



Basilicata urban-rural

# GUIDE

# About this guide



A growing number of city-based people yearn to reconnect with nature and the land. In Basilicata, new relationships between city and country are being designed to meet this need - and you can be part of this process of renewal.

## Table of contents



01	Urban Rural Reconnection
05	Our projects
07	Matera
09	Things to do in Matera
13	Other experiences
15	Map of Matera
17	Grottole
19	Our accommodations
21	Things to do in Grottole
25	Other experiences
28	Map of Grottole
30	Things to do in Basilicata
38	Map of Basilicata





Text written by John Thackara - Bioregional Designer, Urban-rural Reconnector, Author, and Speaker. John has collaborated with us on Mammamiaaaa, and Wondergrottole projects. In the villages of Basilicata, a growing network of practitioners together with local citizens, are connecting the 'what is?', with the 'what if?' in fresh new ways. They are discovering new kinds of value among the social and ecological assets of the territory.

Villages such as Grottole have become a living lab for new relationships between city and country. These villages are a new kind of learning destination - a base from which to connect with farms, watersheds, bioregions, ecomuseums, food routes, industrial heritage, and agro-ecology. You will explore how cooperative practices can be reinvented, in rural contexts, in real life: sharing, bartering, lending, trading, renting, gifting, exchanging, & swapping.



In the emerging new economy, value arises from relationships, not from things. Cooperation depends a lot on trust, - and trust grows best when we to talk to each other face to face. Face-to-face is a core quality of Basilicata social culture. In Basilicata, you will be able to make a valuable contribution by looking at the region through fresh eyes. With your help, communities will discover new value and potential, and create new connections between people and place.

Basilicata is where new ways for city people to re-connect with the land are coming to life. Ways that are part-time, but long-term. Ways that involve an exchange of value, not just paying money. Ways to share knowledge, land, and equipment in new ways. Ways based on historical links between town and country—but reinvented in an age of networks and social innovation. In Basilicata, you can be part of this process of renewal. Together with others, you will share stories of new models.



**Casa Netural** is a house, in Matera, which brings together people from all around the world, and where you can regenerate yourself and realize your ideas about social innovation, culture and creativity. Casa Netural is a coworking and, coliving space, and an incubator for cultural and creative enterprises.  
[www.benetural.com](http://www.benetural.com)

**Wonder Grottole** is an experimental project that involves and connects people and energies from all over the world, it is a social enterprise that works to rehabilitate the historic centre of the village of Grottole (30 km from Matera), thanks to the regeneration of abandoned houses and the creation of a new community. Local and global, material and immaterial, past and future.

[www.wondergrottole.it](http://www.wondergrottole.it)

**Agoragri** is a public cultural park in Matera with a synergistic vegetable garden, a theater, and a wooden pavilion for events. The park is run by Agrinetural, an association with the aim of supporting citizens in the urban redevelopment processes of abandoned green areas. You can volunteer in its maintenance or use it for a yoga session, reading a book or just relax and be outdoors.

[www.agoragri.it](http://www.agoragri.it)





