

Puglia

Travel routes 

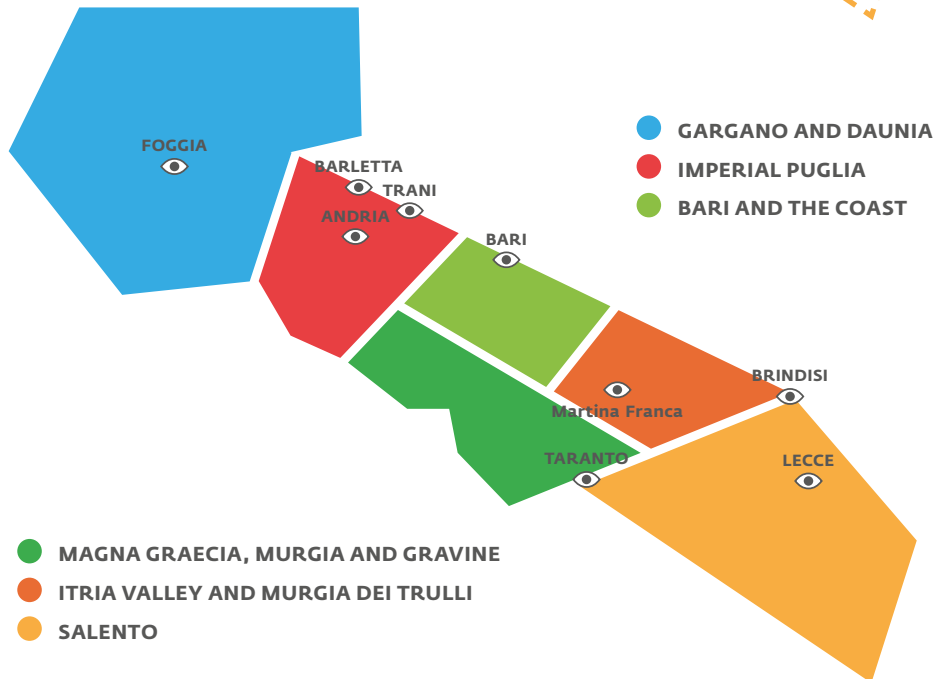
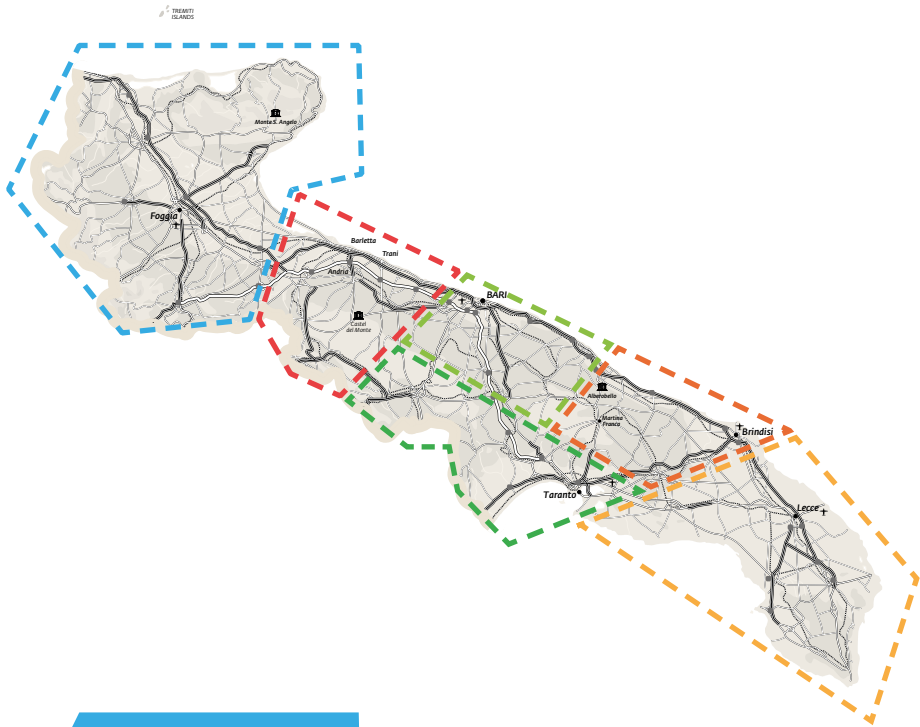
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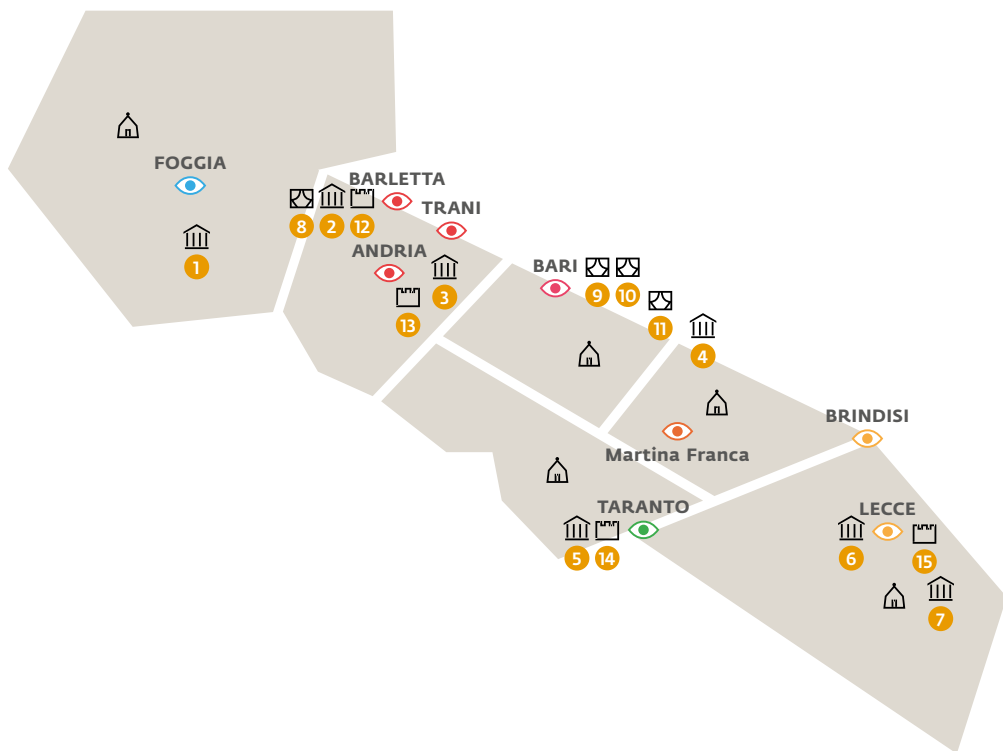
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True masterpieces of **Art**

Puglia is not only sea, trulli, masserie (farmsteads) and olive trees, but also a region of art and culture, with its hidden treasures. Who hasn't heard of **Passo di Corvo**, the largest Neolithic settlement in Europe, lying a few kilometres away from Foggia? Or of the largest megalithic park on the old continent, dotted with dolmens and menhirs, a few steps away from Otranto? Did you know that the **Messapians** were the ancient ancestors of the Salento people? Set out on a walking tour at sunset, to discover the frescoed monumental tombs of Egnazia Archaeological Park.

It is fun to put together the pieces of this huge puzzle that is Apulian history, starting from Prehistory. Visiting the many museums, will make you discover the most interesting artefacts: from the famous "Ori di Taranto" (Taranto's golden treasure), pieces of jewellery dating back to the 4th – 2nd century BC, exhibited at the **MarTa**, to the Impressionist paintings of **Giuseppe De Nittis**, at the Palazzo della Marra in Barletta, to the contemporary art of **Pino Pascali**, on display at the namesake foundation in Polignano a Mare.

It is a thrill to follow the defensive line running from Gargano to Salento, built over the centuries by the Byzantines, the Normans, the Swabians and the Angevins, with towers, castles and fortified hamlets. A great contribution in this way was given by **Frederik II**, who built a total of around forty castles and houses for the emperor. The most well-known and enigmatic of them is obviously **Castel del Monte**, but the stories and the riddles hidden behind the **Castle of Monte Sant'Angelo** or that of **Gioia del Colle** are likewise gripping. The several hamlets scattered from north to south are also small architectural gems in their own right: from **Orsara di Puglia** and **Pietramontecorvino**, passing through **Alberobello** and **Locorotondo**, up to **Otranto** and **Specchia**, Salento's gemstones. Experience the pleasure of slow living, in a land where flavours, traditions and folklore have endured over the centuries unchanged; visit the craft shops and experience the thousand-years old tradition of handmade art, created with ancient materials, such as terracotta, ceramics, papier-mâché and Lecce stone.



 ARCHAEOLOGY, WHAT A PASSION

 CULTURES ON DISPLAY

 CASTLES AND TOWERS, PUGLIA STRONGHOLDS

 HAMLETS OF PUGLIA, STORIES OF ART AND BEAUTY



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Ascoli Satriano - Archaeological Park of the Daunians 1

Visit the Archaeological Park of the Daunians (*tel.* +390885662186) perched on the Collina del serpente (The Snake Hill), with a sanctuary of the 6th century BC and tombs of the early Imperial period, such as those of the Princess, of the Warrior, of the Cups made of glass.

Faragola is a place strewn with the ruins of a Roman domus (house), where one can admire the ancient baths with mosaic floors and the living room with a rare stibadium, on which the guests used to sit during banquets. (*mob.* +393346613414).

Don't miss the **Polo Museale Civico Diocesano** (Diocesan Civic Museum Complex) and the permanent exhibition Policromie del Sublime (Polychromy of the Sublime), with polychrome lions from the 4th century BC (*tel.* +390885651756, www.ascolisatrianofg.it).

Barletta - Archaeological Park Canne della Battaglia 2

Lying halfway between Canosa and Barletta, it is one of the largest archaeological sites of the Bronze Age. It is the famous battlefield where the Carthaginians, led by Hannibal, defeated the Romans in 216 BC. Here you will be amazed by the remains of a domus (house) of the age of Tiberius, with mosaic floors and frescoed walls.

Visit the baths of San Mercurio, on the route that takes to the small town of Canne, the graveyards and the village of the Dauni, the population that lived here before the Romans.

Not far from here, the **Museum of Antiquarium**, with artefacts belonging to different ages: from Neolithic to the Punic Wars, until the Middle Ages (*tel.* +390883510993, *mob.* +393476089190).



Ruvo di Puglia - Jatta National Archaeological Museum

3

It houses a collection of terracotta vases of local and Attic origin. Wonderful is the large Talos krater from the 5th century BC, on which are depicted the Argonauts killing the giant. (tel. +390803612848, www.ruvosistemamuseale.it).



Savelletri di Fasano – Egnazia Archaeological Park

4

It is one of the most important archaeological sites in Italy. Here you can see ruins of the Bronze Age, massive walls and Messapian necropolis with frescoed monumental chamber tombs, ruins of the ancient Roman town, dating from the 3rd century BC - in particular a part of the Basilica Civile (Civil Basilica) with the room dedicated the Three Charities, the Sacellum dedicated to the Eastern Gods, the amphitheatre and the forum – the cryptoporticus and two early Christian basilicas.

Visit also the 13 rooms of the **Museum** with artefacts from the Bronze to the Middle Age (tel. +390804829056).



Taranto –MarTa National Archaeological Museum

5

It is one of the most important museums in Italy which displays the history of Taranto and its territory, from the Prehistory to the Middle Ages. Here you can admire the famous Ori (Taranto's golden treasure), which bear witness to the local prolific goldsmithing between the 4th and the 2nd century BC: seal rings, bracelets, tiaras in the shape of oak leaves. On view are also the grave goods from the town necropolis, mosaic floors of public and private buildings of the Imperial Age and the Pinacoteca (picture gallery) with important paintings of artists belonging to the Neapolitan School (tel. +390994532112, www.museotaranto.org).

Lecce - Provincial Museum Sigismondo Castromediano

6

It is the oldest museum in Puglia, founded in 1868. Between the ground and first floor, you can visit the historical collections and the sections dedicated to the Prehistory and to the Messapians, with sculptures belonging to the Roman Theatre, Attic vases and the collection of bronzes. The third floor houses the gallery with paintings from the 15th-18th century as well as 19th and 20th-century paintings, made by Salentinian artists (tel. +390832683503).



Lecce - Dolmen and Menhir

7

Giurdignano, Minervino di Lecce, Uggiano la Chiesa and Giuggianello represent the largest Megalithic park in Europe. Among the many menhirs – used for the worship of the sun and aligned on an East-West axes – the San Totaro in Martano is thought to be the highest in Italy (5.20 metres), while the smallest one is in San Paolo in Giurdignano, standing about 2 metres high. Regarding the dolmen, which are megalithic chamber tombs, “Li Scusi” in Minervino di Lecce is the biggest one in Salento (mob. +393485175369, www.amicideimenhir.it).



- 1 Peschici - Grottone (Big Cave) of Manaccore
- 2 Ischitella - Necropolis of Monte Civita
- 3 San Nicandro Garganico - Archaeological Park of Monte Delio
- 4 Vieste - Naturalistic – Archaeological Oasis "La Salata"
- 5 Mattinata - Archaeological Park of Monte Saraceno
- 6 San Severo - MAT Museum of Alto Tavoliere (tableland)
- 7 Rignano Garganico - Paglicci Cave
- 8 Foggia - Archaeological Park Passo di Corvo
- 9 Lucera - Roman Augustan Amphitheatre
- 10 Manfredonia - Archaeological Park of Siponto
- 11 Trinitapoli - Archaeological Park of Hypogea



- 12 Ortona - Archaeological excavations of Herdoniae
- 13 Bisceglie - Archaeological area Dolmen La Chianca
- 14 Canosa di Puglia - Hypogea
- 15 Canosa di Puglia - Archaeological Park and Antiquarium of S. Giovanni
- 16 Canosa di Puglia - Archaeological Park and Antiquarium of S. Leucio
- 17 Molfetta - Archaeological Museum of Pulo
- 18 Conversano - Archaeological Museum
- 19 Altamura - Lamalunga Cave
- 20 Gioia del Colle - National Archaeological Museum of Monte Sannace
- 21 Ginosa - Archaeological Park Santa Maria Dattoli
- 22 Hypogea of Underground Taranto
- 23 Taranto - Archaeological Area ex Convento San Domenico
- 24 Lizzano - Museum of Palaeontology and of the Human Beings



- 25 Leporano - Archaeological Park of Saturo Porto Perone
- 26 Brindisi - MAPRI Provincial Archaeological Museum Francesco Ribezzo
- 27 Manduria - Archaeological Park Mura Messapiche (Messapic Walls)
- 28 Lecce - Roman Amphitheatre
- 29 Cavallino - Ecomuseum
- 30 Poggiardo - Archaeological Area ex Convento San Domenico
- 31 Ugento - Museum of Palaeontology and of the Human Beings
- 32 Patù - Museum of Palaeontology and of the Human Beings



Barletta - Giuseppe De Nittis Picture Gallery

8

If you love Impressionism, you are in the right place. Palazzo della Marra, which thanks to the elegance of its balconies and its internal loggia, is well worth a visit in its own right, houses the Picture Gallery De Nittis. It numbers more than 200 paintings belonging to the most representative Italian Impressionists (tel. +390883538372, www.barlettamusei.it).



Bari - Petruzzelli Theatre

9

Considered a universal symbol of culture, every year it hosts operas, ballets and concerts of national significance.

It lies in the heart of Bari's Murat district, in Corso Cavour avenue, and it is surrounded by elegant streets and imposing palaces. After the inauguration in 1903, it welcomed several international artists, such as Rudolf Nureyev, Carla Fracci, Rey Charles, Frank Sinatra, Luciano Pavarotti. You will admire it as it appeared before the 1991 arson which almost burnt it to the ground, completely restored, with the sumptuous interiors designed by Raffaele Armenise, decorated with gold (tel. +390809752840, +390809752810).

**Bari - Provincial Picture Gallery
Corrado Giaquinto**

10

If you love painting and sculpture, in these rooms overlooking the old town centre and the old port, you will find splendid examples of Apulian art, as well as paintings by Venetian artists Vivarini and Tintoretto, Neapolitan paintings and paintings from the Neapolitan School of Paolo Finoglio and Luca Giordano, artworks by Macchiaioli De Chirico and Morandi, and precious paintings by Giaquinto, De Nittis and Gicchino Toma, which testify how brilliant 19th-century painting was. (tel. +390805412420, +390805412422, www.pinacotecabari.it).



Giuseppe Teofilo, Cradle

Polignano a Mare - Pino Pascali Foundation, Museum of Contemporary Art

11

Visit the new seat of the Pino Pascali Foundation, housed in the former slaughterhouse in via Parco del Lauro 119. Dedicated to the most important Apulian representatives of international Contemporary Art, the new exhibition area hosts exhibitions, events, seminars, workshops and the Pino Pascali Award (tel. +390804249534, www.museopinopascali.it).



