Mormanno

21 km

Morano Calabro
A steep medieval labyrinth capped by dramatic Norman ruins

Cupone

Cosenza

Tropea
Clifftop historic centre, turquoise waters and sugary white beaches

Roghudi Vecchio
An abandoned town clinging ghost-like to steep, craggy slopes

Reggio Calabria

FINISH

Gerace
Pretty hilltop town with an outsized 11th-century Romanesque cathedral

START