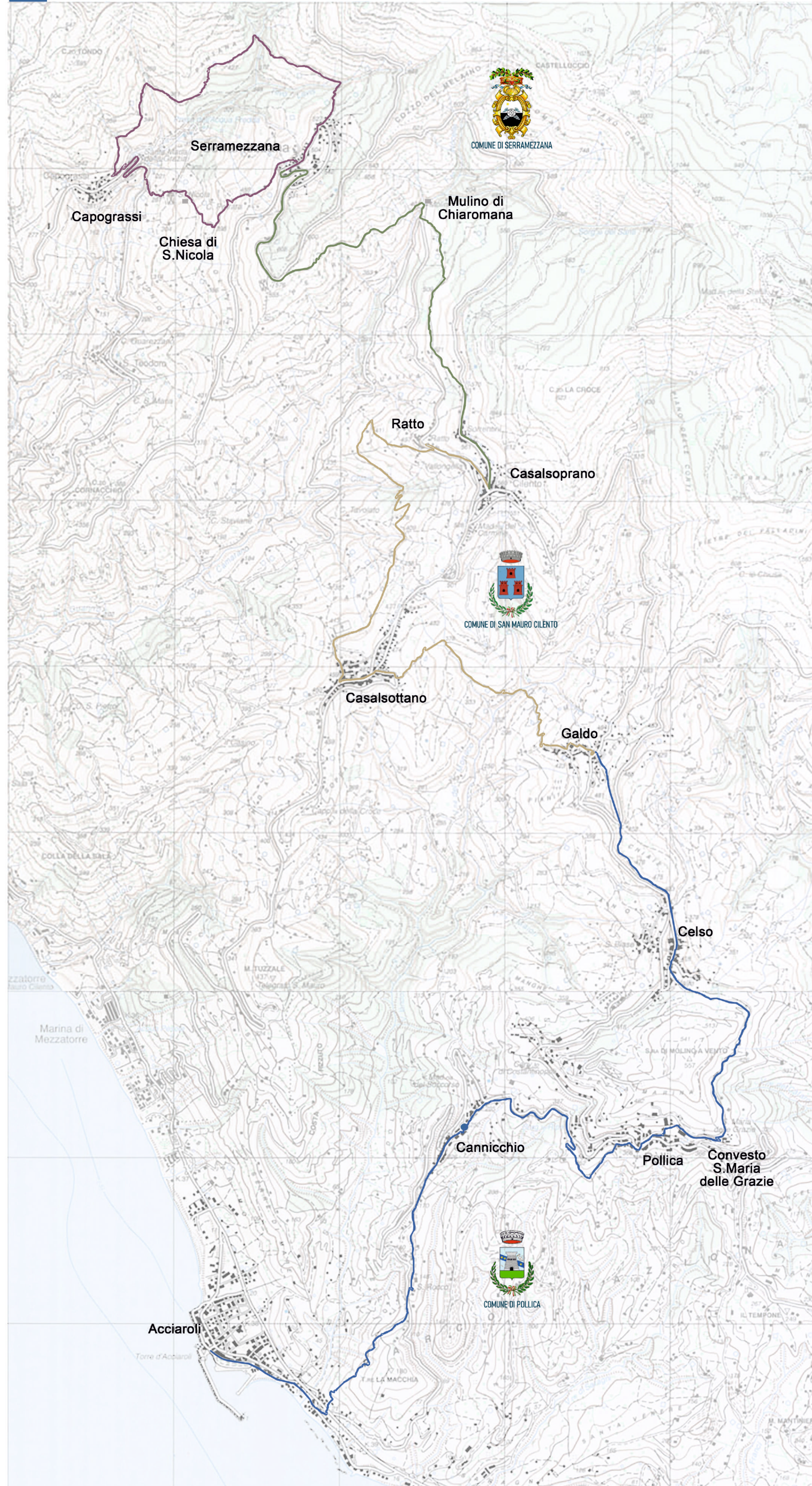
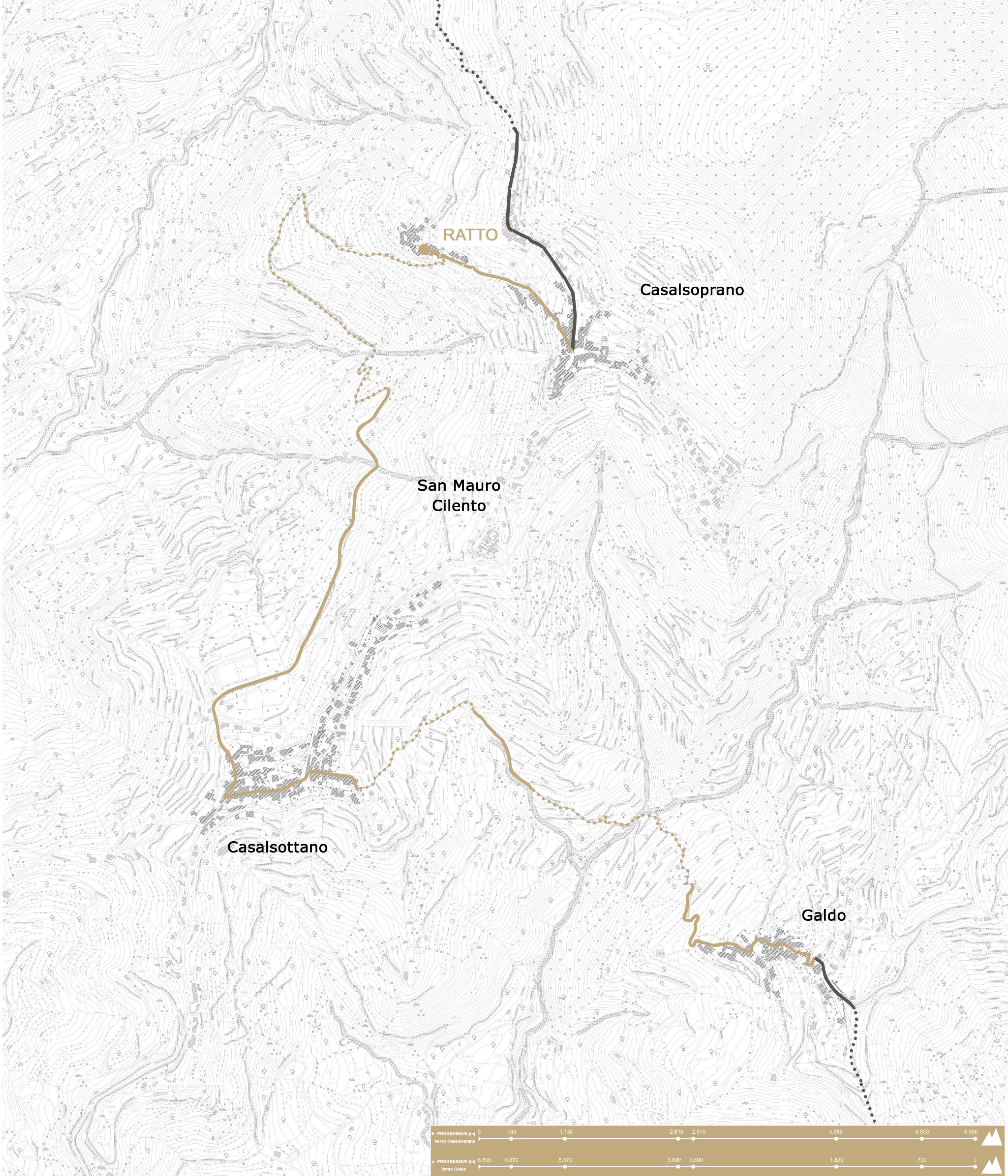
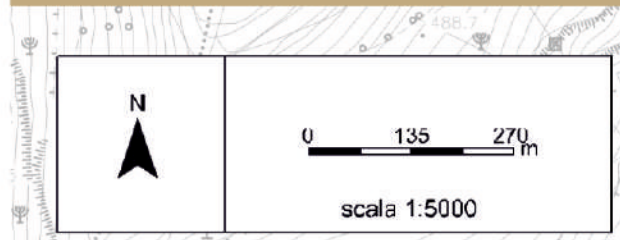


