



### **CANDLELIGHT DINNER IN THE XIII CENTURY ROCK HEWN CHURCH**

Dining in this unique space - a deconsecrated church carved out of rock - is a once in a lifetime experience and particularly romantic. With dozens of lit candles, an open fire and classical music; this once sacred space becomes an enchanting dining room where you can discover new flavors and enjoy the best local cuisine created by our chef.



### **WINE AND TEA TASTING**

Local wines, herbal teas, assorted black teas as well as typical southern snacks and our local 'taralli' [round bread sticks] are the essential ingredients for an Italian aperitif. It's a moment to relax at the end of your day either inside the church dining area or on the terrace just outside. You can choose to enjoy a quiet moment contemplating the extraordinary scenery of the Murgia Park or share an hour or two with friends or fellow guests.



### **COOKING LESSONS WITH DINNER**

Test your cooking know-how using flour, eggs and a rolling pin! Our lessons with expert Chef Mirella Coretti in the rock-hewn church dining area will satisfy your tastebuds and your soul. You will learn the ancient art of handmade pasta and discover authentic traditional Lucanian recipes to accompany your creations. Cavatelli, Orecchiette and Calzoni are just some of the typical dishes you will prepare and taste during your time with Chef Coretti.



### **WELLNESS TREATMENTS**

Wellness, Stress Relieving and Ayurvedic massages are available to you at anytime in the privacy of your own room. Accompanied by New Age relaxation music, scented oils, candlelight and herbal teas, this relaxing activity will rejuvenate you after a day of walking our towns many stairs or one of the hikes in Murgia Park.



### **THE ANGEL FLIGHT**

Above the Lucanian Dolomites, just 40 km away from Matera, a steel cable suspended between the tops of two small towns, Castelmezzano and Pietrapertosa let you make and live a unique experience: the Angel Flight. It's an attractor, a new concept, which make you feel a great experience of the environmental heritage, a new offer of leisure and recreation, for who seeks new emotions. An adventure in contact with nature and with a unique landscape, discovering the soul of this land. Tied in total safety whit a harness, attached to the steel cable, you will live the thrill of flying some minutes in a fantastic adventure, one of the best in Italy and in the world for the beauty of the landscape and the maximum height of flight.

### ***The Story of Man***

#### **GUIDED TOUR TO SASSI OF MATERA**



Visiting the Sassi of Matera means having an out-of-time journey through the traces of the uninterrupted presence of the man in this area, from the Paleolithic to the present days. Through the many extraordinary sceneries of Sassi you will spot the main stages of the evolution of human history: from the dark caves of Murgia that takes us back to our oldest ancestors to the rock churches of religious communities always looking for soul's purification; from the elegant streets of the Piano rich of seventeenth-century monasteries and palaces to the descent, almost unreal, in large voids of deep cisterns and canals used for the parsimonious water collection.



### *Between nature and devotion*

#### **TREKKING ON THE MURGIA. MADONNA DEGLI ANGELI**



Visiting the Sassi of Matera and the Archaeological Park of Natural Rock Hewn Churches means getting lost in the paths of an ancient and rocky landscape of huge charm. Man has lived in this area for hundreds of thousands years by setting up in the steep walls of Gravine (canyons). From Piazza di Porta Postergola, in the districts of Sassi, you can go towards the most fascinating hill of the Park where, set in the rock, you can visit the church of Santa Maria degli Angeli where you can still see rock frescos and architectures.

### *Path of Belvedere*

#### **TREKKING AROUND MURGIA**



The Archaeological Park of Natural Rock Hewn Churches holds one of the most fascinating rock landscapes in the world. Walking along the park paths you can find traces of man's presence since the ancient times in order to follow its evolution in this area up to the present days and always in balance with nature. The trekking route of the Belvedere Trail, maintained by the Environmental Education Center of Matera, winds in the Gravina of Matera right in front the Sassi. It is a fascinating and complete path which will allow you to visit the rock churches of San Falcione that is an old sheepfold, St. Agnes that is a little church with a unique setting and Madonna delle tre porte showing fine frescoes by the artist known as the Maestro di Miglionico (Master painter of Miglionico).