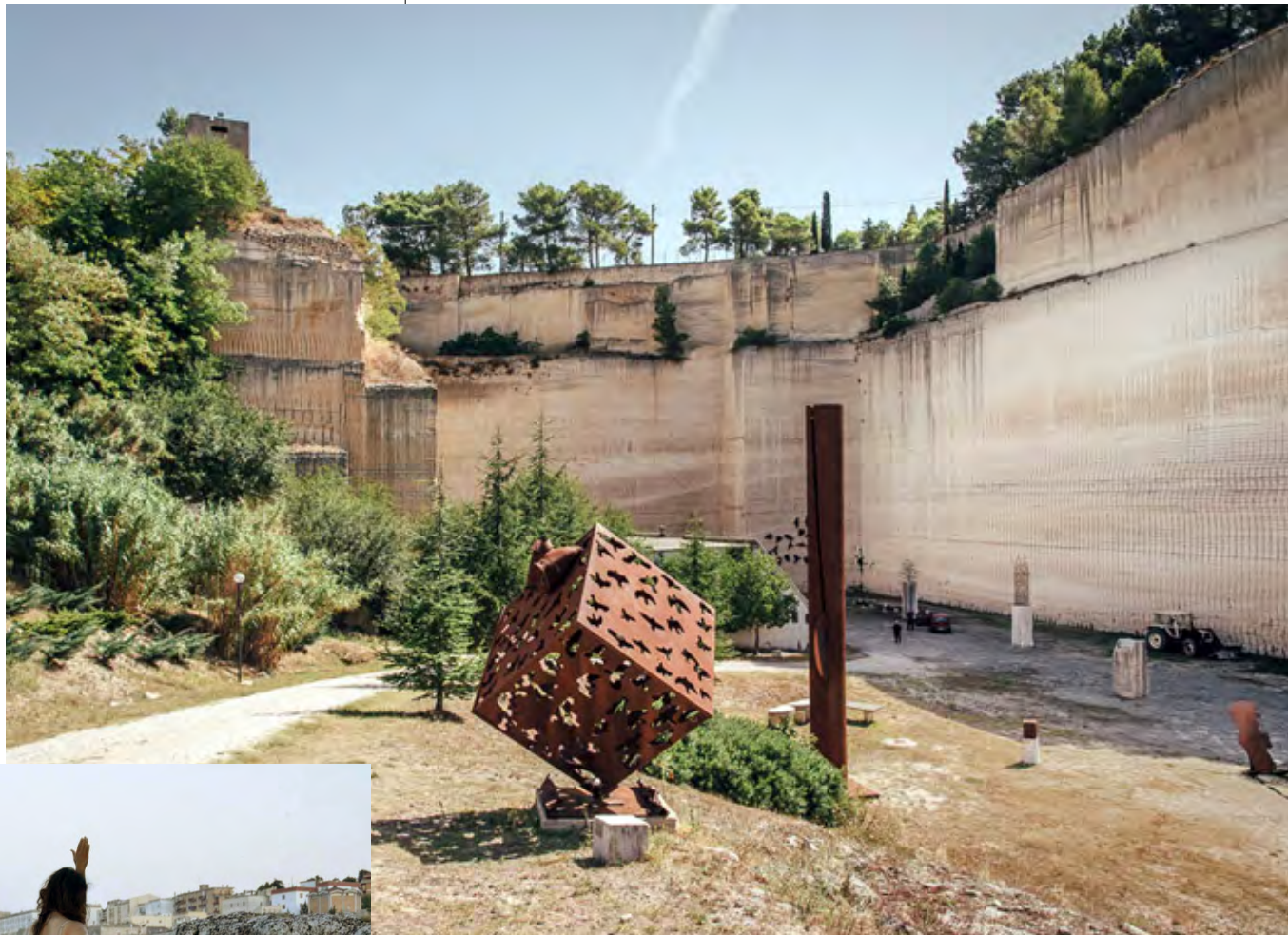
# Matera



Matera is one of the oldest cities in the world given that its origins date back to the Paleolithic Age. The Sassi, an inhabited district composed of caves dug into a calcarenitic rock, and the Park of the Rupestrian Churches are UNESCO world heritage since 1993. 2019 was a special year for this city: Matera was the European Capital of Culture, a great achievement which brought considerable fame worldwide. Visiting Matera means going back in time, meeting traditions and cultures typical for southern Italy.



Click [here](#) for an online map



## 0.1 Yoga at Madonna dell'Idris.

Take your yoga mat in the morning and go to Madonna dell'Idris, one of the oldest rock churches in Matera. Enjoy the view of the unspoiled nature, and peace.

## 0.2 Picnic in Parco Scultura La Palomba.

Have a picnic in this old tuff quarry and enjoy the sculptures created by an artist Antonio Paradiso. Lay on the grass, and relax.

