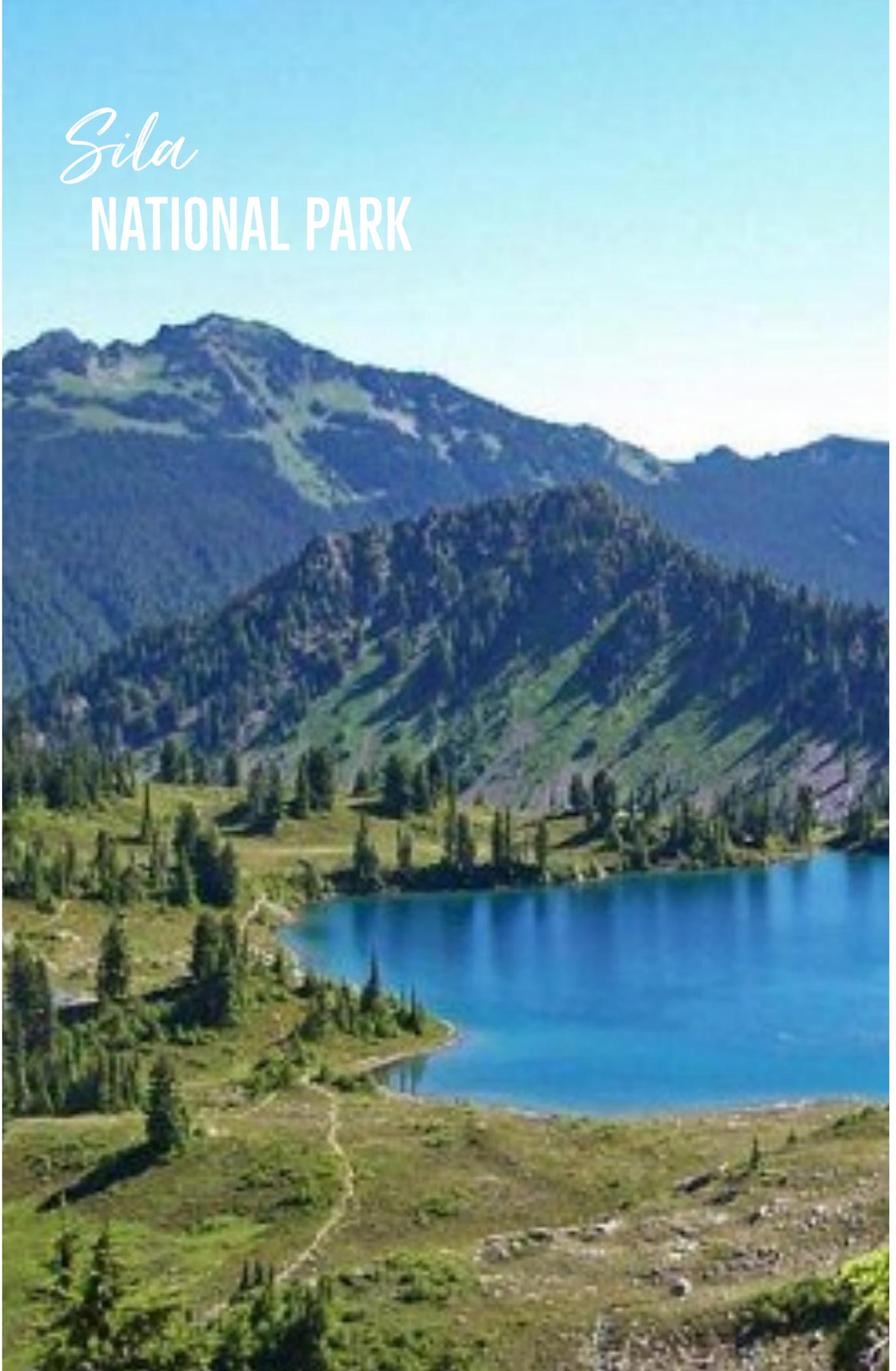


Sila
NATIONAL PARK



AT A GLANCE

NATURE



31 HIKING TRAILS

2 SKI RESORTS

3 MAJOR LAKES

GASTRONOMY



4 DOC & IGT
WINE APPELLATIONS

4 DOP & IGP
FOOD PRODUCTS

ART & HISTORY



21 VILLAGES

4 RELIGIOUS SITES

7 MUSEUMS

78 HISTORICAL,
ARCHITECTURAL &
CULTURAL SITES

6 ARCHAEOLOGICAL
SITES

FESTIVALS & EVENTS

Hidden Treasure Hunt (3rd weekend of August)

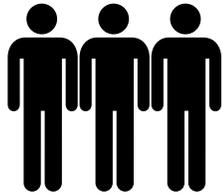
An activity for children which involves a treasure hunt with clues to help discover Sila National Park.

Under the Park Sky Festival (August)

A stargazing festival celebrating the beauty of Sila National Park's night sky. Visitors camp out in the park and take part in educational workshops about constellations and planets in our solar system.