- ① San Severo - Teatro Verdi
- ② Foggia - Town Museum
- ③ Foggia - Town Theatre Umberto Giordano
- ④ Lucera - Garibaldi Theatre
- ⑤ National Archaeological Museum in the Castle of Manfredonia
- ⑥ Bovino - Civic Archaeological Museum "Carlo Gaetano Nicastro"
- ⑦ Barletta - Teatro Curci
- ⑧ Terlizzi - Picture Gallery "Michele De Napoli"



- 9 Bitonto - National Gallery of Puglia
"Girolamo e Rosaria Devanna"
- 10 Bari - Diocesan Museum
- 11 Bari - Museum of San Nicola
- 12 Mola di Bari - Teatro Van Westerhout
- 13 Rutigliano - Museum of Terracotta Whistle
"Domenico Divella"
- 14 Latiano - Palazzo Imperiali
- 15 Grottaglie - Museum of Ceramics
- 16 Taranto - MuDi Diocesan Museum
of Religious Arts
- 17 Alberobello - Casa Pezzolla
House Museum
- 18 Martina Franca - Palazzo Ducale
- 19 Brindisi - Foundation
Nuovo Teatro Verdi
- 20 MUST Historic Museum
of the city of Lecce
- 21 Lecce - Teatro Politeama Greco
- 22 Palmariggi - Museum
of the Shell and Coral
- 23 Muro Leccese - Museum
of Borgo Terra
- 24 Gallipoli - Museum of the Sea





Barletta - Swabian Castle

12

It was Carl V who transformed the big Norman building into an impregnable fortress. Everything is imposing here: from the wide moat, to the parade ground, up to the undergrounds. The first floor houses the Civic Museum with the Ancient Gallery, accommodating paintings from the 15th to the 18th century, as well as the 19th-century Gallery, with paintings of artists from Barletta. In the former chapel, you can admire the only stone bust in the world, that depicts Frederik II (tel. +390883578621).



Andria - Castel del Monte

13

The UNESCO World Heritage Site stands alone and imposing at 540 m of height. Renowned for its octagonal shape, it is a masterpiece of Medieval architecture and a significant expression of the versatile personality of its builder, Frederik II. Surely it was not a defensive fortress: perhaps it was planned to be a hunting residence or a gathering place where to talk about mathematics and astronomy (tel. +390883569997, www.casteldelmonte.beniculturali.it).

Taranto - Castel Sant'Angelo

14

Known as the Aragonese Castle, it was built on former Greek, Byzantine and Norman-Swabian-Angevine buildings, as it was confirmed after the archaeological excavations. It was rebuilt between 1487-1492, at the behest of Ferdinand of Aragon. During the 90-minute guided tour, you will admire the 4 cylindrical keeps, the walkways, the galleries and the Renaissance chapel of S. Leonardo (tel. +390997753438, www.castelloaragonesetaranto.it).





Castle of Acaya

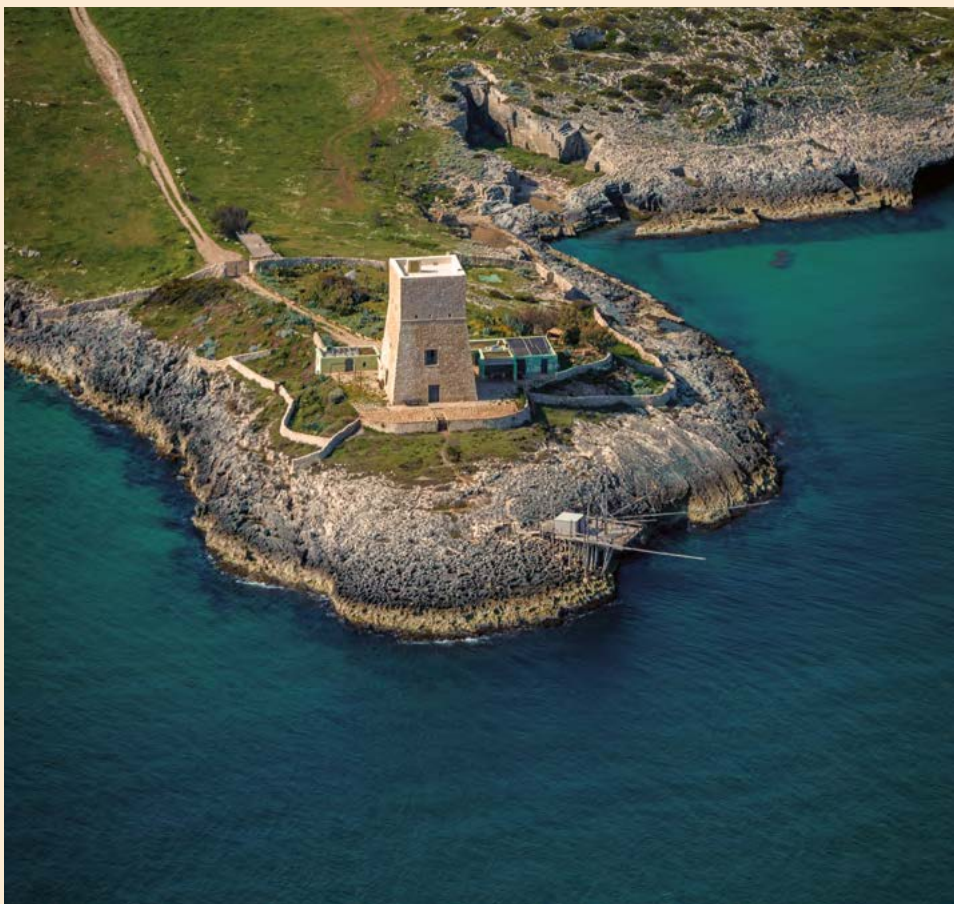
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It is a true fortified 16th-century fortified hamlet, built by Gian Giacomo dell'Acaya. It has a quadrilateral shape with enormous bastions on the three corners, while the castle, featuring a trapezoidal layout, was built on the fourth south-west corner and is linked to the main land via a bridge. Entering the courtyard, you will admire the 14th-century fresco *Dormitio Virgini*, in the archaeological area. Of particular beauty is the *Sala Nonagonale* (Nonagonal Room), decorated with a frieze made of Lecce stone, showing classical patterns, and two caved faces on the entrance door (tel. +393472535235).

THE TOWERS

Old strongholds by the coasts of Puglia, the coastal towers, called “towers of Carl V”, were built by the Spanish at the end of the 16th century, as a defensive line against Saracen invasions. They haven’t stopped to watch over for all these centuries, with their gaze fixed on the horizon. They faced sea-storms and tempests, withstood attacks, natural catastrophes, the violence and then the usury caused by the passing of the time. There are around 400 towers in the whole Puglia.

Those with a rectangular layout were used for defence and had catapults, culverins and fire weapons. In Gargano, we spot **Torre Mileto**, between the lakes of Lesina and Varano, **Torre San Felice** in Vieste and **Torre Rivoli** North of Zapponeta; along the Adriatic Coast, **Torre San Vito** in Polignano a Mare, **Torre Incina** in Monopoli and **Torre Guaceto** in Carovigno, inside the State Nature Reserve. The many coastal towers in Salento, strung out between the Ionian and the Adriatic coast, are well-preserved: **Torre dell’Orso**, **Torre San Foca**, **Torre Sant’Andrea** in the area of Melendugno, a few kilometres away from Lecce; by the coast, south of Taranto, wonderful towers are **Torre Lapillo**, **Torre Colimena** and **Torre Sauro**, the latter located inside an archaeological park. The cylindrical towers were instead used as lookout posts, some examples being **Torre di S. Emiliano** in Otranto, **Torre Vado**, **Torre Mozza**, **Torre Sabea** in Gallipoli.





- 1 Monte Sant'Angelo - Norman-Swabian Castle
- 2 Torremaggiore - Castello Ducale
- 3 Lucera - Swabian-Angevine Castle
- 4 Manfredonia - Swabian-Angevine Castle
- 5 Deliceto - Norman Castle
- 6 Sant'Agata di Puglia - Castello Imperiale
- 7 Rocchetta Sant'Antonio - Castello D'Aquino
- 8 Trani - Swabian Castle



- 9 Bitonto - Angevine Keep
- 10 Bari - Norman-Swabian Castle
- 11 Mola di Bari - Angevine-Aragonese Castle
- 12 Sannicandro di Bari - Norman-Swabian Castle
- 13 Conversano - Aragonese Castle
- 14 Ceglie Messapica - Castello Ducale
- 15 Carovigno - Castello Dentice di Frasso
- 16 Castles of Brindisi
- 17 Castle of Mesagne
- 18 Castle of Oria
- 19 Lecce - Castle Carlo V
- 20 Castle of Acaya
- 21 Copertino - Norman-Swabian Castle
- 22 Otranto - Aragonese Castle





**CRAFTSMANSHIP
ON THE MOUNTAINS**

Among the hamlets on the Daunia Mountains, the pleasure of slow living is linked to the discovery of small and big handmade pieces of jewellery, which come to life in the craft shops of the old town: here the artisans deft hands skilfully work the iron, the wicker and the stone as in Roseto Valfortore, the town of stonecutters. Venture through the woods and the countryside and you won't miss the chance to admire the creations of the human mind, best embodied by the old watermills: you find them in Roseto Valfortore, Castelluccio, Deliceto and Panni, a small place known for the zampogna, a sort of bagpipe played by shepherds, built, today as in the past, following the traditional method.



**THE COLOURED
SMALL SHOPS**

Small strangely coloured objects, with a symbolic and play value. We are talking about the terracotta whistles of Rutigliano. The craft tradition of these small and entertaining whistles is handed down from generation to generation. They come with the shape of a rooster or a toad, of grotesque or human masks, of priests or big-breasted women. On January, the Fair of Terracotta Whistle (Fiera del Fischietto in Terracotta), hosts a funny contest between local artisans and those coming from other regions.



IRON BEYOND TRADITION

It is an old tradition of Martina Franca, Alberobello, Fasano as well as Taurisano and Cavallino, in the Salento area. You can meet the blacksmiths who shape the iron, visit their craft shops, true places of art, where iron is hand-wrought. These are amazing and creative spaces opened to the visitors who are looking for an unique object, poised between tradition and innovation.



POTTERY CRAFT SHOPS

A must-stop is Grottaglie. Saunter along the several craft shops of the Quartiere delle Ceramiche (Ceramics Quarter), lining Via Crispi and Via Caravaggio, to buy pieces of pottery of ancient manufacture, but with innovative colours and shapes. Don't leave without first buying the "pupa con i baffi" (doll with moustaches), a famous anthropomorphic flask, the cavaliere candeliere (candlestick knight) or a pine cone to decorate your chimneys and balconies.

For their skills in working terracotta, the inhabitants of Cutrofiano are called "figuatarì". In the past, there were more than forty craft shops, among cotimari, piattari and pignatari, whereas today there are only eight of them left. In the past, the yellow clay was first refined, mixed and then worked, dried out, fired and finally hand-glazed. Every year in August takes place the Market Exhibition of Handmade Pottery (Mostra Mercato della Ceramica Artigianale), where you can find a great variety of china, plates, small statues for the Christmas cribs and whistles in the shape of a rooster.



THE LIGHTNESS OF THE STONE

The Lecce stone, typical of Salento, is a type of straw-yellow, light, smooth, shimmering limestone. Easy to shape, it hardens with time. It is famous around the world for the friezes, the capitals, the rose windows of palaces and Baroque churches. The best Lecce stone is extracted from an open-air quarry straddling the border between Lecce, Corigliano d'Otranto, Melpignano, Cursi and Maglie. In Lecce and its surroundings, you can run into artisans who produce sculptures and decorations made of Lecce stone, from tables to lamps and even jewels. How do you recognize the authentic one, handmade using the chisel, the saw, the plane and the rasp? Don't be laid astray by the perfect shapes and the bone-white color similar to chalk, which are synonyms of mass production: the real Lecce stone is slightly darker, and considerably less expensive.



LACES, CROCHETS AND EMBROIDERIES

Lace art has been handed down from mother to daughter for generations and it is linked to the trousseau. Embroidering and lace art are still widespread around Gargano towns, such as Vico del Gargano, as well as in Salento, for instance in the elegant Maglie, which has a strong craft tradition. In Castrignano dei Greci, inside Palazzo De' Gualtieris, you will find the curious Museo del Ricamo a mano e dei Pizzi e dei Merletti (Museum of Handmade Embroidering and of the Crochets and Laces). Here it is possible to see laces, embroideries, precious wefts from the 19th century to the second post-war period and also coal irons, tools for embroideries, old looms and specialized magazines. In Ruffano, the Association Non solo Fili carries on the old tradition of the tombolo (pillow lace), thanks to a group of skilful artisan women who create the typical Rosa del Salento (The Rose of Salento) which adorns tablecloths, curtains, blankets, clothes, such as wedding dresses.



- ① Vico del Gargano
- ② Pietramontecorvino
- ③ Alberona
- ④ Roseto Valfortore
- ⑤ Orsara di Puglia
- ⑥ Sant'Agata di Puglia
- ⑦ Rocchetta Sant'Antonio
- ⑧ Alberobello
- ⑨ Locorotondo
- ⑩ Oria
- ⑪ Otranto
- ⑫ Specchia
- ⑬ Presicce





Alberobello

8

It ranks among the most beautiful hamlets in Italy, awarded with the orange flag (a prize given to the most beautiful hamlets) and has been a UNESCO World Heritage Site since 1996, also thanks to its 1400 trulli. These were built by putting the stones one on top of the other, have a whitewashed base and a cone-shaped roof painted with symbols and topped with pinnacles of different forms. The trulli can be found in the two neighbourhoods, Rione Monti and Rione Aia Piccola.

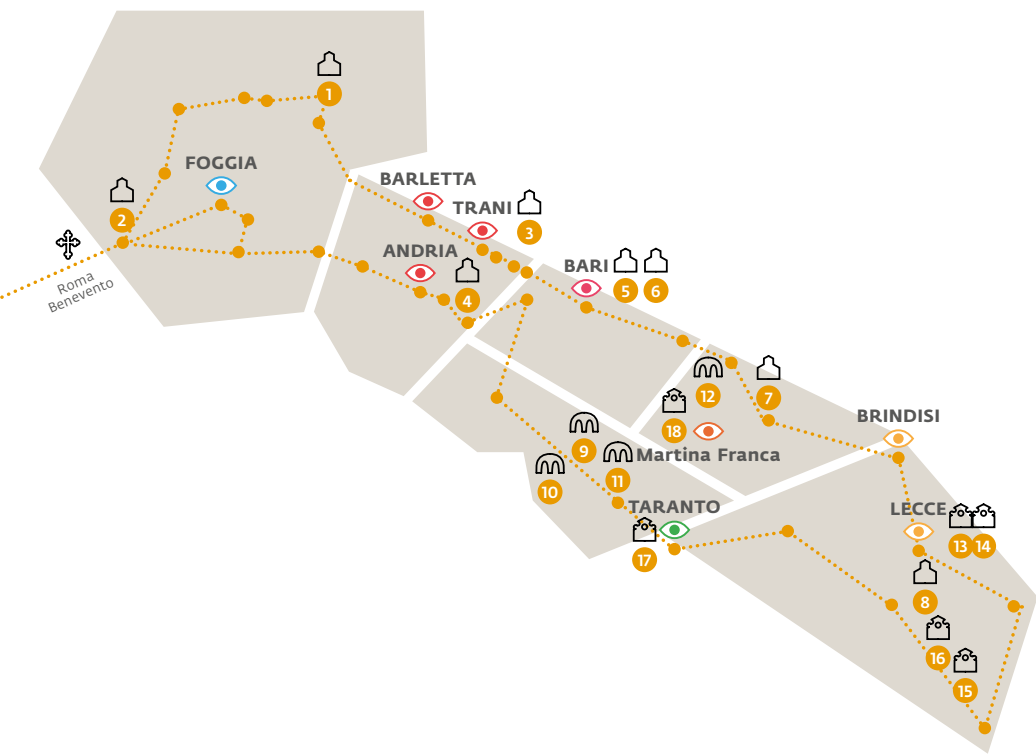
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


Between beauty and faith

Puglia is a land of faith and spirituality, rich in mysterious rocky-churches hewn into tuff stone, white cathedrals soaring to the sky and magnificent Baroque churches. An intimate, almost secret world that has managed to preserve hoary traditions and habits, which elsewhere have long disappeared. During the Middle Ages, Gargano was crossed by the **Via Sacra Longobardorum**. This was the route travelled by pilgrims in order to reach the Holy Land and today represents the most important example of Christian devotion: from the sanctuary of St. Michael, a Unesco World Heritage Site, to **Monte Sant'Angelo** and Padre Pio, the saint who transformed **San Giovanni Rotondo** into an ecumenical centre for pilgrims, known worldwide.

Gather for pray inside the church planned by Renzo Piano and then set out to discover the best expressions of the Romanesque art in Puglia, such as the Cathedral of Assunta in **Troia**, featuring an enchanting 13th-century rose window, or **Altamura's** cathedral, built at the behest of Frederik II. Admire the façade of the Cathedral of Santa Maria Assunta in **Conversano** and the one in **Ostuni**. In **Otranto**, Salento, you find the Cathedral of S. Maria Annunziata, with a magnificent 12th-century mosaic floor, the largest of its kind in the Western countries, while the Romanesque-Gothic Basilica of Santa Caterina d'Alessandria in **Galatina**, has a frescoed nave and frescoed aisles.

