



2023 Memorable Experiences



The secret destination in Calabria



2023 MEMORABLE EXPERIENCES

- **Cooking Class**
*with a Chef Nicola Annunziata of Pietramare Natural Food
one star Michelin restaurant*
- **Boat Tour**
in the Marine reserve of Isola Capo Rizzuto
- **Wine tasting**
Pietramare Natural Food
- **Foraging**
with the botanist of Pietramare Natural Food



*COOKING
CLASS*

Cooking class with the Chef Nicola Annunziata of Pietramare Natural Food one star Michelin restaurant

Pietramare Natural Food offers an exclusive opportunity: in the morning you can live an unique experience in the kitchen led by Chef Nicola Annunziata.

PHILOSOPHY

Our cooking philosophy is based on naturalness and on the desire to recover and transmit what nature offers us spontaneously.

HOW IT WORKS

The experience can be booked contacting the booking office and you can live it every morning and lasts 2 hours. You will witness the preparation of 3 courses assist by Nicola Annunziata, Chef of Pietramare Natural Food, one Michelin star (1 appetizer, a first or second course, a dessert).

Price per person: 250,00€ (beverages not included)





BOAT TOUR
in the Marine Reserve of Isola Capo Rizzuto

Get ready for the two-hours excursion on the elegant 11-meter dinghy boat of the Praia art resort with stops near the Aragonese fortress of Le Castella you can admire the seabed and the flora and fauna that characterize this area.

Halfway through the excursion you will be served an aperitif on board with typical products and Calabrian wine to be enjoyed in the middle of the sea.

Price until 4 persons: 500,00€ (diesel fuel not included, quoted according to consumption)

The price is inclusive of VAT





A photograph of a restaurant table set for a wine tasting. The table is made of light-colored wood and holds several small white ceramic dishes containing various food items, including what appears to be a small pizza or flatbread, a fried item, and a small bowl with a green garnish. A tall, elegant glass filled with a white, frothy beverage is in the foreground on the right. The background is dark and textured, possibly a wall or a large piece of art, with warm, ambient lighting. The overall mood is sophisticated and intimate.

PIETRAMARE NATURAL FOOD
Wine tasting

The cellar of Pietramare Natural Food restaurant, one Michelin star, offers about 800 labels, both national and foreign. Much attention is paid to regional wines, especially from wineries that prefer and enhance native vines. strong is the collaboration with the historic Librandi winery (Cirò Marina, in the province of Crotone), where guided tours and wine tastings are organized.

Our sommelier will be enjoy to share his passion with you. Starting from your knowledge, he will be able to explain how to observe the color of wine, how to rotate it in a glass and teach you good tasting practices and the best combinations.

You will taste 3 local wines paired with local appetizers selected from the Pietramare Natural Food kitchen

Price starting from € 60 per person

The price is inclusive of VAT

All tastings are available from 10:30 to 12:30 and from 17:00 to 19:00.



A large, leafy tree with a thick trunk and many branches, standing in a forest. The tree is the central focus, with its branches spreading out. The leaves are a vibrant green. In the foreground, there is a wooden fence made of logs and posts. The background is filled with more trees and foliage, creating a dense forest scene. The lighting is bright, suggesting a sunny day.

FORAGING

with the botanist of Pietramare Natural Food



An excursion into the world of aromatic herbs, with the botanist Carmine Lupia from the one-star Michelin restaurant. Praia Art Resort will organize the transfer to the Valli Cupe Nature Reserve, a naturalistic area characterized by the presence of waterfalls, centuries-old trees, flora and fauna of the highest value, botanical rarities and monoliths in Sersale, near Catanzaro. This experience is a return to the origins, it is the rediscovery of the environment that surrounds us, to understand what nature offers us spontaneously. During the excursion, Carmine will show and explain you the wild herbs and the surrounding flora, their medicinal and nutritional properties and how they are used in the kitchen and beyond. At the end of the path, you can decide to taste the 5 courses starred dinner by Chef Nicola Annunziata at the Pietramare Natural Food, where the herbs collected during excursion will be used.