**0.3 Local dishes with peperoni cruschi.** Taste peperoni cruschi in one of the many local dishes, from cavatelli, to pizza and even panini.

**0.4 Aperitivo at Madonna delle Vergini.** Buy a mix of cheese, veggies, and wine at Saverio's in the Piccianello Market, and enjoy an aperitivo with a view of Sassi.

**0.5 Jogging in the Sassi.** Matera is always breathtaking, from dusk to dawn. Take your sneakers and plan a run in the oldest part of the city, where silence reigns.



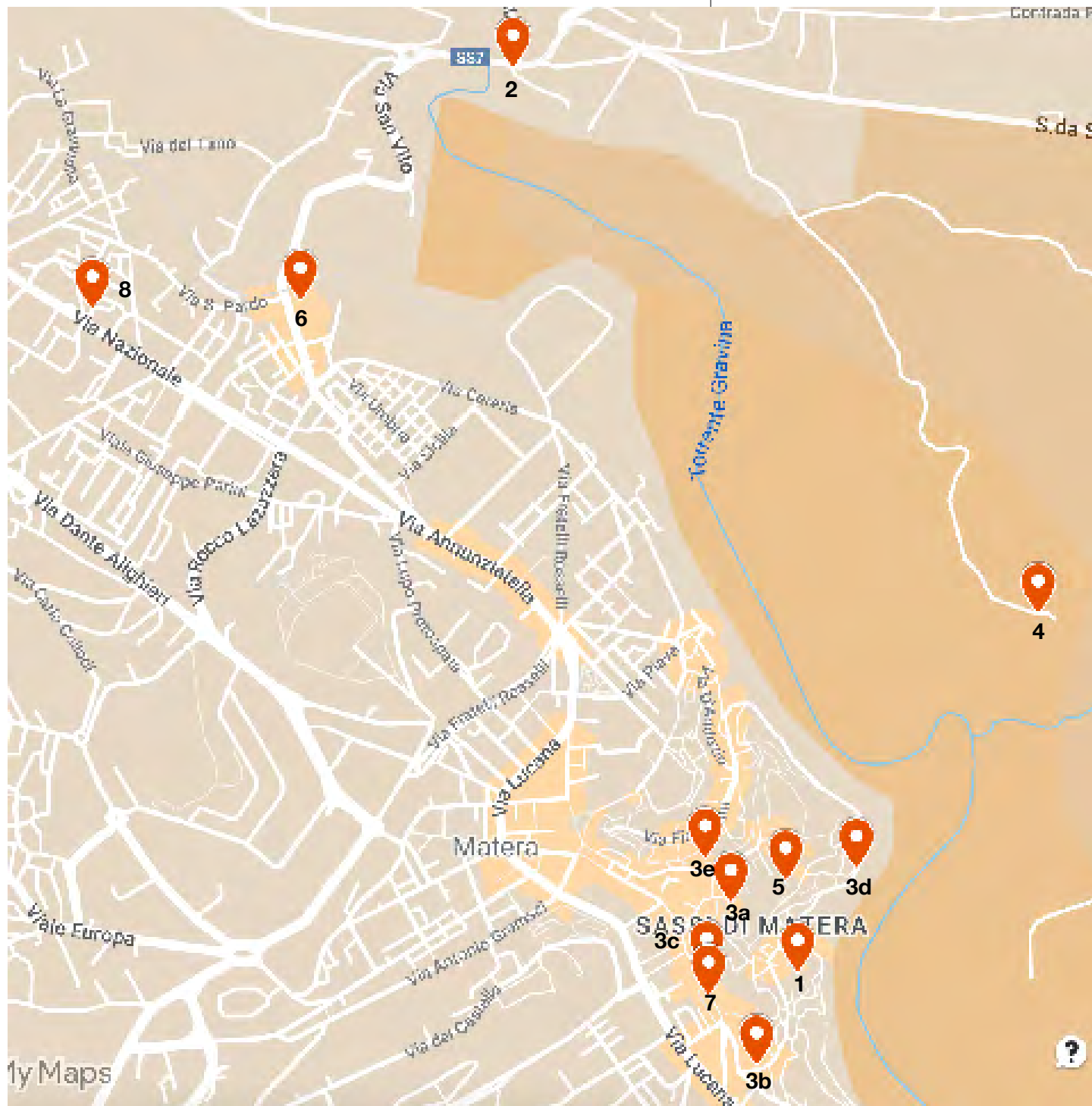




Click [here](#) to find more experiences

1. La Matera POPolare di Olivetti
2. Netural Walk
3. Matera Extreme
4. Coliving Netural

# Online map, [click here](#)



1. Yoga at Madonna dell'Idris

2. Picnic in Parco Scultura La Palomba

3. Local dishes with peperoni cruschi

3a Fermento Wine Bar Restaurant

3b L'Abbondanza Lucana

3c Al Falco Grillaio

3d Osteria Belvedere al Vecchio Frantoio

3e Agristories

4. Aperitivo at Madonna delle Vergini

