

The Great Beauty

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Produced by: SD Cinematografica

Duration: 78 x 26 min.

Versions: 

Format: HD & UHD

Ours is an age in which a simple click is all it takes to download lots of information, and deepen one's knowledge and learning from the Internet. Today, everything tends to be globalized, to merge, to level cultures, social activity and behaviour. Precisely for this reason, more and more people are looking for "something different", the places lived by curious people from a far off time, rich in squares, theatres, shops, cafes, and restaurants; places of the spirit, inhabited by artisans who are passionate about their work, where people still know how to recognise the slow, beneficial succession of the seasons, where they eat seasonal products, that respect both flavour and health, and enjoy the spontaneity of living together as a community. These reflections, together with a search for little known places in Italy, gave rise to a journey through the "boot" in the middle of the Mediterranean, discovering hidden towns rich in ancient traditions, where the secrets of the delicious local cuisine, traditional crafts and folk music are still passed down from generation to generation by residents who have not given up their cultural identity, or the traditional ways of cultivating the land or riding the waves of the sea that laps at their villages; people who still carry on an "alternative" and "non-globalized" popular culture that otherwise would be lost. This series of documentaries of 26 minutes each explores these places and their characters.



Episodes:

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Episodes



Hydro-Eden

There are unexpected places to be found in Italy: there is no need to go to far away countries or seek out unexplored, untamed lands, or even look for them in parks or protected areas. These are places that are created by chance, by a landslide, a flood or other natural disaster that suddenly cuts off an area of land until it is forgotten by man. And so it is given back to the animals, who return as if to their own paradise on earth, no longer fearing even the seasons. A paradise born of the only element able to produce life on its own, a paradise of water.



The landscape with the orange flag

There's a land between the mountains and the sea, right at the Italian border with France, that recently has become a Regional Park. Its peculiarity, together with the great variety of its environments, is the presence of a landscape that has been colonized by man for centuries and that now has partially gone back to its wilderness: a landscape now protected, which has also been awarded with the Touring club "orange flag" for three of its beautiful villages. A twenty-year old breeder and a young naturalist with a passion for bats, together with a repentant fisherman who studies the river prawns and an old lady who cooks following the ancient tradition of the "white cousine", will guide us in this wonderful park at the border.



Primiero and San Martino di Castrozza

Dominated by the legendary peaks of the Dolomites, such as the Pale di San Martino, lies the Valle di Primiero, which borders on Veneto and Alto Adige. In winter, among these mountains there are still those who, like Silvana, carry on the snow an authentic relationship between man and nature. Immersed in the scenery of the Paneveggio Natural Park stands, instead, San Martino di Castrozza, loved by nobles and artists, a historic destination for the pioneers of modern alpinism. Around San Martino, the plateaus are covered with old trees, especially firs and pine pines, even sought after by Stradivari for its violins. Nestled in the Valle del Primiero is also the village of Mezzano, where you can admire impressive piles of wood: the famous songs. Stacking is an ancient custom, as is weaving, an art carried on with passion by LUCIA. North of the Valle di Primiero is Siror. Here, the typical flavors are those of the fumada meat, produced for over forty years by the butcher shop inherited by FRANCESCO BONELLI. Another place in the Valley where tradition and creativity walk together is a craft brewery, managed by FABIO together with his friend NICOLA. Between Primiero and San Martino, the flavors are still genuine, like that of the Cheese of Primiero, used in the kitchen by the chef LUCA SIMONI. Among these rock giants, in the Valle del Vanoi, the houses have preserved ancient structures and original elements, such as the frescoes left by passing travelers. Here, CARLA and her husband Ivano, have maintained the customs of the past, when each family raised cattle for their livelihoods. With the advent of modernity, the small breeders gathered and founded the Caseificio di Primiero, where the Trentingrana PDO cheeses and the famous Tosela are produced. These places were frequented even by the Welsperg counts who chose to build a magnificent villa in the park of Paveneggio; but, above all, by the well-known writer Dino Buzzati. A large library, dedicated to him, is present in Villa Welsperg and represents a tribute to the memory of this great man of letters. Finally, in the Valle del Vanoi, MARIANO also decided to carry on a craft business, and build snowshoes for the snow. Thus, surrounded by beauty and admiring these mountains, we can only share the reflection of Dino Buzzati, who was stuck in his notebook: "Are they rocks or are they clouds? Are they true or is it a dream? "



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Val di Fassa

At the north-eastern border of Trentino, surrounded by the mountains of Catinaccio, Sella and Marmolada, lies the Val di Fassa. In a magnificent basin, lies the village of Canazei, with its ancient wooden houses and the charm of many frescoes left by travelers coming from beyond the Alps. Dominated by the Gran Vernel massif, Canazei has preserved unspoiled nature and the inhabitants often perform more than one trade. This is the case of GIACOMO CIOCCHETTI, a winter gaitista and manager of a high altitude estate during the summer. In Val di Fassa, in the past, during the long winters, the peasants carved small handicrafts with wood, an activity also dedicated to DAVIDE DEFLORIAN, which also sculpts the famous wooden masks worn during the characteristic carnival of Penia. Also in this country, the architecture of the houses refers to a mythological peasant universe, when the dwellings rested on a solid wooden foundation. Today, there are still those who, like Maddalena, live respecting the customs of their ancestors. In the modern Caseificio Sociale Val di Fassa, on the other hand, local farmers bring milk, which is useful for producing the soft Tosela cheese and the typical Puzzone di Moena, known for its aroma. In the heart of the Dolomites, the Fassa cuisine has its roots in the traditional flavors, also loved by the chef PAOLO. Coming down from Canazei, at the end of Val Duron, one arrives in the village of Pian. Protected for its value and still inhabited, the town preserves some ancient bread ovens. They recall the memory when bread was prepared from all over the country, which met in the homes of families who had one. This old custom is remembered by ELISABETTA. In this valley, when the snow falls, to reach the high altitude shelters is necessary the snowmobile, which is also used by the managers of the old shelter Gardeccia, born in 1902. Built at 1950 meters in height in heart of the Catinaccio, surrounded by spectacular spiers like the Towers of Vajolet and the Cliffs of Larséc, the refuge belongs to the De Silvestro family. Center of the culture of Fassa, this land has preserved the Ladin language, officially recognized as a linguistic minority, also taught in schools. He has a vocabulary and a grammar, but only a few inhabitants continue to speak it. Among these is MARTINA IORI, an emerging singer-songwriter. His music accompanies us at the end of this journey in Val Fassa, among the Dolomites landscapes that at sunset are colored red and give an explosion of light that radiates the horizon ...



Wild Maremma

In the territory alongside the ancient Aurelia road, we follow the daily routine of some of its inhabitants, who live their lives in a strong relationship with nature. A land of surprising beauty, inhabited by wolves, wild boars and a beautiful bird of prey, the harrier. Their nests are in constant danger, as they are hidden between the sheaves of wheat and might be destroyed by the threshing machines. We're just 100 km off Rome, but there is still space for some of the most beautiful wild landscapes in Italy.



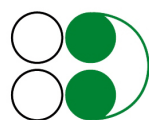
The roads toward the salt and the sea

The ancient Roman roads are one of the most fascinating and longlasting infrastructures in the world. Most of these roads derive from the ancient roads of salt, connecting the coasts to the mountain regions, where this precious resource couldn't be found. At dawn, salt flats are populated by flamingos, little egrets and shelducks, all of them birds of rare elegance. Going south to reach the environment of the Roman coast natural reserve, we can see the damages caused to the underwater resources by the trawlers throughout the years. Entire grassfields of posidonia, a submarine plant that constitutes a "natural lung" of the sea, where most of the fish lay their eggs, has been eradicated.



Crater's pride

100 km off of Rome, we can find the largest crater in Europe: the lake of Bolsena. It was the center of a rich ancient population, the Etruscans, and this territory is now inhabited by people who really love their territory, and who do everything they can in order to preserve their traditions and their history, even in its most obscure and unsettling aspects. Like the story of the two not easily reachable islands at the center of the lake, dominated by obscure legends about brutal murders, cruel penances and magical doors to hell.



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Taormina

Since ancient times, many legends have spoken of the origin of the name of Taormina, this beautiful town of "a thousand beauties" founded in 358 BC on Mount Tauron by Greeks from Naxos, one of the most ancient Greek colonies on the island. The inhabitants of Tauromenium were so influenced by this colony that they built the famous Greek Theatre, now a symbol of the city. But Taormina is much more than breath-taking views, stunning coves and lush flora. Particularly beautiful architectural monuments can be found in its streets and among its old buildings, remnants of the various powers that, over the centuries, created the history of the city, like the Romans, Arabs and Bourbons. But today as yesterday, it is the majestic volcano Etna that looms over the town, seeming to rule over the fate of the men. And Taormina, in the past as in the present, continues to be part of its kingdom.



Stories of Salento between past and present

The sun, the sea, the wind. It is the nature that strikes you when you arrive in this narrow strip of land that stretches between two seas. Dry stone walls, olive trees, fields of wheat, sand and pebbles beaches. This stretch of Puglia, the Salento, is famous worldwide for its ancient traditions, Mediterranean landscapes and the mystery of an ancient culture. The Salento continues to enchant travellers who cross it with the charm of its legends and the many secrets hidden within the walls of its historic remains. A place of sounds, songs and folk music located at the extreme south of the Italian peninsula, once a magnificent harbour for ships from the East, it still retains a great artistic heritage and an atmosphere that, more than any other, preserves the sense of its origins. In this corner of the Mediterranean, the atmosphere remains unique, wonder overwhelms reality, human rhythms meet those of nature and are repeated as in an ancestral ritual.