Price per couple with dinner included
(drinks not included) = € 900.00

Price per couple
(dinner not included): € 700.00

The price is inclusive of VAT

Address: Strada Statale 109 della Piccola Sila 88054,
Sersale, CZ, Italy

 Google maps: <https://goo.gl/maps/nsgzhuhPgMENaD527>

Distance and means of getting there: 34 km, 40 min from the resort by taxi / car

To reach the Reserve using the navigator, it is necessary to set Sersale as the destination. Once you reach the entrance to the town, continue along the main road to the Valli Cupe Tourist Reception Area.

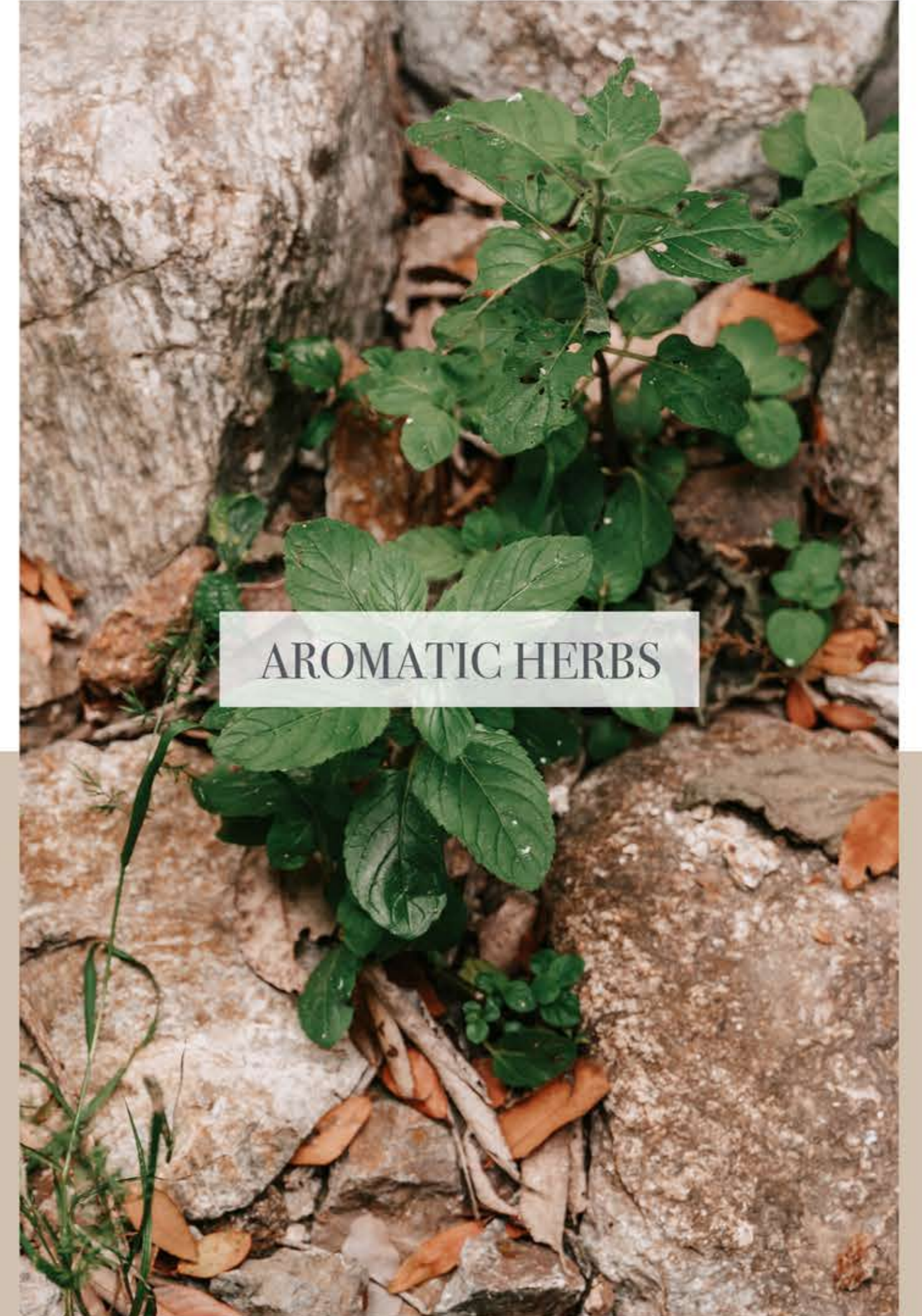
FORAGING



WILD HERBS



NATURAL RESERVE



AROMATIC HERBS





Calabrian towns and borghi



Around the resort:
Calabrian towns and borghi to visit

- The fortress of Le Castella
- The city of Crotone
- The Borgo of Santa Severina
