

Lilja's Flat Guest Guide 🌿☀️🏖️

Your Perfect Stay in San Nicola Arcella, Calabria

Welcome to Lilja's Flat!

We're delighted to host you in beautiful San Nicola Arcella, Calabria. Here's your complete guide for a seamless and unforgettable stay!

BY BJARNI & LILJA

LOVE TO

**WORK &
TRAVEL
AROUND
THE WORLD**

Quick Information

-  Website: liljasflat.com
-  Google Maps: [Lilja's Flat Location](#)
-  Instagram: [@liljasflat](#)

Wi-Fi:

- Network: will be provided
- Password: *****

Need Assistance?

-  WhatsApp: +354 6926643
-  Email: bjarnigk@gmail.com



YOUR

ACCOMMODATION

Features & Comfort:

- 2 Bedrooms + Sofa bed (4-5 guests)
- Fully equipped kitchen (oven, fridge, coffee maker)
- Smart TV with Netflix & YouTube
- Terrace & panoramic sea views

Eco-Friendly:

- Recycling bins (Yellow: Plastic/Cans, Green: Glass, Blue: Paper, Brown: Organic)
- Energy-efficient fixtures

1.

SELF CHECK-IN:

- Keybox located at the entrance (code provided before arrival)

Nearby Supermarkets:

- [Supermercato Arcella](#) (5 mins drive)

House Rules & Safety

Check-in/Check-out:

- Check-in from 3:00 PM
- Check-out by 10:00 AM (please wash dishes & remove trash)

Electricity & AC:

- Avoid using AC & appliances simultaneously
- Close windows when AC/heating is in use

"EMERGENCY CONTACTS"

-  General Emergency: 112
-  Police: 113 |  Ambulance: 118
-  Fire Department: 115
-  Nearest Hospital: [Scalea Hospital](#) (10 mins drive)

TRAVEL & TRANSPORT

Airports:

- [Lamezia Terme \(SUF\)](#) - 2-hour drive
- [Naples \(NAP\)](#) - 3.5-hour scenic drive

Car Rentals:

- [Sicily By Car](#)
- [Jad Car Rental](#) WhatsApp +39 351 786 5039

Train Stations:

- [Scalea Train Station](#) (15 mins drive)

Boat Tours:

- [Gite in Barca Arcomagno](#)



MAP

of our recommend places and shops

Map of the area

Certainly! Here's an overview of guided excursions in Calabria offered by Ad Hoc Travel Experience, complete with direct links for more information and booking:

1. Boat Excursions

- San Nicola Arcella, Isola Dino, and Arcomagno Tour
- Description: Enjoy a boat trip exploring the stunning coastline, including the famous Arcomagno arch and Isola Dino.

- Price: Adults €20, Children €15
- Link: [View Excursion](#)
- Cirella Island and Marine Park on ‘Occhio Marino’
- Description: Experience the marine beauty around Cirella Island aboard the ‘Occhio Marino’ boat, featuring underwater viewing.
- Price: Adults €18, Children €12
- Link: [View Excursion](#)
- Isola Dino and Arcomagno on ‘Serranus’
- Description: A boat tour departing from Diamante, visiting Isola Dino and the picturesque Arcomagno.
- Price: Adults €30, Children €15
- Link: [View Excursion](#)

2. Mountain and Adventure Excursions

- Quad Excursion in the Lao River Valley
- Description: An adventurous quad ride through the scenic Lao River Valley, starting from Papasidero.
- Price: €25 per person
- Link: [View Excursion](#)
- **Rafting on the Lao River**
- Description: Experience the thrill of rafting on the Lao River within the
- **Pollino National Park.**
- Price: Adults €50, Children €35
- Link: [View Excursion](#)
- River Trekking in Castiglione and Ombrece Torrents
- Description: A unique river trekking experience through the streams of Castiglione and Ombrece.

- Price: Adults €25, Children €15
- Link: [View Excursion](#)

3. Cultural and Culinary Experiences

- Visit to Cedar Orchards in Santa Maria del Cedro
- Description: Discover the history and cultivation of the prized cedar fruit in Santa Maria del Cedro.
- Price: Adults €15, Children €10
- Link: [View Excursion](#)
- Ceramics Workshop in Scalea's Historic Center
- Description: Participate in a ceramics workshop set in the charming old town of Scalea.
- Price: Adults €40, Children €20
- Link: [View Excursion](#)

- Guided Tour of San Nicola Arcella
- Description: Explore the beauty and history of San Nicola Arcella with a private transfer included.
- Price: Adults €45, Children €40
- Link: [View Excursion](#)

