Paestum & visit to a Buffalo Mozzarella farm

Paestum & visit to a Buffalo Mozzarella farm



Duration: 3h · Type: Classic

Starting from the port of Salerno, you will reach the Sele plain, a vast agricultural expanse stretching between the Tyrrhenian Sea and the foothills of the Apennines. This discreet plain, often crossed without stopping by hurried travelers, hides two of southern Italy's most beautiful treasures.

The archaeological site of Paestum will welcome you in a silence that few ancient sites can offer. Three Greek temples from the 5th century BC, among the best preserved in the world, rise from the plain in their original setting. The Temple of Neptune, considered by many specialists to be the best-preserved Doric temple in the world, radiates a serene perfection untouched by two and a half millennia. Your guide will explain its refined proportions and the history of this prosperous Greek colony that thrived here long before Rome became Rome.

A few minutes away, a traditional farm will open its doors at the very moment production is in full swing—because mozzarella is made early, using milk from the morning milking. You will witness the "filatura," or stretching process: artisans immerse the curd in boiling water and work it by hand with swift, precise gestures, stretching and folding the elastic mass until achieving the smooth, glossy texture characteristic of fresh mozzarella.
The tasting that follows, featuring the farm's products, is one of those simple and unforgettable experiences that cannot be found in restaurants. Return to the port of Salerno.

PLEASE NOTE

- Wear comfortable, sturdy walking shoes.
- The order of the visits can change.
- Times are approximate.