

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 COAST PATH, a mindfulness walk



From 14 to 18 June 2024 – 5 days and 4 nights – 65 km

- Minimum of 10 participants (Mindfulness Steps Association members)
- First stage: Crotona Urban Trekking "In the footsteps of Pythagoras" (6 km)
- Second stage: San Leonardo di Cutro – Le Castella - Capo Rizzuto (25 km)
- Third stage: Capo Rizzuto – Marinella (10 km)
- Fourth Stage: Marinella – Capo Colonna – Crotona (24 km)

A fascinating walk along the coastal trails followed by the ancient Greeks, made up of 4 stages. This walk takes us through the lush Mediterranean scrubland, with the scents and colours of its aromatic vegetation; along golden beaches; flowering hills and meadows and blue horizons within the largest marine reservation in Europe.

The fee of **430.00** 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
- 3 luggage transfers and 1 minibus journey
- Guide for all four stages
- Guided Visit and urban trekking in Crotona and Le Castella
- Guided tour to the city of Crotona, the Castle of Carlo V and the archaeological museum.
- Guided tour of the Capo Colonna archaeological site
- 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 del mare 14-18 giugno 2024".

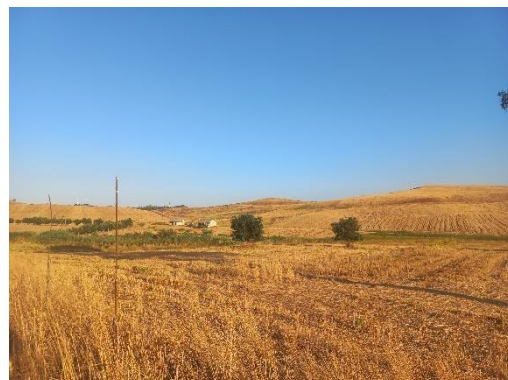
The balance, in cash or via credit card, is to be paid on arrival.

PROGRAMME

First stage: Friday 14th June

Arrival in Crotona. The group will be welcomed at the meeting point in front of the Cathedral in Piazza Duomo at 16.30 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. Minibus transfer to S. Leonardo di Cutro. Evening meal, overnight stay and breakfast at an affiliated hostel.

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



Second stage: Saturday 15th June

The walk begins in S. Leonardo di Cutro, traversing hills along paths full of the sights and scents of the Mediterranean scrubland. It takes in green pastures and shady paths which lead us to the fishing village of Le Castella with its beautiful cliffs and golden sands. A visit to the Aragonese Castle is a must – this jewel seems to float on the sea and is the background to many stories and legends. The walk continues as far as Capo Rizzuto which lies in the heart of the Marine Reservation and whose beaches are the preferred egg-laying areas of the famous 'Caretta Caretta' turtle. Evening meal and overnight stay in Capo Rizzuto.

Third stage: Sunday 16th June

After breakfast we continue our walk to the area of Marinella (10 km) through lush vegetation with the scents and colours of late spring. Here the group reaches the *locanda* where we will be warmly welcomed. Evening meal, overnight stay and breakfast.



Fourth stage: Monday 17th June

From Marinella, this fourth stage takes us to Capo Colonna. Tour of the archaeological site. Testimoniums will be handed out at the foot of the last remaining Greek column of the temple of *Hera Lacinia*. Return to Crotona. Evening meal and overnight stay at the affiliated hostel.

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



Tuesday 18th June

Breakfast at the hostel. 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 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 bookin

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.

