditazione" (the Mindful Steps Association - Walking Meditation) promotes psycho-physical well-being through "Mindfulness Walking". This method 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 MEDIEVAL VILLAGES TRAIL, a mindfulness walk



From 10 to 14 October 2024 – 5 days and 4 nights – 70 km

- Minimum of 10 participants (Mindfulness Steps Association members)
- First stage: Crotona Urban Trekking "In the footsteps of Pythagoras" (6 km)
- Second stage: The Sand Dunes of Marinella (Cirò) – Crucoli (10km)
- Third stage: Crucoli – Umbriatico (30 km)
- Fourth Stage: Umbriatico – Pallagorio – Casabona (24 km)

This walk begins with a tour of the city of Crotona - the capital of the Magna Grecia, as well as the ancient seat of the Pythagoras School. It then continues towards Cirò' where we can enjoy the spectacular panorama of the dunes made up of silver-grey sand covered with a primordial Mediterranean scrubland including the rare white gorse bush. Walking through the enchanting Bosco di Gatta woodland, we reach the village of Crucoli from where we can admire the wonderful view of the Ionian Sea. We then make our way through the valleys of the Crotona hinterland, following the rise and fall of rolling hills surrounded by farmland and olive groves, and admiring impressive cliffs which announce our arrival in Umbriatico. The marvels continue proceeding towards Pallagorio with its intriguing Arbereshe culture, and Zinga (Casabona) where we stop to admire the fascinating diapirs. Unique in Europe, these salt formations are also called 'salt glaciers' or 'custodians of time', since they conserve drops of the Mediterranean Sea dating back 5.6 million years. The walk concludes with our return to Crotona.

The fee of **400.00** Euro includes:

- Registration fee of €10 including membership of the Association "Passi Consapevoli Cammino e Meditazione" and insurance cover (<https://www.aics.it/assicurazione/>)
- 4 evening meals, 4 overnight stays with breakfast
- 2 luggage transfers and 2 minibus journeys



- Guide for the following stages: Crotone Urban Trekking “In the footsteps of Pythagoras”; from the Dunes of Marinella (Cirò) – Crucoli; from Crucoli to Umbriatico; from Umbriatico to Casabona and Zinga. Guided tour of the salt formations called diapirs.
- 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 dei borghi 10-14 October 2024”.

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

PROGRAMME

First stage: Thursday 10th October

Arrival in Crotone. The group will be welcomed at the meeting point in front of the Cathedral in Piazza Duomo at 16.00 where the participants’ Credential will be handed out. 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, overnight stay and breakfast at an affiliated hostel in the historic city centre.

Optional guided meditation: “The Mindfulness Walk” (* Extra).

Second stage: Friday 11th October

Departure in minibus for the dunes of Cirò. The guided walk starts at the area called *Bosco di Gatta* and proceeds towards Crucoli, through vast vineyards and rolling hills. Visit to the Museum of Country Life and Crafts.

Overnight stay and breakfast at a B&B in Crucoli.



Third stage: Saturday 12th October

The third stage takes us to the village of Umbriatico. The guide will lead us along paths suffused in the vibrant colours of Autumn, taking in gentle hills and imposing cliffs. On reaching Umbriatico, we can pause to rest within the silent walls of the old convent. After visiting the charming village and its Cathedral, an evening meal will be served in the welcoming friars’ refectory.



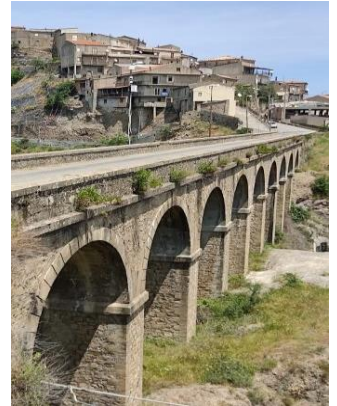
Fourth stage: Sunday 13th October

Departure for Casabona. On the way, we pass through the *Arbereshe* village of Pallagorio and the “Muzè”, a singular exhibition space dedicated to the Arberia – the collection of villages inhabited by the *Arbereshe* people (Albanians who historically settled in Calabria and other areas of southern Italy.)

The walk continues through a landscape dotted with intriguing caves and grottos huddled in the uncontaminated landscape. The last stop is Zinga where we can admire the famous diapirs which conserve drops of the Mediterranean Sea dating back thousands of years.

Return to Crotona by minibus. Testimoniums handed out. Evening meal and overnight stay at the affiliated hostel.

Optional guided meditation: “The Walk Continues” (* Extra).



Monday 14th October: 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.



Evening meals and overnight stays

- Evening meals: the 'Pilgrim's Menu': typical dishes made with local products, comprising an 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 4 stages none of which 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.