### *Walks, views and stars*

#### **NIGHT GUIDED TOUR TO THE SASSI OF MATERA**



The historian Leantro Alberti who visited Matera in 1550 wrote that the Sassi at night had "a good likeness of the clear serene sky embellished with clear and shining stars". The visit of Sassi in a night scene still has a unique charm. During the visit you will walk along the paths that best represent the birth of Matera, its evolution, and its most suggestive sights: the dim lights of narrow streets which get in between the slopes of the Sasso Caveoso and Civita; the darkness that makes the deep Gravina canyon almost invisible; the dark caves that merge with the shadows of Murgia's hills; the squares and the sides of the floor illuminated by light.



### **GASTRONOMIC TOUR: BREAD AND MOZZARELLA**

Departure at 7.00 am and visit of a typical bakery and tasting of some local products (the Matera's bread, the focaccia, biscuits). 8.00 am: transfer to the "caseificio" and view the making of mozzarella by hand and the "caciocavallo" cheese workshop.

Length: max 4 hours. Tasting included.



### **MATERA CYCLING TOUR**

A guided cycling tour departing from the Sassi, the Baroque town and some of the new Matera districts (where the Sassi inhabitants transferred in the fifties).

Length: 3 hours. Included: hybrid bike rental and tourist guide.



### **MATERA'S HILLS**

Visit to Montescaglioso, home to the region's most important Benedictine monastery, and Miglionico, a small medieval town home to Castello del Malconsiglio, setting for the "Barons' Conspiracy" to assassinate the King of Naples, Ferdinand I of Aragon in 1485, a conspiracy which ended with the slaughter of the barons in the Sala del Malconsiglio (Hall of Ill-Advice). The polyptych by Cima da Conegliano in the parish church is worthy of note. The visit at the Crypt of Original Sin is not to be missed. This is a 9th century church called the "Sistina Chapel" of Rock Churches.

Length: max 4 hours. Transfer included, entrance fee excluded.



### **MAGNA GRECIA. ARCHEO TOUR**

Visit to archaeological digs in Metaponto, an ancient colony of Magna Grecia. The sacred area, theatre and potters' district are still clearly visible. Tavole Palatine, a splendid temple from the 6th century BC dedicated to Hera is not too far away. Visit to the Museum of Magna Grecia, with an interesting collection of funeral items and archaeological finds from the ancient polis.

Length: max 4 hours. Transfer included, entrance fees excluded.



### **LA VIA DEI CALANCHI**

Trip to the enchanting lunar landscape in the more undiscovered Basilicata. You will stop in the abandoned village of Craco, the Rabatana in Tursi, a 5th century village, and the Anglona Sanctuary, with its medieval frescoes.

Length: max 6 hours. Transfer included, entrance fees excluded.



### **VENOSA AND THE WINE CELLARS**

Transfer to Venosa (60 min.), birthplace of the Latin poet Horatio (Carpe Diem). Visit the Archaeological Park, the "Abbazia della Trinità" and the "Incompiuta". Visit a typical vineyard with tasting of Aglianico (the local red wine), olive oil and the typical cheese of the Vulture area.

Length: max 5 hours. Transfer and wine tasting included, entrance fees excluded.



### **I TRULLI DI ALBEROBELLO**

Light walking in the town of Alberobello, a World Heritage site and home to thousands of curious round stone "trulli".

Length: max 5 hours. Transfer included, entrance fees excluded.



### **CASTEL DEL MONTE AND KING FRIEDERICK II**

A unique piece of medieval military architecture, Castel del Monte is a successful blend of elements from classical antiquity, the Islamic Orient and north European Cistercian Gothic. This was completed by Friederick II in the 13th century and was elected UNESCO Heritage Site in 1996.

Length: max 4 hours. Transfer included, entrance fees excluded.