

ENG

Puglia



GARGANO RUNNING & TREKKING PARK



Gargano Running & Trekking Park

Intro

Ancient drovers' roads, rediscovered and made accessible again, paths winding through ancient abbeys and necropolises over 2500 years old, technical single tracks on dirt roads and pathways cutting through the Umbra Forest, amid centuries-old trees and beaches of thousand colors, where to admire breathtaking glimpses of a lush nature while keeping an eye on safety.

This and much more is the new Gargano Running & Trekking Park, a network of marked-out and signposted trails covering 160km which, departing from the charming historic centre of Mattinata, allow you to experience, by hiking or running, all the unique features of Gargano and its National Park.

When compared to the rest of the Apulian region, Gargano stands out as a "body" of his own. It retains all the characteristics of an island, therefore when running the trails of the Gargano Running & Trekking Park, in just a few kilometers, you'll go from shores and coastal forests with stone pines and holm oaks, to fields of almond, citrus and olive trees, crossing the oak groves of the Umbra Forest, at 1000m above sea level, to admire hundreds of native specimen of orchids which only here are to be found. An explosion of warm colors and intense scents will accompany you all the time, no matter your running pace or the trail you've picked.

Put on your shoes and pack your bag, and...don't forget the camera!

Enjoy the stride!

GARGANO RUNNING & TREKKING PARK

The Gargano Running & Trekking Park is a network of seven trails departing from the town of Mattinata, which cover a total of 160km, touching on all the most different landscapes and nuances of this corner of Puglia.

All the trails start in Corso Mattino, in front of the civic nr 66, where the I.A.T office (Tourist information centre) is located.

In addition to general tourist information, here you can also pick up the map of the Gargano Running & Trekking Park in which are outlined all the seven trails and the guidelines for running or hiking them in complete safety, so you can enjoy this journey of discovering the nature, history and the panoramas of the "spur of the Italian boot" to the fullest.

The Gargano Running & Trekking Park is part of the C.A.I. (Club Alpino Italiano – Italian Alpine Club) network, whose trails are among the first ones to have been marked out and numbered in the whole Puglia region.

TRAILS OVERVIEW

In order to make the trails easier to access, all seven Gargano Running & Trekking Park trails have been named and marked by a different color. Once you've picked your trail, it is enough to follow the directional arrows with the color of the trail you've decided to explore. Milestones and signposts with the necessary information to ensure safety will accompany you all the time, both for wayfinding and for allowing you to be spotted



by rescue teams with the smallest margin of error possible, thus to shorten rescue time when necessary.

(e.g. I've just run past the Mattinata Trail milestone of km 28, etc.)

Toll-free numbers of rescue centres are to be found in the fold-out map of Gargano Running & Trekking Park accompanied by instructions for their appropriate use. It is recommended to save the number of the rescue centre in your smartphone!

Besides color, the nature trails are also marked by a number and a red-white-red C.A.I. signpost, an add-on for your personal safety and that of the Gargano Running & Trekking Park.

This means that Gargano Running & Trekking Park trails are suitable for all, from runners to trailers, to Nordic walkers and trekkers, without leaving out families.

The seven trails vary in length, type of terrain and level of difficulty. Each trail though, if tackled at one's own pace, becomes accessible to everyone.



The highly-interesting 8km trail of the Daunia Necropolis, leading to the 8th-7th century BC burial site of the first inhabitants of Mattinata, alternate with the 10km trail on paved road of the 10.000 Ulivi trail. A run or a hike that unfolds through the Mattinata plain, in the refreshing shades of citrus and olive trees. In case you want to go the long way round, you can follow the pale-green directional arrows of the Saraceno Trail which, after 12km, takes you up to the Mount Saraceno peak, and then down again towards the sea along the ancient path the Dauni people used to climb in order to reach the necropolis. The landscapes and the sea views will leave you speechless.

This first stretch of the trail up to km10, past the Principe village, is the one you're going to run also when following the directional arrows of the Mattinata Trail and the Gargano Raid, the two longest trails of the Gargano Running & Trekking Park which, along with the Saraceno Trail and the 10.000 Ulivi trail make up all the race routes of Gargano Running Week (www.garganorunningweek.com).

The Mattinata Trail runs parallel to the Gargano Raid up to km28, at which point they split up. The 34km trail continues



towards Mattinata, along a spectacular pathway that skirts the Ripe Rosse village, while the 77km trail takes you into the magic and mysterious world of the Umbra Forest (the gloomy forest), which owes its name to the little light filtered through its thick vegetation. After kilometers across the forest, the route will take you back to the city, passing by some of the most beautiful beaches the Mattinata territory has to offer.

