

## CALABRIAN GREEK AREA AND THE GULF OF SQUILLACE

From Bivongi to Catanzaro Lido,

among unique flavors and breathtaking views

Thus, we reach the southern coast of Calabria, where the scent of sea breeze is lost in the sweet aroma of the flower that gives its name to this strip of land washed by the Ionian Sea: The Costa dei Gelsomini (the Jasmin Riviera). There are 42 municipalities that alternate between low and sandy shores and rocky cliffs overlooking the sea. From here you can set off to discover authentic places which continue to live on legends and traditions. Bivongi is one of these. Its history begins in the year 1000 at the foothills of Mount Consolino, among unrivaled natural beauties such as the imposing Marmarico Waterfall, one of the tallest in Italy. The dialectal origin of its name ("slow, heavy") is very curious and probably derives from the impression that the perennial movement of water appears to make it motionless among the rocks. Bivongi is also known as the "longevity village", as here there live four people who are over 100 years old and 38 people between the ages of 90 and 100. Lidia is aware of this and during her trip, was able to meet some of them and even toast with Teresa, 87, who is nicknamed Miss Tranquillezza (Miss Tranquility) by all her fellow citizens.

[Badolato - The Byzantine influence is evident in the architecture of this beautiful medieval village]Should you wish to stay away from the sea a little while longer, you may want to visit Badolato, a charming medieval village where you can immerse yourself in the Byzantine atmosphere, lose yourself in the many typical and tiny alleys or the ancient cellars, which are called "catoja" here. The rites of the Holy Week absolutely cannot be missed; in a few but intense hours they go back through millennia of history, folklore and spirituality. By returning to the sea you reach Soverato, the "pearl of the Ionian Sea", one of the most beautiful places on this coast, where the crystal-clear sea water is warmed by the sun basically all year. The bay at the center of the vast Gulf of Squillace is absolutely enchanting and incredible. Entering just fifty, sixty feet into the water from the shoreline is enough to enjoy a deep seabed, in some points even abyssal, housing many colonies of seahorses and needlefish. Continuing on this coastal route you arrive at the immense Mediterranean scrubland of Stalettì, where mountain and sea merge into one. From the majestic promontory called Coscia di Stalettì you may enjoy a privileged view of the Gulf of Squillace and the waters of Copanello, the "Precious stone of the Orange Trees Coast". The journey of discovery of this portion of Calabria ends in Catanzaro Lido, a fullfledged city center by the sea, where you can enjoy the nightlife on the promenade and delicacies at many local hangouts.

Fonte: "Il viaggio di Bastianich in Calabria"

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