



Ruglia



SALENTO BY RUN - IONIC COAST



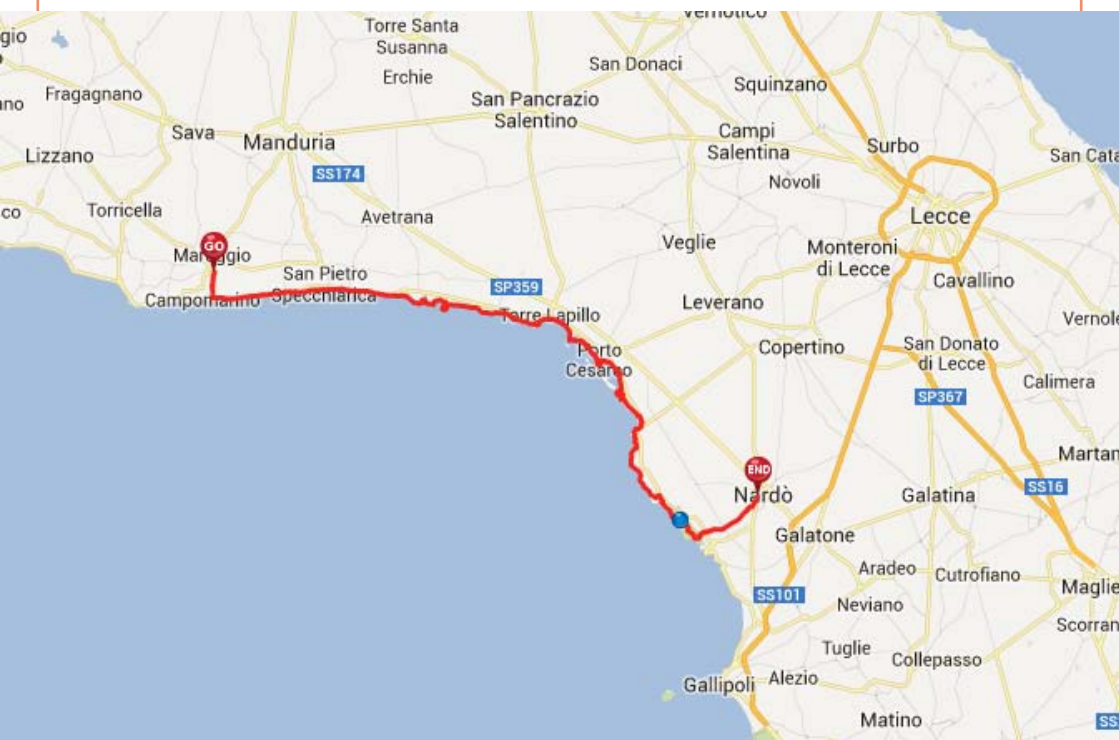
LENGTH: 55 Km in 4 Stages

TECNICALITY: frequently on a easy soil that allow a relaxing and fast running in the nature

USEFUL INFORMATIONS: www.viaggiareinpuglia.it

SEASONALITY: Any season

MINIMUM GEAR REQUIRED: Gps – Water (right quantity in any season). We suggest a backpack with water bag (there is no water on the way). Food/beverage and snack food. Wind Stop Jacket.
Special Alert: the mobile is not working well on the track.



Salento, Ionic coast highlights

Leave the “Primitivo di Manduria” area, point straight up South-West in the sea’s direction. Dune of faint and soft sand, covered by some bushes with their exciting smell. Starting from here only two elements will drive us without mistakes: the beach and the sea. Running on the border line create by these two elements for kilometers with an incredible conductor: the wind that several times will push us and several times will slow us down, but it will always give us new energy.

Come across lagoons with pink flamingos and then imperious Saracen’s towers guard the infinite. And in the end Porto Selvaggio appear out of the blue. And so we rush down the cliffs, and then up again, meeting the human civilization, run on the side of the beautiful Ville Eclettiche delle Cenate. Suddenly, ancient and noble Nardò receive us.





Salento by run, Ionic coast in 4 stages

I Start MARUGGIO – Finish TORRE COLUMENA - Dune's Trail

II Start TORRE COLUMENA

Finish TORRE LAPILLO - Wind Trail

III Start TORRE LAPILLO

Finish PORTO SELVAGGIO - Saraceno's Trail

IV Start PORTO SELVAGGIO – Finish NARDO' - Soul Trail

Stage I – DUNE'S TRAIL

Maruggio, Manduria: soil of sincere and genuine wine. From the small centre, along a straight road up to the Ionio coast, we downhill on Campomarino's beach dive into a world of silence and dunes. And then again... in the south direction towards the infinite, running along a sea with caribbean's colors. Blue waves on the right and a faint e clear sand under our feet. And again, wild dunes cover with mediterranean's bushes. A beautiful sightseen. The right bank of the beach hide the road and the houses built inland. Once arrived in Torre Columena, tired, the sea will soothe muscles soreness due to our run on the beach.

Stage II – WIND TRAIL

Torre Columena is a residential area with a lot of houses built near the sea. Take a serious look at it because, for 20 kilometers, you will forget everything! Two colours: gold of the sand and blue of the sea will be the only things you will see. Two elements to respect, to love, and to run! Sand and tracks near the rocks will interchange such as wild areas and small villages. Unforgettable a creek just before Punta Prosciutto, a blue

lagoon with flamingos that don't even notice us. The arrival in the presence of Punta Lapillo is absolutely extraordinary. Delight!

Stage III – **SARACENO'S TRAIL**

Run quickly across the perfect crescent shape of Torre Lapillo's Gulf, we arrive at Porto Cesareo's Bay, with his cliffs, vegetation and fantastic seaside.

On the left side, the coast get up a little bit showing us some hills and a barren vegetation up to arrive to porto Selvaggio naturalistic area. In stops and starts we run on tracks that cut on sharp rocks that get into the blue.





Stage IV – **SOUL TRAIL**

“Aristocratic”. This trail get inland in the direction of Nardò. Getting through small woods and soft downhill start a parade of hedges and gates that hide antique mansions, remain of the Salento’s aristocracy that here, between the end of the XIX century and the beginning of the XXth, competed for building the most beautiful holiday’s houses that, in many cases, became a real masterpiece. The arrival in the Cathedral Square of Nardò is the worthy end of this journey. Salentinian’s soul!

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