The Basilica of Madonna de Finibus Terrae, in **Santa Maria di Leuca**, is a destination for many pilgrims, just like the Basilica of San Nicola in Bari, whose crypt accommodates the Colonna Miracolosa (Miracle Column) and the tomb of the Saint. The imposing Cathedral of San Nicola Pellegrino in **Trani** overlooking the sea rivals the Cappellone of San Cataldo (Large Chapel of San Cataldo) in the Cathedral of **Taranto**, rich in marble inlays. Let yourself be amazed by the Baroque of the Basilica of San Martino, in **Martina Franca**, and marvel at **Lecce's** baroque churches. The Basilica of Santa Croce (Holy Cross) is a triumph of Baroque, with hundreds of symbols and mythological figures, while Piazza Duomo, Lecce's front parlour, looks like a magnificent open-air stage.



-  WHITE ROMANESQUE CATHEDRALS
-  MYSTERIOUS ROCKY CHURCHES
-  PICTURESQUE BAROQUE CHURCHES
-  PILGRIMS' ROUTES



WHITE ROMANESQUE CATHEDRALS

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PICTURESQUE BAROQUE CHURCHES

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Monte Sant'Angelo – Sanctuary of San Michele Arcangelo

1

It is a place steeped in history, art and faith. The Sanctuary of San Michele Arcangelo, a UNESCO World Heritage Site, has been a lodestar for the Christian world and for pilgrims from all around the globe for more than fifteen centuries. The building consists of two levels: the upper level features a monumental façade with two arches and a 13th-century octagonal tower, while the lower one, accommodates the Angevine staircase that leads to the Sacra Grotta (Holy Cave) where, according to the tradition, the Archangel Michael made its appearance.



Troia – Cathedral of Assunta

2

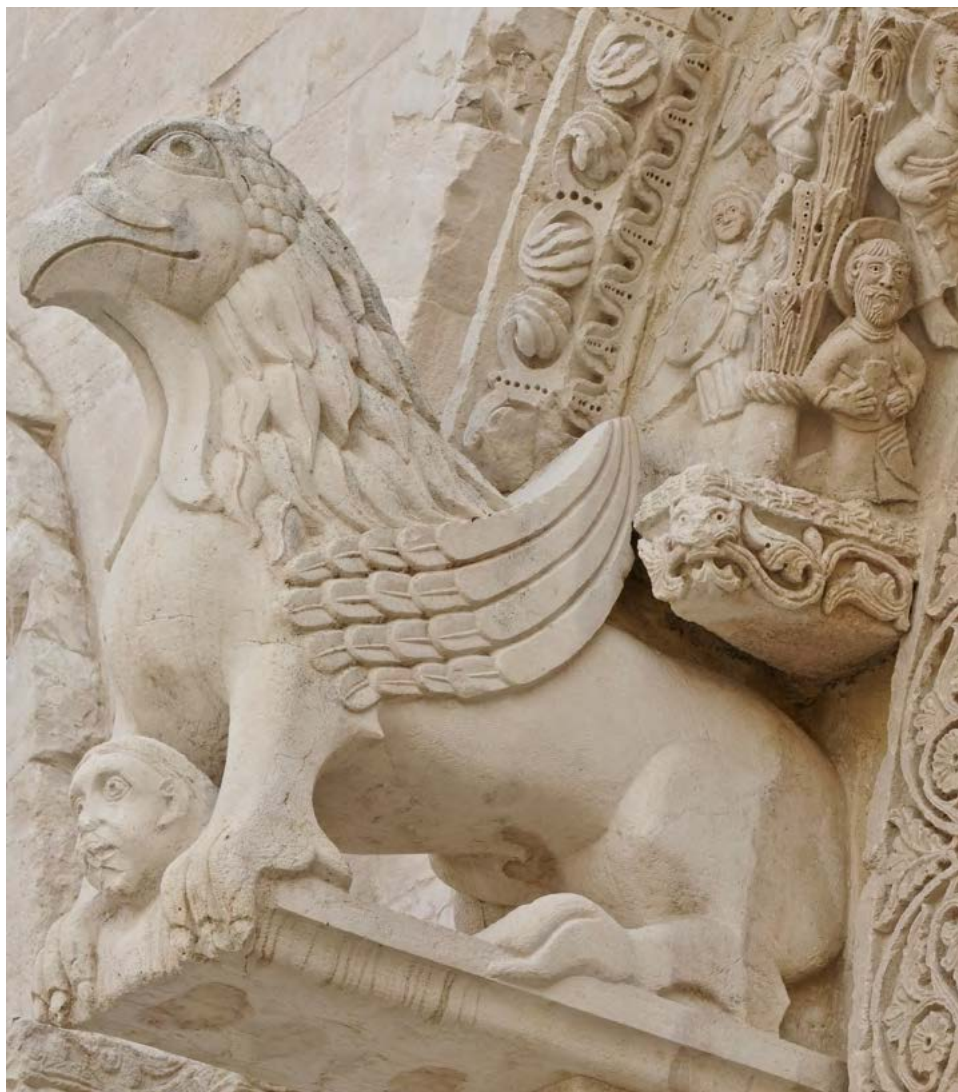
Dedicated to Santa Maria Assunta, it is one of the best Romanesque churches in Puglia. It will enchant you with its 13th-century rose window, unique in the world, featuring eleven segments divided by as many mullions and tracery, each one different from the other. Equally beautiful is also the portal with bronze door knockers, decorated with stories of saints and bishops. From Piazza Episcopio, you enter the **Museo del Tesoro della Cattedrale** (Museum of the Cathedral's Treasure), divided into four sections. Here you will find artefacts crafted in silver, gilded bronze and ivory, volumes and parchments, vestments and exsultet (parchment scrolls of the 11th-12th century). Among the latter ones, stand out those containing the hymn of Easter proclamation and miniature illustrations. If you by chance arrive on Easter Sunday, you can see the Procession of the Kiss.



Trani – Cathedral of San Nicola Pellegrino

3

It looks like as if it's suspended over the sea, imposing, sober and amazing. Trani's cathedral is a skilful example of Romanesque architecture, consisting of three superimposed churches. The interior features a unique example of coupled columns in Puglia, dividing the space into two aisles and a nave. The wonderful bronze portal by Barisano da Trani, dating from 1175, is divided into 32 panels. Walk towards the end of the church, climb down a few steps and you'll enter the transverse crypt of St. Nicholas, whose 42 little groin vaults and 28 marble columns support the transept of the upper church. From there proceed to the lengthwise crypt of Santa Maria featuring two aisles, a nave and 22 columns, and then go down to visit the hypogeum of the 5th -6th century dedicated to San Leucio.



Ruvo di Puglia – Cathedral of Santa Maria Assunta

4

The cathedral of Santa Maria Assunta in Ruvo is one of the most famed Romanesque cathedrals in Puglia, whose façade' sloping roofs makes it look as if it is soaring up to the sky. The three beautiful external portals are rich in decorations, particularly the central one, just like the twelve-ray rose window. Inside, the church is divided into two aisles and a nave, ending with the ciborium which recalls the one decorating the Basilica of San Nicola, in Bari. Visit the undergrounds with the hypogeum, the remains of the Early-Christian basilica and the Roman tombs.

Bari - Basilica of San Nicola

5

Cross the Arco del Pellegrino (Arch of the Pilgrim), and you'll be in the heart of the Cittadella Nicolaiana, in the area once belonging to the Catapano, the Greek-Byzantine governor of South Italy. Everything you rest your gaze on, is steeped in history, and you become part of it. Admire the beautiful façade, closed on both sides by two towers, and enhanced by three portals, three big windows and five mullioned windows under the rose window. Along the north façade, stand out the decorations on the Portale dei Leoni (Lion Portal), which alternate agricultural and liturgical scenes. The interior features two aisles and a nave, divided by granite columns, while the vault displays all the splendour of the baroque ceiling. In the central apsis stands the ciborium and the throne of Bishop Elia, held by grotesque figures curved out of a single block of marble. Move to the left apsis to see the precious painting of the Madonna and Saints by Vivarini. On the right aisle, go down to the crypt to see the Colonna Miracolosa (Miracle Column) and the relics of San Nicola resting under the altar.



Bari - Cattedrale di San Sabino

6

It is one of the best examples of Apulian Romanesque style, built on the ruins of the former Byzantine church. The exterior is embellished only by a big rose window, decorated with grotesque and imaginary figures and a series of single-lancet windows and one-mullioned window. On the side, unfolds a long gallery with arches that leads to the trulla, a circular building thought to be the old baptistery which has been used as a sacristy since the 17th century. The interior is bare, with two aisles and a nave divided by columns: here you will admire the wonderful ambo and, above it, a false matroneum. The 13th-century canopied ciborium on the main altar, was made by Alfano da Termoli. In the crypt decorated in baroque style are kept the relics of S. Sabino and the painting of the Vergine dell'Odegitria, which, according to the tradition, was painted by St. Luke himself.



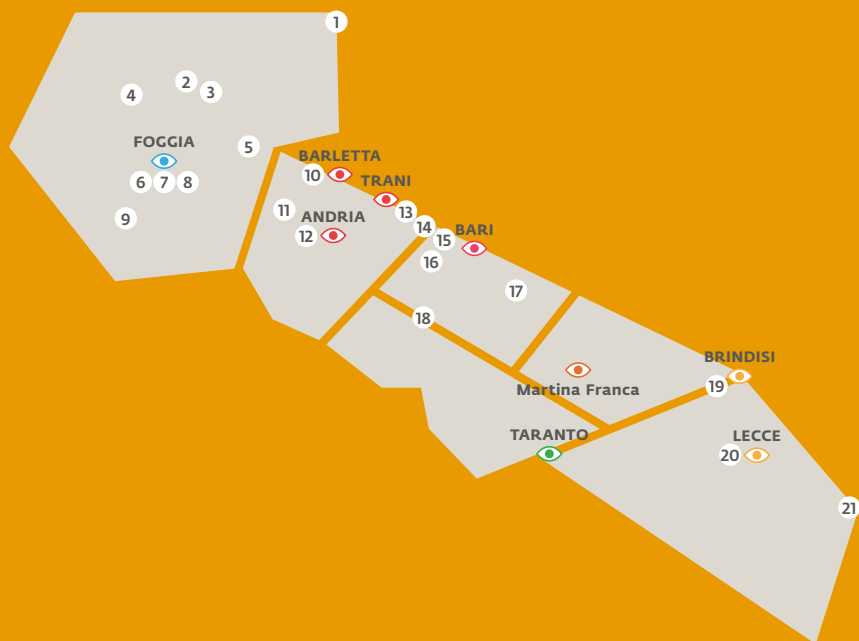
Ostuni - Co-cathedral of Santa Maria Assunta 7

Saunter through the narrow streets, steep staircases, courts and small squares, till you reach the 15th-century Romanesque-Gothic Cathedral. It features a portal and a 24-ray rose window of rare beauty. Admire the original façade, divided into three sections by two pilasters, and the bas-reliefs on the lunettes of the lateral portals: on the right San Giovanni Battista, on the left San Biagio. The church's interior dates from the 18th century, and features a smooth ceiling covered with paintings by local artists, stuccoworks and lateral baroque chapels.



Galatina - Basilica of Santa Caterina d'Alessandria 8

Discover the Romanesque-Gothic Basilica of Santa Caterina d'Alessandria: the severe façade with three pinnacles and the big rose window made of stone, finely curved with rays, contrasts with the church's majestic and rich interior. Considering the number of frescos of the school of Giotto, which completely cover the aisles, the basilica is second in importance to the Basilica of Assisi. The fresco of the central arcade depicts the Apocalypse, while the lateral ones, the Genesis, the life of Jesus, the four evangelists and the life of Santa Caterina d'Alessandria. The convent's cloister, also frescoed, houses the **Museum of the Basilica of Santa Caterina**.



- ① Vieste - Cathedral of S. Maria Assunta
- ② San Marco in Lamis - Sanctuary of S. Maria di Stignano
- ③ San Giovanni Rotondo - Sanctuary of Padre Pio
- ④ San Severo - Sanctuary of Maria SS. del Soccorso
- ⑤ Siponto - Basilica of S. Maria Maggiore and Abbey of San Leonardo
- ⑥ Foggia - Church of Addolorata
- ⑦ Foggia - Church of Croci
- ⑧ Foggia - Cathedral of S. Maria Icona Vetere
- ⑨ Bovino - Co-cathedral of S. Maria Assunta
- ⑩ Barletta - Co-cathedral of S. Maria Maggiore
- ⑪ Canosa di Puglia - Cathedral of San Sabino



- 12 Andria - Church of S. Maria Assunta
- 13 Bisceglie - Church of Santa Margherita
- 14 Molfetta - Duomo of San Corrado
- 15 Giovinazzo - Co-cathedral of S. Maria Assunta
- 16 Bitonto - Co-cathedral of S. Valentino
- 17 Conversano - Cathedral of Assunta
- 18 Altamura - Cathedral of Assunta
- 19 Brindisi - S. Maria del Casale
- 20 Lecce - Church of Santi Niccolò and Cataldo
- 21 Otranto - Cathedral of S. Maria Annunziata





Mottola – Rocky churches

9

Its territory hides hundreds of frescos and more than thirty rocky churches. Among them, the most charming one is the church of San Nicola in Casolrotto contrada. It is considered the Sistine Chapel of the rock civilization, since it has a big fresco representing the Giudizio Universale (Last Judgment). Imagine to enter a church with two aisles and a nave, whose walls are covered with frescos from the 11th - 14th centuries; on the wall of the apsis, stands out the painting of Christ Pantocrator in Deesis, standing between Virgin Mary and John the Baptist. The guided tour lasts two hours and half: it starts in the crypt of Sant'Angelo, dug on two levels into the rock and, after visiting San Nicola, it continues at the Church of San Gregorio (*tel. 0998867640, www.comune.mottola.ta.it, with fee*).

Ginosa – rocky churches

10

Visit the rocky dwellings and churches, as the one dedicated to Santa Domenica in Gravina Casale, covered with frescos depicting the Saint, and the Archaeological Park of Santa Maria Dattoli (*mob. 3400841244, guided tour with fee*). At Easter time, the area becomes the stage for an impressive Passio Christi, with more than 300 actors. In Gravina Casale you also find the crypts of San Leonardo and the Ecce Homo, which draws its name from the 16th-century fresco representing the Ecce Homo, on the left side of the main entrance. Inscriptions and decorations of the Hellenistic Age have withstood the test of time. In the Gravina Rivolta, on the other hand, lie the crypts of Santa Sofia and San Bartolomeo, with its elegant frescos. The 13th-century rocky church of Santa Barbara, is characterized by a vestibule and a room with an apsis, and traces of frescos on the walls, among which the icon of Santa Barbara (*Proloco Ginosa, tel. 0998290332, mob. 368212085*).

Massafra – Rocky churches 11

Thanks to the presence of several caves, it is known as the Thebaïd of Italy. It lies on the gravina (ravine) of San Marco, crossed by a bridge that connects the old town (via La Terra and Muro) to the new one. Delight yourself with a breathtaking view of the canyon and then go for an archaeological walk, stopping at the crypt of Santa Marina and at the rocky churches dating from the 10th- 11th century, such as the Church of Sant'Antonio Abate, the church of San Leonardo and the Church of Candelora, featuring a six-vault ceiling. You have to climb more than 120 steps to reach the Sanctuary of the Madonna della Scala (18th century) while from the church square you enter the rocky church of Buona Nuova (7th-8th century) and the Cripta Inferiore (Inferior Crypt) of the 10th century
(tel. +390998804695, tel.+393385659601, www.massafaturismo.it, guided tour with fee).



Fasano - Lama d'Antico and rocky churches 12

Visit the ancient village Lama d'Antico, one of the largest rocky areas in the region, built inside the caves, and enlarged over six or seven centuries with an incredible number of crypts, houses, small shops, animal shelters and places for agricultural activities, tombs and funeral monuments. The village stretches around a wonderful church with two aisles, spanned by 23 blind arches from the entrance door to the smaller aisle, frescoed with scenes from the life of saints and bishops. A must-see are also the frescos in the crypt of San Lorenzo, the paintings of San Basilio and San Benedetto and the fine architectural details of the crypt of San Giovanni, which recall Syrian, Mycenaean and Palestinian motifs. Unfortunately the frescoes are damaged and difficult to interpret
(mob. +393283597517, +393388175123 - Tourist Office of Fasano tel. +390804394171).





- 1 Monte Sant'Angelo - Abbey
Santa Maria di Pulsano
- 2 Gravina in Puglia - Church
of the Purgatory
- 3 Gravina in Puglia - Church of
Madonna delle Grazie
- 4 Gravina in Puglia - Rocky Crypts
- 5 Laterza - Sanctuary Mater Domini
- 6 Laterza - Rocky Crypts
- 7 Castellaneta - Rocky Crypts
- 8 Palagianello - Rocky Crypts
- 9 Taranto - Hypogeal Church Crypt
of the Redeemer
- 10 San Vito dei Normanni -
Rocky Crypts
- 11 Veglie - Rocky Crypts
- 12 Carpignano Salentino - Rocky Crypts
- 13 Giurdignano - Rocky Crypts
- 14 Vaste - Rocky Crypts
- 15 Supersano - Rocky Crypts
- 16 Casarano - Early-Christian Church
Santa Maria della Croce
- 17 Ugento - Rocky Crypts
- 18 Tricase - Rocky Crypts



Lecce - Basilica of Santa Croce

13

Together with the Convento dei Celestini, today the headquarters of the Province of Lecce, it is the best example of Baroque art. You can easily reach it from Piazza Sant'Oronozo, walking through Via dei Templari. You will be at a loss for words after looking at such splendour and richness of details on the façade: flowers, fruits, mythological figure, cornucopias, human and animal figures. The magnificence of the basilica is the result of more than 300 years of work by three architects. It features hundreds of symbols, three portals, a rich balcony decorated with 13 putti, which lends it dynamism, and a rose window, with three internal arch lintels. Its sober interior, features a Greek-cross plan.



