



**CALABRIA**  
STRAORDINARIA



## CYCLE TOURISM

15 GIUGNO 2024

Non-competitive event for muscle bikes and e-bikes

Free participation upon membership

Meeting at Sangineto Castle at 8.30 am

Arrival at Serragiumenta Castle at 5.30 pm

Route length 77 km

Positive altitude difference 1,710 m

Negative height difference 1,610 m

Participation kit available on request

*serragiumenta*

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# PRESENTATION

**Laduesse** is a non-competitive cycling event, with free participation, scheduled for 15 June 2024.

The purpose of the **Laduesse** in addition to encouraging aggregation, is to promote a healthy lifestyle and outdoor activity with beneficial effects for health, as well as enhancing the cultural, historical and naturalistic heritage of the territory crossed (the territories of ancient fiefdom of the San Severino), the one that winds along the Pollino Park overlooking the Tyrrhenian Sea up to the most inland areas, included entirely in the province of Cosenza.

Furthermore, also thanks to the 'slow' characteristics of the cycle tourism movement, it aims to enhance the excellence (landscape, food and wine and tourism) of the areas crossed, urge respect for the environment and nature with responsible behaviour, and highlight the vocation of the Cosenza area to experiential tourism.

The **Laduesse** crosses the municipalities of Sangineto, Belvedere Marittimo, Sant'Agata d'Esaro, San Sosti, San Donato di Ninea, Acquaforsa, Lungo, Firmo and Altomonte. Along its route there are stages designed to draw the participants' attention to places of interest, monuments, squares, historic centres, places of worship, natural beauty, involving local communities and commercial establishments. During

**Laduesse** participants will also have the opportunity to taste the cuisine and purchase local food

and wine products along the tour.

**Laduesse** is therefore proposed as a unique event. As a sporting event, even if not competitive, it offers a route with extremely attractive characteristics for road cycling enthusiasts, because starting from the level of the Tyrrhenian sea, it will lead participants to the Scalone Pass at around 1000 meters above sea level, offering a unique view and also suggestive on the historic village of Belvedere Marittimo, to then cross the coastal mountains, the Pollino Park and also enjoy the view of the Ionian Sea. As a cultural event and promotion of the territory, the

**Laduesse** offers itself as a great opportunity available to those who have the desire to know or deepen their knowledge of an area of Calabria rich in culture, attractions and deeply steeped in history and culture and eager to put yourself in sight.



# REGULATION

**Laduesse** is a non-competitive cycling event with free participation open to muscle bikes and e-bikes. The organization is by ASD Serra della Giumenta (Sports Association promoted by the Serragiumenta Castle), with the promotion of Toursearcher, a Tour Operator specialized in experiential events. The route winds along the municipalities of Sangineto, Belvedere (Passo dello Scalone at 800 meters above sea level), Sant'Agata d'Esaro, San Sosti, San Donato di Ninea, Acquaformosa, Lungro, Firmo and Altomonte, entirely in the territory of the Province of Cosenza .

A meeting is scheduled in Sangineto Lido for 8.30 am with departures starting at 9.30 am.

The symbolic arrival and end of the walk, for those who intend to complete it, is at Serragiumenta Castle between 4pm and 6pm. The route is approximately 77 kilometers long, on a completely asphalted road (see technical data sheet of the roads involved in the walk), along provincial and secondary roads with low traffic. The positive difference in altitude is 1710 metres, the negative one is 1610 metres. In percentage terms, the slopes can vary from 5 to 8%. The departure is at sea level, the highest point reached is approximately 800 meters above sea level.

**Laduesse** it is suitable for all skill levels and requires a good level of training. In case of a particularly large number of participants, the departure may be staggered.

Guides are provided for those who wish.

A 'broom' service is planned with vehicles capable of collecting participants and bikes, which will start at the end of the race.

Medical support is provided for participants.

A mobile support workshop is planned.

The presence of assistants and staff members is expected at key points (junctions, urban crossings) to signal the route. There are refreshment points along the route, in the towns of Passo dello Scalone (18 km from the start), Sant'Agata d'Esaro (27 km from the start) and San Donato di Ninea (44 km from the start).

Free charging points for e-bikes will be located along the route.

Participants are required to respect the highway code.

Along the route of **Laduesse**

there is the possibility of making stops or detours in places of cultural, historical, naturalistic and food and wine interest.

In Sant'Agata d'Esaro it will be possible to have breakfast in the square and purchase products in typical shops.

