

PUGLIA

— BICYCLE TOURING —



[ENG]

PUGLIA

Bicycle touring

This guide is dedicated to those who wish to discover Puglia slowly, through places and emotions that are hidden from the senses when speeding by. Ride after ride, in the shadows of age-old oaks, monumental olive trees, and the dense Mediterranean maquis, what is revealed to the eyes of a cycling tourist is a marvelous and unexpected Puglia.

In twelve different itineraries, from Gargano to Salento, Puglia is recounted in a grand tour totaling two thousand kilometers, to be traveled by bicycle, but also on foot or horseback, via ancient paths and on untrafficked country roads. This guide can be used to put together itineraries for everyone's tastes and preferences. There is no need to be experienced cyclists. Each itinerary can be subdivided into a number of stages for week-long journeys, daily excursions, or long weekends. Between one stage and the next, you can discover culinary specialties and explore museums, villages, and the cities of art, for a journey in pursuit of culture and well-being.

Puglia is unique, but there is not just one Puglia. It changes its face with every season. The invitation is to discover it all - slowly.

Happy trails!

"It is difficult to express what one feels when he feels as if he is running on map. We are in equilibrium on a line. And that line meant south and east – fabulous points of Italy – at the same time. Puglia was beautiful; it had to be touched deep down."

Franco Antonicelli



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Itinerary 1 - Nature both harsh and gentle



GARGANO AND DAUNIA

“The bicycle is a school that builds character, that gradually teaches us to be enough for ourselves.”

Luigi Vittorio Bertarelli
Insoliti Viaggi. L'appassionante diario di un precursore

1.1. Gargano Loop

Total length: 233 km Height gain: +3870 mt Difficult

Trekking Natural areas Beaches Food



Railway station

Railway link

+ (p.85)*



Itinerary 1

NATURE BOTH HARSH AND GENTLE

1.1. Gargano loop

The exciting journey around Gargano is a long loop around the Promontory, from the rocks to the forest. It begins in **Manfredonia**. The faraglioni in Zagare Bay, at **Mattinata**, and the Pizzomunno monolith in **Vieste**, are just two of the endless picture postcards that the Gargano coastline offers visitors. A restless succession of curves with the gaze turned to the sea affords glimpses unique in this world – truly breathtaking. After passing **Peschici**, a town perched on a rocky spur, we leave the sea behind at **Rodi Garganico**. The **Tremiti Islands** are not far away; in the summer and spring, they can be reached by helicopter from **Foggia** and Vieste, or by ship and hydrojet from Termoli, Vieste, and Rodi Garganico. From Rodi Garganico, we continue for 20 km along the banks of **Lake Varano**, one of Europe's largest wetlands. Leaving the coast behind, nature becomes irreverent and unwilling to make way for people. The itinerary becomes more demanding, but our spirits can be buoyed in one of Puglia's most ancient sanctuaries: San Matteo, located in **San Marco in Lamis**. Here, **Museo Paleontologico dei Dinosauri** is an exciting adventure for the whole family. Proceeding to **San Giovanni Rotondo**, we can visit the church dedicated to Padre Pio. The tour of Gargano ends in **Manfredonia** after the obligatory stops in **Monte Sant'Angelo**, the crossroads of pilgrims making their way to Jerusalem since the 6th century, and the sanctuary of San Michele Arcangelo, a **UNESCO World Heritage Site**.

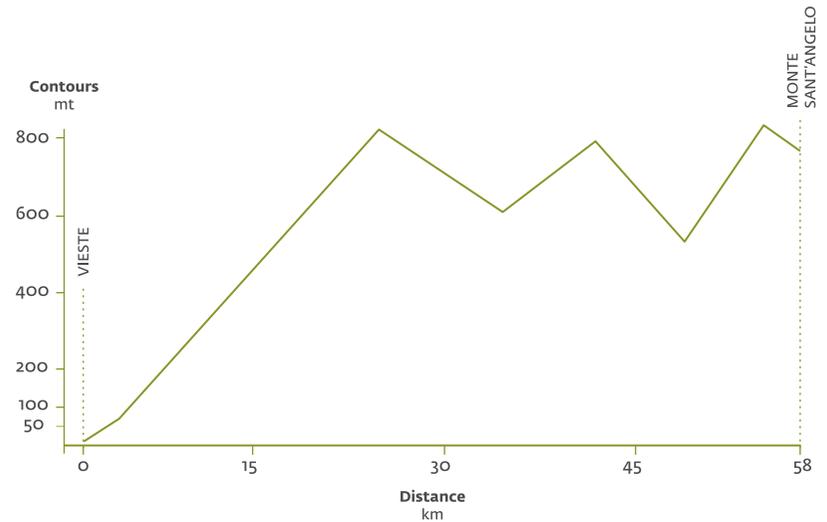


Itinerary 1 - Nature both harsh and gentle

Variant 1.2. - From Vieste to Monte Sant'Angelo

Upon reaching **Vieste**, the cycling tourist can shorten the demanding scenic **Gargano** route by about 80 km, following the torturous SP52B provincial road from sea level; but for the first 25 km it's an uphill battle to conquer the more than 800 meters of altitude to reach the region's green lung: the **Umbra Forest**, a **UNESCO World Heritage Site**. Tall beach and oak trees guide the cycling tourist heading to **Monte Sant'Angelo**.

The **Umbra Forest** is emblematic of Gargano biking, with a trail network about 54 km in length, marked by stone or wooden signs, with picnic areas and signs stating the departure and arrival locations, as well as hiking times.



1.2. Vieste - Monte Sant'Angelo

Total length: 58 km
 Height gain: +1490 mt
 ★★☆☆☆ Difficult

Trekking
 Natural areas
 Beaches
 Food

I trabucchi

The Gargano promontory is dotted with trabucchi, old fishing machines providing shelter from a treacherous sea. Widespread along the coastline from **Vieste** to **Peschici**, some now house poetic restaurants.

📍 **Vieste** +39 0884 70 88 06

📍 **Peschici** +39 0884 96 49 66

Info trabucchidelgargano.org

Basilica of S.Giovanni Rotondo

Renzo Piano designed its layout as a golden spiral, a symbol of evolution and growth. In mathematics, the center of the spiral is unreachable, but here, by proceeding towards its center, the saint's remains may be venerated.

Info conventosantuariopadrepio.it

Umbra Forest

Hundreds of millions of years ago, Gargano was a forest-covered island; when it became joined to the mainland, only the **Umbra Forest** – so named either for its thick vegetation or for its Umbrian populations – remained.

Info parcogargano.it

Grotto of San Michele

In the heart of **Monte Sant'Angelo** is a sanctuary that receives thousands of pilgrims from all over the world. Recognized as a **UNESCO World Heritage Site**, it is on the Via Micaelica with Mont Saint Michel.

📍 +39 0884 56 20 62

Info santuariosanmichele.it

Scaldatelli

Taralli made of flour with extra-virgin olive oil, wine, and fennel seeds, originally from the province of **Foggia**, and above all the municipalities of **Manfredonia** and **Cerignola**. Perfect as a snack for a quick bite between one stage and the next!

📍 **Manfredonia** +39 0884 58 19 98

The legend of Pizzomunno

An imposing white cliff, facing one of **Vieste's** most beautiful beaches and a symbol of the town. It is linked to the legend of the tormented love story between the young fisherman Pizzomunno and the beautiful Cristalda, torn from the depths of the sea by mermaids envious of their love.

📍 +39 0884 70 88 06

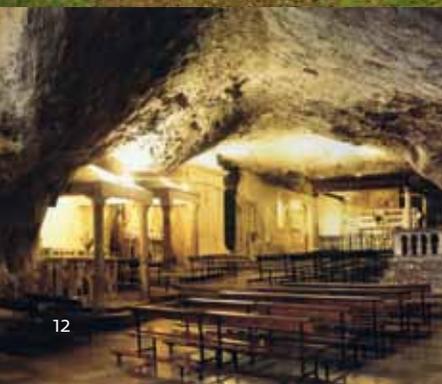
"Acquasala fredda"

Carosello (a local muskmelon), onion, salt, water, oil – just a few calories, and a whole lot of minerals. With a dusting of **Gargano's** *origanum vulgare* and accompanied by bread from Monte, it is ideal after arduous climbs. This dish is a frugal specialty of Gargano cuisine: ask for it in the alleyways of **Monte Sant'Angelo** and you'll find yourself invited home for dinner.

📍 +39 0884 56 20 62

Caciocavallo Podolico

Caciocavallo Podolico is a noble cheese, and among the most aromatic. Gargano's Podolian cows produce very little milk, and only at certain times of the year. That's why this table cheese not used in cooking, and is locally marketed exclusively.



