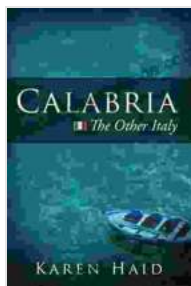


Calabria: The Other Italy, by Karen Haid



Calabria, the toe of Italy's boot, is a region of contrasts. It is a land of ancient history and modern industry, of stunning natural beauty and gritty urban landscapes. Calabria is often overlooked by tourists, but those who venture off the beaten path will be rewarded with a unique and unforgettable experience.



Calabria: The Other Italy by Karen Haid

★★★★☆ 4.4 out of 5

Language	: English
File size	: 8740 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 282 pages
Lending	: Enabled



History

Calabria has a long and fascinating history. It was first settled by the Greeks in the 8th century BC, and later came under the rule of the Romans, Byzantines, Normans, and Spanish. Each of these empires has left its mark on Calabria, and the region's culture is a rich blend of influences.

In the 19th century, Calabria became part of the newly unified Italy. However, the region remained poor and underdeveloped, and many Calabrians emigrated to the United States and other countries in search of a better life.

Today, Calabria is still one of the poorest regions in Italy. However, it is also a region of great natural beauty and cultural heritage. In recent years, tourism has begun to play an increasingly important role in the region's economy.

Geography

Calabria is located in the southernmost part of Italy. It is bordered by the Tyrrhenian Sea to the west, the Ionian Sea to the east, and the Strait of Messina to the north. The region is mountainous, with the Apennine Mountains running through its center.

Calabria has a Mediterranean climate, with hot, dry summers and mild, wet winters. The region is known for its beautiful beaches, which are some of the most unspoiled in Italy.

Culture

Calabria is a region of rich culture and tradition. The region's cuisine is influenced by its Greek, Roman, and Byzantine heritage. Calabrians are known for their love of spicy food, and many of the region's dishes feature chili peppers.

Calabria is also home to a number of traditional festivals and celebrations. The most famous of these is the Festa della Madonna del Pollino, which is held in the town of Castrovillari every August. The festival features a procession of the Madonna through the streets of the town, followed by a traditional feast.

Things to Do

There are many things to see and do in Calabria. Here are a few of the most popular attractions:

* **Visit the beaches.** Calabria is home to some of the most beautiful beaches in Italy. The beaches are unspoiled and uncrowded, making them ideal for swimming, sunbathing, and other water sports. * **Hike in the mountains.** The Apennine Mountains offer stunning scenery and opportunities for hiking, biking, and other outdoor activities. * **Visit the historical sites.** Calabria is home to a number of historical sites, including the ruins of Greek and Roman cities, medieval castles, and Renaissance churches. * **Experience the local culture.** Attend a traditional festival, visit a local market, or sample the region's cuisine.

Getting There

Calabria is easily accessible by air, train, or car. The region is served by two airports: Lamezia Terme International Airport (SUF) and Reggio

Calabria Airport (REG). There are also regular train services from Rome and Naples to Calabria.

Where to Stay

There are a variety of hotels and guesthouses available in Calabria. The region's most popular tourist destinations, such as Tropea and Scilla, offer a range of accommodation options to suit all budgets.

Food and Drink

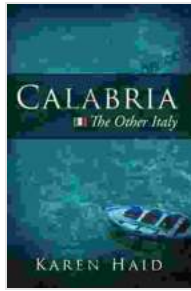
Calabria is known for its delicious cuisine. The region's dishes are influenced by its Greek, Roman, and Byzantine heritage. Calabrians are known for their love of spicy food, and many of the region's dishes feature chili peppers.

Some of the most popular Calabrian dishes include:

* **'Nduja:** A spicy spreadable sausage made from pork, chili peppers, and other spices. * **Caciocavallo:** A semi-hard cheese made from cow's milk. * **Capocollo:** A cured pork loin. * **Fileja:** A type of pasta made from a mixture of wheat flour and durum wheat flour. * **Tropea onions:** A sweet and flavorful onion grown in the town of Tropea.

Calabria is also home to a number of excellent wines. The region's most famous wine is Cirò, a red wine made from the Gaglioppo grape.

Calabria is a region of contrasts, with stunning natural beauty, a rich cultural heritage, and a warm and welcoming people. It is a region that is often overlooked by tourists, but those who venture off the beaten path will be rewarded with a unique and unforgettable experience.



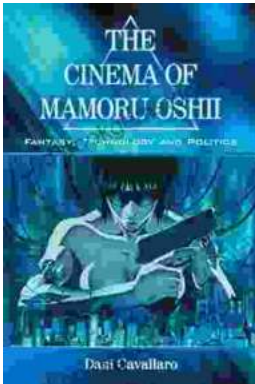
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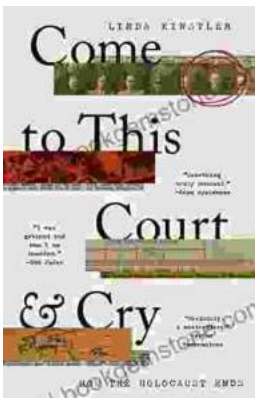
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