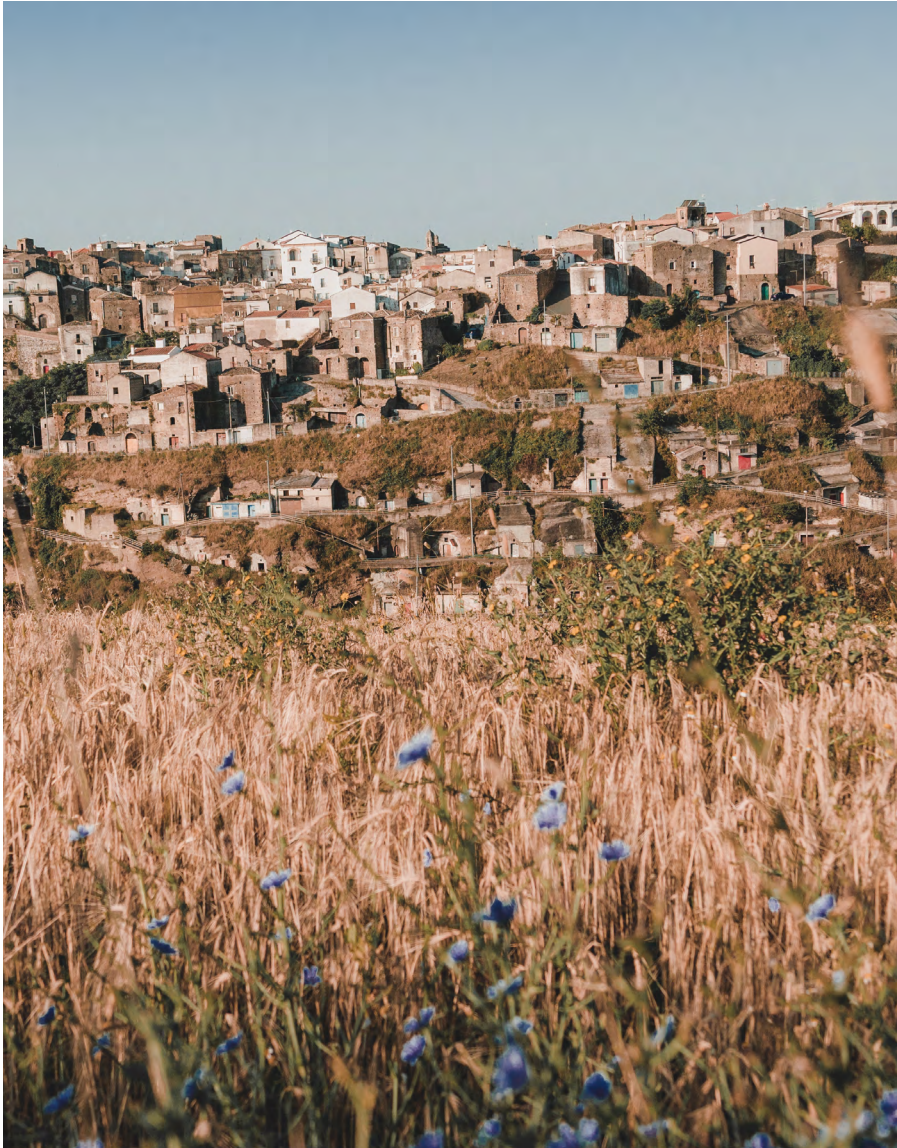
5. Jogging in the Sassi

6. Mercato Piccianello

7. Gelato at I Vizi degli Angeli Laboratorio di Gelateria Artigianale



# Grottole



Grottole is a village of 2,100 inhabitants at the top of the Lucanian hills in Basilicata. The name probably comes from 'Cryptulae', a Latin word meaning 'small caves', places still used by skilful craftsmen who make clay vases. Crossed by the Via Appia, it was once a crossroads of people and economies from north to south. Inhabited since prehistoric times with a rich Roman and medieval history. Today its historic centre has only 300 inhabitants and has 629 abandoned houses.

**0.1 Terracotta** Discover Grottole's ancient terracotta tradition. Take a tour of the ancient portals and be guided by Nisio in the use of the potter's wheel.

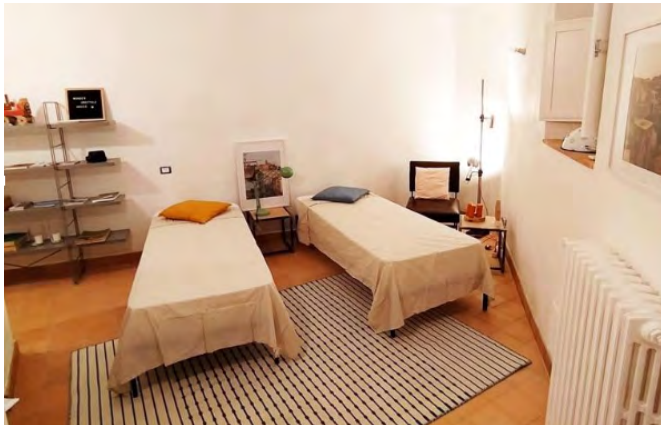




# Our accommodations

## 0.2 Wonder House

Visit the Wonder House, the first house in the historic center to be reclaimed by Wonder Grottole.



Click [here](#) for an online map



**0.3 Wonder Bee&Bee** Have you ever visited a little wooden house surrounded by a million bees? Relax with bee-sound and

bee-aroma inside the micro-architecture created by artist Davide Tagliabue.



# Things to do in Grottole

**0.4 Discover the historical centre** through the striking narrow streets and wide views. Enjoy a walk sprinkled with colorful legends, myths and mysteries.



Click [here](#) for an online map



**0.5 Beekeeping** meet Rocco to become a beekeeper for a day and taste organic honey.

**0.6 Walk with Vincenzo through the olive orchards** sit under the trees and taste the olive oil on a bruschetta.



# Things to do in Grottole

**0.7 Follow the path of the old pilgrims** through the countryside and reach the top of the hill at the Abbazia di Sant'Antonio Abate.



**0.8 Visit the cave cellars** of "Rione L Irutt" with Silvio, explore the methods of wine processing and enjoy a glass of "vino rosso".