Itinerary 2 - Continuous ups and downs

GARGANO AND DAUNIA, IMPERIAL PUGLIA

“This plowing through the air, almost feeling contact with the earth, provides the illusion of being carried away by two large, invisible wings.”

Edmondo De Amicis
La tentazione della bicicletta

2. San Nicandro Garganico - Canosa di Puglia

 Total length: 295 km  Height gain: +4160 mt  ★★☆☆☆ Difficult

 Trekking  Natural areas  Historic Centers  Food  Wine



● Railway station
— Railway link
 (p.85)•

A woman wearing a red helmet, a pink t-shirt, and a blue backpack is riding a light blue bicycle on a paved path. The path is flanked by ancient stone ruins, including a large, partially collapsed wall made of red brick and grey stone blocks. The scene is set outdoors under a clear blue sky.

Itinerary 2

CONTINUOUS UPS AND DOWNS

An itinerary for strong legs and refined palates. A spectacle to be taken in. The slopes of the **Gargano**, the stone quarries of **Apricena**, and the recent open-air museum along Corso Roma, in the city's own living room, with works by major contemporary sculptors; then we're speeding through the boundless expanses and the farmed fields of the **Upper Tavoliere delle Puglie plain**. At km 50, the ruins of the Swabian-Angevin fortress of Frederick II, with its pentagon-shaped perimeter wall, rise over the **Lucera** promontory. The **Daunia Mountains** are entered by way of an uninterrupted series of climbs and descents. The legs strain to grapple with the demanding but pleasant scenic road of the mountains which, from **Troia**, make the itinerary rather hard going. A sip of Nero wine and then it's on to **Biccari**, on the slopes of **Monte Cornacchia**, and **Faeto**, the town renowned for its exquisite ham. The difficulties of rising altitudes continue, but the rider is rewarded with other hard-to-forget places: **Celle di San Vito**, the entrance to the Via Francigena in Puglia; **Bovino**, one of Italy's most beautiful villages; and **Deliceto**, a village of Medieval origin. From here, it's all downhill to the **Lower Tavoliere Plain** and **Ascoli Satriano**, a treasure chest containing centuries of stories. The humpback Roman bridge over the **Ofanto** marks the boundary between **Canosa di Puglia** and Daunia.

**Andrea Pazienza and MAT**

In **San Severo**, the works of cartoonist Andrea Pazienza, who recounted an entire generation through his drawings, come back to life. **Mat - Museo dell'Alto Tavoliere** is also home to *Splash! Archivio "Andrea Pazienza"*, a documentation center on the renowned cartoonist from Puglia.

Info +39 0882 33 96 11

Monte Cornacchia

Puglia's highest peak, with its wild nature it is recognized as a "Special Area of Conservation." At its feet is **Biccari**, a Medieval village surrounded by woods in which to enjoy nature and relaxation, while sleeping in the Bubble Rooms and in the other tree houses.

Bovino

The age-old village of Bovino dominates the valley of the Cervaro stream, and its architecture of river stone is the work of the local master stonemasons. Blowing from the southwest is *u' Fagne*, a hot wind redolent of mint, thyme, oregano and rosemary, along with the scent of the faraway sea.

Info +39 0881 96 64 75

The Roman Bridge

Once a major trading crossroads and now home to rich and enormous hypogea, **Canosa di Puglia** was linked to the province of Foggia by the Roman Bridge over the Ofanto, built between the first and second centuries AD.

Info +39 0883 61 24 23

Cacc'e mmitte

This **Lucera** wine owes its name to the old custom at farmhouses of renting tubs for wine pressing by the day. They emptied the tubs ("*cacce*") for those who came with their own grapes to be pressed ("*mmitte*").

Il nero and il bianco

Troia's grapes, with their thick, black skins, are among the most ancient in central-northern Puglia, and give the wine that intense ruby color that can make it "black" in appearance.

The white is that of the Apulian Romanesque Cathedral of Troia, whose eleven-spoked rose window captures the highest ray of sun during the summer solstice.

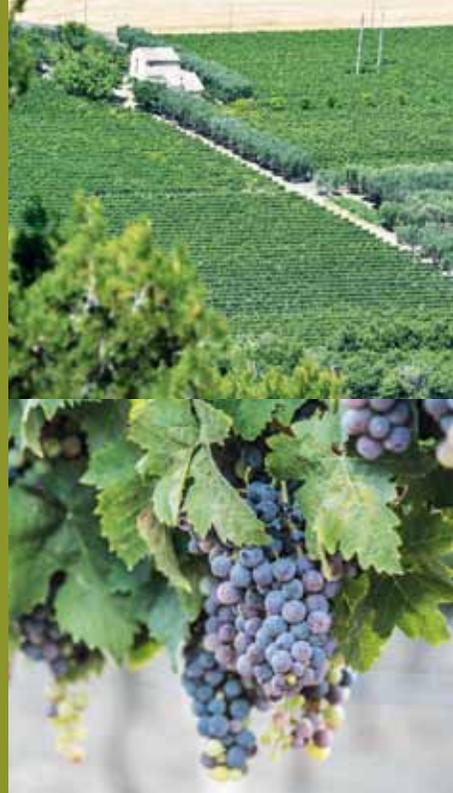
Info +39 0881 97 00 20

Franco-Provençal

Rising on the upper Celone valley, **Celle di San Vito** is Puglia's smallest municipality and also the least populous; along with **Faeto** it is the only one in central-southern Italy where the Franco-Provençal language is still spoken. In 1999, this linguistic minority was officially recognized by the Italian State.

Bella di Cerignola

The world's largest table olive, it has very ancient origins, and in 2000 "*La Bella della Daunia DOP*" obtained EU registration. It is excellent in the Apulian aperitif.



Itinerary 3 - The Imperial coast



GARGANO AND DAUNIA, IMPERIAL PUGLIA, BARI AND THE COAST

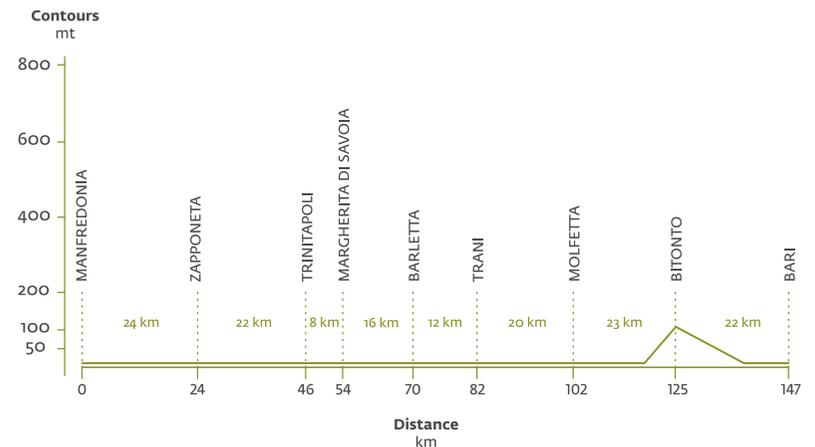
“Flying like a bird: that’s the dream; speeding away on your bicycle: that’s the pleasure. We become young again. We become poets.”

Alfredo Oriani

3. Manfredonia - Bari

Total length: 147 km Height gain: +650 mt ★★★★★ Easy

Trekking Natural areas Historic Centers Beaches Wine



Railway station

Railway link

(p.85)*



Itinerary 3

THE IMPERIAL COAST

From the Romanesque north to the mercantile tradition of **Bari**, along the Adriatic coast. In front of the Santa Maria Maggiore church in **Siponto**, a masterpiece of Apulian Romanesque architecture, we easily reach the **Margherita di Savoia** salt marshes, a storehouse of biodiversity and a reserve since 1977. Pink flamingos have also made their home in this natural habitat. (The route from Trinitapoli to Trani is usually highly trafficked – we recommend covering this stretch by train). Once in **Trani**, one is absolutely entranced before the blinding white Cathedral of San Nicola Pellegrino, one of the Mediterranean's most beautiful and dramatic. And that's not all. In the kilometers that follow, the eyes can catch a glimpse of the splendid villages that owe their fortunes to the sea: **Bisceglie**, **Molfetta** and **Giovianazzo**, three of the most important path markers between West and East. For just a moment, we leave the coast and head towards **Bitonto** city of olives, before ending this fun ride in the characteristic village of **Bari Vecchia**, perhaps savoring a traditional focaccia along the way.



Tresoldi's Basilica

In **Siponto**, contemporary art reconstructs time. Alongside the beautiful Basilica of Santa Maria Maggiore stands an astonishing, wire-mesh installation by the artist Edoardo Tresoldi. The evanescent artwork reconstructs the original values of the ancient Early Christian Basilica.