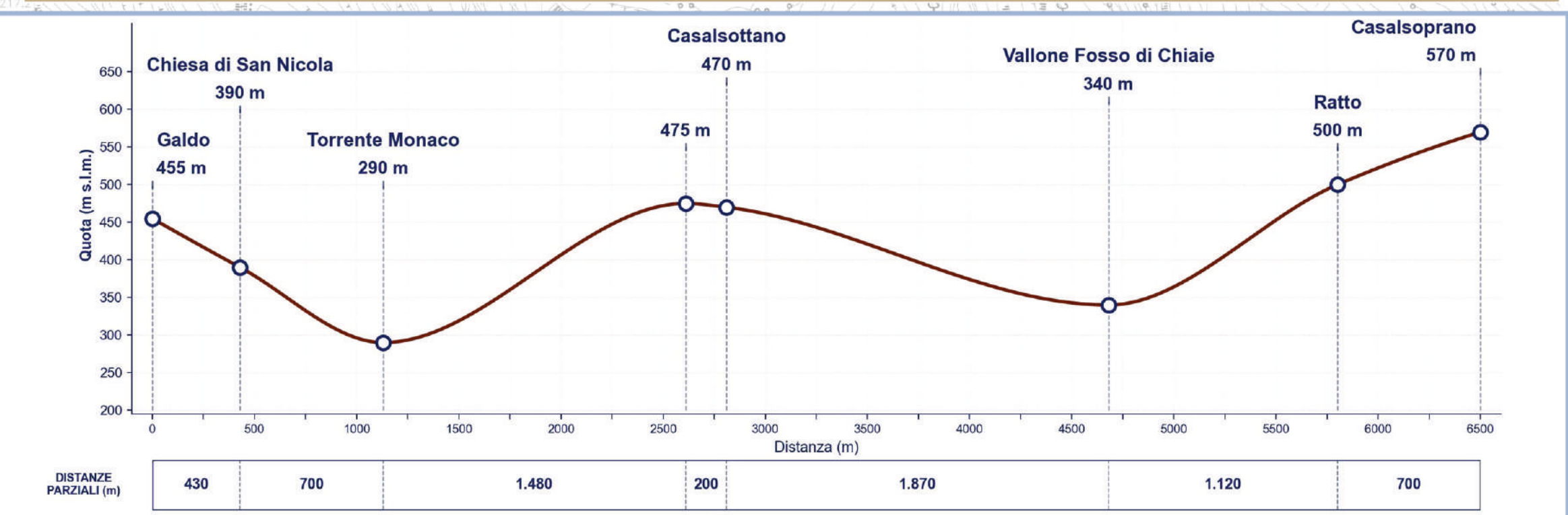
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- TAPPA- STAGE 1| Acciaroli -Galdo
- TAPPA- STAGE 2| Galdo- San Mauro Cilento
- TAPPA- STAGE 3| San Mauro Cilento-Serramezzana
- TAPPA- STAGE 4| Anello Serramezzana - Capograssi