If you want to dive into history and religion, the 21km Monte Sacro trail skirts the ruins of the Abbey of St. Stephan near the Sperlonga village, continuing up to the peak of Monte Sacro, strewn with the impressive ruins of the Benedictine Abbey dedicated to the Holy Trinity.

The last stretch, named Quattro spiagge (Four Shores) is a 42km loop trail which passes through some of the most enchanting shores in Puglia and in the entire Italian peninsula.

LEGENDA *Gargano Running & Trekking Park*



- ① **DIRECTIONAL ARROW:** It indicates direction during running or hiking.
- ② **NAME OF THE ROUTE:** It indicates the name of the trail marked by a colored circle.
- ③ **COLOR OF THE ROUTE:** It's the main sign you have to follow once you've picked your trail.
- ④ **KILOMETER MARKER:** It indicates increasing distance from the trailhead.
- ⑤ **TYPE OF ROUTE:** It Indicates the types of sports activities that can be practiced in that particular stretch of trail.
- ⑥ **FINISHING POINT:** Indicates the end of the trail.

Trail from Monte Saraceno to Mattinata.



NECROPOLI DAUNIA HIGHLIGHTS

A very picturesque route, suitable for families. For the first few kilometers it follows the first stretch of the Gargano Running Week trails, and then continues on paved road towards Mattinata, cutting across its plain dotted with olive groves. The only difference compared with the Saraceno and Mattinata Trail, as well as with the Gargano Raid, besides the total number of kilometres, which is considerably lower, is the right turn you take upon reaching the mountain peak at 260 above sea level, towards the entrance to the Daunia necropolis. Once you've entered the path through the necropolis, you can follow a brief detour marked by information boards about the history and culture of the Daunii people.



A STROLL INTO HISTORY

The Saraceno mountain is closely linked to the history of Mattinata. A "small-sized" mountain, rising to almost 260m above sea level, it has great historical importance, especially as far as the town development is concerned. Its first inhabitants were



The Daunia door,
ancient entrance of Necropoli.

the Matini, a tribe belonging to the Eurasian civilization of the Daunii. They landed on the Gargano coast, from the near Illyria, around the 8th-7th century BC, settling on the ruins of ancient Neolithic and Paleolithic settlements dating back to the 6th-5th century BC. The Daunii were a peaceful civilization, dedicated to agriculture, hunting and fishing, who settled on the plain (now crossed by the 10.000 Ulivi trail) also attracted by the horseshoe-shaped rolling hills, which surround the valley dominated by the Matino mountain. On the peak of the mountain, which later became the Saraceno Mountain following the Saracen invasions of 1000 AD, the Daunii built their necropolis-sanctuary, which lends its name to the trail, partly surrounded by the village made up of round or horseshoe-shaped bough-thatched huts, covered with hides. Today the "tombs" are a series of over 500 graves dug into limestone, in the shape of a womb or bag, in which the body was originally laid down on the side in a foetal position and buried according to ancient customs of populations hailing from Eurasian territories. They were marked by gravestones, steles, shields and other symbols.



TRAIL RUNNING TIPS

An ideal trail for both trailers and trekkers, or for whoever wants to practice uphill race or simply enjoy a beautiful stroll into history with the family. Everyone at its own pace and rhythm can make the most of what this route has to offer.

After less than two kilometers of paved road, you enter a dirt track going up and down the Saraceno mountain, surrounded by olive trees, before reaching a panoramic path along cliffs overlooking the sea. For trailers: it can be tackled head on within one's limits, also more than once or even backwards, considering the type of single track. The return stretch to Mattinata is on paved road throughout the plain, then the path runs upwards towards the "Villa area" and its park, equipped for stretching and cool-down exercises.

TIPS

For trailers and hikers: we recommend to carry at least a half-litre bottle of water with you. For families: towards the end of the panoramic downhill stretch there are rest areas with tables and benches.

Click here on the left to download the QRcode and the route.



10.000 ULIVI HIGHLIGHTS

Whether a 10km run or hike, it's up to you. Amid intense scents and bold colors, catching glimpses of the sea between the branches of centuries-old olive trees, something that only Mattinata can offer. The trailhead, stretching the whole length of Corso Mattino, the town's main avenue, joins up at the crossroads with the path leading to Monte Sacro, where you can have a foretaste of the first kilometers down a slight descent towards the sea.