Lecce - Duomo Maria SS. Assunta

14

The interplay of lights and shadows makes it spectacular in the morning and breathless in the evening. The entrance to the square is overlooked by loggias topped with the statues of Saints facing the sumptuous entrance of the Cathedral of Maria SS. Assunta. The interior features two aisles and a nave, separated by semi-columns, with wooden coffered ceiling, inlaid with golden studs. On the side, are elegant altars, in particular the central one is made of polychrome marble. Beneath the church lies the crypt of Santa Maria della Scale, with two aisles, a nave and 92 columns with capitals of different styles. Next to the cathedral, stands the Bishop's Palace, with the big loggia, and the Seminary Palace, built by Cino at the end of the 17th century. In the internal courtyard of the Seminary Palace, there is the famous well with the statue of Sant'Irene on its top, decorated with acanthus branches. The Tower Bell, built by Zimbalo, towers over the city from its 72 metres of height.

Ruffano – Church Natività della Beata Vergine Maria (Nativity of the Blessed Virgin Mary)

15

It is without a doubt one of the most beautiful Baroque monuments in Salento whose majesty will simply astonish you. It houses several important works of art, among which the octagonal painting in the transept with the Natività di Maria (Nativity of Maria), the big paintings in the presbytery with the Castigo di Core (Punishment of Kora), Eliodoro scacciato dal tempio (Heliodorus of Catania banished from the Temple) and la Regina di Saba (the Queen of Sheba). The altar of the SS Sacramento (Blessed Sacrament) by Carrone, a triumph of the Baroque, is decorated with the painting of Ultima Cena (the Last Supper) framed in the middle of it. Of remarkable value is the wooden choir with 29 stalls and the silver pulpit.



Galatina – Church of SS. Pietro and Paolo

16

You will be awestruck by the scenography and the imposing late-baroque façade, which faces the square of the same name. The portals by Giuseppe Zimbalo, the large windows, saints and vases full of flowers enhance the façade, giving it a dynamic effect. The interior holds the precious Cappellone del Sacramento (Big Chapel of the Blessed Sacrament) with the Statue of the Immacolata (Immaculate), by Giuseppe Sammartino, made of white marble. Important are also the frescos of the vault by Vincenzo Paliotti, which recall the life of San Pietro, the paintings by Giuseppe Cino and Serafino Elmo, representing the Lavanda dei Piedi (the Washing of the Feet) and the Gesù che cammina sulle acque (Jesus walking on the water). In the chapel near the sacristy, admire the silver half-bust of San Pietro.



Taranto - Cathedral of San Cataldo

17

It is the oldest cathedral in Puglia, built in the 11th century on a former Early-Christian settlement, and underwent several changes. Visit the Chapel of San Cataldo, a triumph of Baroque art, on the right of the presbytery: you will be fascinated by the richness of marble inlays, the statues in the niches, frescos and the main altar, which enshrines the relics of San Cataldo. The crypt, on the other hand, features Byzantine columns and frescos.

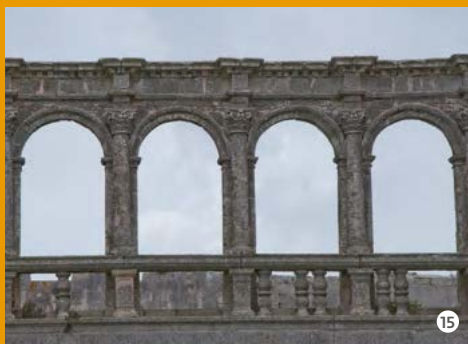
Martina Franca - Basilica of San Martino

18

It is dedicated to the Patron Saint of the town, depicted in a high-relief riding a pawing horse, which stands out in the middle of the baroque façade. The splendid interior featuring only a single nave, is decorated with precious marble altars and a finely inlaid pulpit, carved by master Domenico Semeraro out of ebony. Admire the Chapel of SS. Sacramento (the Blessed Sacrament) decorated with polychrome marble, which accommodates some paintings by Domenico Carella, like the Pala dello Spirito Santo (the altarpiece of the Holy Spirit).



- 1 San Vito dei Normanni - Church of San Giovanni Evangelista
- 2 San Vito dei Normanni - Mother Church
- 3 Mesagne - All Saints Church
- 4 Mesagne - Church of Santa Maria in Bethlehem
- 5 Oria - Cathedral Maria SS. Assunta
- 6 Manduria - Church Holy Trinity



- 7 Lecce - Church of San Matteo
- 8 Lecce - Church of Madonna del Carmine
- 9 Lecce - Church of San Giovanni Battista or del Rosario
- 10 Lecce - Church of Santa Irene
- 11 Lecce - Church of Santa Chiara
- 12 Copertino - Collegiate Church Santa Maria della Neve
- 13 Nardò - Church of San Domenico
- 14 Galatone - Sanctuary of SS. Crocefisso della Pietà
- 15 Melpignano - Church of Carmine
- 16 Maglie - Collegiata di San Nicola
- 17 Scorrano - Church of the Convent of San Francesco d'Assisi (Church of Agostiniani)
- 18 Gallipoli - Cathedral of Sant'Agata
- 19 Gallipoli - Church of Purità



Francigene routes in Puglia

At first glance, one doesn't get the impression that this territory is furrowed with 400 kilometres of trails, and yet we still find traces of them amid stones and paths, big cathedrals and the rocky chapels. They are the ancient pilgrimage routes, which stretched along the Roman road network, the Ancient Appian and Trajan Ways, as far as Brindisi and Otranto, from where people sailed towards the East to the Holy Sepulchre in the Holy Land. Popes, kings, crusaders, pilgrims and merchants travelled these routes, just like St. Francis in 1216. The pilgrims, deviating from the Roman road network, went up to Monte Sant'Angelo, towards Gargano's highest peak, in order to reach the Cave of San Michele Arcangelo, following the Via Sacra Longorbardorum. This cave is one of the great sanctuaries of the Christian faith and a UNESCO World Heritage Site. Today as in the past, these routes offer moments of intense spirituality, a journey steeped in silence, colours and scents. There are also monasteries, sanctuaries and hermitages: several religious buildings today open their doors to people who want to live intense experiences.



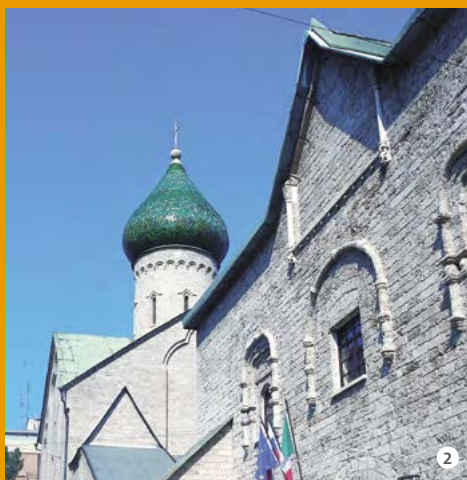


- ① San Giovanni Rotondo - Sanctuary of Padre Pio
- ② Monte Sant'Angelo - Cave of San Michele Arcangelo
- ③ Monte Sant'Angelo - Abbey of Santa Maria di Pulsano
- ④ Siponto - Basilica of S. Maria Maggiore and Abbey of San Leonardo
- ⑤ Barletta - Church of the Holy Sepulchre
- ⑥ Molfetta - Cathedral of San Corrado
- ⑦ Terlizzi - Sanctuary Santa Maria di Sovereto
- ⑧ Bari - Basilica of San Nicola
- ⑨ Monopoli - Cathedral of Santa Maria della Madaia
- ⑩ Brindisi - Temple of San Giovanni al Sepolcro
- ⑪ Brindisi - Sanctuary Santa Maria Madre della Chiesa di Jaddico
- ⑫ Latiano - Sanctuary and Monastery Santa Maria di Cotrino
- ⑬ Copertino - Sanctuary della Grottella
- ⑭ Otranto - Cathedral of Santa Maria Annunziata
- ⑮ Santa Maria di Leuca - Sanctuary della Madonna di Finibus Terræ





- 1 Trani - Synagogue Scolanova
- 2 Bari - Ortodox-Russian Church of San Nicola di Bari
- 3 Cisternino - Ashram Bhole Baba
- 4 Oria - Jewish cemetery

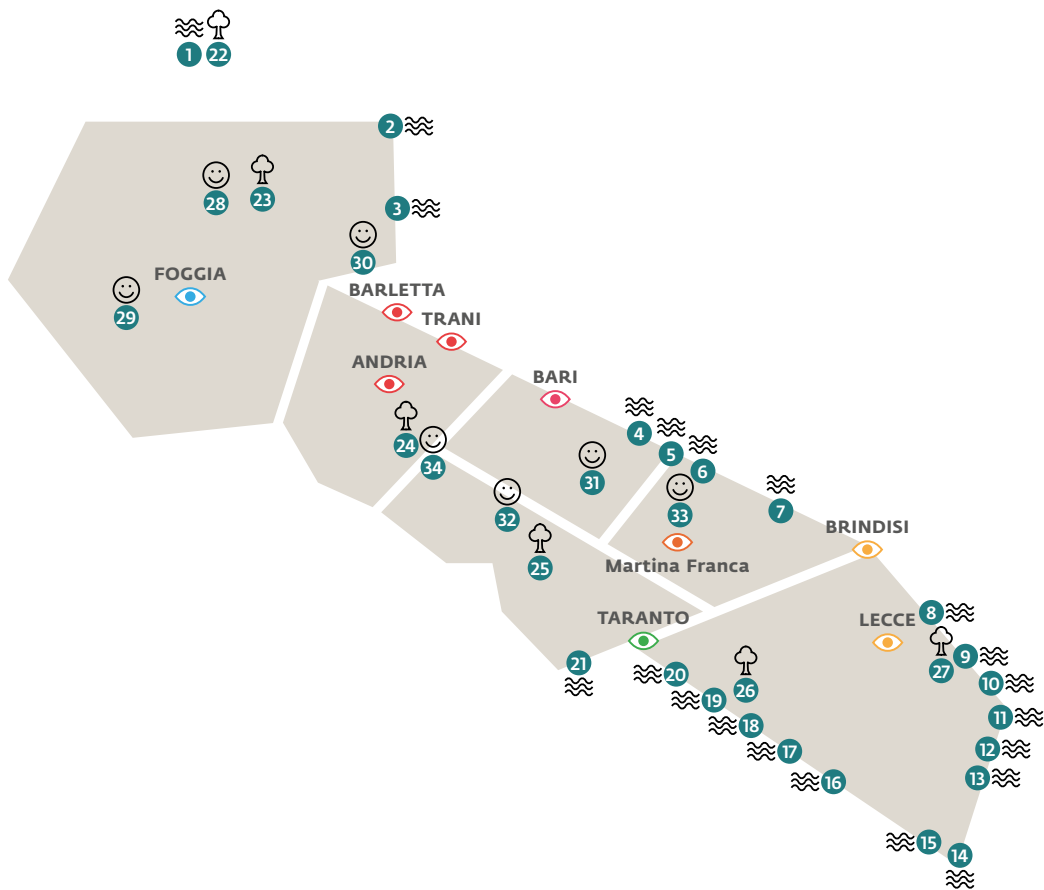


Nature

It is a thrill to drive along a coastline, stretching more than 800 kilometres, from **Gargano** down to **Salento**, as you pass by steep cliffs overlooking the sea, and endless stretches of white sand; from the sea stacks of **Vieste** and **Mattinata**, to the hidden coves of **Otranto** and **Santa Maria di Leuca**, exploring amazing caves like the **Zinzulusa**, in Castro. Colourful sea beds at the **Tremiti** Islands, golden sand and Caribbean sea at Pescoluse, Gallipoli, Porto Cesareo and Campomarino of Maruggio.

Deserted beaches and secluded wild places, like **Bosco Isola**, alternate with private beaches in **Capitolo** and Monopoli, abuzz with young people. The two coastlines on the **Ionian** and **Adriatic** Sea, are lined with beach resorts open to everyone: playgrounds for children, sport activities, readings and meet & greet events with writers. The sea is definitively the top-of-mind highlight, awarded with the blue flag by the FEE, with the sails by Legambiente (Italian Environment Protection Association) and the Italian Touring Club award, assigned to several Apulian cities and towns.

However, Puglia means not only sea, but an unexpected and unknown nature as well. From North to South, the land is covered with natural parks of great importance: the Umbra Forest, which is the oldest heart of the **Gargano National Park** and the **Upper Murgia National Park**; nature and marine protected areas with the most heterogeneous underwater environments, from **Torre Guaceto** to **Porto Cesareo**, saltpans among the largest in Europe, like those in **Margherita di Savoia**, surrounded by a wetland swarming with flamingos. And then coastal lakes, real paradises for birds, like the **Lesina** and **Varano** in Gargano and **Alimini** Lakes near Otranto.



🌊 BEACHES AND COVES NOT TO BE MISSED

🌳 PARKS AND NATURE RESERVES

😊 FUN WITH CHILDREN

BEACHES AND COVES NOT TO BE MISSED

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Tremiti islands and the Marine Nature Reserve

1 22

Fly from Foggia or take a ferry from Rodi Garganico to reach the Tremiti Island, an area of just 5 sqm, spread over the green islands of San Domino, the culturally rich San Nicola, and the arid Capraia, full of colourful sea beds. To the island group also belongs the small island of Cretaccio and the one of Pianosa, which cannot be accessed as it is a strict marine reserve. Take a walk across San Domino in the shade of the forest of Aleppo pines, following the perimeter road which offers the most amazing view of the coves below - Cala Sale (Salt Cove), delle Roselle (small roses), delle Virole (pansies). From the sheer cliff facing the Cala del Diamante (Diamond Cove), marvel at the Pagliai, a cluster of about ten white pyramidal monoliths. Quietness and peace can be savoured at the Cala dello Spido and del Pigno, with view over the island of San Nicola and the abbey of Santa Maria a Mare. The Cala delle Arene is the small island beach, which gets crowded during summer. For scuba divers: dive in Punta di Ponente to see the wrecks of a Roman ship and, at night, dive at the Grotta delle Rondinelle (Cave of Swallows). On the uninhabited island of Capraia, you'll find only capers, deserted coves and crystalline water. Relax at the Cala Pietre di Fucile (Cove Rifle Stones) and enjoy breath-taking diving in Punta Secca and at Cala dei Turchi (Cove of the Turks), whose rock walls burst with the yellow colours of sea daisies while every cleft in the rock teems with octopuses, European congers and nudibranchs.

Vieste

2

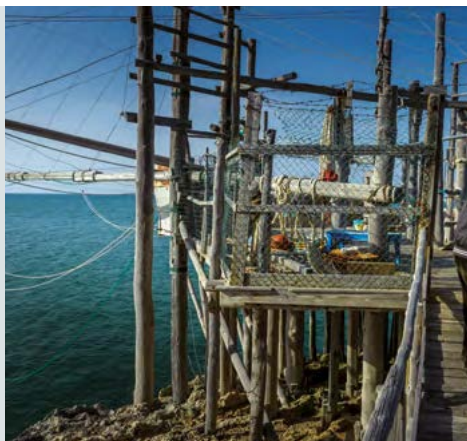
You are in one of the most famous beaches in Gargano: Pizzomunno, with the enormous monolithic rock, jutting out of the sea bed. Snorkel by the San Felice cove, 6 kilometres south from Vieste: a deep inlet, spanned by a natural arch, lapped by crystalline emerald-green waters. The coast between Vieste and Mattinata has an extraordinary series of caves to be explored by canoe, rubber boats or by booking a guided tour. Enter the Grotta Campana Piccola (Small Bell Cave), and you will feel like being inside a bell. Near Grotta Campi are the Grotta Viola (Violet cave), named after the colour of its walls; the Grotta Sfondata (Broken Down cave), missing the ceiling, and the Grotta dei Due Occhi (Two-Eyed Cave), with two holes in the rock ceiling. Proceeding towards Mattinata, just below the bay of Pugnochiuso, you find the Grotta dei Marmi (Marble Cave), whose internal walls are as smooth as marble, the charming Grotta delle Sirene (Mermaids Cave) and the Grotta delle due Stanze (Cave of the Two Rooms), which consists of two communicating caves. In the area of Vignanotica, you find the beautiful Grotta Tavolozza (Palette Cave), which looks as if it's been painted by an artist. Then visit the famous Grotta Campana (Bell Cave) in the Zagare bay: it is a majestic sea cave, hollowed out by water, with a diameter of 250 metres and more than 40 metres high. End your tour with the Grotta del serpente (Snake Cave), the Grotta Rosa (Pink cave) and the Grotta dell'Occhio magico (Cave of the Magic Eye).



The Trabucchi

3

The series of bays between Vieste and Peschici makes it difficult to decide where to stop: if you are a surfer, the Manacore bay, often windswept, is your place to be; if you just want to read a book, head for the Cala Lunga beach, a 300-m strand surrounded by green cliffs. Along the coast, you will run into enormous structures suspended above the sea: the trabucchi. These are very old fishing devices, made of wide platforms fixed on cliffs and long wooden beams, ropes and pulleys. Today, some of them are used as charming restaurants on water.