The Valle d'Agro'

The Valle d'Agro lies on the eastern slopes of Mount Peloritani, in the Province of Messina and owes its name to the river that ploughs a furrow along its entire length. Beautiful landscapes, endless horizons, clear sea, verdant countryside, centuries-old Sicilian traditions that are still very much part of the present: this strip of Sicily allows us to "plunge into the emotions of the past" and is still influenced by a number of deep-rooted cultures, both sacred and profane. Due to the nature of its territory and of its position, the Valle d'Agro has been a crossroads where many powers have met: Greek, Roman, Arab, Byzantine, Norman and Bourbon. Today as yesterday, it retains a great artistic heritage and excellent culinary tradition, linked to the products of the land and of the sea. Here the legends of the past have become the present reality.



Tolfa, at the borders of the maremma

We will travel through one of the most important natural areas of the southern part of the Maremma, in a borderland where the marshes ends and the terrain becomes more rugged. With its 17,000 hectares of pristine land near Tolfa, its value is also recognised by Europe, being identified as a Site of Community Interest and a Special Protection Area. The Maremma pastures are very characteristic, with horses and cows still grazing freely in the oak forests. Almost all the land is publicly owned and the forests and pastures are managed for civic use.



Stories from the Val d'Aosta mountains

The charm of the Val d'Aosta mountains is timeless: simply stop in the ancient capital of the valley and look upward and gasp, enchanted by the beauty and hues of Europe's highest peaks. The Matterhorn, the Gran Paradiso, Mont Blanc and Monte Rosa frame the blue sky and make the valley - with its approximately 330 km of mountains - one of nature's masterpieces, with its glaciers, forests and valleys stretching as far as the eye can see.



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Gressoney-Saint-Jean

Beneath the beautiful Monte Rosa mountain chain, which lies between the boundaries of Valle d'Aosta and Switzerland, is the Gressoney valley and the town of Gressoney-Saint-Jean, home to the Walser culture. Handed down from archaic populations of Germanic origin that settled on the slopes of this beautiful Alpine region during the Middle Ages, the Walser culture and its oral traditions have a timeless appeal. From the ingenious architecture of its wooden houses to its Germanic cuisine, from the mysterious "Titsch" language spoken by their German ancestors and the characteristic costumes and headdresses, the Gressoney valley has carefully guarded its ancient roots as well as the beauty of its mountains, also beloved by Queen Margherita of Savoy. Among those who refuse to give up their cultural identity, we find Rudy, a craftsman who works wood just as his father did, Signora Mercedes, who guards the secrets of the Gressoney cuisine, and Carla, a skilled seamstress who designs typical Walser costumes and also teaches skiing. Finally, great ski champions like Arianna Follis, World Gold and former Olympic champion cross-country skiing, and Federico Pellegrino, five times world cross-country champion, live and train in Gressoney.



Cesena and Cesenatico

A fascinating journey through this magical land and through its history, which winds between the past and the present. An extraordinary historic centre, churches and buildings of great artistic value, ancient walls, towers, fortresses and abbeys founded in the mists of time: these are the first images that welcome visitors to Cesena. A port dating back to the sixteenth century, a medieval tower, ancient columns, historic memories and maritime traditions: this is Cesenatico. In our journey we meet characters who live in Cesena and Cesenatico and who guard their cultural identity like a precious treasure.



Ischia

A wonderful island of volcanic origin overlooking the Tyrrhenian Sea, the largest and most enchanting in the Gulf of Naples: this is Ischia. A world of beautiful landscapes, of ancient settlers, spas, monuments and gorgeous sunsets, Ischia has an ancient history. The documentary is an extraordinary journey through the most fascinating places on the island and tells the stories of some island characters who, today as yesterday, continue to carry on their traditions, to carefully guard their customs and traditions, and respect their cultural identity.



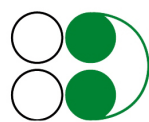
Procida

Procida with its multi-coloured houses, its rich vegetation that blends with the typical Mediterranean architecture, its limpid, glimmering sea and beautiful coastal rocks, offers visitors breath-taking views. The documentary focuses on the natural beauty of the island, trying to capture the rich charm of its history and the ways and customs of Procidan culture.



Modena

In ancient Emilia, there is still a city on a human scale, where the charm of history sits alongside the works of modern artists: it is Modena. The central streets evoke the splendor of the Middle Ages and the exceeding greatness of its monuments, such as the Duomo and the Ghirlandina Tower, two true masterpieces built centuries ago. City founded over many channels, such as the historic Canal Chiaro where there were numerous workshops of master tanners, Modena still has many traditions. Modena has given birth to Luciano Pavarotti and is considered the capital of music "beat", born between the counters and the tables of the legendary "Italian Bar". Outside the city walls, however, the rhythms and habits are still marked by the cycle of the seasons, as eight centuries ago, and the characteristics of its food, such as Parmigiano Reggiano, retain the same authenticity of time. In the province of Modena coexist, however, different universes, like the passion for mechanics and the myth of speed, embodied by the timeless legend of Ferrari.



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Acireale and Acitrezza

Acireale lies in the shadow of the majestic Mount Etna and with its beautiful narrow streets, ancient houses and the lava portals with masks, it is a charming town, known for its delicious rice timbales called arancini. One of the most exciting events of the island folklore, is the Carnival of Acireale. Another beautiful seaside village is Acitrezza. Every night here opens the old "Fish Market". There you will find the most varied species of fish, from tuna caught off the stacks, swordfish, seafood, the white bream, amberjack from sardine. For the inhabitants of these small towns to preserve their identities is a value that must be safeguarded. They do not intend to give up to their roots, despite the historical and social transformations.



Madonna di Campiglio

In winter, the magic of the Dolomites and the Trentino Alps enchants travelers: just look at its snow-capped peaks to be enchanted by the beauty of landscapes. Surrounded by the Presanella glaciers, stands the beautiful Madonna di Campiglio, an elegant resort set at 1,550 meters altitude, one of the most renowned villages in the entire Arco Alpino, famous not only for its beautiful nature and its skiing facilities but also Even for keeping the richness of its culture. Few steps away from the town center, you can admire lakes, streams, mountain pastures and shelters, which keep the memories of heroic gestures.



Vallagarina

In the south of Trentino, on the border with the beautiful countryside of Verona and Vicenza, there are some magnificent valleys where dominate uncontaminated landscapes and secular traditions. Vallagarina was also one of the most significant theaters of the First World War on the Italian-Austrian front.



Pollino national park

In Pollino National Park, between Basilicata and Calabria, there are numerous water springs, protagonists of the beauty of the landscapes. This territory is, however, well-known for the sulfur waters of "thermal baths", which have always given health and well-being due to their mineral properties. In this universe marked by the repetition of the seasons, the paths still breathe the fascination of the customs and culture of the peoples who live in the Pollino Park



Lagonegro

In the area of Basilicata, between the Vallo di Diano and Pollino Park, stands the suggestive Massif of Sirino, a group of mountains of the Apennines. In this hidden place of Basilicata, modernity is advancing but the bells still mark the rhythms of these peoples of the south, a crossroads of civilizations influenced by the Greek and Saracen, Roman and Bourbon cultures.



Tiburtina: on the way to dawn

In the heart of the capital there is a square with ruins now inhabited only by cats, from which one of the oldest Roman consular roads started: the Tiburtina road. The aim of this road, at the beginning, was only that of uniting the Capital to an older city of Rome itself, following the course of the river Aniene: the city of Tivoli.



Cassia, in the heart of Italy

Cassia road crosses the center of Italy and from 2,000 years its path winds through a landscape of extraordinary beauty. Starting from Florence and descending towards Rome, the scenery enchants the gaze that rests on the rows of cypress trees, on the hills, on the castles and on the lands of different colors.



Aurelia, riding along the sea

From the Gianicolo hill, where the magnificence of Rome is captured, the Ancient Aurelia began, the largest of the great consular roads, which in the Imperial era, even reached Arles, in France. Outside the perimeter of Rome, the ancient consular road runs along the sea near the Norman castle of Santa Severa, built around the year 1000. From Santa Severa, the mountains of Tolfa begin, and the road is lost inside the heart of the Lazio Maremma. Although the ancient Aurelia no longer exists in the form it had at the time of the Romans, the places it passes through still bear its memory, a certain flavor and perhaps even the traces of the horses that have traveled through the centuries.