Once you've crossed the country road (use pedestrian crossings, as indicated by the kilometer markers), at the crossroads with the Quattro Spiagge trail, you'll plunge into the very heart of the plain, where your senses will be enraptured by the intense scents wafting from the cultivated fields around you. Endless rows of ancient olive trees, bent over but proud, as only this kind of tree can be, will be your silent running partner along the whole length of the route. The trail unfolds mainly on paved



roads across the plain, marked by winding drystone walls which follow a route devised to keep you away from major roads, immersed in the silence and the thousand colors of Gargano's pristine nature. Just after km 8, you enter the main road, keeping on the sidewalk until getting back to Mattinata, this time from the opposite side of the trailhead. At the end of these 10.000 Ulivi, inside the Villa's gardens, one of Mattinata's historic buildings, there's an area equipped for cool-down exercises.

TRAIL RUNNING TIPS

A perfect trail for runners, hikers or nordic walkers. Everyone at its own pace and rhythm can make the most of what this route has to offer. For runners: a trail to be tackled head on, within the limits of one's physical condition. After a few hundred meters on apparently flat ground, the path continues towards the sea in a constant slight descent.

SARACENO TRAIL HIGHLIGHTS

The Saraceno Trail is a loop trail whose start and finish line is the central square of Mattinata, a picturesque village towering over a large olive grove bordering the sea. The first leg, running through the silent, sun-kissed olive trees that dot the village outskirts, joins up with the ancient, well-groomed tratturo (the Apulian driveways used for the transhumance since ancient times) leading through the Daunia Pass, up towards the Saraceno Mountain crest. This pass opens onto a world of its own: here the land embraces the sea while the path follows the skyline, cutting through the necropolis of the ancient Daunia population: 2600 years of history. The mountain marks the final stretch of the "line of St. Michael the Archangel", once a staging post for all the pilgrims that traveled the ancient Francigena road on their way to Jerusalem. As you reach the peak of the mountain, the downhill course "tumbles" into the all-pervading blue towards Punta Grugno, a promontory overlooking the Adriatic sea. From there, a panoramic pathway leads straight to Mattinata's 2km-long beach; it is a run through the green of the olive trees and the blue of the sea. At the end of the beach the trail clambers up a ridge (250m of height



In any moment you run
in a beautiful landscape.



difference) opposite to the Saraceno Mountain, leading to the "Il Principe" mountain locality. Following a sharp bend left, it then turns into a steep but technical descent that takes you to the village centre through a 2km-long path cutting across the countryside. A run through the culture, history and the spell-binding landscapes of the Gargano National Park.

TRAIL RUNNING TIPS

The ideal trail for runners, Nordic walkers or trekkers, to enjoy at your own pace and in your own way. For runners: a trail to be tackled head on, within the limits of one's physical condition. The first 2km of semi-flat paved terrain are good for the warmup and for taking the climb in your stride. You can slow down to catch breath while running through the mountain ridge, in order to face the descent with greater care. In fact the intermediate leg is quite steep and technical for almost 2000m, with 100m of elevation loss. Once you run past this segment, you can lengthen the stride a bit up to the shingle beach. It is recommended to run at a gentle pace as at end of the coastal stretch, the path becomes an uphill climb for 2km. From there, a quick and pleasant descent takes you back to Mattinata.

TRAIL HIGHLIGHTS

Length: 13 km – elevation gain 560 D+

Terrain: asphalt, single track, dirt road, beach, paved street. Technical descent from Saraceno mountain to Punta Grugno, proceed with caution.

Mobile phone coverage: good with all operators

Water sources: drinking fountain and bar near the trailhead and finish line – bar at km 9, at the end of the beach

Difficulty: no particular difficulties, except during hot season – avoid hottest time of the day

Minimum equipment required: trail running shoes or sneakers. Windproof jacket in winter. Mobile phone: GPS with loaded track. Bag or backpack with water pocket in hot season.

Recommended season: all year

Food: depending on the athlete's physical condition and habits. A fruit, chocolate bar or dry fruit is more than enough. Canteen during hot season.



TIPS



For trailers and hikers: we recommend to carry at least a half-liter bottle of water with you. For families: towards the end of the panoramic downhill stretch there are rest areas with tables and benches. Click here on the left to download the QRcode and the route.

