**BASILICATA La Basilicata Segreta - 4 giorni**

**BASILICATA The Secret Basilicata - 4 days**

Basilicata, is defined by New York Times as “the secret” region of the southern part of Italy and suggest you to visit it before “it gets worldwide discovered”. It is considered also as Italy’s “best kept secret”, Basilicata is fascinating and conquering thanks to its history, its places and its people.

**1° Day: Melfi - Venosa – Potenza (Km. 80)**

Arrive to Melfi, a city of Frederick II par excellence, in the heart of Vulture, an already inactive volcano. It houses a wonderful Norman Castle, in which insights is situated the Archeological Museum. Visit of the Cathedral denominated to the Santa Maria Assunta in a Swabia byzantine gothic style with coffered ceiling decorated in pure gold.

**Curiosity:** The Emperor Frederic II of Swabia picked the Norman Swabia castle for his summer residence and in the woods he was practicing falconry, his favorite hobby.

Proceed to Venosa, the city of Horace: The Castle of Pirro del Balzo, the Cathedral, the House of Horace, the Archeological Park and the Abbey Church of the Holy Trinity.

**Curiosity:** Here was born and spent his adolescence the great Latin poet Quintus Horace Flaccus.

Dinner and overnight in Potenza.

**2° Day: Potenza - Pietrapertosa – Tricarico –Matera (Km. 140)**

Visit of the historic center of Potenza, established in the II century B.C by the Romans, and it’s the highest capital of a province in Italy. A stroll in via Pretoria, an elegant arterial road which crosses the entire old town: along this route you can admire the most important buildings like: the Rione Santa Lucia, Via Albini, Via Rosica, Via IV Novembre, Via Flacco and Corso Umberto I.

**Religious notes:** The Church of Santa Maria houses an important relic of the blood of Christ, brought to Basilicata from Palestine by Ruggero di Sanseverino.

Proceed to **Pietrapertosa,** antique Saracen fortalice set on the Dolomiti Lucane, from which have remained the ruins of the Castle. In the highest part of the village, you find yourself in a magical world: Arabata, the most ancient district which reveals the village’s Arabic origins and it shows its spectacular beauty.

**Curiosity:** Its name means “perforated stone”, it derives from the presence of a large cliff perforated from side to side.

Visit of the Arabic **Tricario,** one of the most interesting historic centers in all Basilicata. The Norman Tower, The Monastery of S. Chiara, The Arc of Re Ladislao, The Monastery of S. Maria del Carmine outside the historic center and the Monastery of S. Antonio da Padova. Dinner and an overnight in Matera.

**3° Day: Matera - Montescaglioso (km. 40)**

Visit of **Matera,** the city of the Sassi, entirely excavated in the tuff and a World Heritage Site. Transfer to **Montescaglioso,** one of the Basilicata’s gems and the Benedictine Abbey of Archangel St Michel (1079), one of the important monuments of the region, which dates back before the year 1000. Dinner and an overnight.

**Curiosity:** Montescaglioso has obtained the denominations: “Jewel of Italy” and the “City of the Monasteries”.

**4° Day: Pisticci - Metaponto (km. 80)**

Depart for Pisticci, the pearl of the Ionian Coast. There are so many historical buildings, churches, squares and defensive towers that made the village a jewel to be admired and preserved.

**Curiosity:** of the numerous districts, the most evocative is Dirupo, which with its band of white houses with red roofs placed in rows on several levels was included in the list of “100 Italy’s Wonders to protect and preserve”.

In the afternoon archeological walk to **Metaponto**: visit of the Archeological Park and the Tavole Palatine, a Doric Temple constructed in the VI century B.C dedicated to Hera.

**Curiosity**: once that was the seat of the School of Pythagoras.