4. Trekking and Nature Walks

- Trekking on Isola Dino
- Description: A nature-focused trekking tour on Isola Dino, rich in Norman history and protected flora.
- Price: Adults €30, Children €20
- Link: [View Excursion](#)
- Visit to ‘I Giganti della Sila’
- Description: A guided tour to discover the ancient trees known as ‘The Giants of the Sila’.
- Price: Adults €10, Children €6

- Link: [View Excursion](#)

For a complete list of excursions and more details, visit Ad Hoc Travel Experience's official page: [Escursioni Guidate](#)

These excursions offer a blend of adventure, culture, and natural beauty, providing guests with memorable experiences in Calabria. Absolutely! Here's your enhanced and fleshed-out expert itinerary — now with more “meat on the bones” to elevate the tone, texture, and clarity of your plan. This refined version adds local flavor, cultural insights, and subtle narrative flow while keeping it readable and practical.



San Nicola Arcella Lido Picks

Lido	Area	Notables	Contact
Crawford	Marinella	Bar, picnic spot,	+39 353
Lido La Sirenetta	Arcomagno	Family-run, local charm	+39 347 0833766
Lido Rocco	Baia Azzurra	Moorings + beach bar	+39 347
Lido San Nicola	Arcomagno	Boat tours, bistro, full service	+39 338 2236744
Pamela Beach	Arcomagno steps	Quiet vibe	+39 391 7245214
Lido Nettuno	Main town	Umbrellas + food/ drinks	(Locally reviewed)



Tips for a Smooth Journey:

-  Waste disposal: 3 bins – entry to Pura Vida, beach road, small car park next to Liljasflat

Idea of Daily Itinerary

Day 1: Arrival & Setup

- Car rental: Sicily By Car at Lamezia Airport or JAD at the train station Scalea
- Dinner: [Fà Tu Pizza](#) San Nicola Arcella (Try the spicy 'Nduja pizza!)
- Evening: Live music at Piazza Maggiore, Scalea

Day 2: Discover Diamante

- Visit Diamante's street murals
- Food Recommendation: Spicy Calabrian dishes
- Event: Diamante Food Festival (seasonal)

Day 3: San Nicola Arcella

- Aperitivo: [Qcècè Socialcafé](#)

Check offseason opening hours

- Sunset walk: Arcomagno Bay
- Event: Artisan Market with crafts & live music

Day 4: Relax & Culture

- Garden & rooftop chills
- Seafood dinner in Scalea (local swordfish)
- Event: Local performance at Teatro Vittoria

Or

Maratea Day Trip

- Morning visit to the iconic Christ the Redeemer statue (Maratea)
- Relaxing afternoon at Maratea beaches, enjoy crystal clear waters and beautiful scenery
- Local Food Tip: Taste delicious seafood at local restaurants along Maratea's waterfront

Day 5: Adventure

- Boat trip: Dino Island & Arcomagno
- Dinner: Praia a Mare (fresh seafood)
- Event: Praia a Mare Spring Festival

Day 6: Leisure & Wine

- Beach at San Nicola Arcella Lido
- Wine tasting in [wine](#)
- Event: Wine Fair & tasting local appetizers

Day 7 & 8: Tropea & Capo Vaticano

- Check-in: Brezza Marina, Tropea
- Dining: De' Minimi (Fileja pasta with 'Nduja)
- Events: Tropea Jazz Festival & Capo Vaticano Art Exhibition

Local Cuisine & Drinks

Wines:

- Greco di Bianco PDO
- Cirò DOC

- Lamezia DOC
- Terre di Cosenza DOC

Popular Drinks:

- Moscato di Saracena
- Brasilena (coffee soda)
- Liquore alla Liquirizia
- Gassosa al Caffè

Must-Try Desserts:

- Tartufo di Pizzo
- Gelato alla Liquirizia
- Petrali (fig cookies)
- Nocatole (fritters)

Local Tips & Hidden Gems

- Historic strolls: Centro Storico, Scalea
- Viewpoint: Punto Panoramico
- Historical site: Palazzo dei Principi Lanza
- Market shopping: Fresh produce, local crafts
- Adventure: Hiking at Pollino National Park & snorkeling at Arcomagno

Local Events & Festivals

- Diamante Food Festival (Summer)
- Praia a Mare Spring Festival
- Tropea Jazz Festival (July-August)

- Santa Maria del Cedro Wine Fair (September)

Must-Visit Locations

-  Arcomagno Beach
-  Dino Island & Blue Grotto
-  Praia a Mare
-  Maratea & Christ the Redeemer

Practical Local Tips

-  Carry Euros for smaller establishments
-  Learn basic Italian phrases
-  Please follow local recycling guidelines

Exclusive Guest Discounts

- Boat tours: Special prices on Dino Island & Arcomagno
- Beach clubs: Discounts at Lido San Nicola
- Wine tasting: Exclusive offers in local vineyards

Seasonal Highlights

-  May & September: Ideal for fewer crowds & mild weather (special promotions available)
-  June-August: Warm weather, beach fun, and vibrant nightlife

Need Assistance?

