



# Trentinara

terrazza del Cilento



## Trentinara

Is an ancient medieval village set high on the top of the Cantenna rock at 606 metres above sea level, suspended between the sea and the sky. A unique, privileged location, from which the gaze spans from the Amalfi Coast and the island of Capri as far as Punta Licosa and Mount Sacro, offering a bird's eye view of unbeatable sunsets and an unbeatable panorama.



Today, part of the old village still looks the same as it did long ago, with its ancient cobble streets edged by staid stone houses sporting monumental doorways. These date back to the 18th and 19th centuries, and were hand-crafted with exceptional skill.



# Events and Festivals

## **Festival of Saint Irene** (February/October)

Legend has it that on 24 February 1924, Trentinara was battered by a storm featuring thunder and lightning, torrential rain and gale force winds. Some of its inhabitants escaped unharmed but others were badly injured. The priest at the time decided to remember this date, establishing the festival of Saint Irene (whose name in Greek means "peace"). Patron saint of the village and considered as the protector of people from bad weather, the Saint is celebrated on 16 October (patron saint's day), 24 February and Easter Monday. Mass is celebrated in the Church of the Rosario, after which the traditional, solemn procession takes place. The "fiera" (market) is held on 14 October.

## **Festival of Our Lady of Loreto** (23 - 24 August)

The sanctuary of Our Lady of Loreto is the destination of many pilgrims. According to an ancient legend, the Virgin was inextricably linked to that location, so much so that she appeared there several times to two shepherds on the trunk of a holm oak. The Sanctuary was built in exactly in the same place from which the traditional procession candlelit procession leaves at dusk, its participants carrying traditional votive candle-holders, reminiscent of the ancient Greek cult that honours the goddess Hera. The procession winds up the mountain until it reaches the Church of the Rosario in the centre of the village, accompanied by prayers and religious chants. In Trentinara, it is the local people's favourite festival. The market takes place on 22 August.

## **Festa del Pane (Bread Festival)** (16 - 20 August)

A characteristic event that takes place in the streets of the old part of the village, during which visitors can taste traditional dishes of the rural civilisation in which the village has its roots, accompanied by home-made bread, freshly baked in ancient wood-burning ovens built with the local stone. In a setting featuring a myriad folk dances and songs, the atmosphere is always exciting and engaging, offering the right mix of scents, flavours and sounds from long ago.

## **Med Walking Festival**

In autumn, in the September/October period, nature lovers and trekking fans meet up on the nature trails offered by the territory. A programme full of events: excursions, walks, conventions, technical workshops, tasting sessions featuring local products. All with the aim of promoting the environment and introducing walkers to the wonders of the Cilento area.



## Mount Soprano (1086 m).

Among maple trees, holm oaks and oak trees, the main attraction, in addition to the many, spellbinding panoramic viewpoints, is the “ponor of Jurmanito”. Here the waters of the Salso stream are swallowed up by the rock into a ponor that drops for hundreds of metres, then re-emerging, rich in calcium carbonate, at the springs of Capodifiume, in Capaccio - Paestum.

## Mount Vesole (1210 m).

Those seeking adventure can follow the cattle trails that lead them through alder, maple and majestic beech trees, offering only teasing glimpses of the spectacle that awaits them at the top: to the west, the village of Trentinara, mount Sottano, the plain of Paestum, the Amalfi coast and Capri; to the east, the entire valle del Calore and the peaks of the Alburni mountain range and the massif of Mount Cervati, which stand out clearly against the horizon. The flat area known as "Le due nevere" is worth visiting: now a play and picnic area, it also hosts two remains of industrial architecture. These were once deep holes covered in stone which were filled with snow and then covered with different plant materials in order to keep it until the summer period.



Top: view of Mount Vesole,  
with play area;  
bottom: cows grazing.





**Top:** the breath-taking panorama from the Piazzetta Panoramica; bottom left: a spectacular view of the island of Capri at dusk; **bottom right:** "Via dell'Amore", enhanced by splendid majolicas hand-painted by Prof. Sergio Vecchio, with phrases about love selected by Prof. Giuseppe Liuccio.

Its territory, located inside the National Park of Cilento, Vallo di Diano and Alburni, is bordered to the north and east by two mountains: Difesa Soprana, 1082 m. and Mount Vesole, 1210 m. Both offer stunning landscapes in harmony with a wealth of unspoiled nature. The element that makes Trentinara so unique is the magnificence of its scenery, which changes its colours to match the many facets of those who live there, helping to earn the Park its status as a Unesco World Heritage Site.

