



Viaggio Didattico Campania Campania Study Trip

Data / Dates:

31/03/2025 - 04/04/2025

A.A / A.Y:

2024/2025

Tutor:

Hallett Rowan

Monday, March 31, 2025

08:15
Meeting at Bra train station
08:31
SFM26415 Bra-Torino Porta Susa
10:10
FR95897 Torino Porta Susa-Vallo della Lucania-Castelnuovo
FREE LUNCH in transit
17:47
Arrive at Vallo della Lucania-Castelnuovo train station; bus transfer to accommodation
18:30
Arrive at Ristolab; room assignments
<https://ristolab.bio/>
19:00
Welcome aperitivo “del contadino” (informal aperitif with local products) at Ristolab, followed by dinner with a menu focused on sustainable Cilento cuisine
Overnight at Ristolab
End of didactic activities

Tuesday, April 1, 2025

07:30
Yoga and meditation lesson with tibetan gong (OPTIONAL)
08:30
Breakfast in accommodation
09:45
Ethnobotany lesson and workshop on Mediterranean “elixir,” followed by guided foraging walk
Please be sure to wear appropriate clothing and suitable footwear (hiking shoes)
13:30
Lunch at Ristolab, including a tasting of artisanal cheese sourced from small producers in the Cilento area paired with marmalades produced by Ristolab
16:00
Departure in bus from Ristolab
17:30
Zero-waste bread making and pizza workshop at Pizzeria Rosso di Sera, followed by dinner
21:00
Return to accommodation
Overnight at Ristolab
End of didactic activities

Wednesday, April 2, 2025

06:30
Breakfast in accommodation

07:30
Departure from accommodation in bus

08:00
Boat outing with local fishermen to learn about traditional fishing techniques and sustainable fishing practices in the Mediterranean, including a packed lunch
WEATHER DEPENDENT Please be sure to wear appropriate clothing and suitable footwear (waterproof, non-slip)

15:00
Workshop on traditions and techniques of anchovy preservation in the Cilento area

17:00
Sightseeing around Acciaroli, the capital township of the municipality within the Vallo di Diano and Alburni National Park

19:00
Return to accommodation in bus

20:30
Dinner and overnight at Ristolab
End of didactic activities

Thursday, April 3, 2025

08:30
Breakfast in accommodation

09:30
Departure from accommodation in bus

10:00
Visit to traditional olive oil mill and olive grove, sustainable cultivation techniques, discussion on oil-focused gastronomic tourism (The "Oil Road" of Cilento)

13:00
Lunch at the Made in Terra Bistrot, with a focus on typical products and local wines from the Cilento area

15:00
Visit to Mirò, an artisanal producer that works with the white fig of Cilento (SF Presidia)
<https://www.fondazione Slow Food.com/en/slow-food-presidia/prignano-cilento-monnato-fig/>

18:00
Return to accommodation in bus

19:30
Apericena and overnight at Ristolab
End of didactic activities

Friday, April 4, 2025

08:30
Breakfast in accommodation; check-out

09:00
Departure from accommodation in bus

10:07
FR9584 Vallo della Lucania-Castelnuovo-Torino Porta Susa
FREE LUNCH in transit

18:33
SFM 26478 Torino Porta Susa-Bra

19:29

Arrive at Bra train station
End of didactic activities