Polignano

The coast is rich in caves and hidden coves. Just before Polignano, stop off at San Vito for a coffee: a small beach framed by low cliffs and, behind it, an imposing Benedictine abbey. Worth a visit is also the pebbly cove of Cala Paura. Climb down to the charming beach of Lama Monachile, near the historic centre, surrounded by very high cliffs.

Monopoli

5

Here the coast is again low, with small coves and strips of sand. Once in Monopoli, proceed towards Capitolo, famous for the long strand studded with sand dunes and coves. It is one of the most buzzing stretches of coast, with elegant private beaches, where you can taste very good Apulian sushi, with grouper, shrimps and sea urchins. At night, the beaches turn into open-air discos.



Savelletri and Forcatella

6

If you want to treat yourself to a great feast of sea-urchins, then this place is your must stop-off. The location is rustic, sometimes improvised, and perhaps this makes them more pleasing. Not recommended during weekends.



Torre Guaceto

7

Are you driving southwards, towards Brindisi? The Protected Marine Nature Reserve of Torre Guaceto is an uncontaminated nature area, the place to be for lovers of wild nature. Leave the car at the parking of Punta Penna Grossa or at Apani: you can decide whether to reach the beach by rented bike, walking or aboard a small train, which shuttles back and forth through the trails of the Mediterranean scrub. At Punta Penna Grossa you will find one of the few private beaches in the area, equipped for people with disabilities.

Roca Vecchia

8

Dive into the emerald green sea that washes the Grotta della Poesia (Cave of Poetry). On the walls of the Poesia Piccola (Small Poetry cave), a true sanctuary in the cave, you will admire symbols and inscriptions dating from the Protohistory to the 2nd century BC. Visit the archaeological area with stratifications from the Middle Bronze Age to the Renaissance, strewn with Messapian and Medieval remains.



Torre dell'Orso

9

Venturing towards Torre S. Andrea, you will admire one of the most extraordinary stretches of coast, interspersed with water-worn, windswept coves marked by high cliffs, like the Due Sorelle (Two Sisters), dominating the big bay.

Alimini

10

The fine-sand beach is interspersed by small coves and a series of private beaches. The coasts are often windy, for this reason, they are highly popular among surfers.



Otranto

11

The sea of Otranto is really amazing: you'll be spoilt for choice by the many beaches, whether it is one of the town beaches or further south, towards Baia delle Orte, where you'll be welcomed by the breathtaking view of a lush nature.

Porto Badisco

12

It is difficult to resist bathing in the turquoise waters of this natural cove, amid prickly-pears and myrtles. Before leaving, treat yourself to a hearty meal with by the sea.



Castro

13

Before reaching this wonderful hamlet overlooking the sea, stop off to dive in the crystalline cold waters of the majestic Grotta di Zinzulusa (Zinzulusa Cave). Get closer by boat to admire the ceiling rich in stalactites, shaped like rags, called zinzuli in slang. If you're hiking,, the almost 150 metres long trail flanks the rocky wall: from the entrance go through the Vestibule, the Corridoio delle Meraviglie (Corridor of the Marvels) covered with stalactites and stalagmites, continuing towards the Crypt, till you reach the Duomo. You cannot reach the small fresh water basin of Cocito, teeming with rare species, among which ghost shrimps, a sponge species unique in the world and a small colony of bats.



Santa Maria di Leuca

14

Rent a boat and discover the several karstic caves from the sea, popping up along the coast, between the two promontories of Punta Ristola and Punta Meliso; some of them can be reached swimming. Sail towards the Grotta del Presepe on the Ionian side, where a rare endangered sponge was found and, about a hundred metres further away, the Grotta delle Tre Porte (Cave of the Three Doors) with arcades connected to an enormous cave and a tunnel which leads to a large room with stalactites and stalagmites. In the grotta dei Giganti (cave of Giants) have been found remains of pachyderms, byzantine potsherds and bronze coins. Bath into the refreshing waters of the Stalla Cave, enter the Grotta del Drago (Dragon Cave) and the Grotta Cazzafri, on the Adriatic side, to admire its big vault covered with stalactites; the Grotta Bocca del Pozzo, with its small light-blue lake, the Grotta Duomo and the Grotta delle Mannute. Walk to the Grotta Porcinara, a place originally used for Pagan and then for Christian rituals, with several Greek and Latin inscriptions on the walls, and the Grotta del Diavolo (Devil cave), rich in Neolithic artefacts.



Pescoluse

15

Kilometres of very fine sand, dunes covered with lilies and lapped by the crystalline sea: it is known as the Maldives of Salento.

Gallipoli

16

Punta Pizzo and Punta della Suina rate among the most fashionable beaches. Go there when the scirocco, a southeast wind, blows: the sea looks like the one of the Caribbean. The beaches of Gallipoli are the coolest and most popular for the Salento movida. It is a must to linger till sunset, enjoying the spectacle of the sun diving in the Ionian Sea, and then come back here again, later in the night, to party on the beach.

Protected Porto Cesareo Protected Marine Area

17

It covers more than 16,000 hectares, along 32 kilometres of coast, between Porto Cesareo and Nardò, from Punta Posciutto to Torre Inserraglio: a succession of white sandy beaches, high dunes, low rocks and seven watchtowers. The sea bottom bursts into thousands of colours.

San Pietro in Bevagna

18

Have a bath in the freezing water at the mouth of river Chidro, which has its source in a deep underwater crater, draining into the sea nearby a beach surrounded by the Mediterranean scrub.

Dune of Campomarino di Maruggio

19

Located on Taranto's Ionian coastline, it is an area of great importance for the community: in front of you, unfold kilometres of sandy hills, strewn with rare plants, as the marine juniper and the shrubby thyme, which protect the bays below.



Marina di Leporano

20

It is a series of gold-sand bays washed by a crystalline sea. Dive into the blue waters of the coves of Saturo and Porto Pirrone, separated by a small promontory dominated by a 15th-century coastal tower standing near an archaeological park.

Ginosa Marina

21

Visit the State Biogenetic Nature Reserve of Stornara, a wide coastal pine forest with Aleppo pines, which encompasses the towns of Castellaneta, Ginosa, Massafra and Palagiano, then dive into a crystalline sea in Ginosa Marina, whose coast bursts with the green colour of the pine forest.



- 1 Marine Caves of Tremiti Islands
- 2 Marina di Chieuti
- 3 Lesina and Varano Lakes
- 4 Marina di Lesina
- 5 Bosco Isola
- 6 Ischitella - Mouth of Varano River
- 7 Rodi Garganico
Beaches Ponente and Levante
- 8 Vico del Gargano - San Menaio
- 9 Peschici
- 10 Vieste Sea Caves
- 11 Mattinata Sea Caves
- 12 Mattinata
- 13 Salso Lake Oasis in Manfredonia
- 14 Margherita di Savoia
- 15 Bisceglie
- 16 Cozze
- 17 Palazzese Cave in Polignano

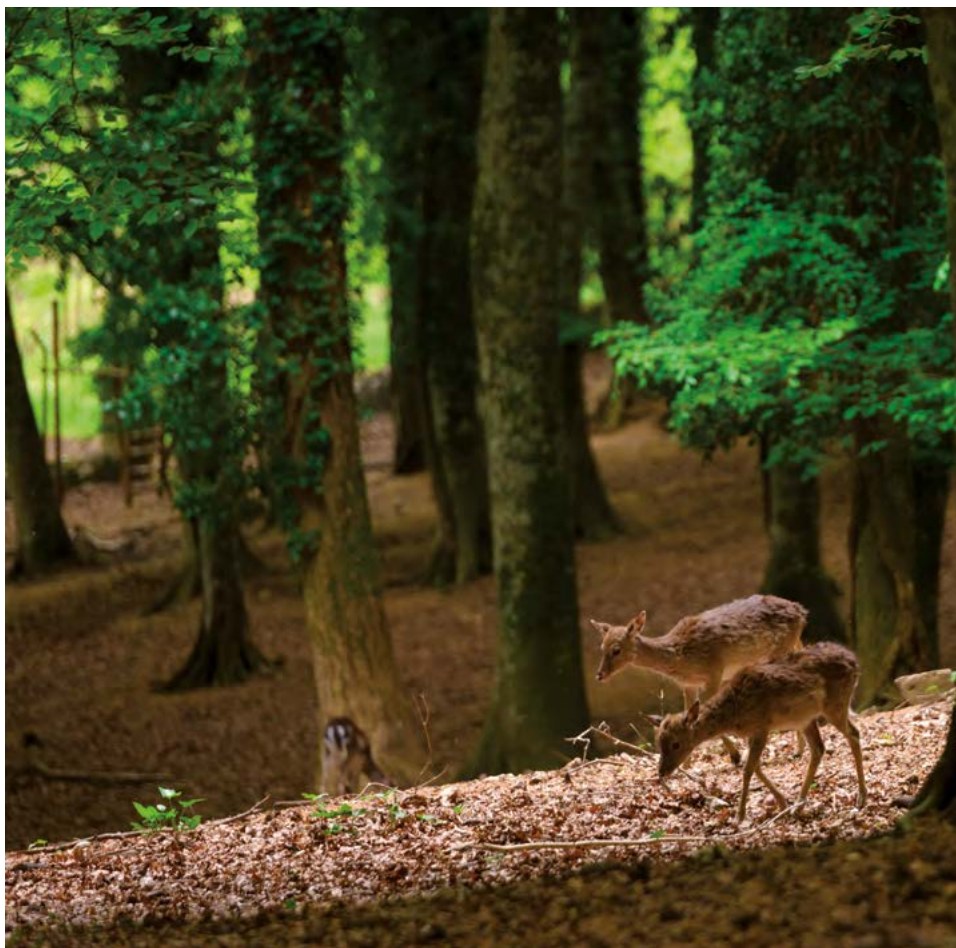


- 18 Fasano - Egnazia/Case Bianche, Torre Canne
- 19 Marine Protected Area - Regional Natural Park Dune Costiere from Torre Canne to Torre San Leonardo
- 20 Rosa Marina di Ostuni
- 21 Ostuni - Pilone, Monticelli, Diana Marina, Villanova, Costa Merlata, Santa Lucia, Torre Pozzelle
- 22 Carovigno - Morgicchio/Pantanagianni, Specchiolla, Torre Santa Sabina, Lamaforca
- 23 San Foca
- 24 Melendugno - Torre Saracena, Torre Specchia Ruggeri, Torre Sant'Andrea, Conca Specchiulla
- 25 Frassanito
- 26 Alimini Lakes in Otranto



- 27 Marine Protected Area -
Regional Natural Park
Costa Otranto S.M. di Leuca -
Bosco di Tricase
- 28 Santa Cesarea Terme
- 29 Diso - Cala dell'Acquaviva
- 30 Marina Marittima
- 31 Marina di Andrano
- 32 Tricase - Porto and Marina Serra
- 33 Ciolo - Marina di Novaglie
- 34 Gagliano del Capo
- 35 Patù - San Gregorio
- 36 Pescoluse
- 37 Salve - Posto Vecchio
- 38 Torre Pali
- 39 Beaches of Ugento
- 40 Racale - Torre Suda
- 41 Marine Protected Area
Regional Natural Park Litorale
di Punta Pizzo and Isola Sant'Andrea
- 42 Porto Selvaggio
- 43 Marine Protected Area of the
Regional Natural Park of Porto
Selvaggio and Palude del Capitano
- 44 Nardò - Palude del Capitano/Frascone,
Torre Squillace, Santa Caterina,
Santa Maria al Bagno, Torre Inserraglio,
Serra Cicora, Torre Sant'Isidoro
- 45 Torre Lapillo, Torre Castiglione
- 46 Punta Prosciutto
- 47 Torre Colimena
- 48 Marine Protected Area
Regional Controlled Nature
Reserves of Taranto East Coastline
- 49 Castellaneta Marina





Gargano National Park

23

It is the largest among the regional parks, a unique treasure trove of nature, established in 1995, covering more than 121,000 ha and encompassing 18 towns and their surroundings, as well as an incredible variety of landscapes. It's home to more than 2500 botanical species and 80% of the variety of wild orchids in Europe. Are you looking for the coast? Then go towards the valley, where you will find high sea stacks and steep cliffs. Are you looking for green and forests? Then you have a wide choice: from the monumental beech grove of the Umbra Forest, to the Mediterranean pine forests with Aleppo pines, to the oak forests with Turkey and holm oaks, and the woods with ash, elm, chestnut and maple trees. (*Visitor Centre, tel. +390884565444, +393498508133*). And then also mountains, lakes and sinkholes, among the largest in Europe, as the one of Pozzatina and the Marine Reserve of Tremiti Islands, which includes five islands in an area of less than 300 hectares, 12 miles away from Gargano. San Domino and San Nicola are the only inhabited islands, while in Capraia you can go scuba diving in the most wonderful area of the Mediterranean Sea; Cretaccio looks like a big rock and Pianosa has been a Fully-Protected Marine Reserve since 1989, located 20 kilometres away from the other islands (*free number 800530552, www.parcogargano.gov.it*).



Upper Murgia National Park

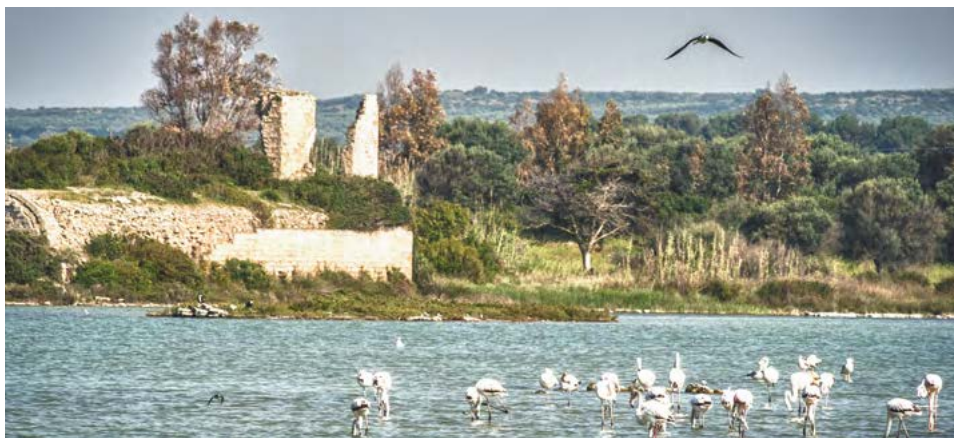
24

Strolling through the hypogea and rocky churches to admire the widest steppe in Western Europe. In spring, the wonderful fields burst into a blaze of bright colours of Lino delle fate, one of the 1500 species of flowers that you can find only here, while flocks of lesser kestrels cut through the sky. Book an agro-ecological walking tour, or choose one of the 12 bike tours or a guided tour amid the caves, puli (similar to the doline) and doline (tel. +390803613443, www.parcotalmurgia.gov.it, Visitor Centre Torre dei Guardiani, tel. +390803743487).

Regional Natural Park Terra delle Gravine

25

The area that surrounds the Murge arrives as far as the Ionian Sea and is dotted with canyons of karstic origin, rocky settlements and underground citadels. The park covers 28,000 ha, encompassing 13 municipalities in the province of Taranto and Villa Castelli in the province of Brindisi. There is such a silence, that you can hear the swish of the wings of the birds of prey, like the Egyptian vulture (a sort of vulture a bit bigger than a pheasant), the Great Horned Owl and the Lanner Falcon. The Gravine of Laterza (Laterza ravines) – Natural Oasis Lipu, is surely the most amazing area, with the biggest canyon in Europe. While hiking the 12 kilometres long trail, flanked by rocky walls more than 200 metres high, with caves and pinnacles suspended in the air, you will pass by holm-oak and Macedonian oak forests and Montpellier Maples. You can choose between an easy or a demanding hike, a natural or an archaeological tour. (*c. da Selva San Vito*, tel. +393393311947, www.oasilipugravinadilaterza.it). You can also book a bike tour, to discover the most amazing spots of the Oasis, along the drove ways flanked by dry-stone walls (tel. +393317086419, *with fee*).



Regional Oriented Nature Reserves of Taranto East Coast

26

It covers about 1100 hectares, stretching along the coastline of the Ionian Sea, between the municipalities of Maruggio, Manduria, Avetrana and Porto Cesareo. High dunes, covered with Mediterranean scrub, separate the small gold-sand beach from the Vecchia Salina dei Monaci (Old saltpan of the Monks) in Torre Colimena, a wetland of 25 hectares, where little egrets, greater flamingos, black-winged stilts and kingfishers nest. The reserve also encompasses the Palude del Conte (Swampland of the Count) and the coastal dunes, Bosco Cutrui and Rosa Marina, as well as the Foce del Chidro (mouth of the river Chidro). Take a bath in the freezing waters of this river mouth, which has its source in a deep underwater crater, draining into the sea (*mob.* +393493789579, www.litoraletarantino.it, *guided tours mob.* +39347872955). Continuing along Taranto's Ionian coastline, you will run into the Dunes of Campomarino di Maruggio, an area of great importance for the community: sandy hills covered with rare plants, like the marine juniper and the shrubby thyme.