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Salaria: with salt towards the mountains

There is a material that, from the dawn of time, was extracted from the sea and sold to the peoples of the mountains, as precious as gold: salt. And yet today, if one names the Via Salaria, the Roman consular road that was used to transport it, no one thinks of it in the halls. But the road, over the centuries has united two peoples (the Romans and the Sabines) and two seas (the Tyrrhenian and the Adriatic) as a way of continuous exchange of goods and activities. Like the olive oil, which in Sabina is the main product, with archaic oil mills like that of Marco, at Poggio San Lorenzo, or the ford to dye the fabrics, as Alberto shows us, who cultivates it at the edge of Lake Ripasottile, in the plain of Rieti. A road that climbs the mountains, reaches the areas affected by the earthquake of Amatrice, where volunteers like Roberto help farmers like Amelia and her brothers, to resume activities destroyed by the earthquake. A path that after passing Lazio and Abruzzo reaches the Marche in Ascoli, where Miro and Ottavio climb huge oaks and plane trees to be able to deliver them to eternity, with a careful work of arboriculture. A road that reaches the Adriatic after cutting "the navel of Italy", the exact center of the peninsula and reminding, even in the name, what is today the "salt of life": solidarity for those who are going through difficult times and a cure that thinks of the future, of the generations to come.



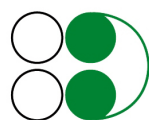
Appia road: Regina viarum

At the time of the Republic, three centuries before Christ, the censor Appius Claudius the Blessed built one of the great consular roads, which depart from Rome, perhaps the most beautiful. The Appian Way, 120 years later, will arrive in Brindisi, opening its doors to the East: it was since then called the "Queen Viarum", the queen of the streets. Just a stone's throw from Rome, when it is still one of the most beautiful urban parks in the world, a young graduate in mathematics, Silvia Brannetti, has inherited the family winery and produces wine and organic oil working from morning to night. It is the wine route that climbs into the Roman Castles, where a brilliant composer, Giorgio Battistelli, devised a concert made only by ancient craftsmen who live in this area. Alfredo the cooper and Antonio the selciaiolo, are two of the performers of this show made only of noises: a great fresco to the dignity of the craftsman work. The road then continues in the Pontine plain at the foot of the Lepini mountains where we meet the city of Cori, where Vito builds stained glass windows and Caterina, with his brother Vincenzo, stuffs chairs as is ancient family tradition: so widespread a time, next to the marshes and reeds, to give a name to the road, which here is called "strammari". Continuing towards Campania, we meet one of the most extraordinary gardens in Europe, a "plant monument" appreciated by writers and artists from all over the world. A place that can not leave indifferent. Stella Catani, wife of her administrator and Roberta, a gardener, introduce us to her marvels. And that shows how our heritage, when treated with love, can go through history and remain intact for future generations. Just like that consular road, the ancient Appia, which two thousand years later, continues to remain the most beautiful of all roads: the Regina Viarum.



Santa Margherita di Belice

Land of "The Leopard" and its author, Giuseppe Tomasi di Lampedusa, Santa Margherita di Belice rises southwest of Sicily, at the confluence of the provinces of Palermo and Agrigento. Among the narrow streets, the flavors and aromas of the past reign; in the bakeries, tumminia bread is baked, a local variety of aromatic wheat. There are numerous typical sweets, linked to the centenary confectionery tradition of the Belicin families. Santa Margherita di Belice has always been an agricultural country and, not far from the center, there is Solsi, a place specialized in the production of artisanal preserves. Another typical crop of the area is prickly pear. In addition, until the nineteenth century, the donkey lived in the stable next to the peasant family and "washed" it with a special machine called "muli-lavaggio", the only one of its kind in Italy. Instead, between symbolism and sacredness, there is the artistic production of this country and its sounds, which recall the story of banditry. Thus, a journey through the beauties of Santa Margherita di Belice, also represents a journey through the ancient Sicilian culture.



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Maratea

Set in the Gulf of Policastro and overlooking the Tyrrhenian Sea, Maratea is a town of Basilicata with legendary beauty thanks to its landscapes and the heady scents that cover it in every corner. Overlooking the blue sea and the green of the Mediterranean vegetation, it embraces the rocky cliff and the surrounding nature. Entering its ancient historical center, enriched by portals and alleys, arches and eighteenth-century buildings, caves and towers, you can reach, thanks to an old coast, also the top of Mount San Biagio, on which stands "The Christ of Maratea", a statue second in size only to that of Rio de Janeiro. In an alley of the historic center, instead, you can taste the old flavors of the past, like the typical bocconotti biscuits. To enhance the beauty of the city is its port, where Maratea has preserved a universe linked to fishing and maritime activities, as well as customs, traditions and knowledge related to an ancient peasant world, which has always coexisted with the traditions of the coast.



Sambuca di Sicilia

In Sicilia, in the province of Agrigento, Sambuca di Sicilia lies at the foot of Mount Adranone, on a hill sloping down towards the Orange Lake. Here, among the cultivated hills, vineyards and golden wheat stand out. In addition, the grape has excelled in quality since it was brought by the conquering peoples, the Greeks, the Arabs and the Phoenicians. Entering the alleys of the old town, it turns out that Sambuca was built on an Arab architectural structure. Besides the courtyards, artists and craftsmen work in the bazaars, creating works of art, textile sculptures, ceramics and pottery. In addition, the flavors of the past are handed down, like those of the "minni di virgini", the typical shortcrust pastry. Outside the walls, in the quiet of nature, ancient culinary traditions can be found, such as those linked to the Vastedda del Belice, the only spun cheese in Italy. In the Masserie, it is produced at kilometer zero. Between present and past, Sambuca tries to bring forward a deep link between the history of the territory and popular wisdom.



Peter the hermit

Is it possible in 2000 to live without electricity, without television, without a telephone, without internet? Pietro has lived for over 25 years in a hut lost in the mountains of central Apennines, far from everything and everyone. We follow him in his days, in his difficulties and in the pleasures that nature reserves him. And when, at the end of the shooting, we leave him in "his kingdom" we start to share his choice!



Pescasseroli

Pescasseroli, a small jewel of the Abruzzese Apennines in the province of L'Aquila, is immersed in the nature of the Monti Marsicani, 1167 meters high. A place that the writer Dacia Maraini frequents assiduously, where she often takes refuge to write. Here was born in 1866 Benedetto Croce, philosopher and writer. During the winter months, the country and the nature that surrounds it have learned to live with the snow. Rich in beech woods, Pescasseroli is also the cradle of the National Park of Abruzzo, Lazio and Molise, as well as old crafts.



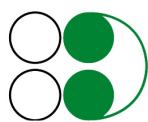
The unknown Trulli

The Valle d'Itria, in the Murge plateau, in Puglia, hosts one of the most bizarre forms of habitation that man has maintained until today: the trulli. The town of Alberobello is certainly the place that has preserved the most and for their maintenance an art has developed that has specialized over time: the art of master trullari. At Locorotondo, the same structure develops into another type of construction: cummersa. The Valle d'Itria then plunges from the plateau to Fasano, where in ancient caves excavated in the tuff reborn in a living crib, the ancient crafts of this area so attached to the traditions: from the underground oil mills to the cultivation of the queen tomato, an excellence of the area.



Lecce

Lecce, the Pearl of Salento, the Florence of the South, is one of the southern cities most visited by tourists, second only to Naples. Perhaps the aspect that most attracts, already in the floral baroque of its churches and in the elegance of its palaces, is the feeling of a city always in celebration. From the works in Lecce stone of an original stonemason to those in colored wrought iron, passing through the terracotta whistles and the art of papier-mâché, the city is filled with lights and lights up the overwhelming energy of a band a little out of the normal.



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Molise of traditions

Molise is one of those regions known to few, also because its mountainous shape and the absence of large cities, keeps it outside the main routes. In these evocative but isolated landscapes, traditional activities unique in Italy are maintained. Like that of the construction of the bagpipes, in Scapoli, a village on the border with Lazio and Abruzzo. Or the art of lace, kept by the women of Isernia as well as the perforated steel in Campobasso. But the most significant capital for Molise craftsmanship remains the city of Agnone, where the art of copper develops alongside the oldest bell foundry in Italy, an authentic glimpse of the Middle Ages that has remained intact to this day.



Benevento

The Sannio of Benevento area develops between Campania, Molise and Puglia. In this strategic crossroads between different populations, the Samnites have developed some artisan excellences that have allowed them to trade and develop more than any other province of Campania: as in Cerreto Sannita, where after a terrible earthquake, an economy of reconstruction was reborn that has favored the flowering of local ceramics, or to San Marco dei Cavoti, which has become the home of torrone and croccantino, or to Sant'Agata dei Goti, in the center of an important wine-growing valley, where one of the most prized Campanian wines has developed: Falanghina. But the center of this Samnite land remains Benevento, a city full of history and dominated by a legendary figure that inspires one of its most famous liqueurs, the witch.



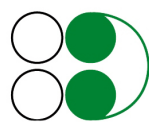
Anacapri

Anacapri is located in the highest part of the famous island of Capri, opposite the Gulf of Naples. Until the end of the nineteenth century, there was only the "Phoenician scale" that connected the two parts of the territory. Today, a chairlift leads to Mount Solaro from which you can admire a breathtaking view. A short distance away, lies the valley of Cetrella where the hermitage of Santa Maria in Cetrella stands, guarded by OTTAVIO RUSSO. From here, an ancient trail reaches the home of the famous writer Compton Mackenzie. The name of the island, however, comes from the widespread presence of goats. In the Orric Valley, on the other hand, there are cultivated impressive olive trees that overlook the "path of the Fortini", dotted with the majolicas in the shape of a book by the master SERGIO RUBINO. In Anacapri, however, there are also those who, like JOHN ANASTASIO, have chosen the fisherman's craft while the most famous attraction is the extraordinary Blue Cave. For its beauty, the island has always fascinated the world of cinema and modernity was introduced also thanks to taxis brought by the family of ANTONIO DE GREGORIO. Climbing to the top of Anacapri, you can visit the fabulous Villa San Michele while in the area of the Migliera stands the "Philosophical Park". IN this lovely area also lives ANTONIO PARLATO, nature lover and blacksmith by profession. Among southern spices and scents, Lena Gargiulo cooks the typical "Goat ravioli", a symbol of the island. Another important artistic testimony is found in the Baroque Church of St. Michael Archangel, which preserves prestigious majolicate floor and an organ from the 1800s. Finally, Anacapri continues to celebrate life thanks to the cheerful tarantelles composed in this land...