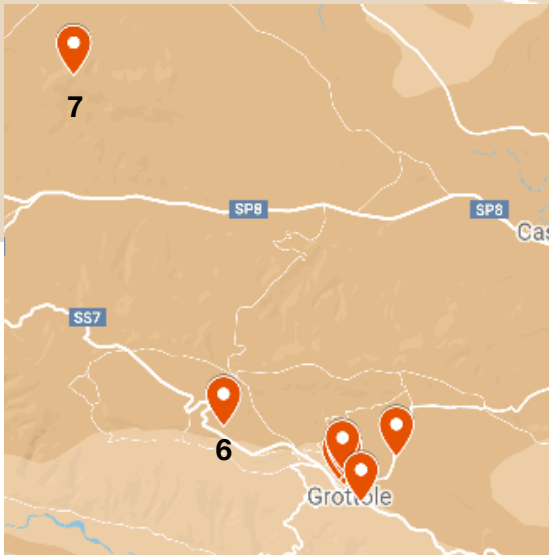
Click [here](#) for an online map





# Online map, [click here](#)

1. Terracotta
2. Wonder House
3. Wonder Bee&Bee
4. Discover the historical  
centre
5. Beekeeping
6. Walk with Vincenzo  
through the olive orchards
7. Follow the path of the old  
pilgrims
8. Visit the cave cellars





# Things to do in Basilicata and nearby

## 0.1 Lucanian badlands

[teatrodeicalanchi.com/](https://teatrodeicalanchi.com/)

Walk on the seabed of an ancient ocean. Lucanian badlands will amaze you with their moonscapes. And why not also discover them at night with a totally unplugged theater festival?



Photo credits Raffaele Contini

## 0.2

### Arbëreshë culture

<https://meamemoria.it/>

An ancient Albanian community has lived in some regions of southern Italy for centuries. In Civita you can discover a unique culture thanks to Stefania and the Arbëreshë Ethnic Museum.



# Things to do in Basilicata and nearby

## 0.3 Oasi WWF of Policoro

[oasiwwfpolicoro.net/](http://oasiwwfpolicoro.net/)

Be guided through a protected area overlooking the Ionian Sea to a place where flora and fauna of the ancient Pantano Forest are preserved.

Get to know the loggerheads, turtles that lay their eggs every year in this corner of paradise.



## 0.4 Art and mountains

[artepollino.it](http://artepollino.it)

Explore Pollino National Park in search of contemporary art installations created by artists from around the World.

## 0.5 Planetarium of Anzi

[planetarioanzi.com](http://planetarioanzi.com)

Observe the celestial vault from the summit of Mt. Siri. The Planetarium Astronomical Observatory of Anzi is ready to guide you to discover the stars.



# Things to do in Basilicata and nearby

## 0.6 Craco [oltrelartecraco.it](http://oltrelartecraco.it)

Explore the ghost town Craco in the middle of the Calanchi area. Old palazzi full of remote and authentic charm and 007 filming location.



## 0.7 Pollino Park [rivertribe.it](http://rivertribe.it)

Immerso nella natura, vivi un'eslmerse in nature, have a unique outdoor experience in the heart of the Nation Park Pollino with Antonio and the River Tribe crew.



# Things to do in Basilicata and nearby

## 0.8 Vulture [poderemalvarosa](#)

Walk in the scenery of the Mount Vulture, an extinct volcano, and taste a good glass of Aglianico -DOC wine. Enjoy stories told by Raffaella and her friends.



35



## 0.9 Costa Jonica - Ionian Dolphin Conservation [joniandolphin.it](#)

Become a researcher for a day to preserve and protect the dolphins of the Jonian Sea with Carmelo and the team of Jonian Dolphin Conservation.

