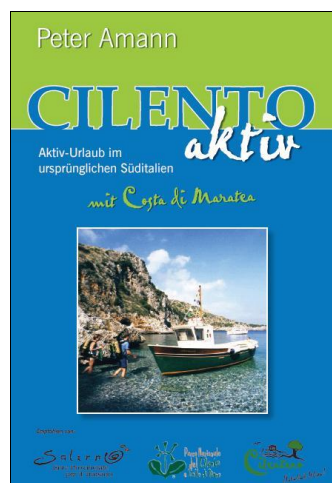


Peter Amann
**Cilento—Active Recreation
with Costa di Maratea**
**Activity Holidays in
the authentic region of Southern Italy**

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About the book.

The Cilento—one of the most beautiful landscapes in Southern Italy (in the region of Campania)—is very tempting with a really unpolluted sea, lonesome beaches, olive groves, densely wooded mountains and crystal clear rivers.

A country-style *Dolce vita* is found in charming little ports and isolated mountain villages. Many parts have been under protection since the 1990s under the name of “Parco Nazionale del Cilento e Vallo di Diano” and have been listed by the UNESCO as a World Heritage Site and biosphere reserve.

The renowned expert for Southern Italy and author Peter Amann describes in his guide “Cilento—Active Recreation” the most beautiful hiking and cycling tours and reveals a lot of insider tips (bathing beaches, diving, excursions on horseback, paragliding, caving, restaurants etc.) in order to experience a memorable activity holiday.

The 3rd edition of the guidebook contains further tips and hiking tours in the Cilento—and has been enlarged by the area of “Costa di Maratea”.

This tourist and hiking guide is recommended by the management of the national park “Parco Nazionale del Cilento e Vallo di Diano”.

About the author.

Peter Amann, born in Kronstadt in 1962, lives in Munich and after his studies in geography, botany, archaeology and history of art in Munich and Rome he is working as courier of study trips, author, and photographer throughout the world—especially in Southern Italy and Sicily.

Among his numerous publications in several publishing houses, tourist and hiking guides about Campania, Calabria, Apulia and Sicily are to be mentioned in particular. He has known and esteemed the Cilento area in the southern Italian region of Campania for many years.

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