In San Sosti it will be possible to visit, with signposted detours, the Fra' Giovanni waterfalls and the Sanctuary of the Madonna del Pettoruto. In San Donato di Ninea you can admire the historic center perched at over 800 meters above sea level. and its small streets, admiring, from the Belvedere adjacent to the Church of Motta (Church of the SS Assunta), the view of the Sibari plain, the Pollino and the Ionian Sea.

It will be possible to have lunch in agreement at the Baita Malieni.



It also crosses the heart of the Arbereshe culture territory, whose testimonies are all visible along the route; places of absolute interest such as the church of San Giovanni Battista, Matrice di Acquaformosa; the cathedral of the Eparchy of Lungro, the church of San Nicola di Mira, the church of Santa Maria Assunta in cielo, the Eparchy of Firmo.

## THE PARTICIPATION KIT

Participants will have the opportunity to purchase the event kit at the price of 50 euros. The kit includes: an event t-shirt, energy drink, bag, bar, distinctive bracelet and offers the right to a series of services for the buyer. Upon arrival at the Serragiumenta Castle you will be given the event medal, a 0.25 cl bottle of oil and you will be able to take part in the aperitif. There is also the possibility of using changing rooms and showers upon arrival, within the limits of availability. Furthermore, for those who purchase the kit, the right to use the shuttles to return to the starting point is included. The shuttles will be staggered at three different times: 8pm for those returning without joining the dinner (for a fee) at the Serragiumenta Castle; 11pm for dinner participants. For those who decide to stay overnight at the Serragiumenta Castle (for a fee), the shuttle will leave at 11am the following day, June 16th.

## EXTRA SERVICES


There are also some additional services, for a fee, such as bike/e-bike rental in Sanginetto Lido, photographic and video service (with drone), purchase of the tour package

**laduesse** including guide, bicycle included, lunch, visits, shuttle service, overnight stays in affiliated facilities, transfers to/from Lamezia Terme airport and Paola and Scalea stations.



# ITINERARY





Sanginetto is a small village in the Middle Tyrrhenian Cosentino located at 275 meters above sea level, in the extreme southern reaches of the Pollino National Park; Its origins date back to the 12th century, when it was an important fiefdom of Angevin Calabria, remembered in the War of the Vespers, for the heroic resistance that Giacomina di Lauria opposed to the assault of the Sicilian and Aragonese troops, who tried in vain to occupy Sanginetto. For lovers of trekking, excursions and natural beauty, we recommend: the Path of Dreams and the Vuglio Waterfall, a wonder located a short distance from the Historic Centre; the Lago La Penna, a small natural lake of the Coastal Chain located at the foot of the mountain of the same name.



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# BELVEDERE MARITTIMO



Belvedere Marittimo is a municipality in the province of Cosenza which extends on the Tyrrhenian coast in the heart of the Riviera dei Cedri, with Capo Tirone in the centre. The town overlooks the Tyrrhenian Sea, with the mountains of the Pollino National Park behind it, which frame it in a fascinating naturalistic setting. The inhabited center is made up of two distinct parts: the medieval village, which stands on a rocky protrusion located about 150 m above sea level, and the more strictly maritime part, developed on the coast and known as Marina di Belvedere Marittimo at 10 m above sea level. The latter, built in more recent times, houses tourist facilities and residences.

One of the oldest monuments is the church of the Rosary, on whose portal, in sandstone, the year 1091 is engraved. The Convent of the Capuchin Fathers of Belvedere has kept an ampoule with blood and bone fragments of Saint Valentine for over 300 years .

The Scalone Pass is part of the so-called Southern Apennines, particularly representing the starting point of the Coastal Chain.

This is the northernmost part of the Calabrian Apennines, which separates Lucania from Sila Piccola. It also takes the name of Catena Paolana, from the name of the city of Paola, birthplace of San Francesco Martolilla (better known as San Francesco da Paola).

The route connects Belvedere Marittimo and Sant'Agata di Esaro, both municipalities in Cosenza, via the SS105 of Castrovillari. The route, between Belvedere Marittimo and Francavilla Marittima, connects the Tyrrhenian Calabria of Cosenza to the Ionian one, in the same province.





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# SANT'AGATA D'ESARO



It stands on a cliff, overlooking the Esaro river, 461 meters above sea level, 78 km. from Cosenza, 22 km. from the Tyrrhenian Sea, all surrounded by mountain chains of the Calabrian Apennines, which extend in the shape of a diadem, crossed by streams, tributaries of the Esaro. Its highest peak, Montea (1825 m.) is set in a picturesque gorge to the west, where the Esaro flows, which originates from the extreme western spurs of the Pollino massif and flows into the Coscile. Its origins date back to the Byzantine period (VI-XI century).