- STRADA ASFALTATA - PAVIMENTATA IN PIETRA
PAVED ROAD - STONE PAVED ROAD
- STRADA STERRATA - SENTIERO
DIRT ROAD - TRAIL
- POSIZIONE ATTUALE
CURRENT LOCATION



	Equipaggiamento - Usa calzature e abbigliamento adeguati		Equipment - Wear suitable footwear and clothing
	Meteo - Controlla le condizioni meteo prima di partire		Weather - Check weather conditions before departure
	Acqua - Porta con te acqua sufficiente		Water - Carry enough drinking water
	Segnaletica - Segui esclusivamente i sentieri segnati		Trail Signs - Follow marked trails only
	Sicurezza - Evita percorsi oltre le tue capacità		Safety - Avoid routes beyond your abilities
	Fondo insidioso - Prestare attenzione in caso di terreno battuto o sdrucciolevole		Slippery surface - Use caution on wet or slippery ground
	Strada carrabile - Prestare attenzione ai veicoli in transito		Road section - Watch for passing vehicles
	Rifiuti - Riporta tutti i rifiuti con te		Waste - Take all waste with you
	Natura - Non raccogliere piante e non disturbare gli animali		Nature - Do not pick plants or disturb wildlife
	Fuochi - Vietato accendere fuochi		Fires - Lighting fires is prohibited
	Cani - Tieni i cani sotto controllo		Dogs - Keep dogs under control
	Silenzio - Evita rumori molesti		Silence - Avoid disturbing noises

I PERCORSI DELLA VITA MEDITERRANEA					
The Paths of Mediterranean Life	Stage 1 - Da Acciaroli a Gaido	Stage 2 - Da Gaido a Casalsoprano	Stage 3 - From Casalsoprano to Serramezzana	Stage 4 - Anello Serramezzana - Capogrossi	Stage 4 - Loop trail Serramezzana - Capogrossi
Distanza (km) / Distance (km)	8,7	6,5	4,25	5,7	
Salita / Ascend (m)	540	415	170	320	
Discesa / Descent (m)	110	305	225	320	
Dislivello totale / Net elevation gain (m)	455	290	170	225	
Quota minima (m s.l.m.) / Minimum elevation (m a.s.l.)	290	3	405	405	
Quota massima (m s.l.m.) / Maximum elevation (m a.s.l.)	485	575	570	543	
Livello di difficoltà / Difficulty Level *	E - Escursionistica / Moderate	E - Escursionistica / Moderate	E - Escursionistica / Moderate	E - Escursionistica / Moderate	

Il percorso è segnalato e si sviluppa prevalentemente su sentieri e strade sterrate ma comprende anche tratti di strade asfaltate. Non presenta difficoltà elevate ma richiede comunque una buona condizione fisica, attitudine al camminare in montagna, cautela nonché uso di calzature e indumenti adeguati.

The route is marked and follows mainly trails and dirt roads, but also includes stretches of paved roads. It's not particularly difficult, but requires good physical condition, mountain hiking skills, caution, and the use of appropriate footwear and clothing.



Fonti storiche e documentali: bibliografia locale, pubblicazioni, siti web istituzionali e testimonianze della tradizione orale.



The name "Ratto" has an uncertain and fascinating origin. The most widely accepted theory among local historians does not refer to the animal, but derives from the Latin *raptus* (meaning "rapi," "steep"), a term that perfectly described the arid, steep, and perched morphology of the rocky ridge on which the first tower houses were built.

In the heart of Ratto is the Living Museum of the Maschkarata; housed in the old 17th-century olive mill of the Feo family, this exhibition space preserves, showcases, and tells the story of the Rural Carnival of San Mauro Cilento, a centuries-old tradition so important that it has been officially included in the Inventory of Intangible Cultural Heritage of Campania.

Historical and documentary sources: local bibliography, publications, institutional websites, and oral tradition testimonies.

