



PAESTUM & CILENTO COAST BIKE



Paestum, Agropoli, Cilento Coast and San Marco di Castellabate

This tour offers an amazing opportunity to **discover a new corner of Southern Italy** and its truly unspoiled beauty. The Cilento Coast is protected as a National Park and maintains the lowest population density in the Campania Region. Its traditional cuisine, hillcrest views, and quaint seaside villages are sure to make your dreams of Italy come true. Your tour will be led by a technical guide and riding specialist, while followed by a minivan that can transport bikes and several riders if necessary.

Itinerary:

Morning pick up at your hotel, meeting with tour leader, and delivery of the bicycles. Transfer from hotel by minivan to **Paestum**, on the South side of the Amalfi Coast.

The first stop will be at one of the area's most famous mozzarella farms, considered industry leaders in buffalo mozzarella production. Participants will follow the production of this world-famous cheese, from the milking of the water buffaloes to the salting and packing of the final product. This wonderful visit includes the possibility to enjoy the world's freshest mozzarella and ricotta cheeses, yogurt, ice cream, and various other buffalo milk products produced on this farm. From here, a short bike ride will take you to the famous Greek Temples in Paestum where you will find the oldest, fully intact Greek Temples in the world. This is truly one of Italy's most enchanting archaeological sites, discovered around 600 B.C. by Greek colonists who chose to colonize the area for its central location and proximity to the sea. You will admire the impressive Greek temples, Roman buildings, and amphitheater from a distance.

Riding south, your bike ride continues towards the small medieval hamlet of **Agropoli**, situated among beautiful landscapes belonging to the Cilento National Park, a UNESCO World Heritage Site and Italy's second largest and most biologically diverse park. Enjoy its gentle hills, dramatic coastlines, wildflowers, and traces of ancient civilizations and charming villages. Departing from Agropoli you will cycle along the beautiful coastline overlooking the Trentova Bay and Punta Tresina.

Your tour ends at **San Marco di Castellabate**, a precious pearl of the Cilento Coast. Continue along the coast for a wonderful bike ride while enjoying breathtaking views. The old center of San Marco, composed of narrow alleyways has kept its typical architecture from the middle ages with its local residences built around the castle nestled high upon on the mountaintop.



-This Experience Includes:

- 5 Hour Bike Tour of the Cilento Coast
- Bicycles and Helmets

Optional / Extras (Not Included):

- Picnic lunch on-site or lunch at a local farm
- Round-trip transportation