# FRA' GIOVANNI'S WATERFALL

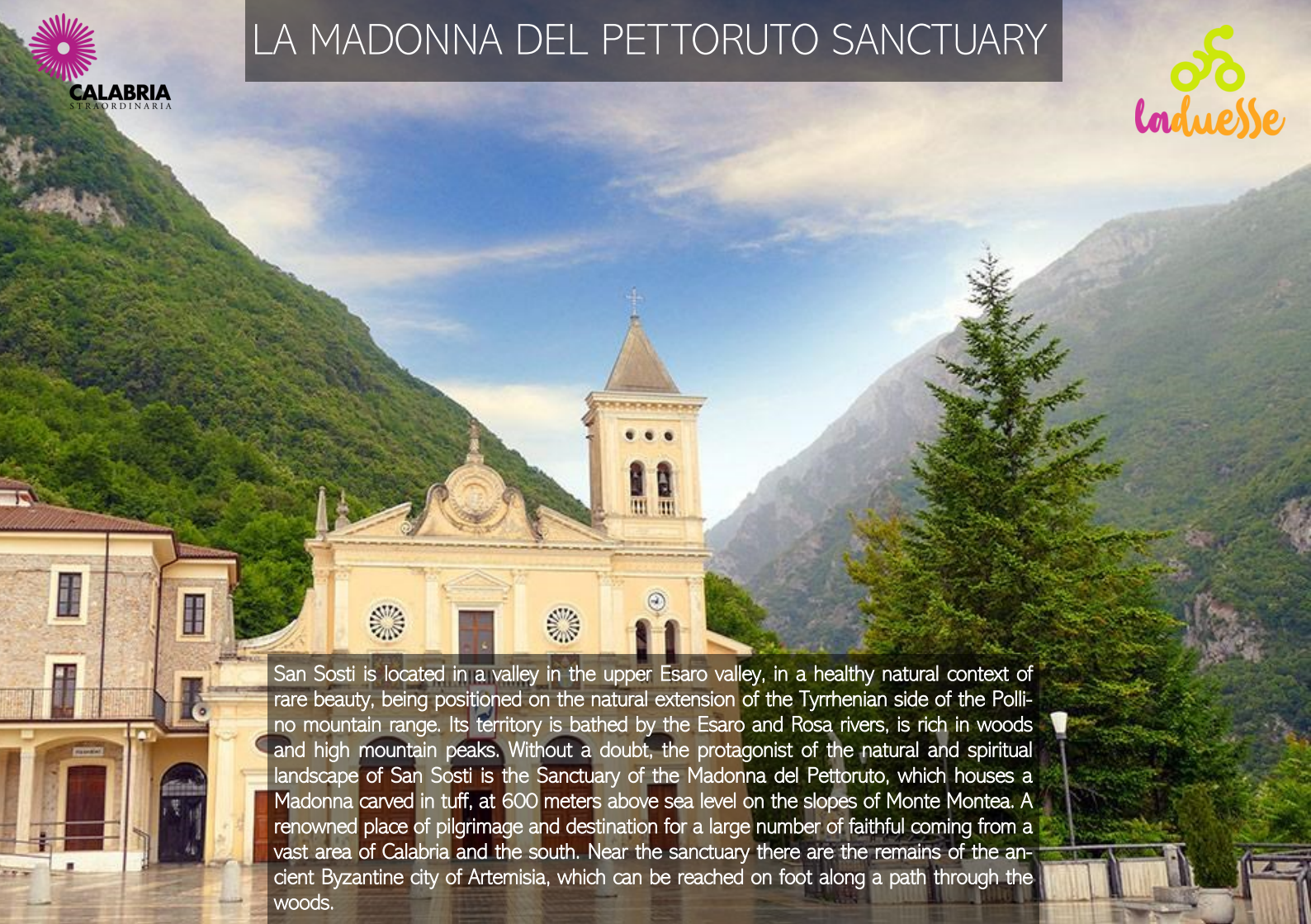


The Frà Giovanni waterfall is a few meters high and is located in the municipality of San Sosti, near the fountain of the same name, a short distance from the historic centre. The Frà Giovanni waterfall is immersed in the lush flora that develops along the banks of the Rosa stream, where it is possible to admire: poplars, walnuts, alders, elderberries and other plants of the Mediterranean scrub. Coming from San Sosti, it is accessed via a wooden bridge that connects the two banks of the Torrente Rosa. The bridge can only be crossed on foot.



