

10 things to do in Maratea

1. **Touch Christ the Redeemer** Go up the top of Mount Saint Blaise, among the ruins of ancient Maratea, in order to admire the astounding statue of Christ the Redeemer, which has been the symbol of the city for over fifty years. The view of the entire Gulf of Poliscastro is priceless and breathtaking, from the National Park of Cilento to the National Park of Pollino. Visit the Pontifical Basilica of Saint Blaise, which is shrine of the relics of the patron saint of the city.
2. **Visit the 44 Churches.** Get into the main churches and chapels of Maratea, which are testimonies of faith, art and culture. Many of them are situated in the historical centre of the city, such as the Mother Church, Our Lady of Annunciation, Our Lady of Sorrows and Our Lady Immaculate where beneath we can find Saint Peter's crypt. There are many other churches spread along the coast and inland. Some are isolated, such as Our Lady of Grace, Our Lady of Olives, Saint Victor and Our Lady of Mercy, reachable through suggestive tracks in the woods.
3. **Go boat riding along the coast.** Make a reservation for one of the many boat tours or choose to go with the wind on an ancient sail boat or rent a motor boat to moor in one of the many bays. For those who love sports, go kayaking and visit the several caves or reach the most hidden beaches. Go round the Island of Saint Janni. Nowadays you can rent a kayak on one of the many lidos along the coast, with all the necessary equipment, or choose to go kayaking with the help of an instructor.

4. ***Visit the Wonder Cave.*** Go to Marina of Maratea in order to admire a real gift of Nature. The cave was discovered while men were at work to build SS18 Road in 1927. Some workers accidentally broke the calcareous wall that covered the cave and then found themselves before a spectacular cascade of stalactites, stalagmites and columns. The same feeling of amazement can still be felt by everyone who visits the cave, which is open for visitors all year long.
5. ***Go hiking along the paths facing the sea.*** You can go for a hike on the mountains without losing sight of the sea. Many are over 1000 meters high and Mount Coccovello reaches 1500 meters high. They are covered by greenish woods and Mediterranean vegetation. You can choose to go hiking on foot, go biking or horseback riding. You can even choose to go by yourself or with a guide and maybe finish your tour on a beach with a refreshing swim.
6. ***Get lost amidst the many alleys at the Historical City Centre.*** Go for a relaxing walk in the ancient medieval city center, surrounded by the green Woods of Carpini, inside the maze created by the many alleys where you can see a great variety of ancient buildings, stone doorways and peculiar little squares. You can also go shopping for food, clothes or souvenirs, or taste the best regional cuisine in the many restaurants and then visit the many painting exhibitions and the Museum of Palazzo De Lieto, where there is a beautiful exhibition of underwater findings. At last, you can reach Buraglia Square, the ideal place to have a seat and eat breakfast or have a drink after dinner.
7. ***Go for a swim on one of the many beaches.*** You can choose one of the many beaches along 33 km of green coast, from Acquafredda, Cersuta, Fiumicello and Marina to Castroccucco. You can choose a rocky or a sandy beach. Relax on a beach towel or a sun bed, enjoying the many services offered by our lidos. Wear a mask and a snorkel and admire the sea bottom rich in fish and *Posidonia oceanica* vegetation.

Eat a “fresella”, which is a typical toast eaten on the beach, so you can restore your strength after swimming in the sea.

8. ***Have a drink at the Port.*** Have a seat at a table and enjoy a drink in the little square at the Port. Watch the busy coming and going of boats and delight yourself with the sunset. Have dinner in one of the many breathtaking view restaurants and then take a romantic walk on the dock admiring the dimming boat lights. At night, when the Port becomes point of reference when it comes to partying, have a drink and celebrate the night with your friends.
9. ***Get to know the Lucanian cuisine.*** Taste the Mediterranean dishes prepared and served by passionate experts in the many restaurants, delis, pizzerias and farm restaurants. Look for fresh fish, typical cheese and sausages, vegetables, desserts, liqueurs, and many other quality products. Many of them are produced locally and sold in shops and street markets. Explore the food feasts, which usually take place in the inland districts of Massa, Brefaro and Santa Caterina. Taste a delicious “Bocconotto”(typical pastry).
10. ***Fly over the Gulf of Policastro.*** Have an unforgettable experience with your adrenaline at the top, by jumping off a mountain with a hang glider. You can jump with an instructor from Acquafredda or Mount Saint Blaise and then be taken by the wind and land on one of the many beaches. The amazing view from the sky will definitely be one of the top souvenirs from a perfect holiday, with many beautiful photos to be taken from a certainly not so usual point of view.