The city of the Challenge

Barletta, Gateway to the East for pilgrims and soldiers alike, rises on the Via Francigena. Scene of the famous duel referred to as the "Challenge," the legends of Templars and emperors echo within its Castle's walls. The painter De Nittis, to whom a painting gallery is dedicated, was born here

📍 +39 0883 33 13 31

The Cathedral on the sea

The **Trani** Cathedral is one of the most beautiful specimens of Apulian Romanesque architecture. Also special is its position on a promontory overlooking the sea.

📍 +39 375 55 75 405

Bari and the old city

One can lose oneself on the streets of Bari Vecchia, amid the scents of old ovens and hung laundry. A visit along the seafront, passing by way of Teatro Margherita, Teatro Petruzzelli, and the Corso to Teatro Piccinni, is a must. The flavors of Bari conquer the senses with panzerotto with turnip greens and handmade orecchiette.

📍 +39 080 52 42 244

The Manfredonia seafront

A long ride by the sea, extending more than 20 km to the south.

Manfredonia is home to the Carnevale Dauno, with the Siponto mask named Ze' Peppe, whose puppet is burnt at the end of the festival to symbolize the ills that are going away.

📍 +39 0884 58 19 98

La Chianca Dolmen

So named from the term in Bisceglie dialect ("chienghe") meaning "slab of stone or lava," the **Bisceglie** Dolmen is an important megalithic monument dating to the Bronze Age, and declared by UNESCO as a Monument bearing witness to a Culture of Peace for Humankind.

📍 +39 080 39 68 554

The fishing center

The Molfetta light house is one of the Adriatic's oldest, and its port, populated by fishing vessels, reflects an important fishing sector and the seafaring religiosity that permeates the city. A stroll down the seafront provides an occasion to sample an excellent zuppa di pesce.

📍 +39 080 33 40 519

+39 348 41 13 699



Itinerary 4 - A lunar adventure

IMPERIAL PUGLIA, MAGNA GRECIA, MURGIA AND THE GRAVINE

“You who pester the doctor and fatten the druggist: go cycling with your children. A month later, you’ll be digesting raw onions.”

Olindo Guerrini
In bicicletta



4.1. Margherita di Savoia - Altamura

Total length: 115 km Height gain: +1410 mt ★★☆☆☆ Medium difficulty

Trekking Natural areas Historic Centers Food



● Railway station
— Railway link
 (p.85)*

● Itinerary 4.1
● Itinerary 4.2



Itinerary 4

A LUNAR ADVENTURE

4.1. Margherita di Savoia - Altamura

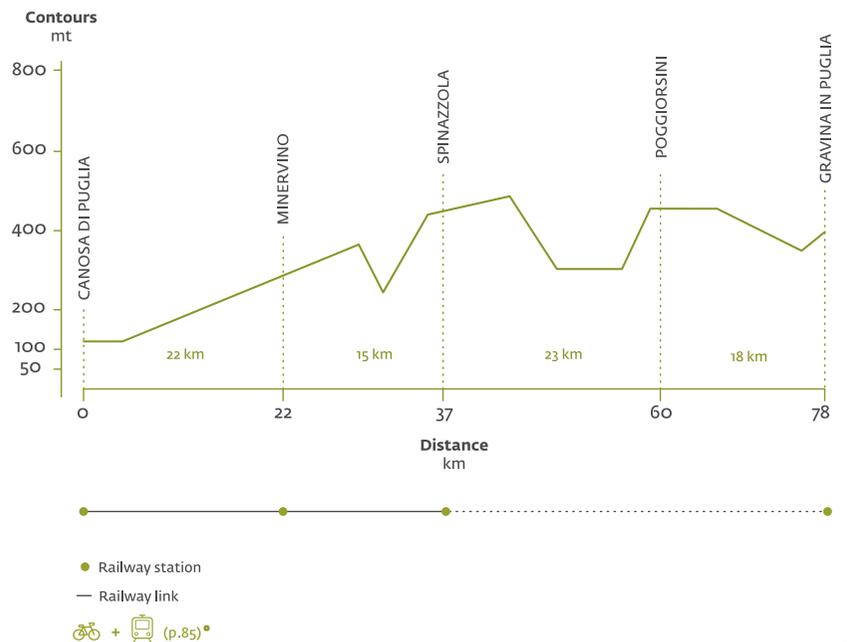
The Murgia steppe and the villages perched over age-old canyons. We cycle through **Parco Nazionale dell'Alta Murgia**: a harsh, arid, and boundless territory. It is an ideal place also – and above all – for lovers of mountain biking. From sea level, the road rises slowly and painlessly. At a height of 540 meters, on one of the highest hills of the Alta Murgia area, soars the majestic **Castel del Monte**, an enigmatic castle that was a pet project of Frederick II of Swabia and is one of Puglia's most famous symbols. From here, we continue amid near-lunar landscapes that change color every season of the year and are worth admiring each time. After 100 km, we reach **Gravina in Puglia**, perched over an imposing canyon, and the Medieval village of **Altamura**, which boasts one of Southern Italy's most beautiful cathedrals – one of Puglia's four Palatine churches. The traveler is welcomed by the scent of fresh bread, which here is both memory and living tradition.



Itinerary 4 - A lunar adventure

Variant 4.2. - From Canosa di Puglia to Gravina in Puglia

Along this itinerary, at **Canosa di Puglia**, the cycling tourist has two possibilities: tackling the Murge highlands from the eastern side, or from the west. The length and difficulty are virtually the same. The side bordering on Basilicata territory, in the rural periphery of Puglia, offers the possibility of admiring from up close the splendid villages of **Minervino Murge** ("Puglia's balcony"), **Spinazzola**, and **Poggiorsini**.



● 4.2. Canosa di Puglia - Gravina in Puglia
 📍 Total length: 78 km 📏 Height gain: +1005 mt ★★☆☆☆ Difficult
 🚶 Trekking 🌿 Natural areas 🏠 Historic Centers 🍲 Food



The salt marshes

Twenty kilometers long and 5 km wide, the **Margherita di Savoia** salt marshes are among Europe's largest, and number-two in the world. They have been a protected natural area since 1977.

📞 +39 0883 65 40 12

[Info salinamargheritadisavoia.it](http://Info.salinamargheritadisavoia.it)

Alta Murgia National Park

The Park rises from the coast of **Bari** towards the Murge highland, at the border between Puglia and Basilicata. Landscapes made virtually lunar by the action of karst are home to more than 1,500 species of plants and small predators: ideal for an excursion by mountain bike and families.

📞 +39 0883 33 13 31

[Info parcoaltamurgia.gov](http://Info.parcoaltamurgia.gov)

Castel del Monte

A **UNESCO World Heritage Site**, it conserves a mysterious octagonal form that, seen from above, is reminiscent of the crown of Stupor Mundi, the appellation of Frederick II of Swabia. The castle holds curiosities and mythological creatures sculpted into the stone.

[Info casteldelmonte.beniculturali.it](http://Info.casteldelmonte.beniculturali.it)

Altamura and the Medieval village

Inside Alta Murgia National Park, enveloped by megalithic walls, **Altamura** is one of the Authentic Villages of Italy (Borghi Autentici d'Italia). It is also the scene of **Federicus**, the Medieval recreation in honor of Frederick II of Swabia, which involves the whole town.

[Info federicus.it](http://Info.federicus.it)

Cittàslow

Gravina in Puglia belongs to a network of municipalities that are committed to improving the quality of life of inhabitants and visitors, through the Slow Food network. Don't miss a visit to the aqueduct bridge that links the historic center with the Botromagno hill.

Puglia's "balcony"

Minervino Murge is a village of Imperial Puglia in the heart of Alta Murgia National Park. Its natural face overlooking the harsh Murgia is a splendid landscape in all seasons, memorable when tinged with red by flowering poppies in the springtime.

Altamura bread

A visit to one of **Altamura's** ovens is a must, for a snack of world-famous PDO bread made with flour from the durum wheat raised in the Murgia territories. The bread here, homemade and baked in public ovens, is a symbol of community tradition.

Fried lampascioni

Resembling onions, these wild bulbs grow spontaneously in the territory of Murgia and Bari. Recognized as a Traditional Italian Agrifood Product, when fried they provide all the flavor of Puglia.



Itinerary 5 - From the sea to the countryside



BARI AND THE COAST, VALLE D'ITRIA AND MURGLIA DEI TRULLI

“Thanks to the bicycle, humankind has discovered a new freedom: everyone can move fast under his or her own power.”