- National Park of Sila



The fortress of Le Castella

The fortress of Le Castella, probably of Magno-Greek origin, stands on a small peninsula jutting out into the sea of the Isola Capo Rizzuto Marine Reserve, *"the only castle in Europe in the middle of the sea"*.

It was not a permanent residence for nobles but rather a stronghold for defensive purposes with various military compartments, civil and religious buildings. It owes its current appearance to the Aragon family who, in the 15th century, changed its structure to intensify the efficiency of the defensive system of the Kingdom of Naples.

Address: Via Rigon, 9, 88841 Le Castella KR

 Google Maps: <https://goo.gl/maps/kiB3pZFrnXzXWNA56>

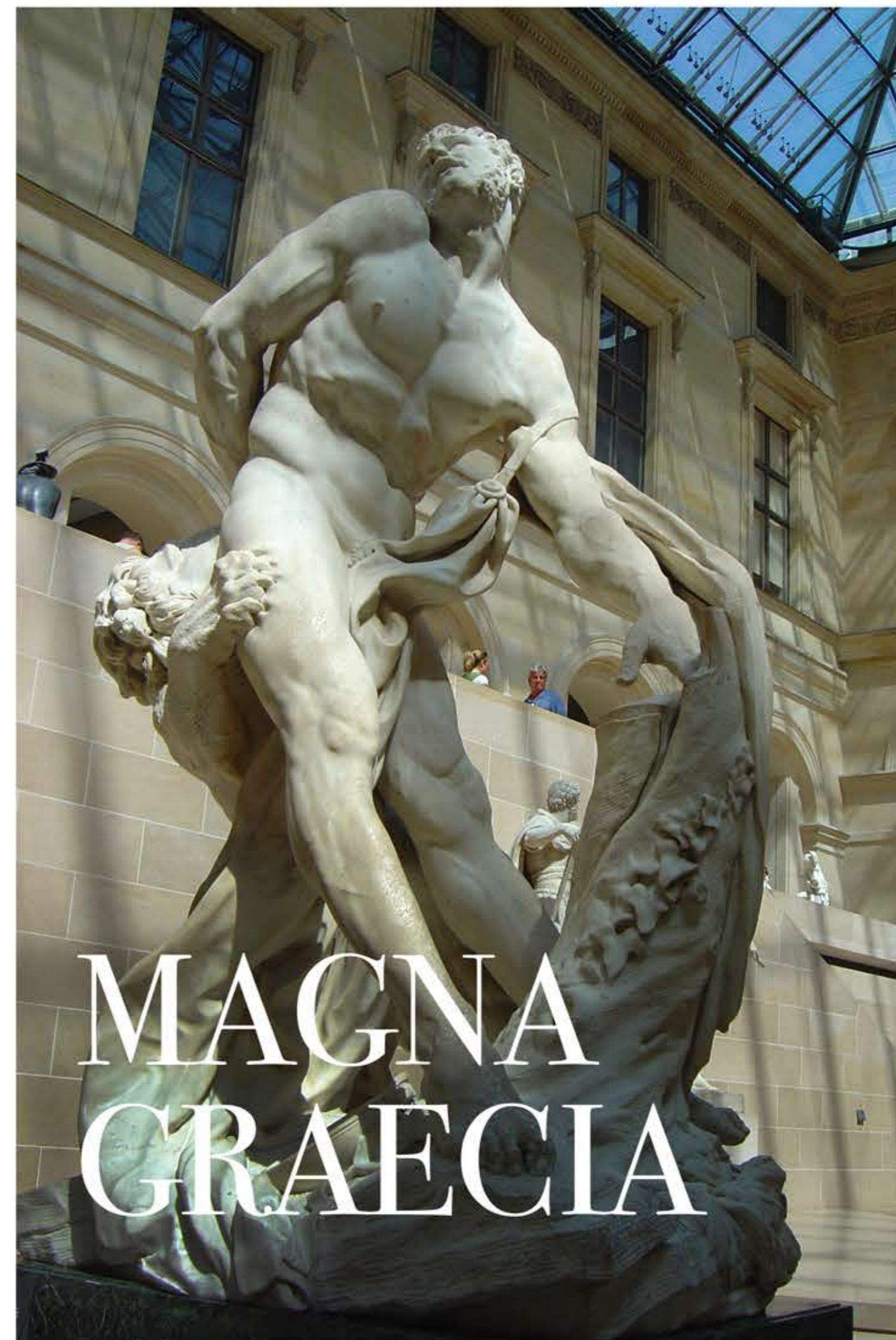
Distance and means of getting there: 7 km, 10 min from the resort by taxi / car