On the banks of the Sile river

The Trevisan lands are crossed by the Sile River, the longest resurgence waterway in Europe. In Treviso, the deep relationship between the city and the river, is evidenced by the presence of the canals, but also by its mercantile history. In fact, not far from the Lodge of the Knights, stands the Fishmonger, a famous fish market, where the protagonists are stockfish and cod. Stefano Zanotto, manager of a historic inn, is also here, a type of restaurant that in Treviso is a real institution. Leaving the city, you will meet the Cervara Oase, where Erminio Ramponi works, engaged in the recovery of the nesting of storks. But also the element of fire belongs to the tradition of this area and is carried on by the sailor Marco Varisco, who inherited it from his forearms. In the Trevisan countryside, however, you can also find the prized white Asparagus of Badoere, while, from a passion for flight by Giancarlo Zanardo, the Foundation "Jonathan Collection" was born, which collects a series of models of historical aircraft. Even today, some fly over the Piave, the scene of the heroic events of the Great War. In Castelfranco Veneto, where the wounded were sheltered from the front, the castle city maintained its ancient military structure. Along the banks of the Sile there has also been a passion for craft boats and, among those who delight in using it on the river, there is Stefano Marini. Finally, these valleys and their culture inspired the songs of the Male Choir "Voices of the Sile", directed by Raffaella Pupo in Quinto di Treviso.



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In the heart of Veneto

Valdobbiadene and the famous "prosecco road" represent a beautiful natural amphitheatre set in the hills of the high Treviso brand. In this land full of avian panoramas, lives CHRISTIAN ZANATTA, who dedicates himself to the production of prosecco in the vineyard of Bastia of Mondeserto. In this area, there are also the ancient hills of Cartizze, where the clay soil and a ventilated microclimate, generate an extraordinary oasis for the production of a unique and valuable wine. Nestled in these millennial atmospheres, he also works PASQUAL REBULI, a "cechèr" profession, a craftsman who makes traditional wooden shoes in his workshop. The values of this historic valley are also reflected in the eyes of LUIGIA RUGGERI, who recently celebrated her 107th birthday and who lived, firsthand, the "refugee". In Guia, on the other hand, there is GINO BUSO, called "Scarpèr", "one of the last cobblers" in the area, witnessing a job that is disappearing. Further on, in Bigolino di Valdobbiadene, the protection of the coastal territory is carried out by the sculptor GIOACCHINO VETTORELLO, known as "Gioki". In the area of the Piave, on which the trunks used to build part of Venice were transported, Gioki selects the most suitable sauces for his works of art. Finally, here is still alive the tradition of choral singing, carried out by the "Coro di Valdobbiadene", which combines the memory of the past with innovation.



Civita di Bagnoregio

The first lights of the sun penetrate the morning haze of the Calanchi Valley, a land out of time located in upper Lazio, between Lake Bolsena and the Tiber Valley. In the middle of the valley stands Civita di Bagnoregio: an ancient village gathered on the summit of a spur that is inexorably corroding year after year.



The white gold of Cervia

The history of Cervia is inextricably linked to salt. Salt is life, the white gold of our civilization since the most remote centuries. Cervia is the northernmost salt pan in Italy and covers approximately 827 hectares. Using expert workers, we then go through the various stages of processing, from "cavadura" to washing, after which the product is ready to be sold on the market: the sweet salt of Cervia. The techniques used are the artisan ones, following a solid tradition that has its roots in the past and which, using modern support machinery, guarantees the constant excellence of the product. The basins are also immersed in a vast natural area protected by the Emilia Romagna region, in which we dive to enjoy the varied ecosystem that the Parco della Salina di Cervia Society undertakes daily to preserve.



Alpe Cimbra

In Trentino, between Folgaria, Lavarone and Luserna, lies the Alpe Cimbra, one of the largest pastures in Europe, a place full of charm during the winter. The Alpe Cimbra has always been a land of great champions of skiing, such as Giulio Corradi, who today works wood, but who was part of the mythical "blue avalanche"; or as Aldo Forrer, "kilometer launched" champion. Near the village of Guardia, known as the painted country, Florian Grott, a wood sculptor who draws inspiration from nature, also lives and works. Among these mountains, we still speak the cimbro, an archaic language introduced by the Bavarian settlers around the year 1000, which the expert Andrea Nicolussi Golo considers a great cultural treasure. Above Luserna there is also the "Refuge Malga Campo", where traditional dishes such as "potato polenta" are cooked. On Lake Lavarone, on the other hand, every year "Under Ice" takes place, an event dedicated to diving under the ice. Myths and legends surround the atmosphere of San Sebastiano di Folgaria, where stands the Maso Guez, a farm run by Andrea Incani that breeds two breeds of goats: the Camosciata of the Alps and the Blonde of the Adamello. In addition, Andrea created the "slambrot" cheese, dedicating it to the ancient dialect spoken by the shepherds of these valleys, where the "first snow cat" was also invented. Finally, the Martinella Choir of Serrada was founded here. His repertoire spans every part of the world and celebrates the union and friendship between peoples.



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The Paganella

La Paganella is a beautiful Trentino plateau nestled in the Dolomites of Brenta, enclosed between the villages of Andalo, Molveno, Cavedago, Spormaggiore and Fai della Paganella. In winter, among the majestic snow-capped rocks, Franco Nicolini and his sons Elena and Federico, practice ski mountaineering with passion, a sport in which the Nicolini family has accomplished great feats and won numerous medals. A lover of these resorts, is Simone Elmi, an alpine guide and an experienced climber. His goal is to make people understand that we are all the same in front of the mountain. Traveling through the paths of these valleys, you reach Lake Molveno, the deepest of Trentino. Overlooking the ancient fir trees, the village of Andalo. Here lives and works Graziano Costner, one of the discoverers of the original drafting of the "rule card", dating back to 1623, which offers an insight into the way of life of the ancestors of these villages. On the slopes of Andalo, "Bibliogloo" was built, the first Italian library created on the ski resorts, at 1333 meters high. In "Laghet-Pra di Gaggia", on the other hand, there is a Chalet run by Ottavio Sartori, which preserves the secrets of the recipes of the local gastronomy. Thanks to the regular and un turbulent winds, the Paganella peaks are also a coveted destination for paragliding champions, such as Luca Donini and his son Nicola, who launch themselves from the highest peaks. Finally, in Molveno was founded, in 1951, the choir "Campanil Bas", one of the longest and most significant choirs of the Trentino choral tradition.



The shops of Perugia

From the central Piazza IV Novembre with the beautiful Fountain Major to the Cathedral of St. Lawrence; From the Palace of Priors (with the College of Change frescoed by Perugino) to the Arc, the walls and the Etruscan well, Perugia is one of the beautiful Italian regional capitals. We tell about this beautiful city through 5 enterprising women who have managed to keep standing in the historic center of Perugia extraordinary craft activities, conveying centuries-old traditions. Marta, with her twenty eighteenth-century frames inside a deconsecrated church, Antonietta who disseminates her ceramics in the city, Luisa, who transmits the chocolate art of the eponymous great-grandmother, Annamaria and her sister, in a gynecologist of upholsterers and finally Magdalene, refined artist of historical stained glass descending from a family that has written pages of the history of Peruvian art. 5 women who tell their city through the ages.



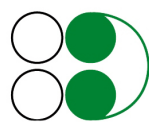
The Sorrento Peninsula

There are places that have entered everyone's imagination because of their beauty. Sorrento is one of them, and as the song says, once you leave, you can't wait to go back. Pearl of the homonymous peninsula, Sorrento encloses in its center, arranged on a tuff cliff, a great level of artisan expertise. From intarsi to terracotta, from the art of tuff processing to boating, to limoncello, the most typical product extracted from its unparalleled lemons, the most widespread fruit plant in its entire territory. A poignant territory, where you would always like to return...



Trani and Barletta

Trani is one of the most important ports in Puglia, protagonist in recent years of a significant urban recovery. In spring, its beauty dazzles travelers. Here, the brothers Cristoforo and Pasquale Pastore produce an ancient Moscato and you can meet Francesco Caffarella, passionate about this city, one of the first "slow cities", famous as "the city of stone". The first maritime code was born in Trani, while today its relationship with the sea is also enhanced by the Naval League. Trani was the cradle of religions, such as the Jewish one, and the Orthodox one, with the church of San Martino. There is also the Catholic community, with the magnificent Cathedral and the Church of All Saints, built by the Knights Templar. Facing the sea, there is the Museum of Typewriters, while, towards Andria, among monumental olive trees, Savino Muraglia obtains excellent oils from the Coratina and Peranzana olive varieties. Not far away, in the historic Barletta, Constantina Loscocco creates original historical costumes. Finally, in the footsteps of Astor Piazzolla and his special bond with Trani, we follow the writer Maria Pagnotta and the Maestro Rosario Mastroserio.