State Nature Reserve of Le Cesine WWF Oasis

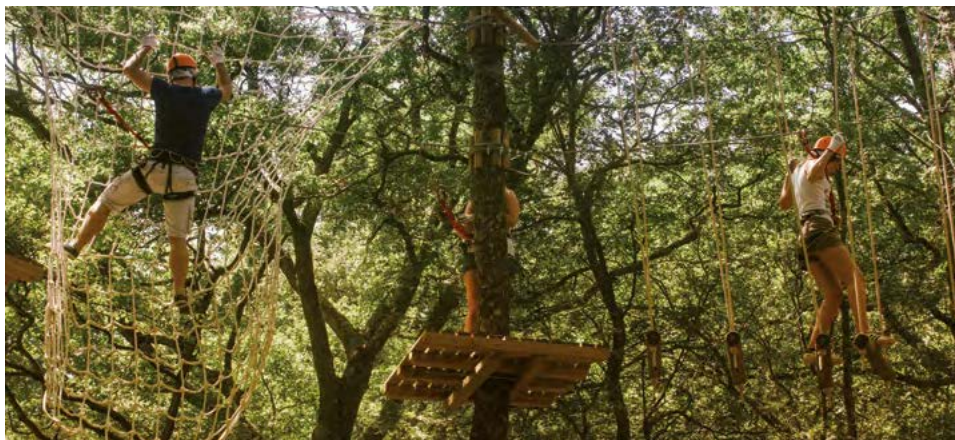
27

It is one of the most important wetlands in the southern Italy and its 380 hectares are home to rare animal and plant species. During springtime, you can admire the wonderful flight of coloured butterflies and, if you are lucky, between May and June observe the *Biacchi* (Green Whip Snakes), reptiles long no more than 150 centimetres, which perform a sort of courtship display. The oasis is also a stop-over place for 180 bird species. You can explore this reserve on foot, by bike or on the back of a donkey, starting from the visitor centre of the 16th-century *Masseria-Tower*. There are two nature trails: the "wilder" one, which takes up to a watch hut, a small wooden stilt house in the *Pantano Grande* marshes used for birdwatching, and the educational one, also suitable for disabled and visually impaired people (*tel.* +3908321826132, www.riservalecesine.it, *guided tours mob.* +393298315714, *with fee*).

Paleontological Museum and Dinosaur Park at Borgo Celano

28

Take a step back millions of years into history in this community of San Marco in Lamis: first through an interactive trail inside the museum, with information boards, videos, dioramas and recreation of historic sites on the base of scientific studies, in the light of the extraordinary dinosaurs footprints found in the area; then, walking a path marked by information boards, to revive the emotions of real tracks and footprints, also thanks to the recreation of a natural and unpolluted habitat, amid plants, small lakes and life-sized creatures, which date back to 120 millions of years ago (tel. +390882833865, +393386428362, www.dinosauriborgocelano.it).



Adventure parks and environment centre on Daunia Mountains

29

They are fitness trails equipped for children (tel. +390881613290, daunivventura@gmail.com).

Salso Lake Oasis in Manfredonia

30

5 kilometres of nature trails where you can do birdwatching, hike and take part in educational activities which allow children, split into age groups, to explore the particular ecosystem of this oasis, one of the most important wetlands in southern Italy. The itinerary "alla Scoperta degli animali" (Discovering animals), devised for children aged from 4 to 10, is an adventure activity that puts their skills to the test: they can watch animals living in captivity and in freedom, trying to identify the species by the tracks left on the ground. The thrills of exploring nature (tel. +390884571009, +393287882946, www.oasilagosalso.it).

Speleo junior and adventure park in Castellana Grotte

31

The Speleo Junior is an itinerary devised for young people who, in small groups, accompany the speleologists inside the caves, and experience real unconventional routes. For star gazers, the visit at the astronomical observatory Sirio, where the cosmos is explained to the children (tel. +39080499822, www.grottedicastellana.it). For younger people, in the surroundings of Castellana Grotte, there is the Dinosaur Park, with life-sized animals from the Paleozoic to the Cenozoic era (tel. +390804961410, www.ilparcodeidinosauri.it) and the Indiana Park, the first acrobatic adventure park in the region (tel. +393495353523, www.castellana.indianapark.it).

Parco dei briganti at Santeramo in Colle

32

It is an adventure park, surrounded by the green of Murgia Barese, offering physical and sensory activities for children (mob. +393206234075, www.parcodibriganti.it).



Zoo Safari in Fasano

33

It is the biggest animal park in Italy, open from April to early November. Drive through it, to discover tigers, elephants, zebras, lions and many other animals, which live in freedom; visit then the area with primates and birds; aboard of a small train, you'll be watching leopards, capybaras and storks from above, while inside a covered train, you'll go through the Monkey Village. And then following up; the Lake of the Big Mammals (polar bears, rhinos, hippos), the Tropical Room with the aquarium, the reptile house and the terrarium, the bird exhibition, the botanic trail and the puppets show (tel. 0804414455, www.zoosafari.it).



Recreational masserie in Puglia

34

The Recreational Masserie aim to convey and protect the local traditions, offering a unique experience to parents and children alike. There's plenty you can do: from driving sheep to the pastures to watching the milking and cheese making process; kids can become familiar with the world of bees and their products or with farmyard animals. They can try their hand at making bread and pasta or experience donkey riding, or learn everything about horses at educational stables (www.viaggiareinpuglia.it).



- 1 Foggia
Regional Natural Park
Bosco Incoronata
- 2 Bari
Regional Natural Park
Lama Balice
- 3 Conversano - Regional Controlled
Nature Reserve Lakes of Conversano
and Gravina Monsignore
- 4 Martina Franca - Regional
Controlled Nature Reserve
Bosco delle Pianelle
- 5 Massafra - WWF Oasis
Monte Sant'Elia
- 6 Taranto - WWF Oasis
Palude La Vela
- 7 Brindisi - Regional Natural Park
Salt pans of Punta Contessa
- 8 Brindisi - Regional Controlled
Nature Reserve Bosco
of Santa Teresa e dei Lucci
- 9 Brindisi - Nature Reserve
Bosco (forest) of Cerano
- 10 Lecce - Palude e Bosco
(swampland and forest)
Rauccio Sorgenti Idume

Sport

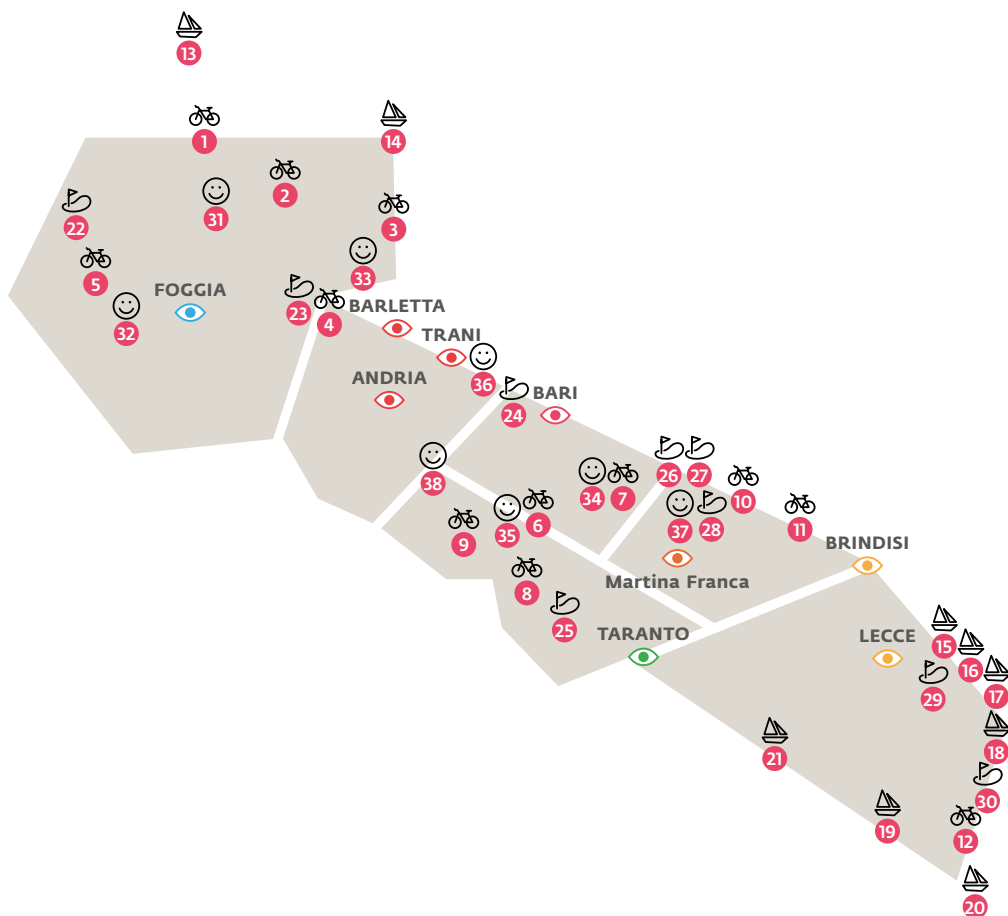
Choose a slow holiday and discover **Puglia** by bike, along antique paths, little-traveled country roads and green lanes, in the shadow of thousand-years old oaks, monumental olive trees and a thick Mediterranean scrub. Take a long walk to observe plants and wildlife at close quarters, for a great day outdoors exploring hidden corners of nature, imbued with the intense scent of the field thyme.

Enjoy a horse ride along drove ways running across the whole region, through endless woods and pristine landscapes: hit the bridleways of the **Gargano National Park**, the routes on the **Daunia Mountains**, the **bridleways of the Trulli and Murgia**, in the municipalities of **Altamura**, **Cassano** and **Acquaviva delle Fonti**, with the second stretch that links **Gioia del Colle** with **Locorotondo**, recently opened to the public, or the olive groves of the **Dune Costiere Park** between **Torre Canne** and **Torre S. Leonardo**.

Thanks to the mild climate, here golf enthusiasts can play all year round: from north to south, Puglia offers renowned golf courses, such as the **Riva dei Tessali** in **Castellaneta**, the **Barialto** in **Bari**, the **San Domenico** in **Savelletri di Fasano** and the **Acaya** in **Vernole**.

Explore the unspoiled sea beds of the **Tremiti Islands** and **Salento**, or ride the waves on your surfboard across a crystal-clear sea, feeling the wind on your face. Take sailing lessons from skilled skippers and head off on a sea adventure to explore the Puglian coast, or get onboard of a fishing boat to enjoy sport fishing, perhaps stopping once in a while for a dive by the most secluded coves. If you're traveling with children and want to keep boredom at bay, the many original museums, natural and theme parks, zoos, caves and recreational masserie (farmsteads) offer countless funny activities out in the sun.

If you're a solo traveler and want to get away from it all, choose one of the four health resorts and abandon yourself to total relax.



 SLOW PUGLIA: BRIDLE, TREKKING & CYCLE TRAILS

 WATER SPORTS AND SAILING

 GOLF & WELLNESS

SLOW PUGLIA: BRIDLE, TREKKING & CYCLE TRAILS

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Lesina and Varano Lakes

1

The two coastal lakes, separated from the sea by the sand dunes, are the ornithologists paradise, just perfect for birdwatching. The green of the Lesina Lake is a nesting area for the red heron and the least bitterns, frequently visited also by grey parrots and flamingos; the Varano Lake instead, is home to a large colony of cormorants. Take a boat trip across the lagoon, or a jaunt along the wild dune cordon of Bosco Isola. You can enjoy a walk from the Acquarotta Channel to Torre Scampamorte along a 20km footpath; or experience the 3km Nature Trail in the Lipu Oasis of Bosco Isola, and reach the two fantine (small, freshwater lakes) to observe amphibious animals, reptiles and turtles. An Ornithological Park will open soon in the botanical garden from across the tourist centre (tel. +390882707455, *guided tours upon booking, entry fee*).



Gargano National Park and the Umbra Forest

2

It's the region's large green lung, a picture-perfect area to be explored by bike, thanks to a network of interconnected paths and bike routes, which are also suited for a hike or an horseback ride. Well-groomed trails, like the Great Gargano Crossing, which splits roughly in 13 stretches running for 200km, take you through hamlets, woods, valleys and gullies. All paths are marked by red and white striped signposts. If you're cycling, you can enjoy 78km of dirt tracks, in addition to other 27 on asphalt, built on the occasion of Gargano Bike 200. Highly recommended, the 12km trail that links Caritate with Torre di Sfinale: from the Umbra Forest down to the coast, you'll cross spellbinding landscapes covered with an incredible variety of vegetation (tel. +390884568911, +393407136864, www.parcogargano.gov.it).



Archeotrekking in Mattinata

3

If you love nature and archaeology, take a hike along the steep coastline, and enjoy incredible panoramas as you pick your way through Aleppo pines, almond and carob trees, up to the prehistorical necropolis of Monte Saraceno. Counting more than 500 rock-hewn tombs, its grave goods, along with some head sculptures dating back to three thousand years ago, are on display at the Civic Museum of Mattinata. Trekking lovers can hit the trail heading up to Monte Sacro, whose top is strewn with the imposing remains of the Benedictine Abbey of the Holy Trinity.

Margherita di Savoia and the Salso Lake Oasis in Manfredonia

4

Discover nature birdwatching along the Airone trail in the state nature reserve: covering 4000 ha, it is home to more than 30.000 bird specimen every year, among which herons, pied avocets, black-winged stilts and pink flamingos. A visit to the salt pans, along a 10km route, is possible only upon booking (tel. +390883657519. www.museosalina.it), while for trekking, we recommend the nearby Siponto marshes by the Salso Lake, a 540 ha wetland spotted with bodies of water and reed thickets, where it is possible to observe large colonies of herons, storks and hawks (tel. +390884571009, www.oasilagosalso.it).



On horseback up to the Daunia Mountains

5

Set out from the village of San Leonardo di Faeto, following the ancient Traiana way, which in ancient times continued as far as Brindisi. Once you've ridden past the masseria S. Vito, turn right, taking the path that leads towards the Daunia, across the path that leads towards the Tavoliere tableland, on the other the Appenines. The path slopes down passing through small groves that frame the surrounding rocky hill slopes, taking you on paved road as far as Orsara di Puglia. The 15km route takes approximately 4 hours and a half to ride (www.montidaunidascoprire.it).



Trulli and Murgia bridle trails 6

If you love horse riding, you can tackle the first stretch of the Trulli and Murgia bridle trail, open since 2011. Starting in Altamura, it stretches 30km, and runs through drove ways and little-known paths of the Mercadante Forest, crossing the municipalities of Cassano delle Murge and Acquaviva delle Fonti, before looping back again. Stop-offs and lunch breaks at the nearby masserie. The second stretch of the trail, which starts in Gioia del Colle and meanders through the municipalities of Noci, Alberobello and Locorotondo, was recently opened to the public (tel. +393403446552, www.assregcavallomurgese.it).



The Castellana Caves 7

Speleo nights are night visits to the caves. They start towards the end of July and carry on throughout August. Equipped with a torch and an helmet you can make your way into the bowels of the earth, accompanied by speleologists from the Gruppo Puglia Grotte (tel. +390804998221, www.grottedicastellana.it).

Gravina di Laterza – Lipu Oasis 8

Put on the right shoes and get ready to jog along the trails of the Gravina for a couple of hours. Hikers can have a foretaste of the local terrain on the trail nr. 2: a simple route that takes only 10 minutes to walk, continuing as far as the Croce Cave. From September to February, upon prior consultation with the Oasis authorities, it is possible to practice free climbing. The trail nr. 3, skirting the ravine's eastern edge, offers beautiful panoramas. From the second half of September to January, a new engaging trail will take you 200m below sea level: it is a 2.5km run over the streambed, whose water flow decreases considerably during this period as it drains into the karst sinkholes (tel. +393393311947, www.oasilipugravinadilaterza.it).

Mountain biking in the land of the Gravine 9

Here the cycle routes are suitable for everyone. The natural park of Terra delle Gravine is furrowed by trails ranging from 5 to 70km in length. Pedaling along the dirt tracks and the switchback-laden firebreak trails can be challenging, but the thrill of a downhill ride after a harsh climb and the enchanting panoramas definitively make up for the hassle. The best time is between September and May, during which one can enjoy a series of routes departing from the historic city centre and the Lipu Oasis. The trails are many: the easiest one takes you up to the overlook, the toughest runs through the archaeological area of Montecamplo, at 450m of height, reaching as far as Castellaneta, before looping back. Kilometers of steep slopes where to practice downhill biking, the off-road trail riding specialty, with slopes ranging from 15% to 20%, which few are able to tackle, perhaps on foot. Among others, quite fascinating is the trail starting at the Enea Geophysical Observatory, and leading as far as Matera and its ravines (mob. +393317086419).

Regional Natural Park of the Dune Costiere Marine Protected Area from Torre Canne to Torre San Leonardo 10

Discover it on foot, by bike or on horseback, following several routes that cover 1100 ha, between Ostuni and Fasano. Put a pair of flip-flops in your backpack, as the park skirts 6km of white shores, furrowed by dunes strewn with specimen of 600 year-old junipers. The wetlands around the salt steppes, the realm of reeds and glassworts, are surrounded by green pastures and farmlands studded with olive trees. A slow food area yielding bio products such as the Regina tomato of Torre canne, e.v.o oil, honey, the Senatore Cappelli wheat variety, eels and mullets, bred in a 19th-century aquaculture facility (*mob.* +393286474719). In summer, taste workshops at the masserie (*mob.* +393481638228, www.parcodunecostiere.org, *mob.* +393665999514).