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# LA MADONNA DEL PETTORUTO SANCTUARY



San Sosti is located in a valley in the upper Esaro valley, in a healthy natural context of rare beauty, being positioned on the natural extension of the Tyrrhenian side of the Pollino mountain range. Its territory is bathed by the Esaro and Rosa rivers, is rich in woods and high mountain peaks. Without a doubt, the protagonist of the natural and spiritual landscape of San Sosti is the Sanctuary of the Madonna del Pettoruto, which houses a Madonna carved in tuff, at 600 meters above sea level on the slopes of Monte Montea. A renowned place of pilgrimage and destination for a large number of faithful coming from a vast area of Calabria and the south. Near the sanctuary there are the remains of the ancient Byzantine city of Artemisia, which can be reached on foot along a path through the woods.

# THE CAVES OF SANT'ANGELO



The natural caves of Sant'Angelo represent one of the most interesting places in the territory of San Donato di Ninea, which testify to the Basilian tradition that spread in Calabria starting from the 5th century AD. These are two karst cavities, located on the slopes of Cozzo del Pellegrino. The first was occupied by hermits and stylites probably as early as the 7th century AD. It is accessed via a beautiful medieval portico, and has fascinating frescoes inside not only from the medieval era, but also from more recent times, from the seventeenth century. The fresco depicting San Michele is clearly visible. The second cave instead presents traces of the prehistoric era.



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# CHURCH OF THE ASSUNTA



Anyone who visits San Donato di Ninea cannot miss the natural, landscape and historical spectacle of the Motta area. The fascinating Church of the S.S. is located in this area. Assunta of Romanesque style, also known as the Motta church, dating back to the 10th century AD. From the square in front, located overlooking the roofs of the historic center of the village, you can admire the Esaro valley up to the Ionian Sea, the chestnut groves that cover the area and the slopes of the Calva, Cresta and Mula mountains. Built with exposed rustic stone, inside it houses the valuable oil on canvas of the Madonna dell'Assunta, the protector of the town, from the late Renaissance period and the Southern school (early 1600s).

# CHURCH OF SAN GIOVANNI BATTISTA

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SPECIAL NATURE

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The church of Acquaformosa, is part of the Parish of S. Giovanni Battista, parish priest Father Raffaele De Angelis, was built by the Albanians who lived in the then farmhouse at the beginning of the 1500s. Decaying, it was demolished and rebuilt between 1936 and 1938, designed by Aldo Mainieri.

In the church of San Giovanni Battista there are evident elements of the Romanesque architecture that inspired the designer. The rhythmic articulation of both the supporting and supported structures, the complex organization of the masses and spaces which give a sense of robustness accentuated by the presence of pilasters and buttresses, make the church of Acquaformosa a splendid example of southern Italian Romanesque .



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# CHURCH OF SAN NICOLA DI MIRA