The city of Crotona

the history of



MAGNA
GRAECIA



In the city of Crotona it is interesting to visit the old city that winds from the square of the Castle of Charles V, owned by the State, overlooked by imposing noble palaces such as Palazzo Morelli, seat of the territorial office of Crotona and the Sila of the Superintendence for the Archaeological Heritage of Calabria, and the eighteenth-century Palazzo Barracco. From here a maze of very narrow streets (the vineddri or vichi) and numerous squares overlooked by massive noble palaces. The National Archaeological Museum of Crotona is located on via Risorgimento.

This leads to the Duomo and to the very central Piazza Pitagora, the junction between the old town and the new town. The fish market is a characteristic district of the historic center. Here you will find various examples of art: the Cathedral built in the 11th century, then renovated in the 16th and 18th centuries. Inside we find a baptismal font with a zoomorphic base and the painting of the Madonna di Capocolonna or Black Madonna, an object of devotion.

The new city instead develops from Piazza Pitagora towards the outside of the city. During the evening it is very nice to walk along Viale Cristoforo Colombo and the Lungomare Gramsci which can be accessed directly from the marina.

Address: Crotona, (KR) 88900

 Google Maps: <https://goo.gl/maps/7RqXcX46HqWPYu6DA>

Distance and means of getting there: 30 km, 25 min from the resort by taxi / car



The Borgo of Santa Severina

Santa Severina, named one of the most beautiful villages in Italy, is an ancient medieval village, located halfway between the Ionian sea and the Sila mountains. The town stands on a cliff in the center of a vast valley that makes it look like a large stone ship.

Its territory during the Bronze and Iron Age was inhabited by indigenous people. It was subsequently governed by the Normans during which it takes the construction of the Castle of Santa Severina on a pre-existing fortification of the Byzantine era.