Torre Guaceto 11

It is a marine protected area, featuring some of the most variegated underwater landscapes, as well as a nature reserve with 8km of coast, encompassing wetlands, a thick Mediterranean scrub, coves and 15m-high sand dunes, just a few kilometers away from Brindisi. Among the many activities to practice, you can try the new cycle track that crosses the marine area, starting at Punta Penna Grossa parking area and continuing for 3 km as far as the Tower; or choose the guided cyclo trekking through the farmland, and enjoy a stop-off at an old colonial house, for a two-hour and a half tasting session (*tel.* +390831989885, www.riservaditorreguaceto.it).

Regional Natural Park Costa Otranto, S.M. di Leuca – Bosco di Tricase 12

It stretches along one of Puglia's most enchanting coastlines, offering breathtaking landscapes from Otranto to Santa Maria di Leuca. The hiking trails are 23, starting with the 7km Orte-Palascia pathway, in Otranto, which crosses one of Salento's wildest areas, comprised between the Baia delle Orte and the lighthouse of Punta Palascia. Quite charming is the Vie del Sale trail in the municipality of Corsano, spread out over 5 routes running along cliffs overlooking the sea; or the trail through the Ciolo, a canyon that offers an interesting hiking route along the coast, through bridges and caves that open into the rill's side, reaching as far as Gagliano del Capo's outskirts (*tel.* +390836925049, www.parcootrantoleuca.it).



The Tremiti Islands

13

It is the promised land of snorkeling enthusiasts and divers, with 50 dive sites offering incredible sea beds, especially by the Capraia island, rich in sea caves and inlets just waiting to be explored. Quite a view is the Scoglio del Corvo (Raven's cliff), sloping gently into the water, considered by many as one of the unique spots of the Mediterranean: you'll be swimming among lobsters, groupers, morays, octopuses and sea fans of thousand colors. In addition to an extremely rich marine vegetation, on the Tremiti Islands you can also explore different types of shipwrecks, from Roman ships to paddle steamers of the Garibaldi period. For several years now, it is possible to take part in the Marine Workshops, which allow research studies all year round

(www.parcogargano.gov.it, tel. +390882463765, +39336829746).

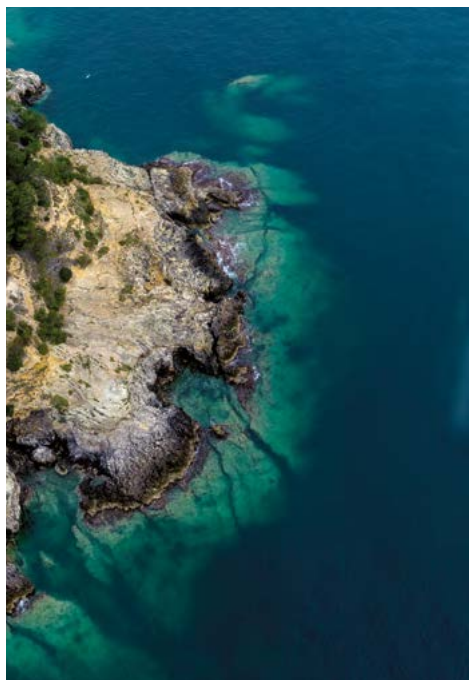
Sea beds accessible to all.

Thanks to a training course for physically challenged people held in October 2012 by the Albatros Association Project Paolo Pinto Scuba Blind International, divemasters from all the diving centers in the Tremiti islands, hold a license for accompanying blind and partially sighted people on their discovery of the Diomedea sea bottoms.

Vieste

14

For snorkeling, just head south of Vieste towards the cove of San Felice: a deep inlet whose narrow entrance is spanned by a natural arch, opening onto turquoise blue waters. If you love windsurf, between Vieste and Peschici lies the windswept bay of Manacore. Its long beach is just perfect for wave riding, especially when the maestrale, the tramontana or the scirocco winds blow. Beginners can attend base courses of wave surfing, kitesurf and windsurf.



Torre Specchia Ruggeri

15

The beach is ideal for dynamic and athletic people, as it is a hotspot for surf, windsurf, sailing, kitesurf and diving. If you are a beginner, you can attend one of the base courses held on the beach by professional instructors. Three days of full immersion, learning how to detect the winds, assemble kites and ride the waves.



San Foca

16

Do you love fishing and diving? Go down to the port and book a guided fishing boat trip to experience firsthand the thrills of diving and traditional fishing. This place also offers the possibility to practice sport fishing (*mob. +393479000290, fee required*).

Torre dell'Orso

17

A stretch of coast that around Torre S. Andrea offers an incredible spectacle of inlets characterized by windswept, water-worn high cliffs, like the "two sisters", high sea stacks that dominate the large bay. If you love surfing, this is the place to be.

The beach of Frassanito Otranto

18

It is a succession of inlets surrounded by the green of the pine grove, not far from the Alimini lakes, a place constantly swept by winds, ideal for kitesurf and windsurf.



Torre Mozza and Torre San Giovanni

19

On your way down the coast between Santa Maria di Leuca and Gallipoli, stop off at one of these golden beaches constantly swept by the winds. They are a popular meeting place for windsurfing and kitesurfing enthusiasts.

Porto Cesareo

20

Depending on the wind direction, in Salento you can surf from one coast to the other: the best thrills are when the scirocco or the libeccio winds blow. Not only surfing though. The coastline between Porto Cesareo and Porto Selvaggio offers more than forty unique dive sites, with underwater sea beds teeming with life, especially in the vicinity of the marine protected area. The sea bottom reflects the thousand colors of coral formations, posidonia meadows, sponges, anthozoans, mollusks, shellfishes, not to mention archaeological ruins, like the roman columns near Torre Chianca. Follow the guided routes (blue trails) to discover an incredible underwater world (*Consorzio Area Marina Protetta*, tel. +390833560144).

Sailing in Salento

21

If you wish to learn the basics or deepen your knowledge of sailing maneuvering techniques, in Brindisi, Otranto, Gallipoli and Santa Maria di Leuca, you can find highly-experienced skippers and federal instructors ready to help you unravel all the secrets of navigation and make you get the most from your sailing boat.

Castelnuovo della Daunia thermal spas

22

Set in a 3600 ha natural park overlooking the Tremiti islands, at 500 m of height, they are just perfect for indulging in relax and tranquility, away from the usual mass tourism haunts and the frenzied pace of modern life. The new spa facility, nestled on the gentle slopes of the Daunia Southern Apennines and surrounded by the large valley, is appreciated for the therapeutic properties of the Cavallina mineral springs (sulphate-bicarbonate-alkaline-earthly waters). An excellent treatment for gastrointestinal upsets, respiratory and rheumatic diseases, and bone and joint pathologies. In addition to inhalation, aerosol, thermal baths and vascular paths, one can also enjoy mud baths with clay of volcanic origin, rich in mineral salts. Open from March to November (tel. +390881559766, www.termedicastelnuovo.it).



Margherita di Savoia thermal spas

23

Margherita di Savoia is a well-known health resort, famous for its salt pans, among the largest in Europe. From 16 April to 30 November, you can recharge your batteries bathing in bacteriologically pure healing waters, rich in bromine and iodine (saline-bromine-sulphate-iodine waters), and in natural muds, mineralized by the salts present in the waters recovered during the salt extraction process. For a full immersion into wellness, there's the elegant SPA Club (tel. +390883655402, www.termemargherita.it).

Barialto Golf Club in Bari

24

It ranks among the region's top-notch golf courses, located not far from Bari metropolitan area. The 18-hole course (par 70), jointly designed by the American architect William W. Amick and the Italian Giorgio Ferraris, is suitable for all type of players. It is spread over an area of 6000 sqm², surrounded by centuries-old olive trees, palms and five lakes, and its turf consists of Bermuda Grass, a grass variety of tropical origin. The golf course features strategically-placed sand and water obstacles, which will make you use all the clubs you've got in your bag (tel. +390806977105, www.barialtogolfclub.com)

Riva dei Tessali Golf in Castellaneta

25

With its 6km in length, featuring 18 holes (par 72), spread over an area of 170 ha, the Riva dei Tessali is the oldest golf course in southern Italy. Lying in the nearby of a beautiful pine grove of Aleppo pines, separated from the sea by a bone-white sand beach, it has been the battlefield for the greatest players in the world (tel. +3909984398200, www.rivadeitessali.it).

San Domenico Golf in Savellertri di Fasano

26

With its 18 holes (par 72), stretching over 6.3 km in length, It is among the most engaging golf courses in Puglia and one of the best in Italy. Designed by the European Golf Design, it is surrounded by the lush vegetation of the Mediterranean scrub, with myrtles, sages, thymes, olive trees and by the nearby ancient remains of Egnazia, an archaeological park of great importance. Because of its proximity to the sea, here the wind plays a decisive role (tel. +390804829200, www.golfpuglia.it).

Coccaro Golf Club in Savellertri di Fasano

27

Play amid almond and centuries-old olive trees, along the undulating greens framed by the deep blue of the sea. Little more than 1109 m in length, this executive course features 9 holes (par 27) with water obstacles, like the small lake by the holes nr. 2 and 3 (tel. +390804827838, www.masseriatorraizza.com).



Torre Canne thermal spas 28

This health resort is surrounded by a grove of fir trees and tamarisks, and by a small lake fed by 11 springs gushing out of underground rivers. Cold waters with curative properties, known as mineral-sulphate-chlorinated-sodium waters, slightly brominated, with anti-inflammatory, muscle-relaxing, immunostimulatory, mucolytic and sedative effect, are ideal for pepping up the metabolism. Open from May to October (tel. +3908048251, www.termeditorrecanne.it).

Acaya Golf Club in Vernole 29

Here you play just a stone's throw from the Cesine Oasis, an area surrounded by one of the most interesting wetlands in Salento, home to a great variety of waterfowls. The 18-hole (par 71) golf course, set in a natural scenery of incredible beauty, has been redesigned by Hurdzan/Fry, the largest architecture studio in the world for the construction of eco-friendly golf courses. It stretches 6192 m, surrounded by the Mediterranean scrub and a grove of pines and holm oaks perfectly merged with the surroundings. Make the most of your skills as the wind will be your playmate throughout the whole gaming session (tel. +390832861385, www.acayagolfresort.com).

Santa Cesarea thermal spas 30

Perhaps it's the spectacular sea, the high coastline, the 19th-century villas in eclectic style, the saline-bromine-sulphate-iodine waters used for spa treatments since 1899, or the amazing pool overlooking the sea that makes this health resort a unique destination for spa breaks. Open from April to 15 December (tel. +390836944070, +390836944314, www.termesantacesarea.it).

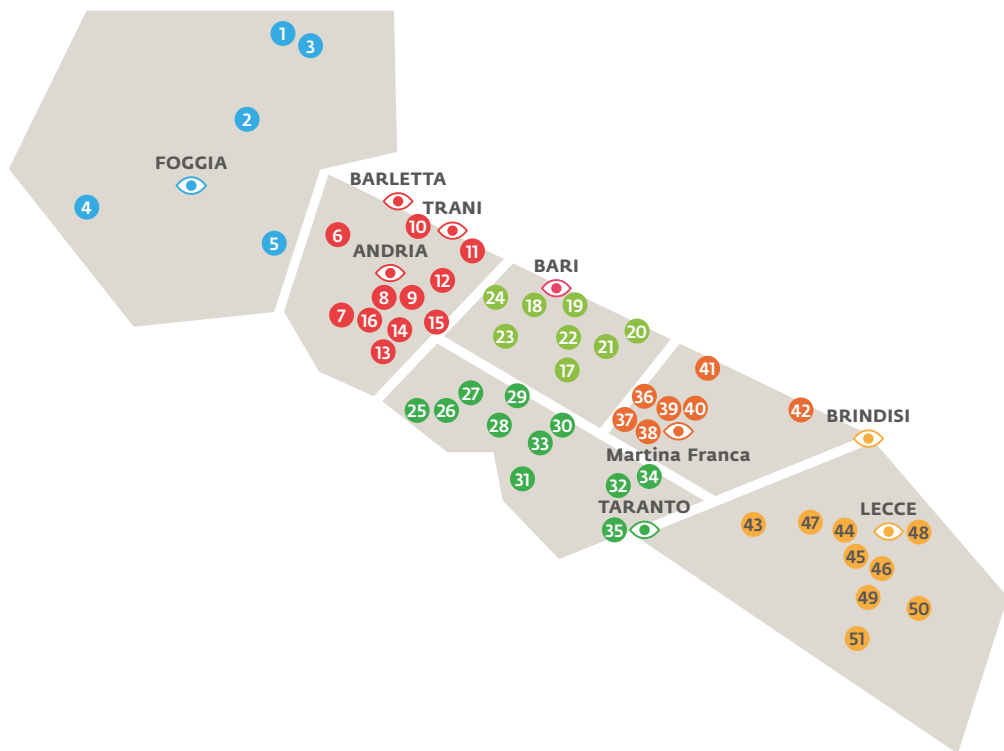


Food & Wine

Forget time when you are in Puglia, and set out on a slow journey. All around you are wheat fields and citrus oases that smell of **blonde oranges** and **Femminello lemons**; expanses of centuries-old olive trees and vineyards, sink their roots deep into history; marinas dotted with fishing boats bursting with sardines and mackerels; fish stalls on cliffs, selling freshly-caught sea urchins.

Search for gastronomic dainties and savor the almost forgotten **old dishes of tradition**, like **Manfredonia's farrata**, the **farinella of Putignano**, the **Cecòre reste à mmenescia**, the wild chicory soup of the Cupa Valley. An authentic culinary tradition, which finds its highest expression in simple ingredients: the Murgia vegetables, the Cardoncello king trumpet mushroom, the lampascioni (tassel hyacinth), the **mozzarella and burrate from Andria** and the **bombette from Cisternino**. Come to Puglia to stock up on the best products directly at the farms and wineries scattered all over the region. Meet producers, take part in the harvesting of early seasonal produce and try the local specialties on site: the e.v.o. oil, the indigenous wines **Primitivo**, **Negroamaro** and **Nero di Troia**; the PDO **Altamura bread**, the bread from **Laterza** and **Santeramo in Colle**; the **capicola from Martina Franca**, the caciocavallo and ricotta marzotica cheeses, pickles and oil-marinated specialties, jams and the sweets of an hoary tradition: **Bisceglie' sospiri**, Lecce's pasticciotto and almond paste tidbits, Galatina's Africano.

When the night falls, let yourself be beguiled by the many country festival which liven up the Apulian piazzas: sounds, dances, art and flavor take over city streets, beaches, hamlets and country towns.



- GARGANO AND DAUNIA

- IMPERIAL PUGLIA

- BARI AND THE COAST

- MAGNA GRAECIA, MURGIA AND GRAVINE

- ITRIA VALLEY AND MURGIA DEI TRULLI

- SALENTO

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Ischitella's calzone

Have a taste of this focaccia stuffed with spring onions, raisins and salted anchovies, with a peculiar sweet-sour taste: a delight for the palate.

1



Gargano's cacciocavallo podolica cheese

The shape resembling a large wicker wine bottle, it's hung up and left to ripen. The cacciocavallo podolico draws its name from the milk produced by the free-range podolica cows, a cattle breed with a characteristic grey coat, which roams freely in the wild. A tip: if you love bolder flavors, don't leave without taking some long-ripened, straw-yellow hard cacciocavallo home with you.

2

Gargano's citrus oasis

If you are fond of citrus fruits, head straight for Rodi Garganico, Ischitella and Vico Garganico. Here you'll find a high concentration of terraced gardens cultivated with citrus trees; the blonde orange and the PGI Femminello lemon of Gargano, the oldest of its kind in Italy, are under Slow Food protection, just like the Lesina eels and the fava beans of Carpino: a thin-skinned, middle-small sized bean, with a bold-flavored fruit and a high content of mineral salts and antioxidants.

3

Faeto's prosciutto

Absolutely delectable and still hand-crafted and dry-aged for a whole year as tradition wants it, this raw ham variety is obtained from the meats of the black swine breed, who roams the chestnut groves of Daunia. The lard of Faeto, on the other hand, has an aromatic scent and a fresh flavor.

4

The PGO Bella di Daunia

In addition to its top-quality wheat, Cerignola is also famed for the autochthonous olive cultivar Bella di Cerignola, which yields the Bella della Daunia, a table olive variety. Already exported to America at the beginning of the 20th century, it is today a PGO local product, with a characteristic green or black color and an oblong shape, resembling a prune.

5

San Ferdinando di Puglia artichokes 6

San Ferdinando di Puglia, founded by Ferdinand II of Borbone, is renowned on national and international level for the cultivation of the violet artichoke which, thanks to the mild climate, ripens already in September and is available on the market until May. It may be eaten raw or cooked according to countless recipes, or simply marinated in oil.



The PGO Canestrato Pugliese 7

You find it all around the towns of the province of Foggia, as well as in the villages of the Murgia comprised between the BAT and the province of Bari. You recognize it by its golden rind, its straw-yellow paste and the slightly spicy flavor. Its name? It comes from the wicker basket, into which the cheese form is placed.