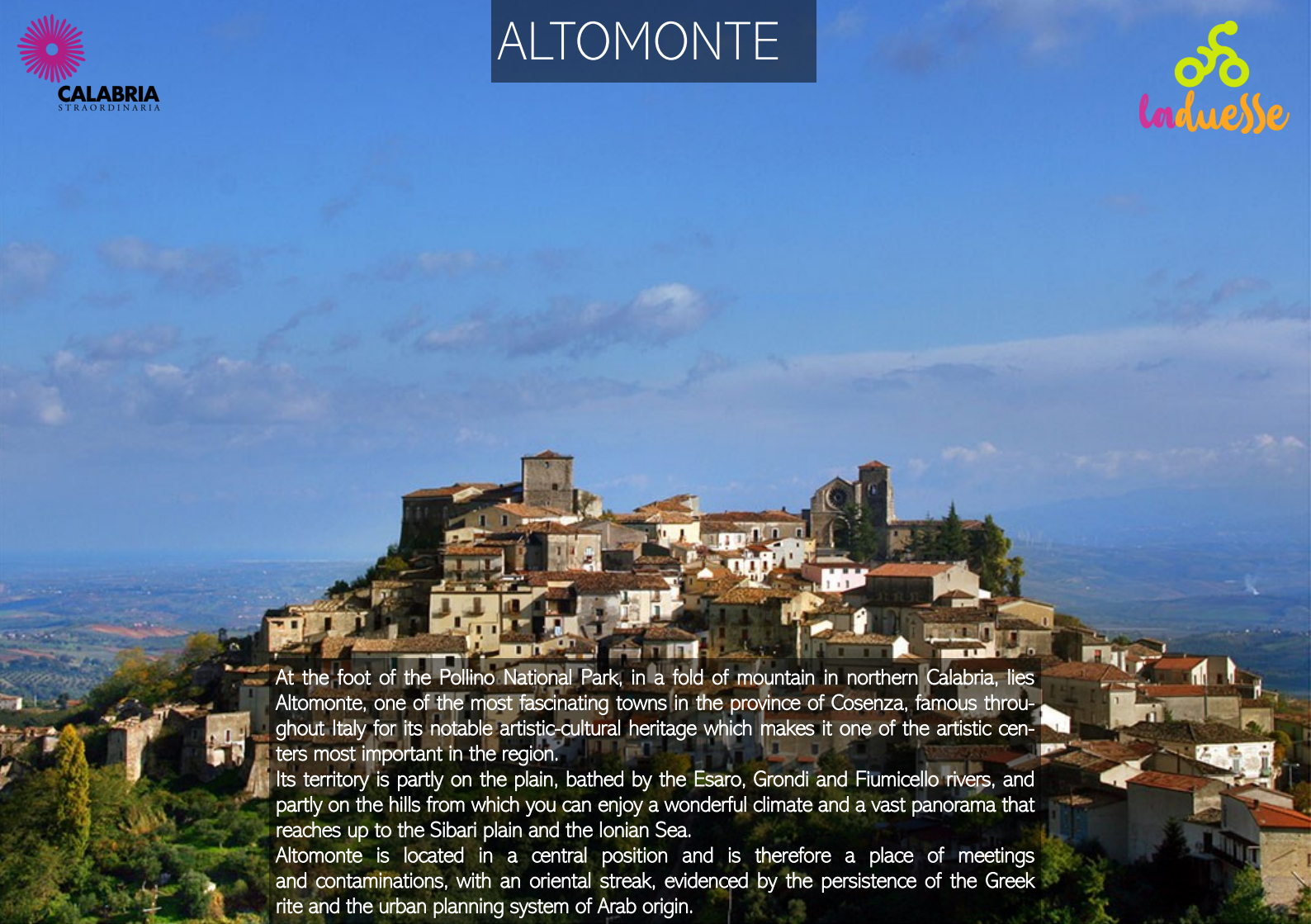


The Cathedral of Saint Nicholas of Myra is the main place of worship in Lungro, seat of the Eparchy of Lungro (Diocese of Lungro) since 1919. The church was built starting from 1721 in Romanesque-Baroque style, replacing the pre-existing church, always dedicated to San Nicola di Mira, destroyed by the earthquake of 1547, which was in turn built on a primitive medieval church. It is a Romanesque-Baroque basilica structure with three naves, with a large apse and central dome.



Firmo, Ferma in arbëreshë, is a village of Albanian origin in the Esaro Valley which still preserves: the habits, customs, language and Greek-Byzantine rite, which belonged to their Albanian ancestors, who arrived in Calabria in the 16th century to escape the Ottoman invasion of their homelands.  
Of interest are the Church of Santa Maria Assunta in Cielo, the Church of San Giovanni Crisostomo, the alleys and streets of the historic center.





At the foot of the Pollino National Park, in a fold of mountain in northern Calabria, lies Altomonte, one of the most fascinating towns in the province of Cosenza, famous throughout Italy for its notable artistic-cultural heritage which makes it one of the artistic centers most important in the region.

Its territory is partly on the plain, bathed by the Esaro, Grondi and Fiumicello rivers, and partly on the hills from which you can enjoy a wonderful climate and a vast panorama that reaches up to the Sibari plain and the Ionian Sea.

Altomonte is located in a central position and is therefore a place of meetings and contaminations, with an oriental streak, evidenced by the persistence of the Greek rite and the urban planning system of Arab origin.



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# SERRAGIUMENTA CASTLE



Built in the 16th century by the tenth count of Altomonte, Pietro Antonio Sanseverino, the Serragiumenta Castle bears witness to an ancient and distant history over the centuries, which began with the Sangineto family, who reigned from the early 1300s until 1381, the year in which the century-old dominion of the Sanseverino family. That of Serra della Giumenta was in fact one of the 12 suffeudi established by Count Filippo di Sangineto for military and economic reasons. Equipped with an appreciable extension of territory, it was an excellent place for breeding good breed horses. The construction of the small church with a baroque altar, the stable and other small annexed buildings dates back to the 19th century, as reported in a map of the time.



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