Wild Basilicata, an Italian Family Adventure

Trip Code: FIB

Version:

MULTI ACTIVITY	FAMILY	LEISURELY
MA		3



HIGHLIGHTS

- Stay in an atmospheric cave hotel in the heart of magnificent Matera
- Get your adrenaline fix with some gorge walking and white-water tubing in the Pollino National Park
- Spend a morning hunting for the tracks of elusive wolves, boar and deer in their wooded mountain

habitats
- Sea kayak in calm waters around the coves and headlands of the quiet coastal town of Maratea

AT A GLANCE

- 7 nights
- walking rafting and gorge walking
- sea kayaking and a cookery lesson
- sea and river swimming
- Join at Matera

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

From the ancient hilltop caves of the UNESCO World Heritage site of Matera, through the wild loricato pine forested slopes of the Lucanian Dolomites, to the coast at Maratea, where the bright blue Tyrrhenian Sea laps against the cliffs and coves of the shore. This week has it all for children and parents alike. We have a night in a cave hotel, a cookery class delivered by an incredible local Italian cook, an animal tracking walk, river tubing, gorge walking, sea kayaking, as well as plenty of opportunities for swimming, zip wires, beach time, and some wonderful family meals out, in some of secret Southern Italy's most beautiful towns and villages.

Is this holiday for you?

This trip is a taster of one of the wildest corners of Italy. There are some really great activities for all of the family to get involved with, but with plenty of downtime built in too, for independent exploring either as a group, or in your own independent family units.

Basilicata is Italy, off the beaten track. We'll spend much of our time involved in family friendly activities that will get the adrenalin pumping for the kids, in a safe and controlled environment. All safety equipment is provided throughout, by trusted suppliers. We'll stay in small or family run functional accommodation, chosen for their excellent locations.

Itinerary

Version:

Holiday Information

What's Included

- 7 nights in a double/family room with breakfast
- English speaking leader throughout
- All equipment required for tubing, gorge walking and kayaking
- Cooking class
- All land transport required by the itinerary

What's not Included

- Travel insurance
- Travel hub transfers
- All lunches except picnics on day 4 & 5, all dinners and drinks
- Optional activities as stated in itinerary
- Tips and personal extras

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Join at the first night hotel in Matera. The nearest airport to Matera is Bari (BRI). A bus from here leaves every couple of hours and takes 1hr 15mins to reach Matera, and costs just a few euros per person. Check timetables for connections before booking your bus journey at www.omio.com. It is also possible to reach Matera by train (Matera Centrale) from many locations across Europe, explore your options through www.trenitalia.com.

The nearest airport for the return journey is Salerno (QSR). A train from Maratea to Salerno leaves every 45 mins or so. Upon reaching Salerno, you will need to make a short transfer to the airport via taxi, both legs of the journey cost between 10-20 euros per person. The train journey takes approximately 1 hour along the scenic coast. You can book your tickets in advance at www.trenitalia.com. **but please don't book any tickets until your trip has been guaranteed and confirmed.**

Meal Plan

All breakfasts and 2x picnic lunches are included in the itinerary. Cooking class and gelato creations will also be included as part of the experience. All other meals are at own expense.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Italian food is famous the world over. Alongside the regular pizzas, pastas, and gelato, there are many local dishes to try. Basilicata is known particularly for its pasta heritage, arguably the first producer of the famous carb, although Emilia-Romagnans would argue otherwise (!) Regular shapes include cavatelli, as the name suggests, like little caves or hollows (although they look like conch shells on the plate, and orecchiette, little ears, also a rolled pasta shape, perfect for holding the flavours of a wide range of tasty sauces. Inland in Basilicata, these are often meaty and rich, lamb (agnello) and pork (maiale) are used regularly in pasta dishes, but also stews, whereas closer to the coast, fish makes it's way onto the menu, utilising the fish and seafood caught regularly in the Tyrrhenian Sea. The most beautiful and impactful of local specialities however, has to be the peperoni cruschi. Hanging from sunny verandas all across the region you will likely find strings of sweet red peppers baking dry in the warm summer sunshine. Once dried they are crushed and added to almost anything served on a plate to add a sweet and smoky (but not spicy) crunch to most dishes.

Accommodation

We have selected small independent and family run guesthouses throughout, on this trip, which allows us to be in or near the centre of most of the villages and towns along the way. The rooms are either double or family rooms to fit with your group size, and will be functional but perfectly formed. What these guesthouses lose in facilities, they make up for in location. For example, in Matera we stay in a cave hotel overlooking the Sassi, and at Maratea, we stay in a cosy B&B nestled in a small square in the old town. They are all perfectly placed to allow for easy access to all the activities and entertainment on this great trip in undiscovered southern Italy.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader throughout. For the rafting and gorge walking, an additional instructor will join the group.

Spending Money

You will need spending money for drinks and meals out. A typical evening meal will cost around 40EUR per person, drinks are similar in price to UK prices, and you may also wish to purchase souvenirs along the way also. There will be ATMs available along the way, but you may wish to change your money into Euros for a better rate ahead of your trip. Card machines are widely used here, and post covid are preferable in many places, as a means of non-contact payments, so a worldwide interest free credit card may also be useful.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' for good service. It is important to remember that tipping is voluntary and should be dependent on good service. We estimate around 10EUR per family member.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Private Groups Information

Make this KE family holiday your own!

- Choose your own departure date
- Travel on this holiday with just your family and friends
- Tailor your holiday by adding extra days for relaxation or upgrade your hotels

If our standard dates do not fit with your school holidays or you wish to travel with just your family or with your family and friends, we will be pleased to set up a private departure for any of our family holidays.

Depending on what you are looking for we can look at tweaking the itinerary to allow you some extra relaxation time or upgrading the hotels. Our personal service means you'll be fully involved as we make the arrangements for your perfect family adventure holiday.

Independence with Security

Travelling as a KE private family group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for you and your family and friends by a reputable adventure travel company.

To take your first step to an amazing adventure with your family and friends complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the ‘baggage allowance’ section for further details.

YOU SHOULD BRING THE FOLLOWING ITEMS:

Walking shoes or trainers

Sandals, water shoes, or shoes that are comfortable when wet for rafting

Lightweight walking trousers / shorts / skirt

T-shirts and/or casual shirts

Loose-fitting, long-sleeved shirt with collar (for sun protection)

Socks & Underwear

Lightweight waterproof jacket & overtrousers

Fleece jacket or warm jumper

Sunhat

Warm hat

Sunglasses

Daypack 25-30 litres (depending on how much of the kids' stuff you want to carry)

Sun protection

Insect repellent

Water bottles (approx 2 litre per person) (we encourage re-filling water bottles rather than single use plastic)

Washbag and toiletries.

Swimwear

Swim towel

Torch and batteries

Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

THE FOLLOWING ITEMS ARE OPTIONAL:

Camera

Rash vest

Goggles

Snorkel and mask

Flip-flops

Reusable cloth bag for shopping (to avoid plastic bags)

NOTE:

All specialist equipment required for the activities on this holiday are provided.

Why Choose KE

Why KE?

We're always looking for that next destination, the one that we know families will love, but perhaps haven't discovered yet. For us, Basilicata is it. This trip provides all of the charm, pristine beauty and ancient history that makes Italy so special, in a corner of the country that few of us will have reached. Come with us on a wild Italy trip like no other.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change