

# The Itinerary of Cilento Bread

Kernels on their way to become bread



Today it is possible to attend all the phases of bread manufacturing at some didactic ovens in the city of Trentinara. Following the **Itinerary of Cilento bread**, it is possible to discover the fields of wheat, the fountains and the springs, the ancient mills with threshing grounds and the wood-burning ovens: an itinerary that reveals traditions and customs that have characterized the life of the Cilento populations since the past.

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|---|-----------------|----|----------------------------------|
| 1 | Vetuso Fountain | 6  | Voso Fountain                    |
| 2 | Mill of Serra   | 7  | Oven                             |
| 3 | River Solofrone | 8  | Capo d'Acqua Source and Fountain |
| 4 | Calabrese Farm  | 9  | Dried-up Fountain                |
| 5 | The farmyard    | 10 | Old town Center                  |