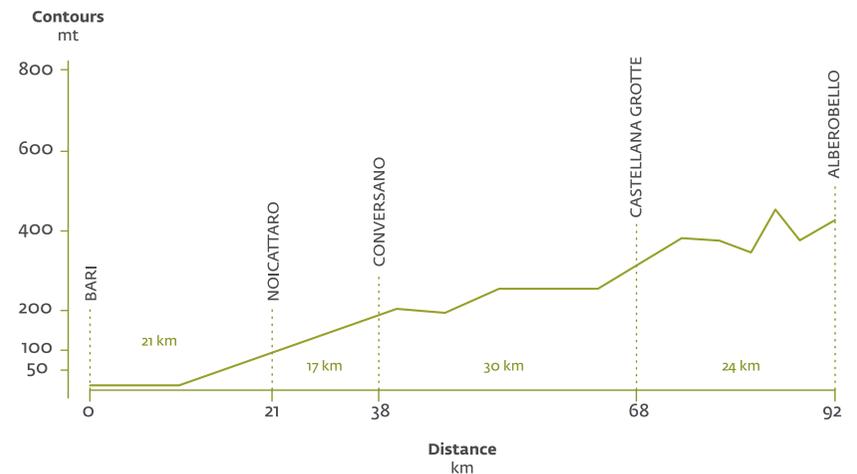
Giorgio Caponetti

Quando l'automobile uccise la cavalleria

5. Bari - Alberobello

Total length: 92 km Height gain: +950 mt ★★☆☆☆ Medium difficulty

Trekking Historic Centers Beaches Food



● Railway station
 — Railway link
 (p.85)*

A cyclist wearing a red and white jersey and a helmet is riding a road bike down a narrow, paved street in Alberobello, Italy. The street is lined with traditional trulli houses, which have white walls and conical roofs made of stacked stones. The scene is captured in bright daylight, with shadows cast on the pavement. The text 'Itinerary 5' is overlaid on the right side of the image.

Itinerary 5

FROM THE SEA TO THE COUNTRYSIDE

Taking it slow and carefree on two wheels, in a nature in full bloom. The itinerary starts from **Bari**, where the remains of St. Nicholas are kept, heading for the Norman tower of **Rutigliano**, where a terracotta whistle is a precious souvenir. After **Conversano**, a city of art with major Medieval remains, we find ourselves traveling on tranquil country lanes, immersed in a sea of orchards, with a particular emphasis on cherry and almond cultivation. A handful of tasty cherries is just what we need on our journey on two wheels. We continue cycling, immersed in a wondrous spectacle, featuring strong color contrasts, especially in the springtime when green, unplowed fields and just-farmed red-brown earth stand out against the white stone and clouds, and against the blue sky and azure sea.

Just a short ride away, Italy's most important speleological complex – the **Castellana Caves** – is worth a visit. The Murgia ascent from here is rather gentle, and leads to the 400-meter elevation of the hills of **Putignano**, the "City of Carnival." The narrow lanes, a fabulous setting dotted with the typical trulli, accompany the cycling tourist amid the white alleyways of **Alberobello**, a **UNESCO World Heritage Site** and the final discovery on this itinerary.

CASTELLANA CAVES



Italy's – and Europe's – most important speleological complex. A fascinating natural architecture of stalactites and stalagmites reminiscent of human figures, with canyons and unique colors, extends for approximately 3 km, at a depth of 70 meters. Don't miss *Hell in the Cave*, an air show inspired by the Circles of Hell in Dante's Divine Comedy.

📞 +39 389 06 21 562
[Info grottedicastellana.it](http://Info.grottedicastellana.it)

ALBEROBELLO - THE CAPITALE OF THE TRULLI



A visit to the streets of **Alberobello**, a **UNESCO World Heritage Site**, is a timeless journey between history and ritual. Typical limestone dwellings, the trulli bear witness to the extraordinary dry stone construction dating to the 15th century, when the Counts of Conversano imposed it upon the peasants to avoid the royal tax levied by the Kingdom of Naples on the birth of urban agglomerates. The pinnacle is decorated with esoteric, propitiatory, or religious motifs, symbolizing a past in which rituals and beliefs were part of the people's daily lives.

The remains of St. Nicholas

Once known as the "marina" of Triggiano, **Baia San Giorgio** was a fishing village. A small chapel of St. Nicholas stands in memory of the three ships from Bari which, in 1807, after smuggling the Saint's remains from Myra, stopped here before their arrival in Bari.

The whistles of Rutigliano

To this day, Rutigliano's potters work red clay to make kitchen utensils, tools, but also the famous "ear-splitting toys" for children, with zoomorphic depictions of a propitiatory nature, like the famous rooster-shaped whistle.

The "Railway" Cherries

Conversano and **Turi**, two small yet enormous treasures, offer pleasant excursions through the alleyways to the castle, with its characteristic cylindrical tower. All is embraced by a landscape of olive groves, almond, and cherry orchards that also produce the exquisite "railway" cherries.

Farinella

Rising in the heart of the Murgia is Putignano, home to the famed Carnival that is among the most ancient in Italy. The festival's official mask is Farinella, whose name is inspired by the dish that symbolizes local cuisine: a grinding of toasted barley and chickpeas.

📞 +39 080 40 56 555
[Info carnevalediputignano.it](http://Info.carnevalediputignano.it)



Itinerary 6 - Riding to the strains of Volare



BARI AND THE COAST, VALLE D'ITRIA AND MURCIA DEI TRULLI, SALENTO

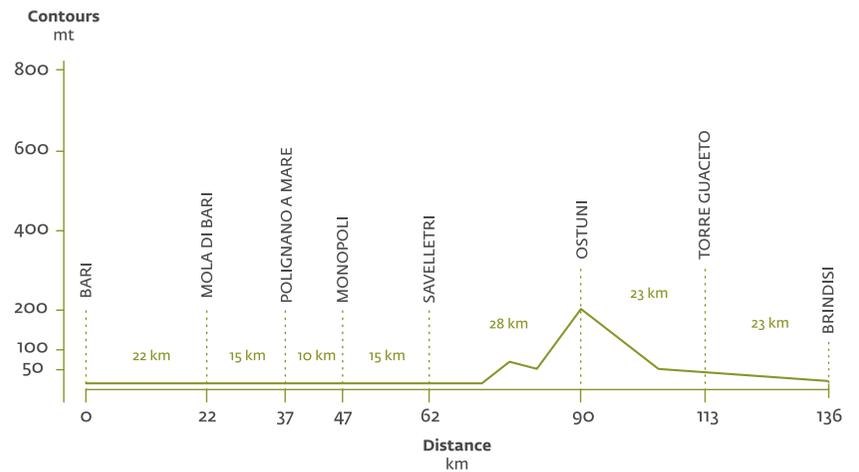
“Every time I see an adult on a bicycle, I no longer despair for the future of the human race.”

Herbert George Wells

6. Bari - Brindisi

Total length: 136 km Height gain: +825 mt ★★★★★ Easy

Historic Centers Beaches Food Archaeological Sites



● Railway station
 — Railway link
 (p.85)*



Itinerary 6

RIDING TO THE STRAINS OF VOLARE

In this itinerary, the Adriatic coast still takes center stage. From **Bari**, we head south, along bays of crystal-clear water, to be enjoyed unhurriedly. Upon leaving behind the brand-new seafront of **Mola di Bari**, we soon encounter several trulli reflected in the sea's myriad shades of blue. The kaleidoscope of landscapes is also enriched by green olive trees and by the countless hues of the vegetable gardens in the countryside. Upon reaching the historic center of **Polignano a Mare** rising on a promontory soaring over the Adriatic, where Modugno's melodies echo, we head straight towards the walls delineating the **Monopoli** seafront. From here to **Ostuni**, we make our way amid majestic, age-old olive trees. Past and present are intertwined, and for several kilometers we follow in the footsteps of the Roman centurions who marched along the Via Traiana, and of the pilgrims making their way down the Via Francigena. The itinerary ends in ancient, noble **Brindisi**, gateway to the East and a stopping place for the Crusades on the way to the Holy Land. There where the ancient itineraries ended, our itinerary ends as well.



The "unique" city

Monopoli owes its name to the Greek roots *monos* and *polis*: the "unique city." Suddenly appearing amid flowery balconies and ancient churches are the colorful skiffs in the marina and the imposing turret of the Castle of Charles V.

📍 +39 080 41 40 264

Polignano a Mare

Domenico Modugno sang the unforgettable "Volare", and the statue on the cliff commemorates him. From here we can enjoy a breathtaking view over the blue sea and the town perched on the cliffs. Don't dare leave before enjoying a gelato, a special coffee with lemon rind and amaretto, and a dip in one of the coves to the north of the city.