VISITOR PROFILE

STATISTICS



890,000 VISITORS PER YEAR

63% ARE LOYAL VISITORS

CHARACTERISTICS

FAMILIES

40-50 YEAR OLDS

HOLIDAY TRAVELLERS

NATURE LOVERS

HIKERS

FOODIES

WINE CONNOISSEURS

HISTORY BUFFS

SEASONALITY

 20%

 0%

 40%

 40%

Sila NATIONAL PARK

Located in the center of Calabria within southern Italy, Sila National Park is an important protected natural area which spans 3 of Calabria's 5 provinces. The park is split up into 3 different sections: Sila Greca, Sila Grande and Sila Piccola; each with their own natural and cultural wonders to discover. The park is a year round attraction with something for tourists to enjoy in every season.



LOCATION

Provinces of Cosenza, Crotona and Catanzaro in Calabria, Italy

CLOSEST CITY

Crotone

HOW TO GET THERE?

1 hr by Car from Crotone

1 hr by Car from Cosenza

Sightseeing

Ampollino Lake is located within the park and spans across all three provinces. The reservoir was built in 1927 and was the first artificial lake in the Sila region. Even though the lake is artificial, it has fully integrated in Sila's natural landscape and is now one of the park's major attractions. The lake also has a strong archeological importance, with Bronze age artifacts having been found on site.

The "Giant Pines of Sila Nature Reserve" is a small state-run Fallistro Nature Reserve located within the park. It is an ancient pine forest believed to have been planted in the mid 17th century and now comprises 56 larch trees, some of which are estimated to be over 350 years old and stand 50m tall. In fact, the trees are often compared to the North America sequoia trees.

Seasonality: May-October

Museums to visit include:

- Sila Craft and Land Defense Museum: dedicated to the history of the Sila region of Calabria
- Agricultural Forestry Museum: dedicated to the flora and ancient cultivation methods
- Olive Oil and Peasant Society Museum: dedicated to ancient peasant oil pressing tradition of the area
- Water & Energy Museum: dedicated to the Park's renewable energy efforts
- Biodiversity Museum: dedicated to the flora and fauna of the region

Seasonality: March - October

This abbey founded in 1189 by Gioacchino da Fiore, is one of Calabria's most important religious monuments and has served as a historical attraction in the area for hundred of years. Today, there is a church, a crypt and museums for tourists to visit.



AMPOLLINO LAKE



THE GIANTS OF THE SILA - FALLISTRO NATURE RESERVE



MUSEUMS



BADIA FLORENSE AT SAN GIOVANNI DI FIORE

Activities TO DO

Forests and plateaus make Sila National Park a paradise for cross-country skiers. Recommended trails are mostly found in the Sila Piccola section of the park, some of these trails include the ascent from Tirivolo towards Mount Gariglione and to the Cicirilla, Tacina and Pollitrea valleys, as well as the route to Lake Ariamacina.

In the Sila National Park in Tirivolo visitors will find Orme nel Parco, Calabria's first forest adventure park and eco-experience park. Visitors can enjoy 16 obstacle courses within the trees and have a chance to connect with nature. As an eco-experience park, Orme nel Parco also has options for trekking and has educational activities about the local ecology of the park.

Located at Viaggio Palumbo on the edge of the Sila National Park visitors will find 2 year-round 1000 meter bobsled tracks to enjoy. The town is an important training center for winter and summer sports and features alpine ski lifts, tennis and football courts. The village is also an important tourist center featuring many hotels, restaurants and cottages.

Sila National Park is considered to be Calabria's Green Heart, which makes the area perfect for hikers to walk through the incredible nature of the park. Trekking excursions also mean opportunities to gather mushrooms, chestnuts and berries. The park features 31 nature trails for visitors to discover, the trails can also be used for biking or horseback riding.



CROSS-COUNTRY SKIING



TREETOP ADVENTURE COURSE & ZIPLINING



BOBSLEDDING



TREKKING

Flavours OF THE PARK



WINE TASTING



FOOD TASTING

Wines produced in or around the Sila National Park belong to 4 wine denominations, these include; Calabria IGT, Savuto DOC, Scavigna DOC and Lamezia DOC. The wines produced in the area are made from both red and white grape varieties. The proximity to the Mediterranean combined with the altitude of the Sila Plateau, make the park the perfect to grow wine.

Winery to visit:

- Azienda Agricola Serracavallo in Bisignano, Calabria

Sila National Park is a park known for its famous food products. In particular its cheeses and charcuterie. Some of the most famous protected food products from the park include: Caciocavallo Silano DOP Cheese: Producers to Visit:

- Caseificio Paese in Camigliatello Silano, Calabria
- Vallefiore in Giovanni in Fiore, Calabria

Capocollo, Salsiccia and Soppressata di Calabria DOP Producers to visit:

- Dodaro S.P.A. in Spezzano Albanese, Calabria
- Salumificio Menotti s.r.l. in Colosimi, Calabria



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GUIDED TOURS

The park offers a wide selection of tours for visitors to choose from and reservations can be made over the telephone or booked on-site. Please note that group reservations are limited to 25 guests.

ACCOMODATIONS

4-Star Hotels	3-Star Hotels	B&Bs
14	32	72
Farm Houses	Apts	Camps
45	11	9