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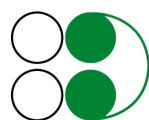
Euganei Hills

There is a magical corner in the Veneto that is neither plain nor mountain, and where, in an enchanting landscape designed by unusual reliefs of volcanic origin, you will meet ancient villages, among the most beautiful in Italy. It's the Euganei Hills. Arquà, the city where Francesco Petrarca spent his last years of life, seems to be built in harmony with his verses. Around, the spring landscape presents the richness of its products: from the meadows of lavender to the peas of the famous "risi and bisì", to the jugulars from which a liqueur syrup is extracted that they call "the broth - precisely - of jugulars, the workshops and countryside of this Regional park, transmit the care and industriousness of its inhabitants. You can also feel it from the sumptuous villas surrounded by spectacular gardens, in this land that curiously reminds many - and not only Petrarca - Tuscany: almond and olive vines, vapours and thermal waters, which continually remind the traveler of the volcanic origin. Tangible signs that remain in the mines of trachite, a two-tone marble with which St. Mark's Square was paved in Venice, or in the clay quarries, which through a dense network of canals reached Este, where for centuries refined ceramics are produced. And through the beauty of these artifacts, we discover that in this somewhat special territory, work also has its own side of poetry.



The island of Alicudi

The Sicilian island of Alicudi, in the Aeolian Archipelago, has preserved a wild atmosphere since primordial times, when it was an active volcano. In summer, his days are punctuated by the noise of fishermen's boats, such as that of SILVIO TARANTO who has a deep connection with his island. In Alicudi, the western part is dominated by goats while, on the eastern side, the houses can only be reached on old mule tracks. On the island there are no roads, and mules carry heavy material. Piero VIRGONA is dedicated to these animals with great passion. The Arcudari have always learned to survive in this difficult place, as PINO LA MANCUSA did, which entertains tourists in the summer while his wife ADRIANA prepares some fish specialties. Teresa Perre, who was the teacher of Alicudi, also lives here, in the "smallest school in Italy". Today, the school has 8 students and also houses a library dedicated to the journalist "Franco Scaglia". As for the old trails, recently, they have been traced through a mapping that allows you to explore the island by trekking. At high altitude, the archudara AURORA BARBUTO lives, which, among many tasks, is also dedicated to the collection of capers. On the other hand, the problem of the lack of springs has been solved in part by means of a rainwater collection system in the housing tanks. The island has always attracted people looking for a particular existential dimension, such as the intellectual ANDREA BARZINI, while he chose to work here only in the summer, the Aeolian weaver PAOLA COSTANZO. Finally, in Alicudi there are no street lights and the only night lights come from private homes.



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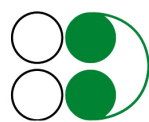
Barbagia (Sardinia)

There is a Sardinian saying that reads as follows: "feel how beautiful the breath of the wind, the rustling of leaves between the branches of the trees and the singing of birds; but without the sound of "tonara cowbells" this Sardinia of ours would not be so beautiful." In the heart of Sardinia, in the barbagia mountains, in a wild and primitive territory lives a shepherd, Gigi Sanna, frontman of the musical band Istentales, an ethno-pop formation born in the mid-90s, with a great following and boasting collaborations with artists such as Nomadi, Francesco Guccini, Tullio De Piscopo and others. The name Istentales comes from a star in the constellation Orion that since ancient times was used by peasants as a reference point for sowing and harvesting, and by shepherds to conduct flocks. Here in Barbagia the agropastoral culture and traditions of Sardinian identity translate into sounds and music not only through the songs of the Istentales. Another musician, Gianni Atzori invented an instrument, the erbekofono, made of cowbells, played with a sheep bone, whose name can be translated into "sound of the sheep". He, drummer, son of shepherds turned the bond with his land into music: "I was used to the sound of cowbells, it was all inside me, I just had to make it." The pure sound of cowbells transports us directly between the pastures and listening to it with closed eyes you can almost feel the breeze of the fields touching our skin. When the "fannu treulu" flocks pass, they make a fuss. In these pastures, however, this tinkle is granted, like an orchestra, according to the characteristics of the valley, the mountain and the territory where sheep from one sheepfold usually graze rather than another. Even, cowbells have different shades depending on the temperament and singularities of each sheep, so that its shepherd can recognize its movements and behavior even just by listening to the symphony composed by his flock. To tune these cowbells, these "sonaggios and pittiolos" is Marco Floris, a blacksmith who in his workshop in Tonara, makes from the cold bronze bells that return to those who listen to her the warmth of the mother land. And tuning happens in a singular way. Each breeder, musical expert of his flock, stands outside Marco's workshop and with his ear outstretched tells him if the shade is the right one, so Marco widens or tightens the volume of the sound vase to find the unique and inimitable sound of each sheep, unique and inimitable as any living being.



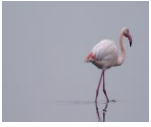
Filicudi

Filicudi is a Sicilian island of the Aeolian Archipelago, an archaic and volcanic land, which in summer is surrounded by the colors of the Mediterranean scrub. In 3,000 BC, the first settlements appeared at the prehistoric site of Cape Gratin, where goats were sacrificed to ingratiate themselves with the gods. Since the end of the nineteenth century, many filicudari have emigrated abroad, but there are also those who, like the fisherman GIUSEPPE TARANTO, have chosen to stay. On this impervious island, where electric light arrived in 1986 and, until the sixties, we moved only on old mule tracks, lives PIETRO ANASTASI. It was the postman of the island and remembers the time when there were oil lights and water was recovered from the wells. Today, however, the supply of water is guaranteed by the tanker that arrives on the island. Some tasty culinary recipes have always been handed down here, such as those of the delicious Spicchitedda biscuits. In addition, in the district of Val di Chiesa, IONA BERTUCCIO lives, engaged - together with his son DOMENICO MAZZA and other family members - in the cultivation of vineyards, from which malvasia also obtains. In the district of Serro, on the other hand, annuzza CAPPADONA lives, expert in the conservation of vegetables that grow on terraces. In recent years, thanks to the routes created by GIUSI MURABITO, Filicudi can be explored through an "experiential trek", which allows you to relax and immerse yourself in the local culture, among landscapes enriched with pears of India. Finally, in a cave carved into the mountain, lives GISBERT LIPPELT, a former German naval officer, who had the courage to abandon everything to devote himself to contemplative life.



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The Po Delta

The Po Delta, a national park where the waves of the sea mix with the sand of the dunes, and where the roots of the white willows give way to immense lagoons, which reflect the pink feathered flamingos. Recognized as a UNESCO biosphere reserve in 2015, this park contains more than seventy different habitats, in which dozens of different species of fish, mammals and birds live. This particular ecosystem welcomes various productive activities rooted in time. The most important: sturgeon fishing, known to be the caviar of the Po, and eel; but also for the breeding of clams and mussels, winning the second place in the world. All activities are carried out according to an accurate protocol in order to preserve the surrounding environment. To further support this conservationist logic, institutions such as the Cetacea Foundation are present on site. Their task is to watch over the 70,000 species of turtles that live in the Adriatic, and intervene if accidents happen. A Delta full of colors, vegetation, noises; that support and allow the local production impulse.



The Gran Paradiso National Park

The Gran Paradiso is located between Piedmont and the Aosta Valley. In 1922 a park was established there, the oldest in Italy. Its symbolic animal is the ibex, an ungulate that has been the object of indiscriminate hunting for centuries, particularly during fascism. With the creation of the park, the mountainous valley has found a new balance and its species have repopulated, especially thanks to the commitment of the park rangers. Claudia, married and mother of two children, and Martino, a 60-year-old man who takes care of his mother, work there. Two individuals with apparently polar opposite personalities, but united by a passion for nature. Being dependent on the Gran Paradiso is not a simple mission: long weeks in solitude, strenuous walks, and days full of events. A tale of two people who never cross paths, whose narration is intertwined with those of the species that populate the park. A film that testifies to how man and nature can live in total symbiosis, through a relationship of interdependence.



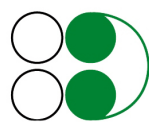
The Palù

The Palù of the Quartier del Piave are one of the most important areas of wet meadows in the Veneto, bordered by hedges and trees preserved since the Middle Ages, reclaimed in 1100 by the monks of the nearby Abbey of Santa Bona di Vidor. The more recent history of the Palù, however, is marked by the tragedies of the Great War, as Luigi Guizzo recalls. The village of Sernaglia della Battaglia was also involved in the epic war and here, among the memories of the village, there is a famous Osteria, managed by Silmava Pillonetto. Instead, thanks to an interesting recovery of the rural universe, Terenzio Gambin accompanies us to the homes of the peasants that seemed lost. A few kilometers away, surrounded by vineyards on narrow grassy terraces, works Chiara Barisan, a cook who has been able to revisit local recipes. Going up the hills of Refrontolo, we meet Mauro De Stefani, who has decided to devote himself to the recovery of ancient apples. Finally, in the midst of the green of the ridges, Guia appears, where Mario Canello lives together with his sons Leonardo and Silvia, lovers and expert connoisseurs of wood.