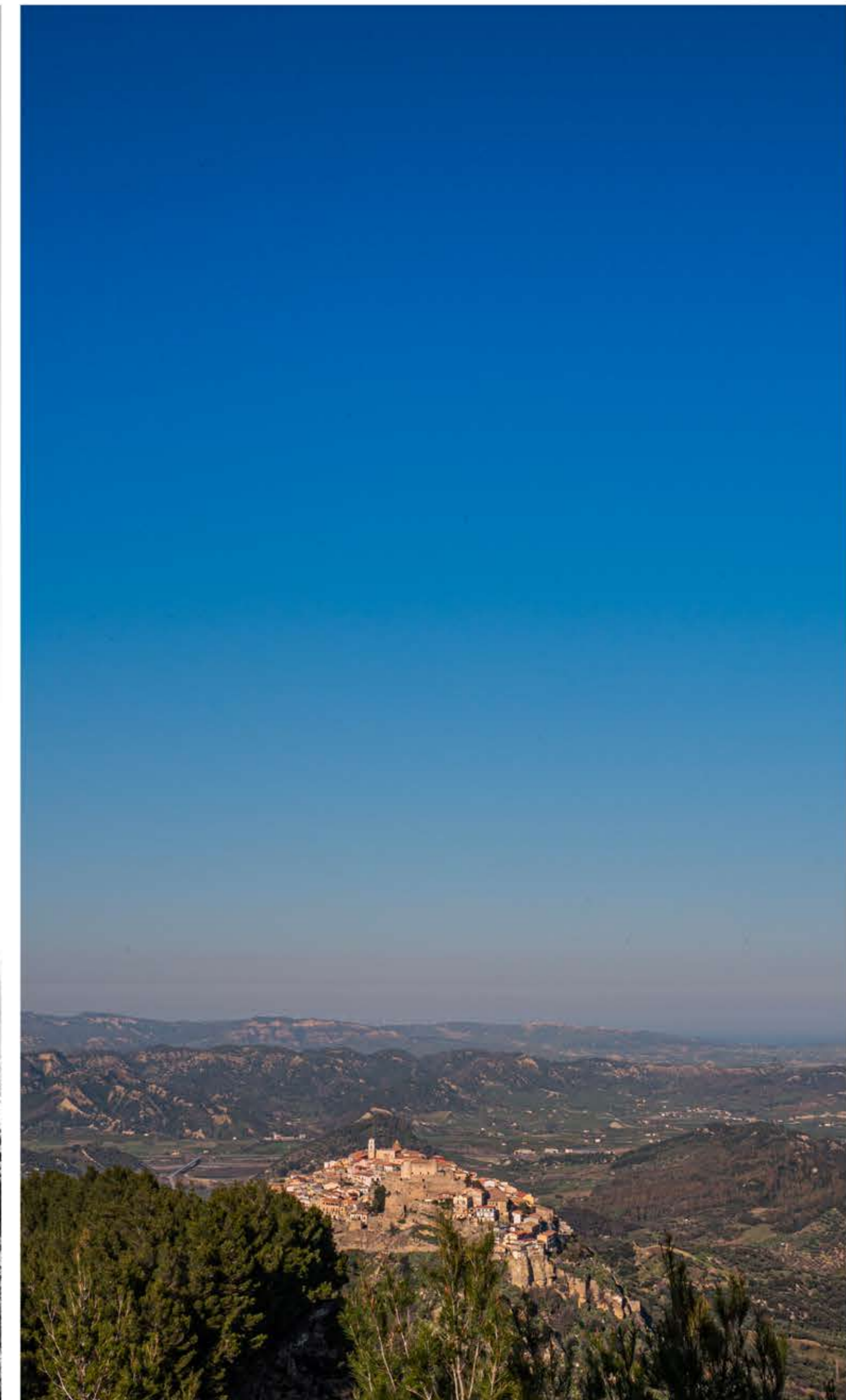
The Archaeological Museum is located in the castle and some archaeological areas can be visited (caves, necropolis, Byzantine church, Norman tower foundation, etc.). The baptistery is the only one that has survived to our days still substantially intact.