## A BIT OF HISTORY

The first settlers arrived in Trentinara at the time of the Saracen invasions (800 A.D.). When Paestum was pillaged, its inhabitants were forced to flee and sought shelter in the surrounding hills. An important date in the history of the village was 12 July 1848, when it witnessed the battle that put an end to the Cilento uprisings against the Bourbon monarchy, in which many young lives were sacrificed to obtain freedom.



Ancient doorways  
in the old part of  
the village.



Photo of the famous  
“preta 'ncatenata”;  
in the other images:  
ruins of ancient mills.





## NATURE TRAILS

Waterfall on the river Solofrone (Tremonti Trail). A tough trek but one that delivers a gush of emotions to the intrepid. Following the flow of the river, we immediately come across the ancient remains of a mill, towering proudly above the quiet waters; a series of old bridges in stone and dry stone walls bear testimony to the work of the shepherds and farmers who populated this area until a short time ago. Continuing along the pathway marked out by their animals, we cross an unusual landscape full of flowering rocks and junipers which accompany us until the end of the plain. Here the land suddenly drops steeply downwards...providing a stunning view! The mountain stands tall behind us, to the left we can see the Cantenna rock on top of which Trentinara is perched and the sea opens out majestically ahead. We head down a steep slope and find ourselves sinking into the silence that has enveloped the pastures of the Cilento area since time immemorial: instantly miles away from any other location or era, we discover another world within our own, another time within our own. Skirting round the wall of rocks, we get to the *preta spaccata* (split stone), a wonderful masterpiece of nature, a pass that forces us through another rock split in half: a real canyon. When we come out, we hear the roar of the waterfall, still hidden from view. Just a few more steps and it reveals itself in all its splendour. Featuring a drop of over twenty metres, the water slides down it, spiralling into the grooves hollowed into the stone, then slowing down to flow gently towards the flatlands of Paestum. *Sentiero degli Sposi*: setting off from the piazzetta Panoramica in Trentinara, we arrive at the 12th century Benedictine convent in the town of Giungano, having travelled through juniper and holm oak woods that afford striking views of the Piana del Sele below.





## HISTORICAL CENTRE

The old part of Trentinara spans an area of about 12 hectares and is the result of the evolution and cultural settlements that the village experienced from the 9th century onwards. Originally there were two gateways leading into the residential area: "porta Soprana" in the top part to the east and "porta Sottana" in the bottom part towards the north east. The intricate labyrinth of streets and lanes still visible today reflects the typical village structure of medieval times. Part of the old village still looks the same as it did long ago, with ancient cobbled streets edged by staid stone houses featuring monumental doorways. These date back to the 18th and 19th centuries and were hand-crafted with exceptional skill, offering unmistakable proof that expert master stonecutters operated in the village. The stone was sourced locally, and huge efforts were required to use it for building homes. The three panoramic viewpoints of Trentinara, nicknamed the Terraces of Cilento, are well worth a visit, as are the "preta 'ncatenata" and "Via dell'Amore", the country church dedicated to Our Lady of Loreto, the Church of the Assunta, the Romanesque-style church of San Nicola, which dates back to the 11th century, the church of Rosario, founded in ancient times, modernised in 1747 and decorated with several canvases, including an altarpiece from the school of Francesco Solimena.









## TRENTINARA

Trentinara offers visitors a host of breathtaking scenery, a stunning natural environment and an enviable climate with cool, breezy summers. Not to mention all the goodness of the local produce, from wine to oil, the white Cilento fig, chestnuts, cheese and bread, most of which bear De.C.O, DOC, DOP and IGP quality classifications. The ideal destination for tours, it is suitable for all kinds of holidays. Located only 13 km from Paestum and its sandy coast, it is near the most characteristic towns along the Mediterranean littoral and further inland, as well as the many local natural beauty spots, such as Mount Cervati, the caves of Castelcivita and the Calore river, where otters can still be spotted.



Top: panorama of Trentinara from Mount Vesole;  
Centre: Piazza Europa;  
Bottom: "A. Cavallo" sports complex



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Trentinara is approximately 54 Km from Salerno. It can be reached from the north by exiting the A3 motorway at Battipaglia and from the south by exiting at Eboli. Then continue along the S.S. 18 until Capaccio Scalo and take the S.P. 13 for 13 Km. The nearest railway stations are Capaccio - Roccadaspide and Paestum, on the Naples / Salerno / Reggio Calabria line. The nearest airports are Salerno – Amalfi Coast and Naples – Capodichino.



Trentinara Municipality

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The Mayor, Mr. Rosario Carione, and the Town Council 2018