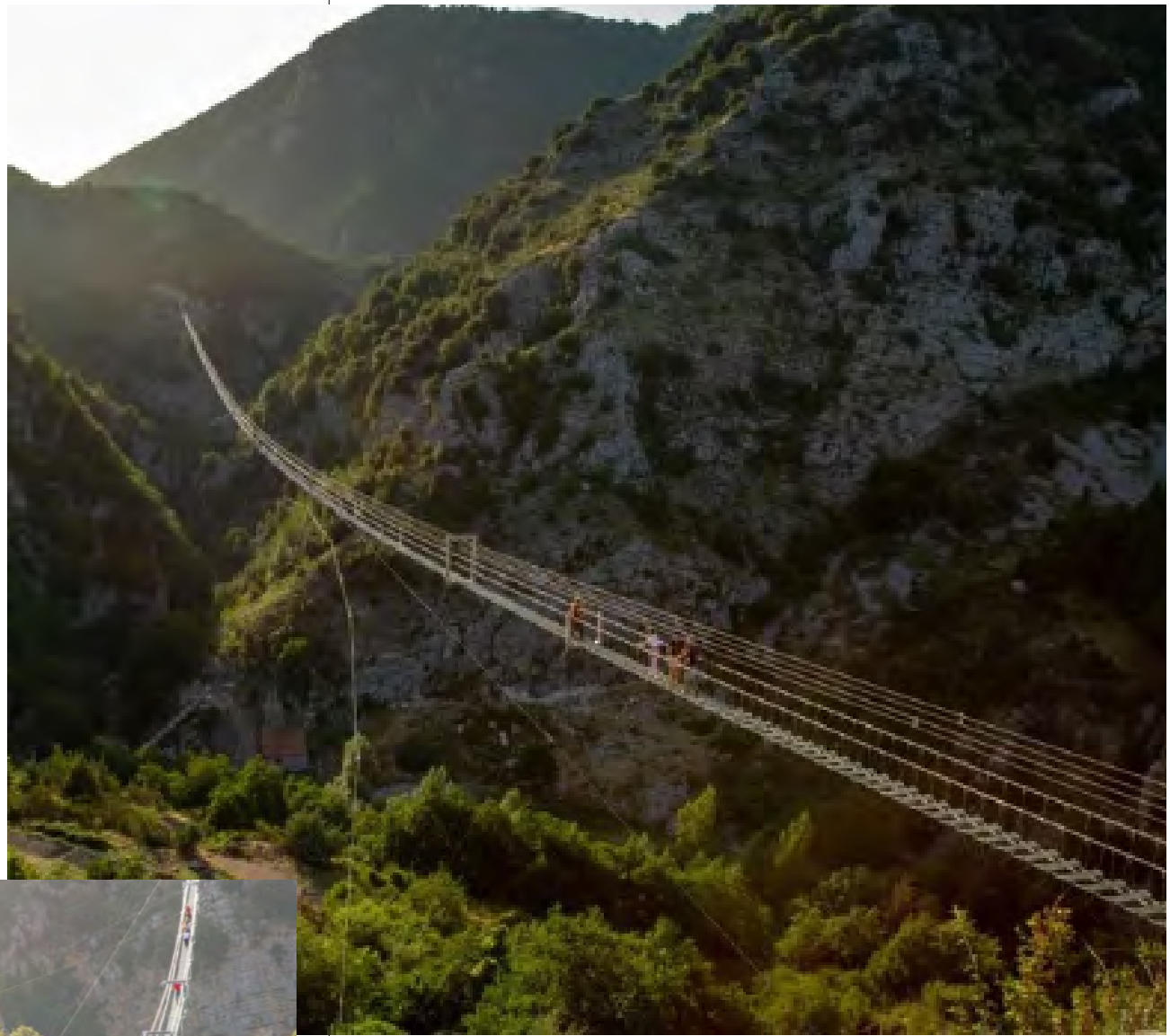
## 10 Dolomiti Lucane

[volodellangelo.com](#) Zipline from one mountain top to another, between two cliff-top villages that reflect the shades of the sandstone rock at different times of the day.

