



*Pollino*  
**NATIONAL PARK**

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# AT A GLANCE

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## SEASIDE



14 RIVERS

3 THERMAL BATHS

## NATURE



2267 M MOUNTAIN PEAK

35 HIKING TRAILS

## GASTRONOMY



4 DOC & IGT WINE APPELATIONS

5 DOP & IGP FOOD PRODUCTS

## ART & HISTORY



56 VILLAGES

48 MUSEUMS

95 HISTORICAL,  
ARCHITECTURAL &  
CULTURAL SITES

36 ARCHAEOLOGICAL  
SITES

## FESTIVALS & EVENTS

Pollino Carnivale  
(40 days before Easter)

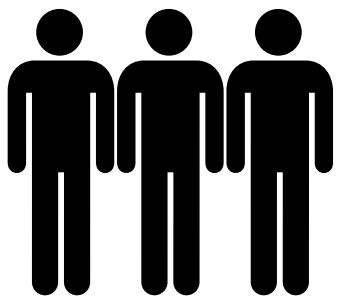
Taking place in the weeks leading up to Easter, the Pollino Carnevale is a colourful mardi-gras style celebration featuring events and a parade with floats and people dressed in costumes and masks.

Pollino Music Festival  
(1st week of August)

International and local music acts performing in San Severino Lucano, a small Basilican village in the middle of Pollino National Park.

# VISITOR PROFILE

## STATISTICS




1.06 MILLION VISITORS PER YEAR


27% ARE NEW VISITORS

## CHARACTERISTICS

- HOLIDAY TRAVELLERS
- NATURE LOVERS
- HIKERS
- SPORTS ENTHUSIASTS
- HISTORY BUFFS

## SEASONALITY

 20%

 25%

 25%

 30%

# Pollino NATIONAL PARK

Pollino National Park in southern Italy straddles the regions of Basilicata and Calabria. It is Italy's largest national park, covering 1,925.65 square kilometers. The park includes the Pollino and Orsomarso massifs, which are part of the southern Apennine Mountains, reaching a high point of 2,267 meters at Serra Dolcedorme. The park's symbol is the rare Bosnian pine tree, which grows exclusively in the park in Italy. The park is also home to the the oldest European tree, a Heldreich's pine estimated to be 1,230 years old.



## LOCATION

Provinces of Potenza and  
Matera in Basilicata, Italy &  
Province of Cosenza in Calabria,  
Italy

## CLOSEST CITY

Morano Calabro  
Sapri

## HOW TO GET THERE?

1 hr by Car from Sapri  
2 hr 15 mins by Car from Naples

# Sightseeing

Pollino National Park is the center of Italy's Arberesh community with Italo-Albanian origins who arrived in the park during the 15th and 17th centuries from the Balkans and who now populate eight of the Park's Municipalities. The villages San Paolo and San Constantino Albanese are perfect examples of the Arberesh way of life, who have maintained their own language and customs.

The Raganello Gorges are a protected natural area established in 1987 in Calabria, in the province of Cosenza. It occupies an area of 1,600 hectares within the Pollino National Park. The gorges are 17 km in length and offer visitors the chance to hike or swim to discover its natural beauty.

The Romito cave is a natural limestone cave in the Lao Valley of Pollino National Park, near the town of Papasidero in Calabria, Italy. Scientists believe that there has been human activity in the cave dating back to the Upper Paleolithic 17,000 years ago. Four prehistoric skeletons along with cave drawings were found in the cave where visitors can have a guided tour.

Pollino National Park is a habitat to some of Southern Italy's most endangered animal species. Pollino Park hosts an extraordinary range of birds of prey. The golden eagle, the peregrine falcon, the eagle owl and the buzzard nest at the park. The Park also serves as a habitat for wolves, boars, foxes, porcupines, badgers, and the Apennine roe deer among others.



**ITALY'S ALBANIAN COMMUNITIES**



**THE RAGANELLO GORGES**



**THE ROMITO CAVE**



**THE FAUNA OF THE PARK**

# Activities TO DO

If you want to experience the area from a different perspective, seek out one of the river cruises departing from Papasidero and Laino Borgo. In the summer, varying difficulty levels and duration are offered including white-water rafting, canyoning and kayaking on the Lao River.

The thermal springs of Latronico in Basilicata have been used by locals for centuries and were believed to treat diseases and ailments. Today, Latronico has three springs ranging from small to large along with many spas for tourists to enjoy.

Pollino National Park's Serrapotamo Valley in Basilicata is the perfect location to go hunting for white truffles, which are considered to be the crown of Italian cuisine. Truffle hunting season lasts from October to January, and there are guides available to take tourists along on a hunt. White truffles are so important in the local cuisine that there is an annual Serrapotamo White Truffle Show.

The Pollino National Park in winter is a perfect cross-country area. Experienced guides can find the best trails and bring visitors to the places to see. Despite being so far south, the Pollino massif is high enough to get a snow covering in winter, allowing for organised cross-country skiing excursions.



**WATER SPORTS**



**LATRONICO HOT SPRINGS**



**TRUFFLE HUNTING**



**CROSS-COUNTRY SKIING**

# Activities TO DO



**WINE TASTING**

Some of the wines grown within Pollino National Park include Verbicaro DOC and Pollino DOC on the Calabrian side as well as Guarnaccio IGT and Grottino di Roccanova DOC wine on the Basilicata side. The park is most well known for on Moscato Saracena wine, which is a sweet wine obtained from Moscatello, Guarnaccia, Malvasia, and Addoraca grapes.

Winery to visit:

- Cantine Viola in Saracena, Calabria



**FOOD TASTING**

Pollino National Park is known for the agricultural products grown in the park. Some of the most well known products include:

Rotonda Red Aubergines DOP

Producers to visit:

- Azienda Agricola Attadia Franco in Rotonda, Basilicata

Senise Sweet Peppers IGT

Producers to visit:

- Azienda Agricola Caputo Pasquale in Chiaromonte, Basilicata

Bruzio DOP Extra Virgin Olive Oil

Producers to visit:

- Azienda Agricola, Agrituristica e Fattoria didattica Tufaro Enzo in Terranova di Pollino, Basilicata



# CONTACT US

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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. Please note that group reservations are limited to 5 to 25 guests.

# ACCOMODATIONS

4-Star Hotels	3-Star Hotels	B&Bs
3	21	36
Farm Houses	Apts	Camps
27	41	4