In the east of Sicily

The coast of Pozzillo is made up of rocks and inlets of lava origin, generated over the millennia by the Etna flows. Next to the cliff stands the Contrada Carpinato, where the lemon trees receive water thanks to a well jointly owned with some families, including the La Rocca family and the Murabito family. On the slopes of Etna, on the other hand, the *Astragalus Siculus Endemica Etna* grows, a plant that blooms on the arid slopes of the volcano, an icon in culture and a muse for storytellers. One of the last is Luigi Di Pino, who performs in the Riposto Market where you can also find hazelnuts, collected in the hazelnut groves under Etna, as in that of Sant'Alfio. Here, Cristina Musumeci and her husband Stefano Ali dedicate themselves to the care of the hazelnut grove, from which they obtain various culinary products. The journey resumes towards Viagrande, where Fabio Costantino produces wines by cultivating some vineyards that grow on the lava deposited about 3,000 years ago. Moving towards Aci Sant'Antonio, we reach the Museum of the Sicilian cart, another symbol of the island. Today, Maestro Salvo Nicolosi works here. In Acireale, however, Francesco produces traditional Sicilian ice creams while the lemon granita, of Arab origin, is made by Maestro Franco Patané, according to old customs. Franco Pulvirenti also lives within the ancient walls of Acireale, who loves Sicilian customs and traditions, as well as the sounds of his land.



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Pumpkins and carriages of the King

Lightning and Hurricane gallop side by side in an overgrown field pulling a carriage that bounces on the grass. Above are Agostino Laura and Veronica. He is a restorer of vintage carriages and these days he is restoring two carriages registered as farm wagons in 1950. Seven carriages are kept in the basement of his country house, right next to the pumpkins put to dry, wine and oil. . Despite the fairytale suggestions, Laura and Veronica are not crystal slippers. In his stable, Agostino raises twenty black Dutch Friesian horses, an elegant and imposing draft breed that he uses for work in the fields, for fairs and for horseback riding, but above all for "sport and traditional attack" competitions. or the carriage races. His friend Cataldo, with his experience as a competition judge, helps him in training and also in the restoration activity. To reward them for so much work, Agostino takes his Friesians to gallop on the beach to the castle of Santa Severa. Not far from Agostino's stable there is the state breeding center of the Lipizzan horse, a noble breed of draft and work horses with a light gray coat that originated in the imperial breeding of Maria Theresa of Austria. These horses arrived in Italy as part of the peace negotiations after the first great war. At the end of the Second World War, after a daring rescue of 100 specimens, they found their home in the province of Rome. Alessandro Guerra takes care of each of them from birth and the breeding is conducted in the wild. The mares freely choose the place they like best for mating and for giving birth that takes place in the wild. It is in respect of this free nature that Alessandro builds his relationship with each foal, and together with Diego he takes care of taming them according to the principles of gentle taming. The peculiar traits of the Lipizzaner breed, their elegant bearing, resistance to work, learning ability and docility are combined with the symbolic value of these horses, which are testimony of brotherhood and union between the European countries that are committed to conservation. and enhancement of this breed. The best of these horses will go into the force of the carabinieri or will be used for the "elegant attack" of representative carriages. The equestrian tradition, and in particular that of the elegant attack by representation, have been present in the Lazio territory since the times of the Etruscan civilization. In particular, the archaeological site of the ancient city of Eretum, whose king was buried together with his two faithful horses attached to the carriage, is right near the stables of Augustine and Alexander's stud farm. During the night Sissi, one of Agostino's mares, gave birth to the little filly Contessa who timidly manages to get on her feet a few hours after giving birth, to continue the long journey that horses and human beings have traveled since prehistoric times, in a relationship of mutual trust between two complementary beings.



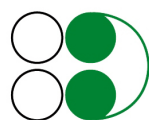
The Chiese valley

The snow-covered slopes of the Brenta and Adamello mountains frame the Valle del Chiese, in the south west of Trentino, among suggestive artificial lakes, forts and the ruins of majestic castles. In winter, the Valley is dotted with numerous frozen waterfalls, which attract thousands of "ice climbing" enthusiasts. One of the custodians of these places is Placido Corradi, who welcomed the first climbers who arrived in 1979 in his inn. In Val Daone, among the young climbers, there is also Angelo Davorio. In the enchanting scenery of the Giudicarie, on the other hand, Riccardo Valenti tries his hand at ski mountaineering, attentive to safety. Following the current of the Chiese river, you reach Storo, where the historian Giovanni Zontini lives. Here, Vigilio Giovannelli, President of the "Agri90 Cooperative", produces the Yellow Flour of Storo with local corn, nicknamed "red gold". Reaching the border with Lombardy, we find Lake Idro, which houses a Nature Reserve. Perched on the lake, it overlooks Bondone, inhabited for many years only by charcoal burners. Due to the abundance of woods in the area, the "School of Wood" was born in Praso in 1995. Among its founders, there is Giacomo Nicolini. Some students, such as Osvaldo Filosi, have combined the learning of manual skills with a spiritual experience. Finally, in this oasis of peace, the mountains appear as sacred places, which also fascinate a paraglider pilot Luca Tamburini.



The enchanted forest

The natural monument of the Allumiere beech wood is what remains of an ancient forest dating back to the last ice age. The beech wood plays a role of ecological connection for all the flora and fauna of the area and among the animals it hosts there is the Alpine Rosalia, a beetle belonging to an endangered species. For these reasons, the enchanted forest of Allumiere is an indicator of the quality of the climate and biodiversity of the entire territory of Tuscia and central Italy. The mountains above which the beech grove develops have hosted for about 400 years the mines of allunite, a mineral from which alum is obtained which was transported by donkey to the port of Civitavecchia. Today Allumiere's donkeys no longer carry the white mineral, but are reared to produce their precious milk.



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On the border with the Cinque Terre

In Liguria, on the border with the territory of the "cinque terre", set between sky and sea, overlooks Levanto. Around, there are some medieval villages, such as Montale, but also the quarries of red marble, a precious material already used by the Romans. Giancarlo BETTINOTTI and the oenologist LAURA CUGINI work in an agricultural cooperative, attentive to wine quality and respect for biodiversity. On the coast that embraces the Gulf, however, he moves with his boat MARCO SCARAMUCCIA, a dreamy skipper. Cycling through the caruggi, you can admire the buildings of Via Garibaldi transformed into stately palaces in the fifteenth century: they gave a new architectural face that was called "Borgo Nuovo" and that arose next to the medieval part of the country. In Levanto, LIVES AND WORKS RENZO BIGHETTI, an artist who has always been committed to environmental issues. Levanto is also a popular destination for surfers and, among the fans of this sport, there is GABO RASO. At the crossroads of the streets, the traditions of the past are found in the Pesto Laboratory managed by MONIA ROMANO. Thanks to the recovery of a railway track, a cycle and pedestrian path has been designed that allows you to explore magnificent panoramic routes along the coast. Walking in the center, LORENZO PERRONE, chef and lover of local history, remembers the past of the village and that of the Canal port, where goods passed through Emilia. Finally, at the Oratory of San Giacomo, the GROUP "ILLUSTRI CUGINI" performs, a band that pays homage to Fabrizio De André.



Belluno, the shining city

Nestled by the Dolomites and the Pre-Alps, Belluno is nicknamed "the little Venice of the mountains". In San Pellegrino, stands the Villa where the writer and journalist Dino Buzzati (in 2022 marks the fiftieth anniversary of his death) spent his young years. Today, the great-grandchildren VALENTINA and ANTONELLA MORASSUTTI, preserve the memory of this place. On the Nevegal, known as the Colle di Belluno, in winter, FULCIO MIARI and ANTONIO PIAZZA, but also MICHELE NENZ, walk the white walls with snowshoes and skis. The deep bond with traditions, is found in the Agriturismo Favergheira of MARCO VUERICH at over 1500 meters high. In Tisoi, however, there is still an ancient dairy, which produces genuine cheeses. In Val Belluna, STEFANO MANTEGAZZA tackles by bicycle the discovery of the territory through the path of the GAB. Among the snow-capped peaks, CRISTIANO GAGGION, prepares "Le Giuseppine", a dessert of the Belluno Carnival. Near the Lake of Santa Croce, ROBERTO TONON is dedicated to the activity of beekeeper while ALICE PEDON is engaged in the recovery of aromatic and medicinal herbs of the mountains of Giamosa, Giungendo in Chies D'Alpago, you can cross the Cansiglio Forest, a precious resource for the cimbrian people. In this area, ILLARI FULLIN and FRANCO PIANON take care of the Yaks and raise the Alpagota sheep. The mountain guide and mountain rescue volunteer ALEX PIVIROTTTO walks the snow-covered slopes with his son. At almost 1900 meters, in the Upper Comelico, stands the Malga Coltrondo, managed by DANILO MINA and his family, which also breeds the Highlander, a cattle native to Scotland.



