

“THE PATH OF S. ICONIO (SAN CONO) AT MARINA DI CAMEROTA”

Organised by: **OUTDOOR CILENTO**



The proposed excursion will take place along the beautiful stretch of the Cilento coast that goes from Cala del Cefalo to Cala d'Arconte. The scenic route is better known by the name of the Sentiero di Sant'Iconio (probably San Cono). We are in Marina di Camerota, the pearl of Cilento, and at the end of the trek we will have the opportunity to enjoy the last days of summer with a nice swim in the crystal-clear waters of Cala d'Arconte.

The path is part of the E12, the European path of the Mediterranean.

The path starts immediately before the bridge over the Mingardo river, which separates the municipality of Camerota from that of Centola-Palinuro. From here begins our journey, which gradually moving away from the coast, enters the wood of *Pinus halepensis* (Aleppo pine) and the Mediterranean scrub. The first section is the most challenging because it gradually rises in altitude.

At the top we begin to admire wide panoramic views of the coast that goes from Capo Palinuro to the beach of Cala del Cefalo and inland. We pass through the majestic "lazzo" of S. Iconio, a shelter for cattle and a large country cottage, testimony of the Cilento peasant culture, to the ruins of an ancient Basilian Cenobio (Monastery of St. Basil) dating back to the year 1000 where the monks planted a small strip of pine forest of Aleppo pines to extract the resin.

From here over the years the pine forest has spread along the slopes of the mountain and, through the rolling of the pinecones, has established itself on the underlying dune of Cala del Cefalo.

Near the remains of the abbey there is a botanical peculiarity: a large expanse of Licorice seedlings, also a gift from the Basilian monks, ancient settlers of these lands. Then we continue along a dirt path until we reach the locality of Sant'Antonio where there is a chapel dedicated to the saint and from which you can enjoy a beautiful panorama from which you can also see the evocative Capo Palinuro, and all the hamlets of the Municipality of Camerota : Licusati, Lentiscosa, Camerota and the Marina. From here we go down a dirt road that reaches the Cala d'Arconte, where we can take a well-deserved swim.

Incontro internazionale di speleologia

29 ottobre – 1 novembre 2021

Date: from 23 October to 7 November

(N.B. activity subject to the persistence of the mild climate)

Maximum number of participants: 20

Cost per person: € 10,00

Appointment: to be agreed

Departure: uphill side of the Bridge of the river Mingardo

Arrival: Tourist Port of Palinuro, circular route



Time for average course 4 h

Distance: about 8 km in total

Difference in altitude: 400 m

Equipment: mandatory hiking shoes - optional sticks.

In backpack: Water (at least 1.5 L), hat, sunscreen, raincoat, swimsuit + towel, packed lunch, camera.

Path type: Path of medium difficulty + dirt road

Rating: E (Hiking) also suitable for children

