

Italy: Calabria

Calabria is one of the remaining untouched touristic areas of Italy. Located at the 'toe' of Italy, Calabria has an amazing diversity of scenery with beautiful white sandy beaches, jagged cliffs, fertile vegetation and rugged mountains. It is a charming and unspoilt part of Italy which is waiting to be discovered.

The History of Calabria

The history of Calabria dates back to ancient empires such as the Romans, Greeks, Normans and Byzantines.

Over the centuries, this mountainous landscape has witnessed many Empires come and go. The area is littered with the ruins of fortresses that once guarded against marauding Turks. Located high upon hilltops they've been the victims of earthquakes but some crumbling walls still remain.

Mountain villages still exist today and their inhabitants give a unique glimpse of the way things used to be. Customs and dress have remained unchanged for centuries, and you can see a traditional way of life in practice. The language of the region is influenced by the Balkan minorities who live here, so may be unfamiliar even to Italian speakers.

Many things have been handed down through the generations in Calabria, not least of which are the numerous festivals that take place throughout the year. From patron saints to food, there is a festival to celebrate almost everything and you're likely to catch one whatever time of year you visit. There are processions, banquets and galas and many of the stories they celebrate date back centuries. The rites and rituals are as much a part of the landscape as the people themselves, but if you ask they will happily share their customs with you.

The Beaches

Jagged cliffs tumble down into the sea offering exclusive little white sand beaches, rocky grottoes and turquoise waters. At the same time, if you are looking for larger, family oriented beaches there are plenty to choose from. You'll find the unique Italian 'Lido' beaches where you'll be offered sun beds, parasols, a bar service, kids clubs and babysitting as well as beach games to keep the family amused.

The Food

Calabria is famed for having the spiciest food in Italy and it is packed with flavour. Good old fashioned Italian food just as Mama used to make, in a region where glorious sunshine and a fine climate undoubtedly help the Calabrese people to cultivate superb fresh produce. Bright red chillies, polished green peppers and red onions are often seen hanging in shops before finding their way into tasty local recipes passed down through the generations.

The food here is both lively and exquisite. A spicy meat sausage called Ndjua is a firm favourite among locals and often served in pasta sauces. Sagna Chine is a delicious lasagne with artichoke and meatballs and another preferred dish is Zuppa di Cipolle an onion soup with Italian brandy. Pasta All'arrabbiata, roughly translated as 'angry pasta', is so called due to its hot and spicy pepper packed tomato sauce.

Calabrian cuisine is everything you know about Italian food and more. One of the healthiest and most delicious in Europe!

The People

The Calabrese people will welcome you to their region and treat you as friends. In particular they will love the children. They are traditionally hospitable and very keen to show off the beauty of their region and to share it with you.

Sport & Leisure

You'll find a very wide range of sport and leisure options in Calabria.

Water sports include snorkelling, windsurfing, sailing and deep sea fishing and you'll find numerous specialist diving centres.

Out of the water, golf is becoming more and more popular. There are two courses near to Reggio de Calabria and plans are in place for excellent new courses to be built.

Skiing can be enjoyed in the winter months in the Sila and Aspromonte mountains.

The Climate & Temperature

The climate of Italy is as varied as its history and culture - from the Mediterranean heat of Venice in summer to the cold, wild and snowy valleys of the Alps. Whether you're seeking adventure or just want to bask in the sun, Italy offers a spectrum of weather to match the changing moods of the landscape.

Experiencing the stunning backdrops of city and sea, mountains and meadows in all their seasonal finery is one of the most enjoyable aspects of moving to Italy.

Month	Temperature	
January	61°F	15°C
February	60°F	14°C
March	63°F	17°C
April	63°F	17°C
May	70°F	21°C
June	79°F	26°C
July	87°F	31°C
August	87°F	31°C
September	85°F	29°C

October	77°F	25°C
November	68°F	19°C
December	62°F	16°C



Ohlsson
Properties International