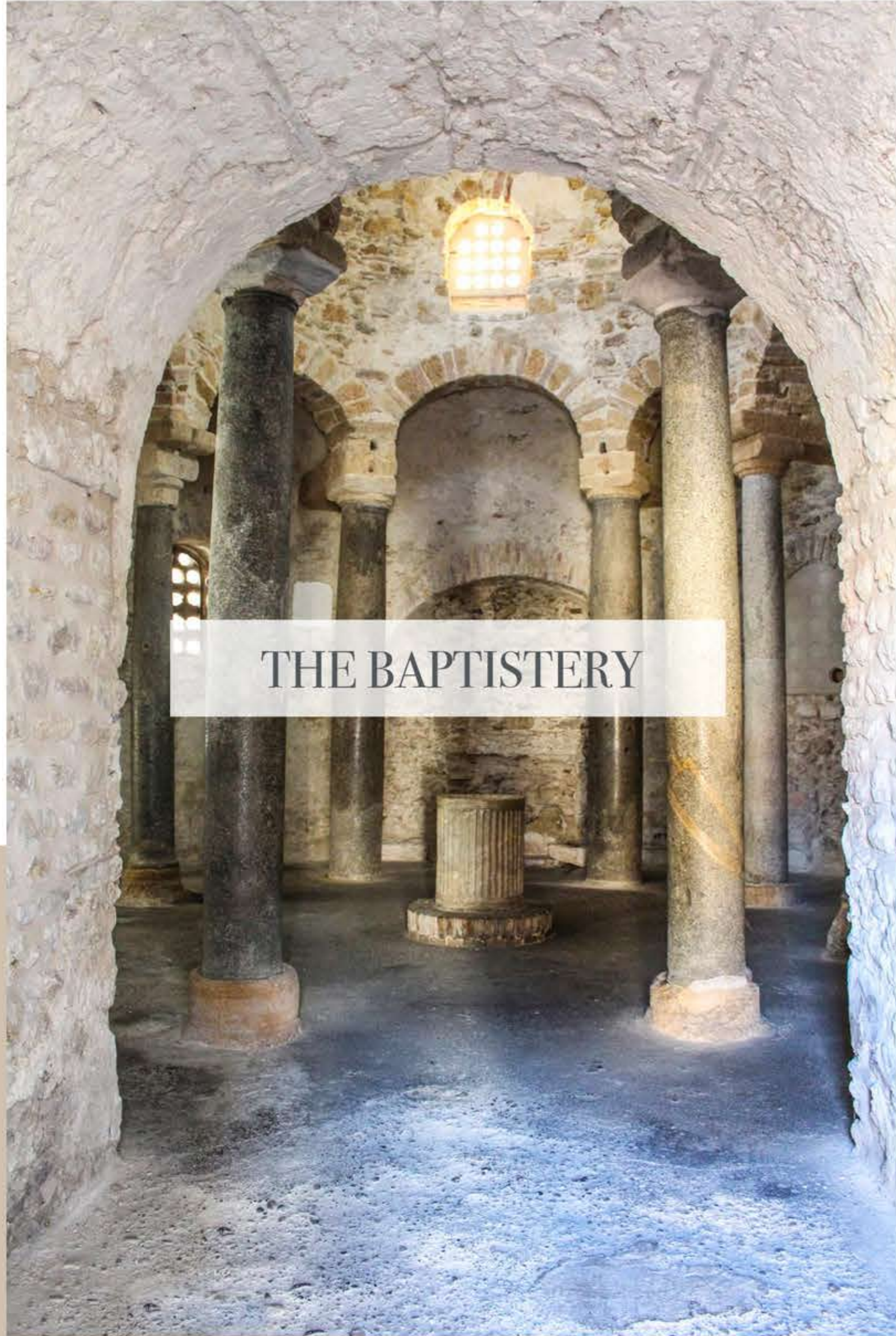
Address: Santa Severina, Crotona, (KR) 88900