Andria burrata cheese 8

It is the queen of Puglia's dairy tradition, but you can find it everywhere. It is made from a layer of curded milk folded to form a sack and stuffed with pasta filata cheese strips and cream. Sweet and buttery, it is a treat for your palate you won't easily forget.

Make sure to consume it within a few days and, in order to tell whether it is still fresh or not, you just have to look at the surface: it must be smooth and white, with a creamy filling.





Andria comfits

9

In Andria, comfits are still prepared after a century-long tradition of unique crafting techniques: the classic ones adorned the wedding table of Umberto of Savoy and the princess of Belgium Maria Josè; the colored variety, also known as 'the Petresciata', after a traditional carnival ritual, are thrown at brides-to-be by fiancés and other family members as an omen of good fertility, while the famed tenerelli have a tender almond and hazelnut filling, double-dipped into chocolate.

The PGO Rosso Barletta and Moscato di Trani wines

10

Savor the two local PGO wines, the superb yield of autochthonous grape varieties: from the Moscato Reale variety is obtained the Moscato di Trani, a highly aromatic, natural sweet wine which pairs well with the traditional sweets of the nearby Bisceglie; the Nero di Troia, on the other hand, predominates in the well-balanced and well-structured Rosso Barletta wine.

Bisceglie' sospiri

11

If you have a sweet tooth, then give in to temptation and try the sospiri (sighs), Bisceglie's traditional sweets, made of sponge cake coated with white icing. Legend has it that they were prepared for the first time by the Poor Clares of St. Luis on the occasion of the announced visit by Lucrezia Borgia, the wife of Alfonso of Aragon, but, as the duchess canceled the visit, the nobles "sighed" in sadness, giving the sweets to the poor.



Corato's taralli

12

The tasty **taralli** made in Corato differ from the other taralli in that they have a slightly rougher crust, although the basic ingredients remain the same: flour, e.v.o. oil and white wine. They're eaten plain, with fennel seeds or seasoned with pepper and onion.

The Cardoncello Mushroom

Minervino Murge is the undisputed homeland of the king trumpet mushroom, which grows near the wild thistles (cardi) from which it draws its name.

Dark and fleshy, it has a characteristic delicate taste: enjoy it grilled or even raw.

The Lampascioni

A wild bulb variety, the tassel hyacinth grows everywhere in Puglia, although in Murgia there's the highest concentration of it. Because of its slightly bitter taste, it's not universally appreciated. They are excellent boiled with a dash of oil and vinegar, or fried with eggs and pecorino cheese, after a traditional Murgian recipe.

The PGO Terra di Bari e.v.o. oil

The **Coratina** olive cultivar, also known by the name of "racioppa", yields a bold-flavored olive oil, with a slightly bitter spicy hint, typical of the local cuisine.



The PGO Rosso Canosa and Castel del Monte wines

The first one is obtained from the Nero di Troia grape variety with the addition of Sangenove and Montepulciano grapes, and is a well-structured wine with a characteristic ruby red color; the latter comes in three varieties: white (from Chardonnay, Pampanuto, Sauvignon or Bombino Bianco grapes), rosé or red, made from Nero di Troia with the addition of Aglianico, Montepulciano or Bombino nero grape varieties.

The zampina sausage from Sammichele di Bari

17

Are you a foodie? Then in this town you'll feel like home. Enter one of the countless butcher shops and ask for the local specialty, the famous zampina – a sausage of mixed meats flavored with tomato, cheese, parsley or basil, chilli peppers, pepper and salt – which is grilled right in front of you. You won't regret it.



Bari focaccia bread

18

It is impossible to resist it. Let yourself be enticed by the fragrance of this yummy focaccia, made with simple ingredients: flour, water, e.v.o. oil, natural yeast, salt, tomatoes, oregano and olives. Baked up to snuff in wood-fired ovens, it can be crispy and thin, or thicker and soft, in any case a delight for your palate.



The Orecchiette

19

Water, salt and durum-wheat flour are enough to prepare the queen of Puglian pasta: the orecchiette. Easily recognizable by their slightly hollowed, circular shape, they're to be found everywhere in Puglia, from Daunia down to Salento.

To get the homemade ones, just head for Bari's old town, where old ladies prepare them right in front of you just like in old times.

The ice cream from Polignano a Mare and the spumone from Conversano

20

If you have a sweet tooth, then head straight for Polignano a Mare to taste the countless flavors of the artisan ice cream and the sinful fruit granitas; Conversano, on the other hand, is the town of the spumone, a layered cake with a soft cream filling, made from hazelnut, coffee or chocolate ice cream, caramelized almonds and drops of sweet liquor.

The Ferrovia Cherry from Conversano and Turi

21

Beware of these cherries as once you've tried one it's going to be hard to stop. This variety is among the tastiest, reddest, biggest and juiciest.

The Vittoria grape variety

22

The farmlands stretching between Noicattaro, Rutigliano and Adelfia, Puglia's 'golden basin', are cultivated with grapevine. From this area hails the Vittorina and other table grape varieties which are exported all over the world: Imperatore, Italia, Black Magic and Red Globe.

Toritto almonds

23

Rated among the best almonds in Italy, they are under Slow Food protection. Small and with a tenderer shell, they have an intense but well-balanced flavor, with buttery notes in the aftertaste, a very low acidity rate and a high content of oils and polyunsaturated fats. The cultivar varieties draw the name from illustrious citizens of Toritto, like the valuable Antonio DeVito and the most widespread Filippo Cea varieties.



Bitonto olives

24

The e.v.o. oil produced in this territory, obtained from the Cima di Bitonto cultivar, has a low acidity rate and a taste that tends towards some sweetness: simply excellent with wild veggies and lentil soup.

Gravina Pallone cheese 25

It's a semi-hard cheese with raw pasta filata (spun pasta), originating in the territory of Gravina di Puglia, but also produced in Murgia and Matera. Under Slow Food protection since 2012, it is made with raw milk from semi free-range dairy cows reared in the grazing lands of Upper Murgia, with the addition of liquid calf or sometimes goat rennet. Spherical in shape, according to the ripening process it can blend the milk fragrances with the flavors of the Murgia veggies.

The PGO Gravina wine 26

This well-balanced white wine is among the most popular wines in Puglia. It is made from a blend of grapes: Greco di Tufo, Bianco d'Alessano and Malvasia del Chianti, sometimes adding Bombino bianco, Verdeca and Trebbiano toscano.



The PGO Altamura bread 27

You cannot leave this area without first trying Europe's top PGO bakery product. A tradition dating back to the Middle Ages, it is made with natural yeast and ground durum wheat groat from the Murgia plains. It is baked in wood-fired ovens, weighs less than 0.5kg and comes in different shapes: u skuanète (folded loaf), or tall loaf, and the a cappidde de prèvete (priest's hat), which tends to be lower.

Santeramo in Colle bread and horse meat 28

A high quality product is also the bread of Santeramo in Colle, made from common wheat flour, although the real highlight of local cuisine are the horse and donkey meats, which you can taste in the countless grillrooms around town, prepared in many different ways: meat rolls, chops, carpaccios, meatloaves accompanied with baked potatoes and onions, or with fresh seasonal veggies.



The PGI Clementines from the Gulf of Taranto

32

These sweet, aromatic and juicy small fruits are grown in the farmlands around Palagiano: they're seedless and are characterized by a high content of C vitamin.

Acquaviva red onion

29

The red onions of Acquaviva have a peculiar round shape, slightly flattened at the top and bottom, and a sweet taste that allows them to be consumed even raw, with just a splash of e.v.o. oil and a pinch of salt.

Gioia del Colle mozzarella

30

Turophiles will find here some of the best fiordilatte and cow mozzarellas Italy has to offer. With an elastic and soft consistency, they come in various shapes: round, braided or in little balls, and must be consumed fresh. Gioia is also renowned for the burrata or burratina and the famed caciocavallo cheese.

Laterza bread

31

Before setting out, stop by at a bakery to buy the famous Laterza bread. Considerable in size, its weight varies from 1.2kg to 4 kg, with diameters ranging from 25cm to 40cm. In the past it was prepared with two different flour types, today it is made exclusively from the durum wheat flour groat, with the addition of water, salt and natural yeast. It is left to rise for six hours, and then it's baked slowly for two hours in ancient stone ovens.

The Ricotta Marzotica

33

The cheese gets its name from the fact that it is generally produced in spring, when the sheep graze a tenderer grass thus yielding a more flavorsome milk. It is everywhere to be found, although the one produced in Murgia stands out for its hard, crumbly consistency and the spicier taste. It ripens for a month and it's ideal for topping orecchiette dishes.

Crispiano's gnummredde

34

A typical meat roll made from lamb offal (liver, heart, lungs), and wrapped in intestines. You pick them over at the butcher shop, for then to enjoy them at the adjoining grillrooms, the famed fornelli pronti.



Taranto mussels

35

They are black, smooth and small, and once in the mouth, they release all the scents and fragrances of the sea. They are grown between Mar Grande and Mar Piccolo, and represent the staple food of local gastronomy. A tip: do not miss the tubettini pasta with mussels.

The taralli and farinella from Putignano 36

You recognize them by the smooth crust: they're prepared with flour, e.v.o. oil and white wine. Other local specialties are the intorchiate (sweet braided taralli with almonds), the friselle (kind of a rusk flavored with tomatoes, oil and salt) and the farinella, made from gram and barley flour, topped with tomato sauce, oil or fresh figs. Farinella is also the name of the mask that symbolizes the Carnival of Putignano, the most ancient in Europe.

Noci's dairy tradition 37

Do you have a soft spot for mozzarella, burrate and straciatelle? Then welcome to Noci, in the Murgia dei Trulli, renowned for its dairy produce of the highest quality, a mecca for all food and wine lovers.

Martina Franca capicola 38

If you have a taste for cold cuts, then you're in the right place. This town has been renowned for its capicola ever since 1700, at the time of the Kingdom of Naples. Under Slow Food protection since 2000, the capicola is prepared with the best pork meats in Martina Franca: it's marinated in the 'vincotto', flavored with herbs from the Murgia plains, and then stuffed into a natural casing and left to cure for 15 days. After that, it is smoked and dry aged for at least 3 months.

Set out in search of the many producers around the area and you'll discover the best artisanal enterprises where, in addition to the capicola, you can also taste the rolled pancetta and sausage.



The PGO Locorotondo and Martina Franca wines 39

They're both white wines: the first one has a delicate fragrance and is made from the Verdeca, Bianco di Alessano, sometimes adding Fiano, Bombino Bianco and Malvasia Toscana grape varieties: the second one is pleasing and dry to the palate, and is made from the same grapes as the Locorotondo PGO.

The bombette from Cisternino 40

For dinner, stop by at one of the many grillrooms adjoining the butcher shops, to have a taste of the famed bombette, plain or stuffed slices of veal, rolled and skewered on a spit.

The Regina tomato from Torre Canne 41

In the Dune Costiere Regional Natural Park, from Torre Canne to Torre San Leonardo, you can find the Regina tomato, a cultivar rescued only in recent years, as well as bio products like e.v.o. oil, honey, Senatore Cappelli wheat, eels and mullets grown in the water basins of a 19th-century aquaculture facility.

The Fiaschetto Tomato and the bio oil from Torre Guaceto 42

Grown since the 60's, with the introduction of more productive varieties, this historical cultivar has risked extinction. Excellent for tomato puree, its cultivation has been resumed in the natural area of Torre Guaceto, thanks to a joint project undertaken by local farmers and Slow Food associations, which aims at preserving also other bio products, such as the e.v.o. oil (www.riservaditorreguaceto.it).

The Primitivo di Manduria wine

43

The lands of Manduria, Sava and Lizzano are renowned for an autochthonous grape variety, the primitive, from which is obtained an excellent robust PGO red wine, appreciated worldwide.

Salento's puccia bread

44

Typical of Salento, it is a very fragrant bread made from durum wheat groats, with a golden-brown crust and a soft crumb, which sometimes is flavored with olives. It's eaten plain or stuffed with tuna fish and tomatoes.

The 'mpille, pizzi and uliate

45

You find them in every Salentinian bakery. They're delicious, stuffed with stir-fried onions, chilli pepper and tomatoes, and will leave your hands a bit greasy.

The Vincotto Salentino

46

It is a sweet-and-sour dressing that many chefs prefer to balsamic vinegar. It is obtained through the long drying process of the Negroamaro and Malvasia Nera grapes. The must is then boiled for a whole day, and preserved in oak barrels in a vinegar solution for more than four years.



The PGO Salice Salentino wine

47

Produced in the area comprised between Brindisi and Lecce, it ranks among the best PGO Apulian wines. Although available in three different varieties, white, rosé and red, the latter, made from the Negroamaro and Malvasia Nera grapes, is by far the most popular.

Lecce's traditional pasticciotto and fruttone

48

For breakfast, accompany your coffee with the pasticciotto, a lip-smacking custard shortcake, or with the fruttone, made from almond paste dipped into chocolate.

The Celline olives from Nardò

49

They are the traditional olives of the Lecce territory, the ones used in the pucce which color your hands and teeth with a nice purple. Picked when fully ripe, they're brined and flavored with various spices, such as myrtle and Peruvian pepper, with the addition of lemon slices, and represent the main ingredient for delicious olive pastes and sweet creams to spread on bread or to top yoghurts and ice creams with.

The Puddica Salentina

50

A kind of pizza typical of Salento: two dough disks flattened one upon the other, and stuffed with onion, tomato, black olives and anchovies.



The Scapecce Gallipolina

51

The street food par excellence, it is generally prepared during patron saint festivals and served wrapped in paper, to be enjoyed while sauntering. It's fried bluefish, marinated in tubs between layers of vinegar-soaked breadcrumb sprinkled with liquid saffron, from which it derives its characteristic yellow color.



OIL

Wide expanses of centuries-old olive trees, true wooden sculptures blending with the red of the earth. For thousands of years, Puglia has been the holy land of the olive tree. Search for the many farms scattered all over the region and visit the ancient oil mills. You will taste an oil with an incredibly intense yellow color, cold pressed using ancient techniques: dip a piece of toasted bread in it, accompanied by fresh seasonal produce. The best pairing though is with Puglia's traditional specialties: bruschette, fava beans and chicory, and the many dishes of the 'poor cuisine', which majestically enhance its bold flavor. Just a dash of it is enough to experience a taste explosion. Begin your journey in Daunia, traveling through Bari, the Itria Valley, down to Salento, as the PGO oil is the staple of every corner of Puglia: **Daunia, Land of Bari, Hills of Brindisi** and the **land of Otranto**.





WINE

Two thousand years ago, Horace described the Apulian wine as the best thing he had ever chanced upon. Nothing has changed since then. Take a walk through the numerous autochthonous grapevines: *Malvasia, Primitivo, Negroamaro, Uva di Troia, Aglianico, Fiano, Pampanuto, Francavidda, Verdeca, Susumaniello, Moscatello selvatico, Aleatico, Impigno, Bianco d'Alessano, Notardomenico, Ottavianello, Antinello, Minutolo, Marchione, Moresco, Somarello, Bombino bianco and Bombino nero.*

Your tour of Apulian wines starts with the **Primitivo di Manduria**, a full-bodied red wine with an intense bouquet, boasting ancient origins. The cradle of the Primitivo is a fascinating land, with a rich history and culture, encompassing Lizzano, Sava and Manduria, the eastern parts of Taranto's province and the three municipalities of nearby Brindisi: Erchie, Oria and Torre Santa Susanna. It is also present in the territory of Lecce, while in Gioia del Colle the Primitivo is a bio product, as Puglia boasts another record, that of quality, with 130.000 ha of organic land. Salento, on the other hand, is the homeland of a wine which has conquered, and continues to conquer, an increasingly large number of wine enthusiasts, both in Italy and abroad: the **Negroamaro**. It is obtained from the grape variety of the same name, a compound noun of Latin niger and Greek mauros. It is dark, harmonic and warm at the palate, and is a primary component in countless Puglian PGO wines, although it gives excellent results when vinified as a pure varietal. The versatile and elegant rosés have conquered a place of honor on the international wine scene. Among the many wineries: *Polvanera, Vigna Flora, Cupertinum, Carvinea, D'Arapi, Leone De Castris, Ognissole.*





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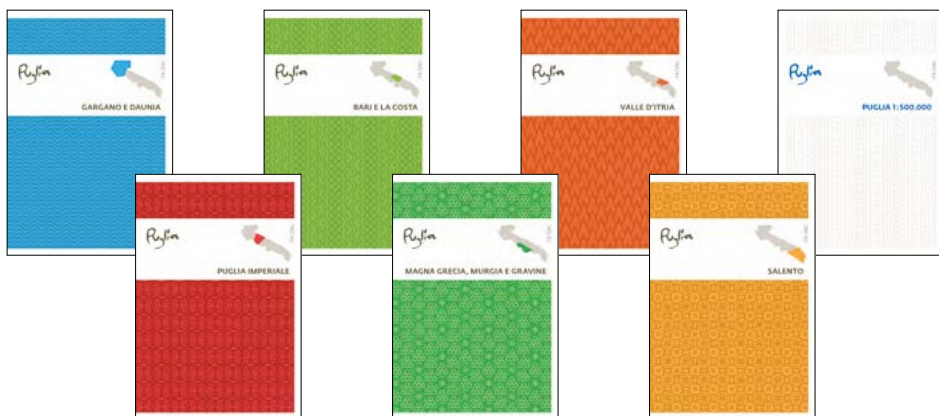
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