Salento out of the sea

Salento is now known to Italians as a place of parties and beaches, good food and wild dances, a holiday land. But in its hinterland full of small municipalities, today benefiting from summer tourism, there are authentic Baroque masterpieces, alleys and sumptuous palaces, which reveal a past of agricultural riches and maritime trade. Among these unexpected cathedrals, unusual artisan shops that produce high quality artifacts are also surprising. In Poggiardo, the magnificent baroque center of the interior, unforgettable flavors are mixed in Stefano's trattoria, which every morning moves to Castro on the coast to choose the fish just arrived from the sea. In Parabita, Matteo inherited the mosaic technique from his grandparents and carves wood, marble and glass paste tiles with results at the height of his ancestors. In Sogliano, Andrea the papermaker transforms plants (from fig to rush) into valuable sheets and notebooks. Finally, in Cutrofiano, while the city prepares the bonfire for the feast of the fòcare, Salvino introduces us to his greatest passion, a local tradition that has been repeated for many generations: ceramics and clay processing. Salento in winter is another thing...



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The other side of Orvieto

Orvieto is a fascinating city with a dual identity. There is an "above" with the splendid façade of its Duomo, a masterpiece of sienese Gothic, the medieval towers and the life that flows fast, and a "below" dugor in a huge boulder of tuff that rises like an island in the middle of the sea. At 36 meters underground we enter with Marco in the spectacular Pozzo della Cava of the Sciarra family: an archaeological treasure discovered by chance in the cellars of the family tavern. His wife Francesca works on the restoration of the countless ceramics found in the excavations. Over the years, the skilful Etruscan processing of ceramics, of which Marino is one of the most creative exponents, has been joined by other crafts and forms of craftsmanship born still present in the city. Among them, woodworking. The very symbol of this fervent activity is Simonetta's workshop where there are real works of art in wood in the form of animals, which always attract the attention of visitors. Finally Loretta, in her beautiful workshop in the heart of medieval Orvieto, shows us her skill in the art of lace. Returning to the city center, we can now look at Orvieto with different eyes. Not only the magnificent façade of its well-known Cathedral. There is another city behind the scenes and underground: a city led by the skilled hands of people, who have been able to transform and preserve, giving their original trait, a civilization full of history.



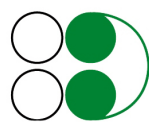
Walking huts

Over millions of years, gigantic tectonic movements, earthquakes, landslides and collapses have sculpted the given shape to the territory of the Veronese mountains. With the slow passage of time the water has partly dissolved the layers of limestone digging caves and sinkholes filtering into the depths of the soil, this phenomenon known as karst, generates one of the most interesting landscapes of the earth's soil. As a result of erosion processes, the ceiling of many caves is destined to collapse, opening gigantic chasms in the ground such as that of covolo di Camposilvano. According to legend, it was precisely by visiting this ravine that Dante drew inspiration to write the beginning of the Divine Comedy, the first song of Hell. The plateau of the Veronese mountains is mainly of karst character, this land was in the past lean and not very fertile, these large mountain meadows needed to be fertilized and the most natural and sustainable method in the long run was through the breeding itself. There was a need for the cows to graze and be milked near the place where milk was processed to make cheese, so the story of the walking huts was born. According to the ancient statutes found in the library of Ala di Trento, in the past the breeders were given in management a part of the territory called malga where they could build the casoni for the shelter of men and animals and for the processing of cheese. These huts had to be built of wood and had to be moved every two years in order to fertilize the entire territory used for grazing.



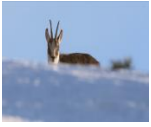
Mantua, a pearl among the lakes

The pearl of the Gonzaga, as they call Mantua, in addition to its pictorial and architectural wonders is also an active city full of ancient shops where delicacies are produced. Walking through its historic center, starting from Piazza delle Erbe, you will come across the Tur dal Sugar (the sugar tower), where the pastry chef Gianni prepares with skilled hands the cakes symbol of tradition: the Rose Cake, the Helvezia, and the famous Sbrisolona. Going out, just beyond the monumental church of San Francesco designed by the Renaissance Leon Battista Alberti, there is another Giovanni with his delicatessen that produces many different types of fruit mustard. Trattorias where two sisters cook knead and stuff agnoli and pumpkin tortelli, and a landscape around dotted with rice fields, such as Manuela's Cortevicchia, a Renaissance jewel transformed into a modern "duepuntozero" company. Mantua is all this, but with the help of the director of the Doge's Palace, we discover the wonders of the Gonzaga, Giulio Romano and Andrea Mantegna, The Tea Palace and the bride and groom's room. Also a musical city and scenery of Rigoletto, in its splendid bibiena theater Mozart made his debut and today the violinist Walter plays with a Stradivarius arranged by Alessandro, a classical luthier full of passion. City-theater of flowers and gardens cared for by Massimiliano, the florist, with a landscape that penetrates inside through three lakes and canals, as in a small Venice.



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Pastures without borders

Among the mountains that dominate the eastern side of Lake Garda rises the Lessinia plateau, from here with a glance you can embrace a panorama that goes from the Adige valley to the Po Valley. This land, because of its strategic position, has been crossed by the borders of empires and states that, throughout history, have alternated in the control of Central Europe. Of these boundaries it is still possible to see the traces, in the stone stones placed on the peaks, in the roads, in the military bridges and in the trenches dating back to the period of the Great War. Today as then, these boundaries are crossed by forest animals, which have never attributed any meaning to these barriers. Gianmarco Lazzarin is a hiking guide of the regional park of the Lessini mountains and is tracing a mapping of the paths and roads that cross this territory. He stopped to sleep at the malga riondera by his friend Andrea Delmonego. Andrea leads the hut together with his daughter Alice, his son-in-law Bruno and, for a year, there is also little Anita with them. At the Malga Riondera goats, sheep and cows are bred and small-fruit plants are grown and there is also an educational apiary. All the land of the hut is managed in the name of environmental sustainability and is aimed at protecting biodiversity. The presence of the wolf on these mountains poses a threat to breeders but at the malga riondera they have understood how to live with this predator.



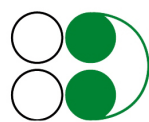
Among the Asolo hills

ASOLO lies in the Venetian hills, in the province of Treviso. Immersed in idyllic scenery, grow the vines that give the famous "prosecco di Asolo", like the one obtained in the Monfumo area where LUCA BELE CASEL carries on a winemaking tradition taken from his ancestors. Among the most symbolic places in the area, there are the "Venetian villas", such as the magnificent Villa Sand, built in 1622. On the slopes of Asolo, there is also the Maglio di Pagnano, while in the narrow streets of the center, echoes the memory of the Serenissima. In the heart of the village, there is the Laboratory of MONICA BERNINI, dedicated to textile art, and you can admire the Casa dell'Arco, rented in 1920 by the famous actress Eleonora Duse. Asolo, however, is also known for its taverns, here called "bacari", meeting places of Venetian origin, such as the one managed by WALTER ZECCHIN. Destination of poets and artists, it has always been the "Caffè Centrale", managed by LELE BOTTER, the "soul" of the restaurant. Among the personalities who attended Asolo, an important sign was left by Freya Starck, the last heir of the great English travelers. Around Asolo, in addition to the grandiose Villa di Maser, once hosted by the architect Andrea Palladio, there is also the Tipoteca Italiana, the most important national reference for printing and typography. Some machines are still working and are used by DANIELE FACCHIN, according to Gutenberg's method. Sulle notes of a folk song, interpreted by ROBERTO TOMBESI and CLAUDIA FERRONATO, two members of the group Calicanto, we end our trip to Asolo.



Pantelleria

Suspended in the blue of the Mediterranean, between Africa and Sicily, Pantelleria is an island that has fascinated travelers from all over the world, such as PIERGIACOMO, who decided to move here, where he works as a naturalistic guide. INES, a German architect, also decided to leave Germany to immerse herself in the magnificent atmosphere of this land and devote herself to the infusion of aromatic herbs. In the heart of the island, the splendid Pantelleria nature is protected by a National Park and, among some protected areas, the inhabitants cultivate gardens, such as that of DENNY, the last remaining beekeeper. Furthermore, some young islanders, such as ANDREA, leave the herds free to graze and undertake to sow by hand and to recover the land, even the most inaccessible ones. Finally, on Pantelleria, thanks to a group of researchers, a new species of cricket was discovered, which has adapted to living in this place, where men are still able to converse with nature.



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Alpe di Siusi

On the largest plateau in Europe and close to Val Gardena, in Alto Adige, lies the Alpe di Siusi, a place characterized by a fairy-tale atmosphere, where the relationship with animals, such as that between the gamekeeper ANDREA and his hound, has a deep meaning. One of the historic breeders of the area is MATTHIAS, who looks after the herd together with his children, and eagerly awaits the most important event of the year for shepherds: transhumance. For this \"anniversary\", the cows are decorated with garlands and cowbells and taken from the mountain pastures to the valley floor. MARKUS, on the other hand, is one of the few remaining beekeepers on the Alpe di Siusi. The link between present and past is also deeply felt by FLORIAN, a former hotelier who collects local plants and produces distillates by hand. In this magnificent natural amphitheater German, Italian but also Ladin are spoken, which derives from the traces left by history in this corner of the world, where traditions still have great value in the collective memory.



