

TERRITORY - Information

Trentinara offers visitors better-quality landscape and environment, an enviable climate with fresh and airy summers and the genuineness of all its food products, from the wine to the oil, from the white figs of Cilento to the chestnuts, to the cheeses and the bread, most of them certified as typical geographical products of guaranteed quality (DOC, DOP E IGP). Ideal destination for visitors - both along its coast and inland - it is pleasant for any kind of vacation.

Only 13 km from Paestum and its sandy shore, it is close to the most characteristic villages, to naturalistic sites like Mount Cervati, the caves of Castelvita and river Calore, where it is still possible to view the otter.

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Points of naturalistic interest

Waterfall on river Solofrone (Itinerary *Three Mountains*)

It is a challenging itinerary that gives continuous emotions.

Following the course of the river, it soon meets the ancient ruins of a mill that dominates the placid waters haughtily. A series of old stone bridges and dry walls give evidence of the work of the shepherds and the farmers that inhabited this area until some time ago. You follow the trail marked by livestock, in an unusual landscape, rich of rocks and junipers that go on up to the edge of the plateau, where unexpectedly the ground drops in a precipice: a breathtaking panorama, the mountain in the back, cliff Cantenna to the left, on which top rises Trentinara, and the majesty of the sea in the front.

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The itinerary goes down in a steep slant and leads into the memorable silence of the pastoral Cilento. You discover another world in our world, another time in our time. Skirting the rocky face, it reaches “preta spaccata”, marvelous natural work of art, forced passageway through a tall split rock, a real canyon.

Soon after it you can hear the rumble of the waterfall, still hidden to the anxious eyes.

Few steps ahead it appears to the visitors in all of its splendor, a leap of over twenty meters and the water that – whirling - keeps slipping in the furrows dug in the stone to finally calm down, softly, in the plain of Paestum.

The Bridegrooms' itinerary

Departing from the square called Panorama of Cilento it arrives to the Benedictine convent of Giungano, dating back to the XII century, after having crossed woods of juniper and holm-oaks with suggestive view of the underlying Plain of Sele.

Mount Soprano (1086m)

Among maples, ilexes and oaks, besides the numerous enchanting panoramic views, its principal attraction is the Jurmanito ravine. Here the waters of torrent Salso are swallowed by the rocks in a ravine that sinks for hundreds meters, to re-emerge, enriched of calcium carbonate, at the sources of Capodifiume, in the commune of Capaccio-Paestum.

Mount Vesole (1210m)

It is enchanting to hike the trail marked by the passage of animals that leads to the peak through woods of alders, maples and stately beech trees that allow a glimpse of what is the show that appears on top: to the west the village of Trentinara, Mount Sottano, the Plain of Paestum, the Amalfi Coast and Capri; to the east the whole valley of river Calore and the summits of the Alburni and the Cervati massif standing out against the horizon.

Absolutely to be visited is the plateau **Le due nevere** (the two ice-houses), an equipped area where two ruins of industrial archaeology stand: two deep holes coated with stones and then covered with various vegetable materials, used to preserve the snow till summer.