📍 +39 080 42 52 336

Egnatia Archaeological Park

Lined by age-old olive trees and just a stone's throw from an enchanting sea, **Egnatia** is the largest specimen of a city from the age of Ancient Rome and Late Antiquity in Puglia.

Info egnazia.eu

The fortified city

An ancient crossroads of peoples and cultures, **Brindisi** is a whole world to be discovered, with its natural harbor, its Roman ruins, its fortresses overlooking the sea, and its Medieval churches. Don't miss the Aragonese Castle on the Island of Sant'Andrea, and the Swabian Castle built by Frederick II.

📍 +39 0831 22 97 84

The seafaring tradition

With a fishing fleet counting more than 100 vessels, **Mola di Bari** is the number-two seafaring commune in the province of Bari, and among the most important on the Adriatic. In July, a visit to the Octopus Festival presents an opportunity to savor the recipes of the seafaring tradition.

Capitolo

Stretches of sand, crystal-clear water, sea bottoms to be explored, and guaranteed fun. The southern coastline of **Monopoli** is home to the most exclusive private beaches. Stopping for a dip in the water is a can't-miss pleasure – especially for the youngest cycling tourists!

The sea urchins of Savelletri

For those who love sea urchins, a visit to **Savelletri** cannot be missed. A small fishing village not far from Fasano, it is famed for its restaurants that serve up all the flavor of the Mediterranean. This window onto the sea and onto history is just a stone's throw from the Egnazia Archaeological Park.

📍 +39 080 43 94 182

The Regina tomato from Torre Canne

A local variety of canning tomato with a crown-shaped stalk, the Regina tomato is raised in the upper Salento between **Fasano** and **Ostuni**, and in the brackish coastal terrains of the **Parco delle Dune Costiere National Park**.

📍 **Fasano** +39 080 43 94 182

📍 **Ostuni** +39 083 13 39 627



Itinerary 7 - The stone of the eternal cities



MAGNA GRECIA, MURCIA AND GRAVINE, VALLE D'ITRIA AND MURCIA DEI TRULLI,

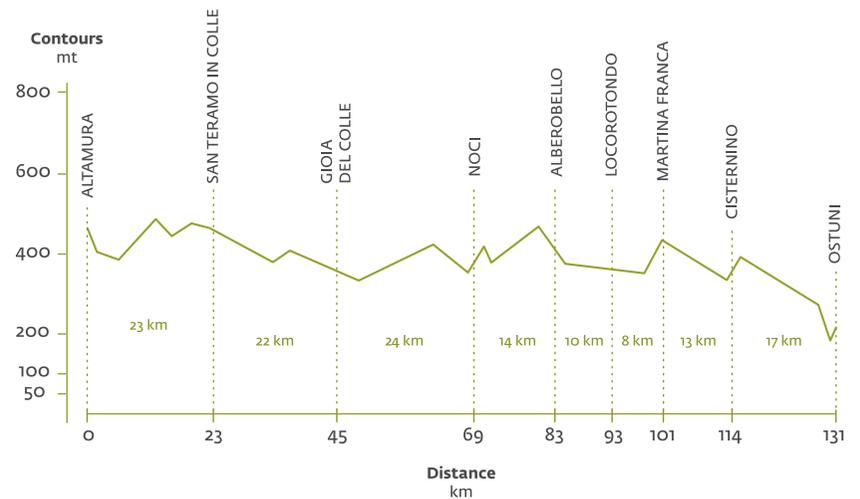
“The miracle of cycling makes the city become, once again, a land of adventure, or at least of travel.”

Marc Augè
Il bello della bicicletta

7. Altamura - Ostuni

Total length: 131 km Height gain: +1240 mt ★★☆☆☆ Medium difficulty

Historic Centers Natural areas Food Wine



● Railway station
— Railway link
 + (p.85)*



Itinerary 7

THE STONE OF THE ETERNAL CITIES

When the spectacle of nature becomes an original set piece From the splendid historic center of **Altamura**, itinerary, this itinerary cuts Puglia in two, and transports the cycling tourist as he or she discovers the timeless charm of the **Itria Valley**. The first two stops are **Santeramo in Colle**, inhabited since the Neolithic Age, and **Gioia del Colle**, nestled in the shade of its castle of Swabian/Norman origin. From the land of Primitivo wine in **Noci**, the “City of Wine & Food,” the itinerary winds through cultivated fields and dry stone walls, the latter built using stones unearthed as the land was farmed. From here, in short order we come across the Itria Valley’s places of greatest interest: **Alberobello**, **Locorotondo**, **Martina Franca**, and **Cisternino**. These are locations unique in the world – foretastes of paradise on Earth. The itinerary ends in front of the **Ostuni** Cathedral which, just behind it, offers a spectacular view of two seas: the first is the boundless sea of olive trees, and the second is the Adriatic, in one of its most enchanting stretches.



The white city

From atop its three hills, when visiting **Ostuni** we enjoy an unforgettable view. No less forgettable is the sparkling white of its houses, a color chosen – so the story goes – for defensive purposes to blind enemies, or to avoid the famine and plagues during periods of drought in the 19th century.

📍 +39 0831 33 96 27

Cloisters and gnostre

On the southern Murgia hill, **Noci** is a jewel surrounded by fields of walnut and oak. The heart of the town is dotted with “gnostre,” from the Latin *claustrum* (lock) – age-old alleyways enclosed between the dwellings, creating spaces not unlike cloisters.

U curdunne

Ironically, the seafront is the scenic road from which to admire the overlooking face and its “*cummerse*” (overhanging roofs typical of the place). Every year, **Locorotondo**, among Italy’s most beautiful villages, along with Cisternino, hosts the prestigious LOCUS and VIVA music festivals.

Info locusfestival.it; vivafestival.it

Martina Franca

On the eastern hills of the Murgia, equidistant from the Ionian and Adriatic coasts, rises **Martina Franca**, whose rural, agricultural soul coexists with a crucible of art and culture. Here, the landscape is drawn by trulli, expanses of olive groves, and age-old white huts.

📍 +39 080 41 16 554

PRIMITIVO WINE IN GIOIA DEL COLLE



Intensely red in color and beguiling in flavor, Primitivo wine was probably introduced to Puglia by the Benedictines, who here found the right conditions for cultivating the grape. It originates from the central area of Puglia, the **Murgia**.

FROM THE MURGINA TO THE ITRIA VALLEY, WITH FLAVOR



As we descend from the Murgia and enter the Itria Valley, the wonders before our eyes make way for an explosion of flavors for our palates: from the “*fior di latte*” mozzarella of **Gioia del Colle**, excellent both fresh and in myriad local preparations, to the *bombette* of **Cisternino**, round rolls of pork capocollo filled mainly with pancetta and caciocavallo podolico or canestrato cheese, along with other condiments. Renowned for providing the labor for processing cured meats, **Martina Franca** is home to its own *Capocollo*, marinated in vincotto and with local herbs and spices.

Itinerary 8 - In the heart of history



MAGNA GRECIA, MURGIA AND GRAVINE

"I think bicycling has done more to emancipate women than anything else in the world."

Annie Londonderry
Ciò che conta è la bicicletta, Robert Penn

8. Ginosa - Grottaglie

Total length: 90 km Height gain: +1070 mt ★★☆☆☆ Medium difficult

Trekking Natural areas Historic Centers



● Railway station
— Railway link
 (p.85)*

A cyclist is shown from a rear three-quarter view, riding through a field of tall, dry grass. The cyclist is wearing a red helmet with 'LINEA' written on it, a teal and white patterned cycling jersey, and black shorts. The background is a soft-focus landscape of green trees under a clear blue sky.

Itinerary 8

IN THE HEART OF HISTORY

This is an alluring itinerary in a corner of Puglia that is little known but overflowing with these picture postcards that remain imprinted in one's memory. Myth and elegance are painted in the material of a primordial earth. From **Ginosa**, to **Parco delle Terre delle Gravine**, we discover ancient stories and places: towns perched over deep gorges, rocky paths, and karst cavities excavated by stream water. Ginosa, surrounded on three sides by the gorge, Italy's Grand Canyon at the feet of Laterza; then, between **Castellaneta** and **Palagianello**, a spectacular bike route makes its way over an old railway bridge that soars over the deep ravine beneath. A unique land: one that brings new excitement, curve after curve. And that's not all! The succession of surprises offers the cycling tourist a quick leap between Magna Graecia and the one hundred farmhouses of **Crispiano**. Last of all is the extraordinary panorama over the Gulf of **Taranto**, from which the lands of Calabria and Basilicata, as well as Puglia, may be seen in a single glance. The itinerary ends in **Grottaglie**, city of historic ceramics.

