

Matera 3 Days Itinerary — A Perfect Guide for First-Time Visitors

Day 1: Exploring the Sassi di Matera

- Start at Casa Noha for an introduction to Matera's history and UNESCO heritage.
- Walk through Sasso Caveoso and Sasso Barisano — explore cave dwellings and local shops.
- Visit San Pietro Caveoso for a breathtaking canyon view.
- Lunch at Trattoria del Caveoso (traditional Basilicata cuisine).
- End the day at Madonna de Idris at sunset — one of Matera's most photogenic spots.

■Day 2: Art, Faith, and Hidden Sanctuaries

- Visit Santa Lucia alle Malve — admire the Byzantine frescoes.
- Explore the Crypt of the Original Sin ("Sistine Chapel of Rupestrian Art").
- Discover San Giovanni Battista — Matera's Gothic beauty.
- Lunch near Piazza Vittorio Veneto with a view of the Sassi.
- Stroll along Via Ridola and visit MUSMA (Museum of Contemporary Sculpture).
- Dinner at Osteria al Casale — enjoy local wine and stone-oven dishes.

■Day 3: Beyond the City Walls

- Hike to Belvedere di Murgia Timone for a panoramic sunrise view of Matera.
- Visit local artisans' workshops for handmade ceramics and crafts.
- Stop at San Nicola dei Greci and learn about Matera's Greek heritage.
- Lunch at Ristorante Francesca — famous for its cave dining setting.
- Afternoon at leisure or take a guided tour of nearby Gravina or Altamura.
- End with a peaceful sunset walk through the Sassi — the perfect farewell to Matera.

■Travel Tips:

- Wear comfortable shoes — Matera's stone steps can be slippery.
- Visit early morning or late afternoon for the best lighting.
- Respect religious sites — modest dress and no flash photography.
- Book cave church visits in advance, especially during summer.

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