

## “IL MONTE BULGHERIA (1225 m)”

### Mount Bulgheria

Organised by: **OUTDOOR CILENTO**



Monte Bulgheria is known as "the sleeping lioness", because it has the shape of a huge resting lion with its gaze turned to the east. The locals like to think that it is a lion that is there to protect them. Numerous marine fossils have been found on the mountain and this makes us think that millions of years ago it was a submerged mount. Mount Bulgheria is the southernmost peak of Cilento; it is limited to the north by the Mingardo valley, on the other three sides it overlooks the sea. Seen from the north it appears as a long horizontal ridge; from the east (From the Gulf of Policastro) it has a characteristic triangular profile. What makes this excursion unique is certainly the breath-taking view that it gives us once we reach the summit.

**Date:** from 23 October to 7 November

**Maximum number of participants:** 20

**Cost per person:** € 10,00

**Appointment:** to be agreed

**Departure:** the uphill slope by the sports field of San Giovanni a Piro

**Arrival:** the summit of Monte Bulgheria



**Time** not specified

**Distance:** about 10 km round trip

**Difference in altitude:** 700 m

**Equipment:** mandatory hiking shoes - optional sticks.

**In backpack:** Water (at least 1.5 L), hat, camera, binoculars, packed lunch.

**Type of route:** Path

**Rating:** EE (Expert hikers)

## Photo

FRANCESCO RAFFAELE