Ginosa

At the boundary between Puglia and Basilicata, Ginosa is a Medieval village dug into the rock of the tuff-stone slopes of the gorge. **Ginosa's** gorge forms a horseshoe around the entire inhabited area, like a small canyon, charming for strolls and excursions.

📞 +39 099 82 90 332

Maiolica

Laterza has, since the most remote times, been an original center of ceramic activity. Maiolica production differs for the elegant applications of color, chiefly turquoise on white enamel, with sober touches of yellow and green.

📞 +39 099 82 96 793

Info +39 333 57 26 138

The city of legend

The legend is Rodolfo Valentino, a young, handsome, and charismatic Italian who left **Castellana-grotta**, in the province of Taranto, for America, to break into the film business. In his home town with one side on the gorge and other extending towards the sea, a stop at Museo Rodolfo Valentino is one of the things to

📞 +39 334 28 44 098

The bridge in the gorge

A unique charm, the limestone former railway bridge in **Palagianello** dates to 1927. It can be crossed on foot or by bike, offering a breathtaking journey amid gorges, archaeological areas, historic farmhouses, and rupestrian churches.

The Land of the Gorges

The gorges referred to as "*gravine*" are deep ravines carved over time by now non-existent rivers. This Regional Natural Park is a regional natural protected area, boasting rich plant and animal biodiversity, ideal for nature lovers and trekking.

The 100 farmhouses

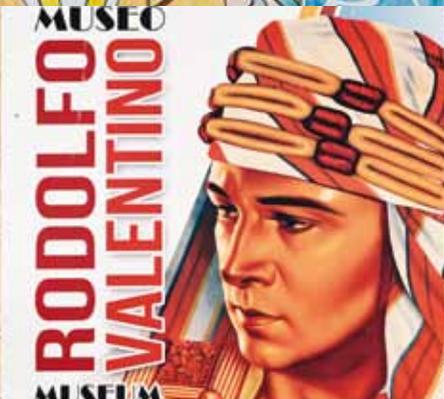
Recognized as a "Unique Feature" of the Region of Puglia, the rural landscape around **Crispiano** is reminiscent of Magna Graecia, and is rich with aristocratic palazzi, towers, trulli with stables, underground olive presses, and frescoed churches: a history of lords and peasants to be walked through and astonished by.

📞 +39 335 82 02 970

The city of Ceramics

At the southern end of the Murgia of the trulli, **Grottaglie** is home to a neighborhood of expert ceramics workers who have dug kilns and workshops into the rock of underground environments used in the past as olive presses. Walking amid the workshops is a unique experience of shapes, history, and artisanal skill. One of the main products, which may be admired on the balconies of the aristocratic palazzi, is the Pumo, from the Latin *pomum* ("fruit"), a symbol of prosperity and fecundity.

📞 +39 099 56 23 866



Itinerary 9 - A leap between two seas



VALLE D'ITRIA AND MURGIA DEI TRULLI, MAGNA GRECIA, MURGIA AND GRAVINE, SALENTO

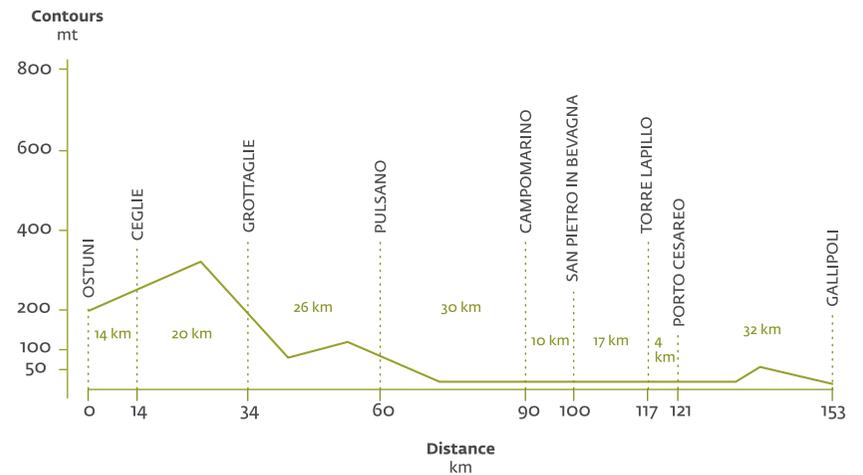
"A city tailored to the cyclist is by no means an unattainable utopia."

Giammarco Ercole
Andare in bici

9. Ostuni - Gallipoli

Total length: 153 km Height gain: +916 mt ★★★★★ Easy

Natural areas Historic Centers Beaches Food



● Railway station

— Railway link

(p.85)°



Itinerary 9

A LEAP BETWEEN TWO SEAS

From the Adriatic to the Ionian, for an exciting coast-to-coast journey. Beaches, towers, and protected natural areas; dawn on one side, and sunset on the other. The itinerary starts from Ostuni, with its cluster of white houses, set one atop the other. From here, we pedal towards Castello di **Ceglie Messapica**, capital of Apulian wine and food, and then **Grottaglie**, the outpost between the **Murgia** and **Salento**. Magical atmospheres, rich with stories. We head once more towards the sea, traversing the towns of the Taranto-area Murgia: silent ascents on scenic hills. Upon reaching the coast near the **Saturo archaeological park**, the itinerary becomes simple and suited for all skill levels. Following the Ionian-Taranto coastline, we encounter some of Puglia's most beautiful seaside localities.

The cycling tourist encounters a succession of prevalently sandy beaches with shallow, crystal-clear water, including **Torre Lapillo**, one of the most spectacular, and to **Porto Cesareo**, one of the most popular. After a breath of oxygen in the **Natural Area of Porto Selvaggio**, the alluring coast-to-coast ride, from the Adriatic to the Ionian, ends inside the walls surrounding the splendid **Gallipoli**.

Torre Lapillo

Emerald-green water and ultrafine white sand: the **Torre Lapillo** beach in Porto Cesareo is a world to be discovered. Its majestic lookout tower is among the old bulwarks built by Charles V to defend the Apulian coastline from Saracen raids.

Marine Protected Area

The **Porto Cesareo** Marine Protected Area is ideal for snorkeling and diving among the corals, veritable underwater prairies. The pioneering biologist Pietro Parenzan, discovering a large concentration of diverse marine habitats, founded **Museo di Biologia Marina** here.

Info amportocesareo.it

The oasis of Puglia

A dense forest of pine, a cliff looking out over the blue, and the scented Mediterranean maquis, all framed by the Ionian sea: this is **Parco Naturale Porto Selvaggio e Palude del Capitano**, an oasis of beauty and tranquility, perfect for families and nature lovers.

Info +39 0833 83 69 28

The pearl of the Ionian

Perched on an island, the age-old village of **Gallipoli** is linked to the mainland by a masonry bridge. The Angevin-Aragonese Castle, the Cathedral, the Greek fountain, and the beaches are just some of the reasons that make the place worth a visit.

Info +39 0833 26 25 29

The Cegliese almond

Ceglie Messapica is a town in the southeastern Murge, "A terra mea bone" ("my good earth") in the verses of Pietro Gatti. This is the birthplace of the Cegliese biscuit, based on toasted native almonds, with sour cherry preserves, cherries, and quince or grapes, depending on local varieties.

Info +39 083 13 71 003

The Taranto mussel

A visit to the beautiful city of **Taranto** presents the opportunity to savor the queen of the sea: the mussel. The Taranto mussel is particularly tasty because it grows where the salty waters of the Mar Piccolo bay continuously mix with the freshwater currents called "Citri."

Info +39 334 28 44 098

The Ionian-Taranto coastline

The Ionian-Taranto coastline is a tongue of sandy beaches and rocky cliffs, punctuated by the Mediterranean maquis and its scents. Just one example is **Campomariño di Maruggio**, one of the upper Salento's most beautiful beaches, with crystal-clear water, the ancient tower, and the old harbor.

San Pietro in Bevagna, a sea legend

History attributes its name to the Apostle Peter who shipwrecked on these beaches in a storm while traveling by sea. This stretch of white-sand beach, low cliffs and clear waters is perfect for families and children.



Itinerary 10 - The wine of the Messapians



- Itinerary 10.1
- Itinerary 10.2
- Itinerary 10.3

MAGNA GRECIA, MURGIA AND GRAVINE, SALENTO

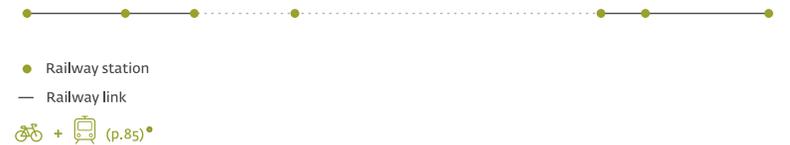
“Walking’s not for me. I go better by bike. [...] I often biked, which gave me balance, the desire to get things done, and will.”