 Google Maps: <https://goo.gl/maps/UYKqaLhb5RqWh6pM9>

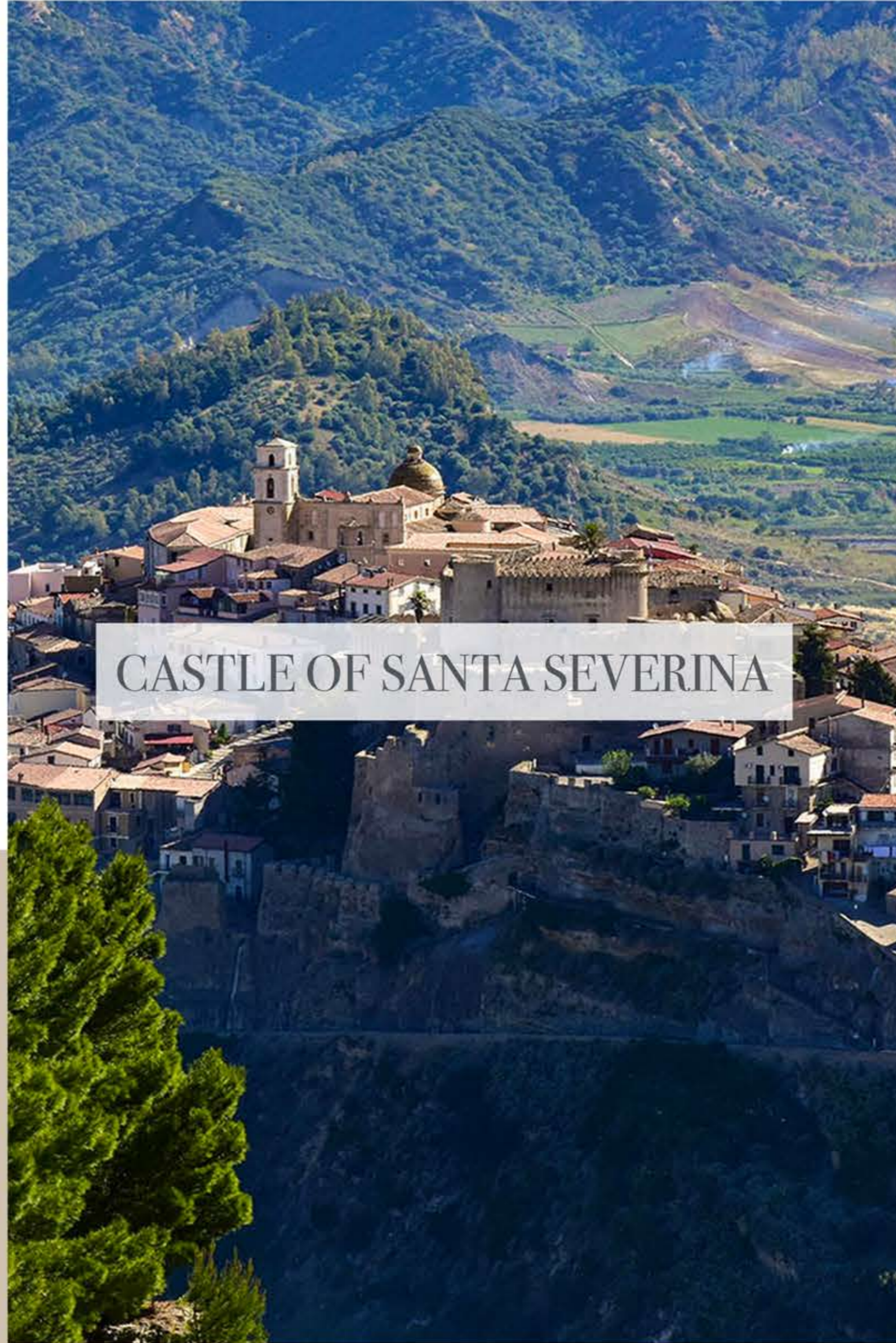
Distance and means of getting there: 35 km, 42 minuti by car/transfer

Coming from the SS 106 Ionica: From the north when you reach the Passovecchio crossroads, take the SS 107 Cosenza / Crotona and continue until the exit for Santa Severina (Immediately after Rocca di Neto). From the South, take the exit for Bivio Steccato along the state road to Cutro and continue until the Bivio Lenze. Turn left and take the SS 109 up to the Bivio Manile (San Mauro Marchesato) and then turn left to Santa Severina.





THE BAPTISTERY



CASTLE OF SANTA SEVERINA



ARCHAEOLOGICAL MUSEUM



National Park of Sila



One hundred and fifty thousand hectares of unique natural riches: it is the Sila plateau that extends in Calabria between the provinces of Cosenza, Crotona and Catanzaro.

A natural heritage where the diversity of landscapes, the variety of animal and plant species and the beauty of the places have made it appropriate to establish the Sila National Park, one of the first 5 parks born in Italy, which protects its treasures.

An area that strikes the visitor thanks to the many characteristic villages it hosts, the exquisite hospitality and the opportunity to practice numerous outdoor sports. Every moment of the year is right to admire the splendid territory of this land of a thousand resources.

Address: Parco Nazionale della Sila, 87066 Longobucco CS

 Google Maps: <https://goo.gl/maps/1Fz84JXnQQ85v1g26>

Distance and means of getting there: 100 km, 120 minuti by car/transfer



praiaartresort.com

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Booking contact:

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