

Restanza e Tornanza: Visit the Valley, Inhabit the Future

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On December 10, 2025, Rural Hack invites everyone to a unique experience discovering the Valley of the Mills in Sessa Cilento, a journey that blends history, tradition, and sustainability. The visit is part of the FoodSystem 5.0 Seasonal School initiative and is a key stop in the “Il Borgo dei Mulini” project, promoted by the Municipality of Sessa Cilento with the support of the Ministry of Culture and the scientific direction of Rural Hack. An unmissable opportunity to immerse yourself in one of the most captivating places in Cilento, where past, present, and future meet in a narrative of sustainability and innovation

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The Valley of the Mills: A Heritage of History and Identity

The Valley of the Mills in Sessa Cilento is a place of great historical and cultural value, known since the Middle Ages as “*Vallis molendinorum*” due to the presence of numerous watermills. These mills, active since the 12th century, were a crucial resource for the local community, supporting the agricultural and artisanal economy of the area. Today, along the Sorrentino Stream, the remains of 23 watermills stretch across the valley, making it one of the areas with the highest concentration of mills in Cilento.



Source: <https://www.palazzocoppola.it/la-valle-dei-mulini/>

The “La Valle dei Mulini” trail, which retraces the ancient connecting routes between the towns, has recently been enhanced through a project curated by the Pro Valle Cilento Association, offering everyone the opportunity to explore this extraordinary natural and cultural heritage. The trail, approximately 4 km long, combines nature and history, telling the story of how the valley has been the beating heart of the local economy for centuries.

Between Culture and Tradition: The Value of Palazzo Coppola

In addition to the Valley of the Mills, Palazzo Coppola is another key cultural landmark in Sessa Cilento. After careful restoration, the palace has become a center of great cultural value, hosting events and exhibitions that celebrate the agrarian traditions of Cilento.



Inside, there is an ecomuseum that tells the story of local traditions, particularly the production of olive oil and the milling of grain, which have always been central to the valley's economy. The Frantoio di Palazzo Coppola, still in operation, stands as a testament to the importance of these traditional agricultural practices.

Crossing Cilento: Community, Resilience, and Innovation

This visit is not only an opportunity to discover the past but also to reflect on the sustainable future of Cilento. The visit to the Valley of the Mills and Palazzo Coppola is part of the FoodSystem 5.0 Seasonal School project, an initiative that explores how rural traditions can be integrated with innovation to promote the sustainability and resilience of the territory.



These historical places, where water and land were vital resources, are now symbols of how cultural heritage can be transformed into a model of sustainable development.

How to Participate

To participate in the visit, simply sign up through the dedicated form. The event is free for all participants and includes both the guided tour and lunch. Participants will be responsible for reaching the destination independently, taking advantage of a day filled with discoveries and reflections. The visit is part of the “Il Borgo dei Mulini” project, promoted by the Municipality of Sessa Cilento with the Ministry of Culture, and will be a unique opportunity to experience a journey that connects history, culture, and sustainability.

Sign up now and get ready to discover the Valley of the Mills!

[Sign up here!](#)

Fonte: <https://www.ruralhack.org/en/restanza-e-tornanza-visit-the-valley-inhabit-the-future/>