Margherita Hack

10.1. Grottaglie - Lecce

Total length: 97 km Height gain: +385 mt ★☆☆☆☆ Easy

- Natural areas
- Beaches
- Historic Centers
- Food
- Wine





Itinerary 10

THE WINE OF THE MESSAPIANS

10.1. *Grottaglie - Lecce*

A carefree ride towards the elegant lady of Baroque and of papier-mâché. This itinerary is simple in terms of ascents, but can offer the same unforgettable emotions, to be savored at the gently rhythm of cycling. After **Grottaglie**, we discover from up close the great cities of Messapian origin – **Francavilla Fontana** and **Oria**, a treasure chest of ancient histories from the Roman era to the Middle Ages. From here, our bikes travel several kilometers on the ancient traces of the Romans' regina viarum: the Appian Way. From **Manduria** to **Avetrana**, the cycling tourist takes a deep breath amid the vineyards of the prized Primitivo, a wine with an intense, ruby-red color. Upon leaving Avetrana, the landscape continues among new vineyards. Before we know it we have gone from the Primitivo vineyards to those of Negroamaro, a wine almost black in color and with a slightly bitter aftertaste, between **Guagnano** and **Campi Salentina**. Our adventure concludes in the lush and proud Baroque of Lecce, capital of Salento.



Itinerary 10 - The wine of the Messapians

Variant 10.2. - From Brindisi to Guagnano

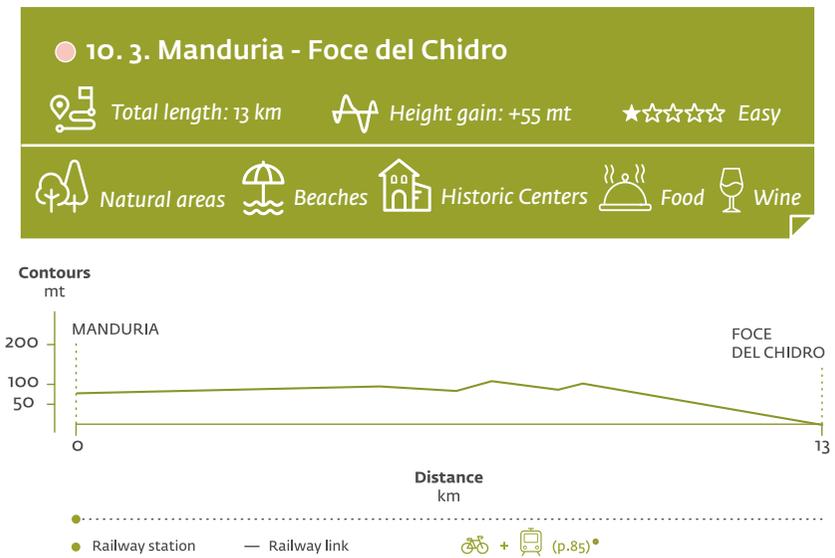
This variant allows us to discover the marvelous vineyards between **Brindisi** and **Guagnano**, and to connect the cities of **Brindisi** and **Lecce**. Along the way, we pedal down the streets of **Cellino San Marco**, the town of the well-known singer Albano Carrisi.



Itinerary 10 - The wine of the Messapians

Variant 10.3. - From Manduria to the Mouth of the Chidro River

Barely 13 km allow the cycling tourist to link the tenth and ninth itineraries. From **Manduria**, a razor-thin strip of asphalt wends its way amid the vineyards to conquer the sea near the **Nature Reserve of the mouth of the Chidro River**.





The Castle

Walking through the streets of **Francavilla Fontana**, we cannot help but notice the majestic crenellated Castle, a fort built to “defend the city against any siege.” Today, it is home to **MAFF**, the city’s **Archaeological Museum**.

📍 +39 0831 81 12 62

Oria

On the slopes of the upper Salento, Oria is immersed in the splendor of the court of Frederick II, with its alleyways and staircases that, from the historic center, provide the backdrop for the Castle quarter. Honored by the Touring Club with its Bandiera Arancione, it is a town of excellence in the hinterland.

The baroque

Set at the feet of the Salento highland, **Lecce** is characterized by noble palazzi, for a set-piece rich in ornament and architecture. From Lecce Baroque to the art of papier-mâché, the streets of the historic center are full of history and of painstaking handicrafts.

📍 +39 0832 24 65 17

+39 0832 24 20 99

Chidro River

The Chidro is an underground river of very cool water flowing into the warm Ionian sea. It may be reached by bike, by car, or on foot from the beach of **San Pietro in Bevagna**. It is linked to many legends connected with St. Peter coming ashore there.

Primitivo and Negramaro

Manduria is the land of Primitivo di Manduria, a DOC wine whose grape variety, it is told, was brought to Puglia by the Greeks. **Gugnano** is a DOC production center of Salice Salentino, a wine of the Negroamaro variety whose name, derived from the adjective “black” in both Latin and Greek, indicates its characteristic color.

"La Fòcara"

Devotion and spectacle go hand in hand in the “*Fòcara*” – the “fire of good” – in **Novoli**, the city of fire and wine. This bonfire, the largest in the Mediterranean, is a sky-high architecture of bundles of vine shoots assembled masterfully and in accordance with tradition, set ablaze on the evening of 16 January, the eve of the feast of St. Anthony the Great.

[Info focara.it](http://Info.focara.it)

Lecce's coffee

Ordering a coffee in Salento means bringing together almond milk and the Arabian tradition of coffee. This is the special Salento iced coffee: an exaltation of sweet and bitter in a fresh embrace: energy-packed for a day of biking.

"Ricotta 'scante"

Referred to as “strong ricotta” in standard Italian for its burning flavor, “ricotta ‘scante” is a spreadable cheese obtained from the whey of cow or goat milk. To be used to flavor sauces dressing fresh pasta, it triumphs as a filling for fried panzerotti.



“Equipped with this tool, man outstrips the efficiency of not only all machines but all other animals as well.”

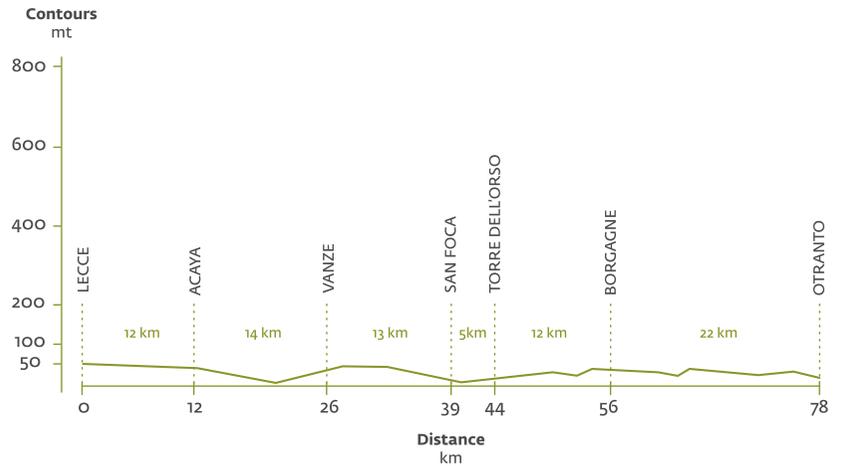
Ivan Illich
Elogio della Bicicletta



11. Lecce - Otranto

Total length: 78km Height gain: +405 mt ★★★★★ Easy

Natural areas Beaches Historic Centers Food



● Railway station
— Railway link
 (p.85)

A person wearing a blue tank top, shorts, and a blue helmet is riding a bicycle away from the camera on a paved path. The path is flanked by dense green trees and foliage, creating a shaded, natural environment. The person is looking back over their shoulder.

Itinerary 11

ARCHITECTURES OF NATURE

The itinerary starts in **Lecce**, and after barely 12 km reaches the ancient fortified village of **Acaya**, enriched by a castle dating to the early 16th century. Then comes the silence accompanied by the beauty of the landscape of the **Le Cesine** oasis, a State Nature Reserve. For several kilometers, we enjoy the luxury of pedaling amid dense stands of trees, before coming upon the beaches of **San Foca** and **Torre dell'Orso**, two of Salento's most popular tourism destinations, whose crystal-clear waters are worth a dive. Between them, one may admire from up close the evocative **Grotto of Poetry** and the ancient ruins of the Bronze Age city of **Roca Vecchia**. Leaving behind the view overlooking the sea – but not before admiring the **faraglioni of Sant'Andrea** – we continue towards **Borgagne**, a small town characteristic of Salento. A few kilometers to the south, the route runs alongside the two **Alimini lakes**, after which the itinerary ends just a short ride away, in front of the bastions overlooking the sea in **Otranto**, the "Gateway to the East."