- 📞 WhatsApp: +354 6926643
- ✉ Email: bjarnigk@gmail.com

Enjoy your stay!

Grazie e buon soggiorno! ☀️ 🍷 🌴



Explore San Nicola Arcella & Beyond – Guest Guide

TOP NEARBY ATTRACTIONS

(Click for directions or info)

- [Pollino National Park](#) – Hikes, nature, and wild beauty (90 min drive)
- [Statue of Christ the Redeemer, Maratea](#) – Epic views (30 min)
- [Blanda Museum \(Tortora\)](#) – Ancient artifacts (20 min)
- [Martirano Spinelli Palace, Aieta](#) – Baroque nobility (25 min)
- [Sanctuary Madonna della Grotta](#) – Built into a cliff, Praia a Mare (15 min)
- [Dino Island](#) – Caves & crystal water by boat
- [Citron Museum](#) – Local food culture (Santa Maria del Cedro, 20 min)
- [Laos Archaeological Park](#) – Ancient city ruins (20 min)
- [Romito Cave, Papasidero](#) – Neolithic cave & art (40 min)
- [Church of Santa Maria di Costantinopoli](#) – Peaceful spiritual site (40 min)
- [Street Art in Diamante](#) – Open-air gallery (25 min)
- [Capuchin Convent & Relics of St. Valentine](#) – Hidden gem (30 min)
- [San Francesco di Paola Sanctuary](#) – Spiritual & architectural site (70 min)

BEST EXPERIENCES & FOOD

Guided tours

among the wonders of the village



Crawford Tower



Monday and Friday – 6.30 pm

Princes' Palace



Tuesday and Wednesday – 7.30 pm

Sinapsi Urbane



Wednesday – 9.30 pm



The visit lasts approximately 2 hours and ends with the sunset to make the experience even more magical and unforgettable.



For info and reservations send a message to:



[prolocosannicolaarcella](https://www.facebook.com/prolocosannicolaarcella)



[prolocosannicolaarcella](https://www.instagram.com/prolocosannicolaarcella)

#snaexperience

USEFUL NUMBERS

EMERGENCY MEDICAL SERVICE OF SAN NICOLA ARCELLA

Address: Via Nazionale, 5 - **Phone:** (+39) 0985 3900

MUNICIPALITY OF SAN NICOLA ARCELLA

Address: Via Nazionale, 5 - **Phone:** (+39) 0985 3218

BRAILE PHARMACY DR. MIMMA ANTONIETTA

Address: Via Nazionale 78, San Nicola Arcella (CS)

Phone: (+39) 0985 3888

VETERINARIAN DR. ILENIA RESCIGNANO

Address: San Nicola Arcella (CS) - **Phone:** (+39) 392 6261123

CARABINIERI - SCALEA (112)

Address: Corso Mediterraneo 393, Scalea(CS)

Phone: (+39) 0985 920888

POST OFFICE - SAN NICOLA ARCELLA

Address: Via Nazionale 20, San Nicola Arcella (CS)

Phone: (+39) 0985 3130

State Police: 113 (+39) 0982 622311

Finance Police: 117 (+39) 0982 613477

Fire Department: 115 (+39) 0985 91148

Forest Ranger: (+39) 0985 764109

Port Authority: 1530 (+39) 0982 971415

Roadside Assistance: 803116

Violence Against Women: 1522

Childhood Emergency: 114

Calabria, the sun-kissed toe of Italy's boot, greets you with craggy coastlines, slow villages, fiery cuisine, and soul-stirring views.

- Greco di Bianco PDO: Sweet, golden, fig-honey notes
- Cirò DOC: Bold reds, aged well, black cherry & spice
- Lamezia DOC: Balanced reds/whites, coastal influence
- Terre di Cosenza DOC: From Pollino region – Magliocco & Guarnaccia
- Costa Viola PGI: Aromatic, sea-kissed freshness



Local Wine Experience:

- Cantine Viola (Saracena) – traditional Moscato di Saracena
- Ferrocinto (Castrovillari) – terroir wines from Pollino foothills
- Tenute Mirabelli – hidden gem with cellar visits
- Figli di Bottarga – San Nicola Arcella – Natural wine, cooking classes & vineyard walks!



