

Italy Info

#5 Cilento Coast (A), Castellabate

(Fig Farm, Pioppi, Acciaroli, Pollica)



The Cilento Coast, south of the Amalfi Coast, is a world away from the crowds and tourist shops to its north.

We will stay in Castellabate on the circled dates and visit the other towns as indicated with arrows.



17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Memorial Day					
31						

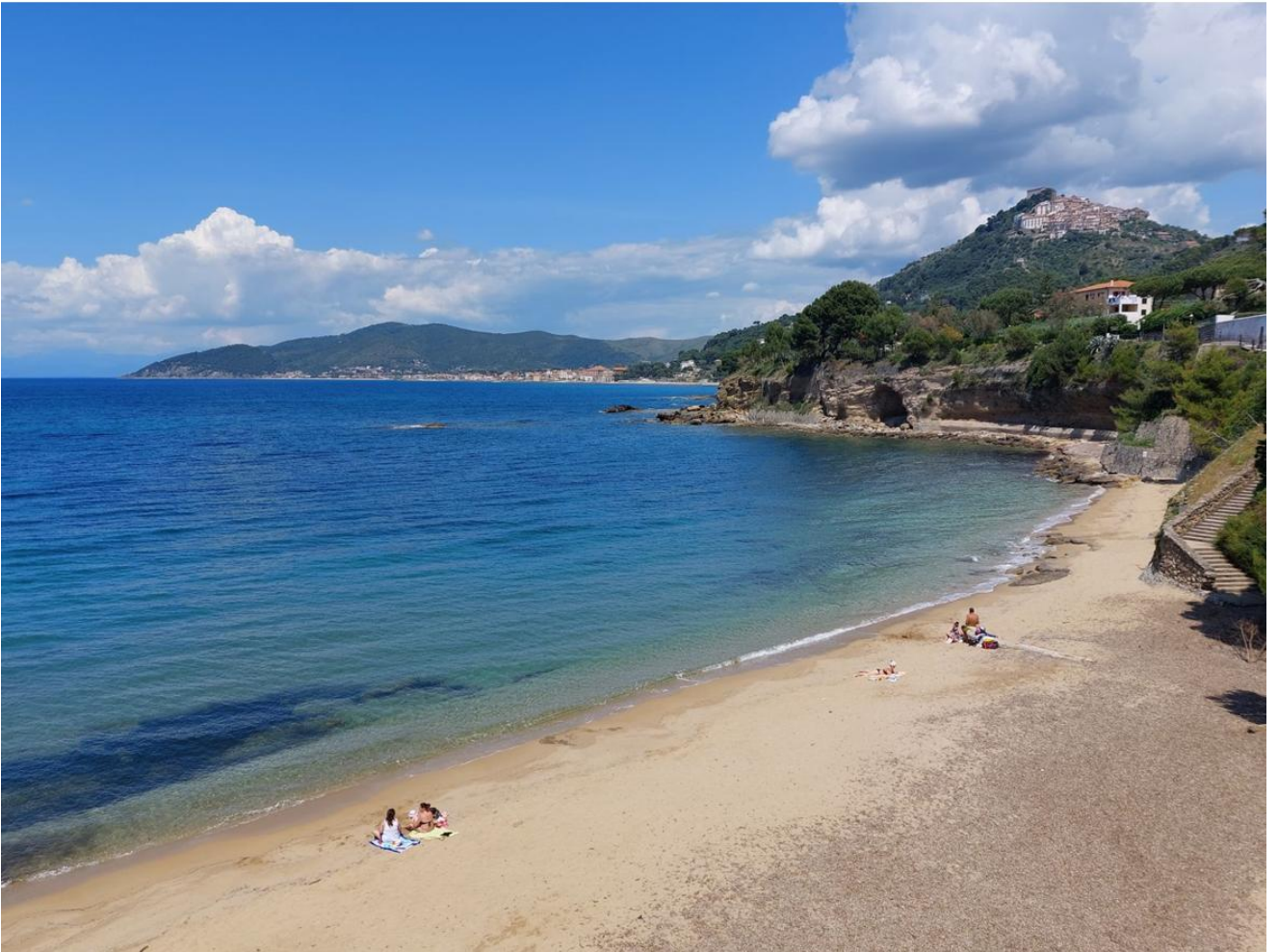


The **Cilento National Park** was instituted in 1991, to protect the territory from building speculation and mass tourism—making it a fabulous place to visit today.



Cilento National Park includes almost all the Cilento Coast and its central forest area, but it does not include all municipalities in the area.





Castellabate



Castellabate, a medieval hilltop village, will be our home base for 4 nights. Many say this is one of Italy's most beautiful villages.





Our accommodations include breakfast. You can eat it on the garden-terrace with its view of the sea.



Castellabate means “castle of the abbot.” It was founded in 1123 and its fortress protected the region from North African Muslim raids. Over centuries the village passed through noble families, endured invasions, and contributed to the movement to unify all of Italy.





Santa Maria Di Castellabate is the seaside hamlet (suburb) 3k below hilltop Castellabate.





Fig Farm by Santomiele



Monday, on our way to Castellabate, we will visit a fig farm in a tiny village in the central forest part of Cilento National Park. The fig laboratory was created in a long-standing oil mill and is renowned for its traditional fruit drying process carried out by skilled Cilento native Artisans. Their brand is known throughout the world and has reached the table of nobility. After our tour we will enjoy a tasting and lunch in this beautiful location with excellent local products .

Tuesday, we visit authentic seaside villages,
starting with...

Pioppi



View from the north.

Pioppi's story begins in 994. Centuries later, it became home to Ancel Keys, the American physiologist whose research on local eating habits helped define the Mediterranean diet.

Pioppi



View from the south.



Keys lived in Pioppi for decades, observing fishermen, farmers, and families whose meals were simple, seasonal, and deeply tied to the land. He adopted their habits.

Keys and his wife wrote books on the “Mediterranean diet” and popularized its concept. Keys died in 2004, two months shy of his 101st birthday. His wife lived to the age of 97.

We will visit a museum dedicated to Keys and the Mediterranean Diet housed in a wonderful palace by the sea.



After visiting the museum, we will head to another seaside village...

Acciaroli



Acciaroli village was reportedly visited by Ernest Hemingway. The pristine waters here have repeatedly earned Blue Flag awards.

The village is now famous for its extraordinary number of centenarians. Their long life is attributed to a Mediterranean lifestyle rich in rosemary, fresh foods, and daily walking.



Acciaroli's centenarians enjoy multiple health benefits— most having no cataracts, few bone fractures, excellent heart health and low incidence of Alzheimer's disease.

Rosemary, grown and eaten abundantly, is theorized to be a factor in their longevity and health. Rosemary improves microcirculation- circulation at the capillary level where nutrients are delivered and waste products are picked up. Acciaroli's centenarians have good microcirculation in spite of their advanced ages.



During our time in Acciaroli you can enjoy a seafood lunch and walk around the colorful harbor or go for a swim on the sandy beach. Then our driver will take us to another beautiful village with a view of the sea, Pollica.

Pollica



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