36



# Things to do in Basilicata and nearby

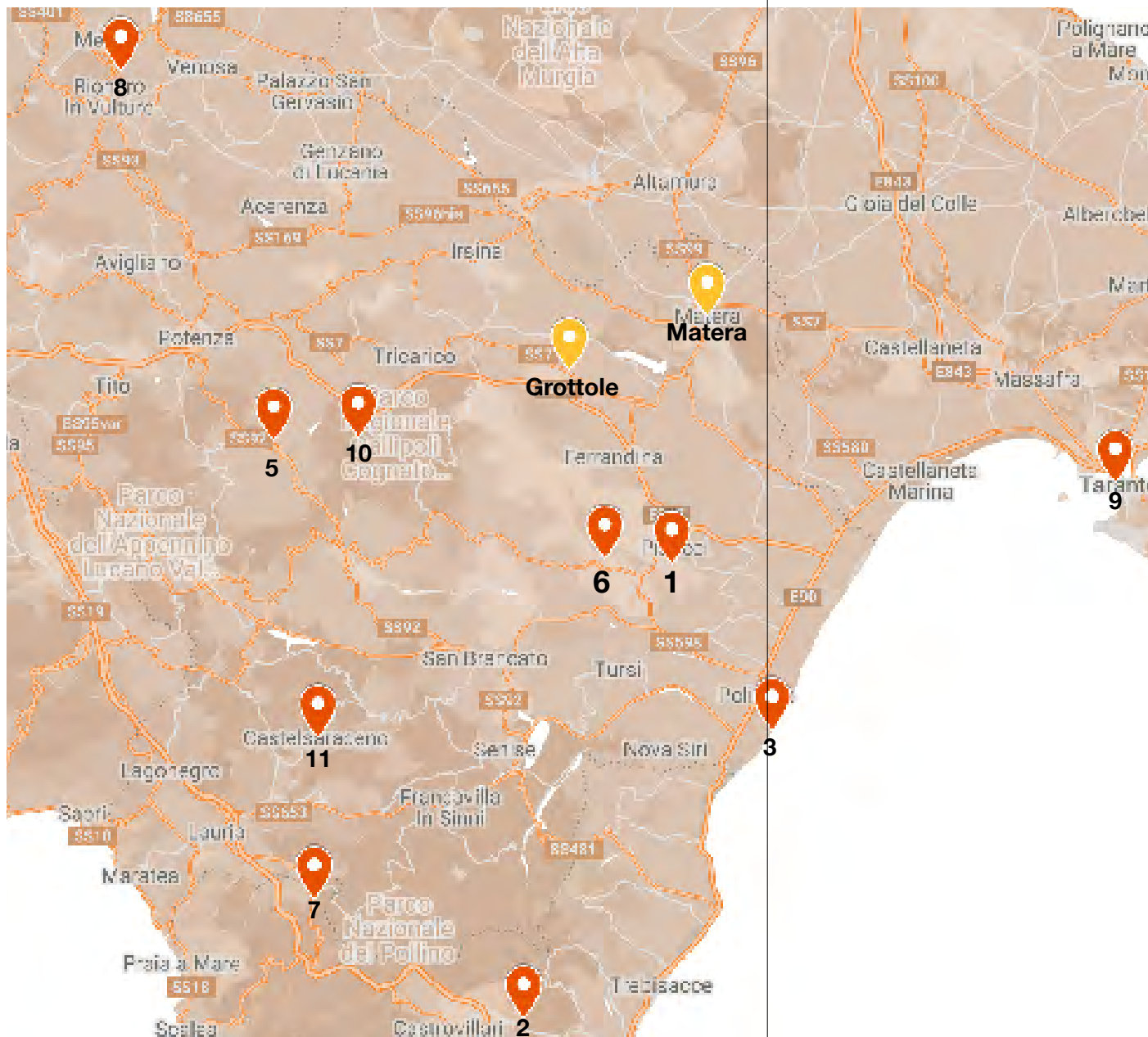


## 11 Castelsaraceno

[visitcastelsaraceno.info](http://visitcastelsaraceno.info)

Walk across the world's longest Tibetan bridge, at 586 meters long and 80 meters high or, stay with your feet firmly on the ground and visit the local Museum of Shepherding.

# Online map, click here



- 0.1 Lucanian badlands
- 0.2 Arbëreshë culture
- 0.3 Oasi WWF of Policoro
- 0.4 Art and mountains
- 0.5 Planetium of Anzi
- 0.6 Craco
- 0.7 Pollino Park - River Tribe
- 0.8 Vulture - Podere Malvarosa
- 0.9 Costa Jonica - Ionian Dolphin Conservation
- 10. Dolomiti Lucane
- 11 Castelsaraceno



# Guide

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**WONDER  
GROTTOLE**

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