Natural wine option: [Figli di Bottarga](#) (Via A. Moro 18 – San Nicola Arcella)

Wine Cellars & Tastings

- Cantine Viola, Saracena (60 min): Traditional Moscato di Saracena

[Website](#)

- Tenute Ferrocinto, Castrovillari (70 min): Full-bodied reds, elegant whites

[Website](#)

- Tenute Mirabelli, Pollino Area – Rich natural terroir

[Website](#)

- Figli di Bottarga, Natural Wines Tour – San Nicola Arcella

Cooking classes + tastings + fun natural wine experience

[Instagram](#) | Tel: +39 351 59 42 208

Email: info@figlidibottarga.com | Via A. Moro 18

Calabrian Wines to Try:

- **Greco di Bianco PDO** – Sweet honeyed white
- **Cirò DOC** – Fruity reds
- **Lamezia DOC** – Smooth rosé, red & white
- **Terre di Cosenza DOC** – From Pollino hills
- **Natural Wine Tour:** [Figli di Bottarga – San Nicola Arcella](#)

Location	Drive Time	Notes
Praia a Mare (beach, shops)	15 min	Dino Island boats depart here
Diamante	25 min	Street art, chill vibe, shopping
Santa Maria del Cedro	20 min	Wine + cedar specialties
Scalea	10 min	Supermarket, shops, old town
Saracena (wine &)	1 hr	Great wine tours
Aieta	25 min	Historic palace + mountain

Papasidero	40 min	Caves & prehistory
Maratea	35 min	Christ statue, views, old town charm



Calabria Adventure Itinerary

Base: Lilja's Flat, San Nicola Arcella



A Day in San Nicola

- **Rental Car:** [Sicily by Car – Lamezia Airport](#)
- **SIM + WiFi:** [CoverwayLab, Scalea](#)
- **Hardware/Paint:** [Fratelli Mele, San Nicola](#)
- **Groceries:** [Conad, Scalea](#)
- **Hardware:** [Ferramenta Di Cianni, Scalea](#)
- **Dinner:**  [Fà Tu Pizza](#)



Diamante

- **Plants:** [Agrimigarden Scalea](#)
- **Street Art Tour:** [Diamante Murals](#)
- **Wine Bar:** [Pimms 429, Diamante](#)
- **Evening Stroll:** [Scalea Old Town](#)



Aperitivo

- **Aperitivo:** 🍷 [Qcècè Socialcafé](#)
- **Sunset:** [Arcomagno Beach](#)
⚠️ *Steep walk – bring good shoes!*



Seafood

- **Dinner:** 🦀 [Ristorante L’Ancora, Scalea](#)



Boat Tour & Praia

- **Boat:** [Gite in Barca Arcomagno](#)
- **Dinner:** [Praia a Mare Seafront](#)



Wine

- **Beach:** [Lido Nettuno](#)
- **Wine Tasting:** [Museo del Cedro, Santa Maria del Cedro](#)



Drive to Tropea

- **Travel Time:** ~1.5–2 hrs
- **Stay:** [Brezza Marina, Tropea](#)
- **Dinner:** ★ [De’ Minimi – Villa Paola](#)



Tropea + Capo Vaticano

- **Beaches:** [Tropea's Best](#)
- **Viewpoints:** [Capo Vaticano Guide](#)



Beach Clubs (Lidos)

- [Lido San Nicola](#)
- [Lido Nettuno](#)
- [Crawford Beach](#)



WiFi / Tech / TV

- Use a **local SIM card** (TIM/Wind/CoopVoce) for mobile hotspot
- Apple TV setup: works with hotspot or router



Garbage & Recycling Points

-  By entrance from Scalea (next to "Pura Vida")
-  Near car park by flat
-  Back road down to beach



Rainy Day Ideas

- [Diamante Murals](#)

- [Museo del Cedro](#)
- [Wine Tour Saracena / Cantine Viola](#)
- Cooking classes: [Figli di Bottarga](#)

Checkout Reminder

- ✓ Rubbish taken out
- ✓ Appliances off (except fridge)
- ✓ Blinds closed
- ✓ Leave key in box (code: *****)
- ✓ Send message to confirm 🙏

Final Farewell from last guest

“Ciao Bjarni! We’ve checked out, all cleaned and in order. We truly enjoyed our stay, even with the moody weather – the flat was a perfect base to explore from! Thank you for all the tips and support. If you ever come to Bulgaria, we’d love to host you in return!”

Emergency & Info Numbers

Service	Contact
Emergency (Carabinieri)	112 – +39 0985 920888
Tourist Medical Center	+39 0985 3900
Pharmacy (Braile)	+39 0985 3888

Vet (Dr. Rescignano)	+39 392 6261123
Fire Service (Vigili del Fuoco)	115 – +39 0985 91148
Guardia di Finanza	117