The "Grotto of Poetry"

About twenty km from **Otranto** there is a structure eroded by the sea, rich with votive inscriptions that make it a library in the Adriatic. It is a place of great archaeological and natural charm, in which we can literally bathe in history.

Le Cesine

A short distance from **San Cataldo**, known as the beach preferred by Lecce's citizens, we come across the natural oasis of **Le Cesine**, where we can admire the sight of rare, spontaneous orchids, and of herons and mallards in flight. Le Cesine is in fact a WWF oasis that, sited along the one of the main migratory routes, provides a home for aquatic birds.

Alimini

Between **Torre Sant'Andrea** and **Otranto**, the beach of Alimini, with its dunes of ultrafine sand, its transparent sea, and its shallow bottoms, is ideal for the youngest visitors. But the long stretch of coastline open to all the winds is a real paradise for surfers, too.

The Castle of Otranto

Built by Ferdinand I of Aragon in 1491, it is pentagonal in shape, with three towers. Now home to events and shows, it hosted Carmelo Bene's *Lectura Dantis* in 2001, and lent its name to history's first Gothic novel, written by Horace Walpole in 1764.

 +39 0836 80 14 36

The *faraglioni* of Sant'Andrea

A short distance from **Lecce** and **Otranto**, among the tourism destinations of **Torre dell'Orso** and **Baia dei Turchi**, is **Torre Sant'Andrea**, an ancient fishing village with a 16th century defensive tower from which it takes its name. The *faraglioni* are natural sculptures that water has shaped out of white rock. The most evocative of all is called *Arco degli innamorati*: the "lovers' arch."

Ciceri and *tria*

Pasta e ceci, Salento style. *Tria* is the fresh, handmade pasta, made with semolina flour, part boiled and part fried. The chickpeas, softened by several hours of soaking, and are then cooked with bay leaf and a variety of vegetables. After kilometers in the saddle, it is a meal to be digested at leisure.

The *pajare*

These rural constructions typical of the Salento countryside are made using the dry stone technique. They were once used by farmers as beds to find some rest after a day's work, or to provide shelter from sudden storms.

Pasticciotto

One day, the Salento pastry chef Andrea Ascalone decided to blend the batter and custard left over from a cake, to make a smaller one. He offered the resulting mess – a "*pasticcio*" – to a passer-by, who actually liked it. Thus the celebrated *pasticciotto* was born.



“The likableness of the bicycle comes from the fact that no invasion has ever been made on bicycle.”

Didier Tronchet
Piccolo Trattato di Ciclosofia



12. Anello del Salento

Total length: 186km Height gain: +1500 mt ★★★★★ Easy

Natural areas Beaches Historic Centers



● Railway station

— Railway link

+ (p.85)*



Itinerary 12

SUN, SEA AND WIND

Down to the heel of the Boot, slowly reconquering the rural heart of Salento. This itinerary proceeds at a slow pace, along the most beautiful spots in the Mediterranean maquis. We start inland, from **Maglie**, and turn towards the coasts to savor the different faces of **Salento** through **Muro Leccese**, **Giurdignano**, and **Otranto**, then **Punta Palascia**, Italy's easternmost point, where one may enjoy sunrise before any other corner of the Bel Paese. From here, Albania is barely 70 km away. Following the arid Adriatic coast, we reach the small bay of **Porto Badisco**, where Aeneas landed in his flight from Troy, and, lastly, **Santa Maria di Leuca**, *Finibus Terrae*, which divides the two seas: the Ionian and the Adriatic. From here, the itinerary rises up from the Ionian side, on its way to visiting the Medieval town of **Castrignano**, and the Centopietre mausoleum in **Patù**. After being immersed amid the perfectly aligned rows of olive trees, we return for a few kilometers to cast our eyes once again on the sea and on one of the Mediterranean's historic capitals, **Gallipoli**. This loop forms a ring celebrating the can't-miss marriage between the cycling tourist and Salento, while offering the magnificent Baroque spectacle of **Nardò** and the artistic treasures of **Galatina**. The itinerary ends upon the return to **Maglie**.



The red lake

A stone's throw from **Otranto**, the **bauxite quarries**, once used for aluminum extraction, can now be admired in the play of red dunes towering over a red lake arising from the phreatic zone that came into being after the quarries were decommissioned.

📍 +39 083 68 01 436

Nardò

In the streets of the historic center of **Nardò**, a small gem of Baroque art, the story is told of the barber Luigi Stifani who, starting in the 1930s, played the violin for "tarantate," women bitten by poisonous spiders and forced to dance until exhaustion.

📍 +39 0833 83 69 28

La Notte della Taranta

In the heart of **Grecia Salentina**, where Griko, the ancient language of Greek origin, is still spoken, rises **Melpignano**. Every summer, the small village welcomes the concert of **La Notte della Taranta**, a great festival with infectious rhythms and frenzied dancing connected to traditional stories.

Info.lanottedellataranta.it

Dry stone walls

Dry stone walls are an ancient, stubborn and patient art, in harmony with natural equilibria. With no added mortar or cement, they allow water in, and divide plots of land among the olive trees. The **art of dry stone walling** is now recognized by **UNESCO**.

SALENTO AWAITING DISCOVERY



Worth a visit are **Parco Naturale Regionale Costa Otranto**, created by the desire to safeguard a truly unique natural heritage; the **coastal towers of Gallipoli** set into the sea of Gallipoli, some of which may be visited; the small Salento fjord near Santa Maria di Leuca, called **Ciolo**, offering views overlooking the sea; the monumental waterfall fountain of **Santa Maria di Leuca**, with its stairway and Roman column, the terminus of the Apulian Aqueduct; and **Punta Meliso**, the point where the Ionian and the Adriatic meet. We continue on towards **Corigliano d'Otranto**, called the "talking town" of Salentine Greece for its windows with writings and epigrams, as well as Italy's first philosophical garden, **Giardino di Sophia**, to stroll amid the thoughts of philosophers from every age; and **Maglie**, also called "**Burago del Salento**" for its renowned industry of "needlepoint" ("punta d'ago") lacework and embroidery. **Porto Badisco**, a beach destination on the Adriatic, was the spot of Aeneas's first landing described by Virgil in the *Aeneid*; it presents findings of menhirs – monolithic megaliths from the Neolithic age. And lastly, there is **Galatina**, linked to the cult of *Santu Paulu*, remembered to the rhythm of the "pizzica" folk dancing that gave a local man the ability to heal tarantula bites in exchange for hospitality.



Getting around in Puglia

Railway links

Trenitalia
trenitalia.com

Ferrovie del Gargano
ferroviedelgargano.com

Ferrovie del Nord Barese
ferrovienordbarese.it

Ferrovie del Sud Est
fseonline.it

Airports

Airports of Puglia: aeroportidipuglia.it

Ports

The Port System Authority of the Southern Adriatic Sea
adspmam.it

The Port System Authority of the Ionian Sea
port.taranto.it

Links to the Tremiti Islands

By helicopter from Foggia to Vieste
alidaunia.it/it/orari

By boat and hydrojet from Vieste, Rodi Garganico, Capojale, Termoli
navitremiti.com

From Termoli
navlib.it/ita/linee/

The list of transport companies is not comprehensive and may be subject to change. Travelers are asked to verify travel information before departure by contacting their transport companies.



Bike + Train

The bicycle transport service is governed by the regulations of the individual railway service operators. See the sites of reference for details on the transport conditions established for the various train lines and types of trains.

Cycle routes

The 12 itineraries presented in this guide intersect in a number of points with the "regional cycling network" being established, whose backbones are identified in the regional sections of the national (Bicitalia) and European (EuroVelo) cycle routes in accordance with the provisions of the 2015-2019 Implementation Plan of the Regional Transport Plan (Regional Law no. 16/2008). In particular, the proposed itineraries encounter: **Ciclovia Adriatica**, **Ciclovia dei Borboni**, **Ciclovia degli Appennini** (with the **Gargano** and **Ciclovia dell'Acquedotto Pugliese** variants), **Ciclovia dei tre Mari**, and **Ciclovia dei Pellegrini**.

ASSET, Agenzia Regionale Strategica per lo Sviluppo Ecosostenibile del Territorio (strategic regional agency for the ecologically sustainable development of the territory) promotes **sports locations in Puglia**, such as walks, trails, open-air gyms, and **cycle routes**. Consult maps online and download itineraries in KML format from ASSET's website: asset.regione.puglia.it

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