

Looking for an appropriate destination for the biking holiday I had been planning for a long time, I found cilentoferien.de. The site has a user-friendly design and the wide range of accommodations made it easy for me to find something suitable. Thus, I booked a week at La Loggetta in Marina di Campagna, a district of Pisciotta.

Confirmation of booking and bankruptcy insurance policy as well as a Cilento travel guide arrived promptly and on the phone I was informed in a qualified and friendly way.

The accommodation: La Loggetta is run by family Puglia-Fedullo who made a very nice impression on me. They did their best to overcome the language barrier, as my knowledge of Italian was not too good then. The rooms were clean, and comfortable enough for my needs. I had booked breakfast which did not quite meet with my expectations, but in retrospect I was not surprised as this meal is rather unusual in Italy. What I found particularly positive was the quiet and the pleasant atmosphere as well as enjoying the view of the sea from the terrace. Unfortunately, the incline up to the road was a bit arduous and, as I was there by bike, a bit of a disadvantage. This is the only reason for me to choose a different accommodation next time.

The region: I found exploring the Cilento (even if only a small part) on bike a particular experience. With the aid of a good map and the really helpful Cilento guide, you can get to know the nearly untouched Southern Italian atmosphere thoroughly. There are breathtaking views if you go deep into the nature park and there are dreamlike coastal routes to be discovered. The only drawback is the omnipresent waste which is to be found even in remote villages. But, in order to understand, you must look into the system and the people's mentality.

My tips: At the harbour of Marina di Camerota, a café sells the most delicious ice cream I have ever eaten. An absolute must-be are the excursions, starting at Cape Palinuro, to the grottos of the cape as well as dining at the "Tre Gufi" in Pisciotta at least once. Besides the routes found in the Cilento guide, I recommend to racing cyclists my favourite route: From Pisciotta to Marina di Ascea, then along the coast to Marina di Casal Velino, from there inland via Aquarella, Drodo Cavello Mauro to San Giovanni (always uphill) in order to then enjoy the most awesome descent via Celso and Pollica to Acciaroli.

Last but not least: The Cilento is most suitable for bicycle racing. Good road conditions, challenging tours and not much car or tourist traffic.

I will surely be en route there again next year.

Finally, my thanks to Cilento-Ferien.

Ringo G., Potsdam, La Loggetta, October 2009