The Mocheni Valley

From Lake Caldonazzo, we venture into the Trentino region's Mocheni Valley, where in winter, one can admire the snow-covered Brenta Dolomites. Here, in the Middle Ages, Bavarian settlers arrived and passed down their traditions, still preserved today by the Mocheno Cultural Institute. Since the 18th century, the valley's roads have been traversed by the krumer, itinerant traders who moved seasonally. Over the decades, families like that of DIEGO IOBSTRAIBIZER have passed down this profession from father to son. In the valley, DEBORA MUHLBACHER and her husband also reside, raising Grey Alpine cattle and choosing not to leave their land, just like other young Mocheni who uphold their customs, such as the Palù Carnival. Near this village, there is a ranch known as a \"horse stopover,\" managed by GUIDO TRENTINAGLIA, who bakes the ancient cuccular bread at home. This area has also preserved the Mocheno language, stemming from the ancient German spoken by the settlers. Amidst the woods, ANDREA OBEROSLER continues the trade of carpentry and, commissioned by the Mocheno Cultural Institute, replaces a grinding wheel inside the Mill De Mil. In this land, there are also those like GIULIA DEBIASI who have rediscovered the properties of medicinal plants and those, like the Mocheni farmers of the past, who waltz or polka in high-altitude mountain farms, immersed in a magical winter atmosphere.



The Land of Accordions

Coreno Ausonio is a town in the province of Frosinone, nestled halfway between the Gulf of Gaeta, the Liri Valley, Garigliano, and Montecassino. This province is one of the oldest in Europe and is renowned as the \"land of labor.\" However, Coreno Ausonio is primarily known for the significant role played by the accordion, which provided the rhythm for the arduous fieldwork. The art of this instrument has been revived by ALESSANDRO PARENTE, who inherited it from his uncle Vincenzo Del Seni. In the 1990s, Alessandro established a school to pass on the accordion's secrets to the new generations. Furthermore, for the \"Windbox\" project, Alessandro collaborates with his nephew Laerte Scotti, an arranger and composer of new music. Between September 1943 and May 1944, the town served as a stronghold along the \"Gustav Line,\" built by the Germans to resist the Allied forces. The memories of these events are preserved by the poet DOMENICO ADRIANO. MARIA TIERI has returned to live in Coreno and chosen to work in the family bakery. As we wander through the streets of Coreno, we also meet CAROLINA LAVALLE, who handcrafts the \"rata,\" a miniature container made of wicker or reeds. This region is also known for extracting Perlato Royal Coreno marble, renowned worldwide. Working with Perlato di Coreno, the stonemason GIUSEPPE LAVALLE succeeded in patenting the \"musical stone.\" Continuing with the theme of music, we discover that today, the \"Windbox Orchestra\" performs in concerts and collaborates with the singer Maura Amata.



ALTO POLESINE, In the Carousell District

The documentary \"ALTO POLESINE, In the Carousell District\" explores the Polesine region, located between the Po and Adige rivers in Veneto, a flatland characterized by extensive waterways, canals, lagoons, and sandy islands. The history of the region is intertwined with cycling, featuring new bike paths and the promotion of cycle tourism. The documentary follows a group of cyclists affiliated with the Italian Federation of Friends of the Bicycle (FIAB) from Rovigo as they explore the Polesine countryside and its small villages. Through the stories of these cyclists, it delves into the love for cycling and its role in the local environment. The documentary also unveils the remarkable Carousell District, an international hub for amusement park attraction production that has transformed the region from a humble farming life into a creative and innovative hub in the amusement industry.



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The Campobrun Brothers

Erica Peloso, a 24-year-old livestock farmer, spends her summers on the Campobrun alp, embracing a traditional life at 1,661 meters altitude. Alongside her brother Fabio, they engage in manual dairy processing, tending to a herd of 20 milking cows and 15 calves. Despite their education, Erica in foreign languages and Fabio with a technical diploma, they chose a life close to nature over conventional careers. The mountain routine involves early mornings, manual labor, and a simple lifestyle without modern amenities. As September marks the end of the season, the siblings feel nostalgia for the mountains, emphasizing the challenge and joy of their unique way of life.



The natural balance in the mountains and in the barn

The documentary explores life in the Orobic Alps, focusing on Giada Zamboni, a breeder of Brown Swiss cattle, and her connection with nature. The film highlights the sustainable management of agricultural activities and livestock, promoting animal welfare and the conservation of natural resources. The story unfolds in a mountainous context, following the daily routine of the Zamboni family and showcasing the connection between humans, animals, and the environment. The documentary also emphasizes the work of park guides like Giorgio Tanzi, and professionals such as Arianna Cecchini and Alessandra Gagliardi, who monitor local biodiversity. The narrative spans from the valley floor to the mountain peaks, underscoring the importance of traditional agricultural practices and the key role of care in preserving the balance between humans and nature.



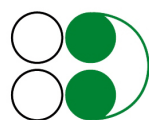
The New Light on the Alpine Meadows

The documentary explores a suspended space on the mountaintops, where human activity and work in the pastures follow an annual cycle unchanged over time. Through the testimony of individuals like Diego, a scythe user preserving ancient traditions, and families like that of Laura Rabbiosi, the film reveals the connection between the past and the future, night and day, in these lands. The introduction of technologies such as milking robots highlights the evolution of livestock farming with the goal of ensuring animal welfare. The story follows the Milesi family during the summer season in the high-altitude pastures, where cows play a key role in preserving the meadows and fertilizing the soil. Haying becomes an important community activity, intertwining relationships and solidarity. The documentary also focuses on the production of Bitto cheese, following the work of Franca, her husband Franco, and their children. The narrative emphasizes the importance of traditional agricultural practices and the deep connection between the inhabitants of these mountains and their territory.



Paradise needs help

The documentary explores the Pelagos Sanctuary, a protected marine area between the French Riviera, Sardinia, the Tuscan Archipelago, and Liguria. The sanctuary is renowned for its rich marine biodiversity, featuring eight species of cetaceans regularly present, including sperm whales, striped dolphins, and common fin whales. Marine biologists Nadia Repetto and Maurizio Wurtz, with over 40 years of experience, have developed a unique way of documenting marine life through life-size sculptures and illustrations. Maurizio's works are inspired by encounters with animals during their travels. The documentary also follows Alessandra Somà and Gabriella Motta, biologists engaged in cetacean spotting and monitoring in the Pelagos Sanctuary. Through their experiences and those of the crews on board, the film provides an intimate look into the lives of these marine creatures. The narrative extends beyond observing cetaceans, addressing crucial themes such as marine ecosystem conservation, waste management, and the impact of human activities. The Pelagos Sanctuary was established to protect marine mammals from the threats of human activities, but the documentary underscores the importance of collective responsibility in preserving the marine natural habitat.



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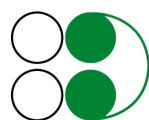
The Four Valleys of Arezzo

The documentary explores the beauty and cultural richness of the valleys surrounding the city of Arezzo in Tuscany, Italy. The narrative begins at dawn, immersing itself in the autumnal atmosphere of the city, particularly the magnificent Piazza Grande, where the Antiques Fair takes place. Exhibitors showcase art objects, furniture, and furnishings representing the cultural heritage of the region. The journey continues to Casentino, one of the valleys where Molin di Bucchio stands, built around 1200. Here, Claudio Bucchi, a mason, has restored the old mill, opening it to the public in 2004. The documentary features interviews with Claudio, who shares his passion for restoration and tradition preservation. The story then moves to Cortona, a village in Valdichiana, where Saverio Misesti collects objects from various eras, defining them as expressions of strength and life. Saverio illustrates his deep connection to the region, reflecting on his life spent between Arezzo and Cortona. Through interviews with individuals like Adelaide Valentini, a young farmer, and Gualberto Guldani, who has a special connection to the Arno River, the documentary explores the lives and choices of those living in these valleys. Adelaide, for example, recounts her upbringing in Valtiberina and her return out of love for nature and the region. The theme of conservation and respect for nature emerges through the stories of those living in these valleys. Claudio and Carla, in Casentino, manage an Ecomuseum to preserve cultural heritage. Adelaide practices sustainable and nature-respecting agriculture. The documentary concludes by emphasizing the importance of these valleys, declared UNESCO Heritage, and the magic of their connection between humans and nature. The interviewees share their worldview, reflecting on how nature, history, and traditions have shaped their lives. The film provides an intimate look at people living in harmony with nature, preserving traditions, and valuing the cultural heritage of the valleys of Arezzo.



The Baù's Village

We trace the history of Stoccareddo, a small village of 402 inhabitants on the Asiago plateau in the province of Vicenza, isolated in a valley between Monte Pasubio and Monte Grappa, heroic places of the Great War. Up to 380 residents of Stoccareddo share the surname Baù, and legend has it that they all descend from a single Viking who arrived from Denmark in the 12th century. They have a more intact DNA, due to the high rate of endogamy, and have developed a protective gene now being studied for potential application in an immunological drug. The Baùs, with their "good" blood, have lived isolated from the world, but over the past century, many of them have emigrated to the USA, South America, Australia, Belgium, and France. They occasionally gather in their hometown to talk about ancestors, family, and work, especially during the so-called "Festa del villeggiante," held approximately every five years, always at the beginning of August. Guiding us through the discovery of this unexpected community are Amerigo Baù, the local historian, Anthony Baù born in Belgium but returned to his roots by starting a lumberjack business, Chiara Baù, a young soul of the village's "pro loco," and the local glory Eder Baù, a professional footballer who made his debut in Milan alongside Shevchenko and Bierhoff before playing for major clubs in the Triveneto region.



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