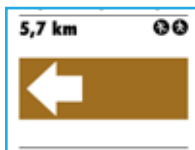


MONTE SACRO HIGHLIGHTS

A spectacular route to discover the ruins of the Benedictine Abbey on the Monte Sacro, dedicated to the Holy Trinity. Rising 874 m above sea level, Monte Sacro is the highest mountain in east Gargano, located north of Mattinata. Starting from Mattinata's historic centre, after 600m of paved road, you enter a dirt path that leads right into the heart of a beautiful olive grove, before passing under the highway's flyover. Once you've run past the plain, the path climbs towards the Sperlonga village, cutting through a citrus grove, and continuing upwards as far as the Abbey of St. Stephan. Following the stone trail markers, leave the abbey to your right (not without first admiring the abbey's centuries-old citrus garden and portal) pointing towards the saddle on the vertical side of the abbey's ruins. Upon reaching the summit, you leap over a drystone wall, keeping on the left side until you enter a right-turn path that joins up with the ancient drovers' road used for the transhumance (tratturi della transumanza), which is flanked



A runner in Gargano Running Week's first edition, in front of "nartece", Monastery entrance.



A view of the pass over "Sperlonga" area.

by two rows of drystone walls on either side. The path leads to the fensa (a fence gate you've got to close behind you) which marks the beginning of the juniper grove. Along this stretch of the trail, you can chance upon many sediments of marine fossils. Once on the opposite side of the grove, this too marked by another fensa, continue along the drystone wall of the drovers' road until you reach a small gate which, once crossed, leads to the Iaconeta village, where you can witness the Caciocavallo Podolico cheese making process and have a taste of it in the masserie. The route continues along the same country drovers' road which turns into a paved road leading to Mattinata. After this very short run on asphalt (follow the signposts), you enter the path that will take you up to the Abbey of Monte Sacro. The first stretch of this ancient path is a single track winding through rock outcrops that resemble monks on a pilgrimage. You are hiking or running a trail which has been trodden by pilgrims and shepherds for hundreds of years, conferring to this corner of Gargano the mystery in which it's always been shrouded. A right turn takes you to the last uphill climb through a beautiful grove of holm oaks which abuts the ruins of the Be-



nedictine Abbey of Monte Sacro. Now all you've got to do is to explore this magical and mystical open-air museum in complete safety, with respect for the environment.

A STROLL INTO HISTORY

Before the arrival of the Benedictine monks, what we today call Monte Sacro was in fact known, until the 4th century AD, by the name of Mount Dodoneo and its temple was dedicated to the pagan cult of Jupiter.

Ancient records report that, after the apparition of St. Michael the Archangel in the Monte Sant'Angelo's cave, the simulacra dedicated to Jupiter were destroyed by the local archbishop and the prelates, which turned the temple into a place consecrated to the Holy Trinity.

Later on, from the 6th to the 13th century, the abbey housed the Benedictine monastery and thanks to the intervention of the abbot and literate Gregory, and the creation of an exceptionally vast library, the abbey became soon one of the most important cultural centres of medieval Puglia.

Even today one can still see the pedestals of the three church naves, the foundations of the bell tower, the refectory's archways, the outside walls and patches of the original cloister's flooring. At the height of its splendor the complex encompassed factories, warehouses, the cloister, the baptistery, the church and the narthex.

The latter one, the best preserved of all, features three square chambers spanned by round arches. Support columns present capitals decorated with acanthus leaves, rosette and floral motifs. One of the columns features a capital depicting three eagles with spread wings that carry two dragon-headed serpents in their talons, which try to devour some doves. In an area of the narthex, there are portions of an ancient fresco depicting the Madonna with child and two Benedictine saints, while the first and the second chamber of the narthex feature doors opening onto the first and the central nave of the church.

Since the beginning of this year 2015, thanks to this project, the abbey is under the protection and safeguard of the FAI (Fondo Ambeintale Italiano - Italian Environmental Fund).

TRAIL RUNNING TIPS

The ideal trail for runners or trekkers, to be enjoyed at your own pace and in your own way. For runners: a trail to be tackled head on, within the limits of one's physical condition. After just 600 m of paved road, you enter a dirt track that takes you as far as Mattinata.

The route is a constant uphill climb, although with no steep slopes, perfect for training or an outdoor family jaunt, if hiked at a gentle pace.

The return stretch to Mattinata must be hiked backwards, something that allows you to enjoy breathtaking glimpses of this corner of Gargano from a different perspective.

Notifying the nearby tourist facilities or the tourist information centre in Mattinata, you can be picked up at the foot of Monte Sacro.



TIPS

For runners and hikers: we recommend to carry at least a half-liter bottle of water with you. There are no water sources along the route. In some areas there are farmsteads, although we recommend to have adequate food rations in your backpack. Click here on the left to download the QRcode and the route



LENGHT: 19 km a/r

ELEVATION GAIN: 980 m

TERRAIN: dirt roads, short stretches on asphalt, technical single tracks.

REST AREAS: masserie and farmsteads along the route

MINIMUM EQUIPMENT REQUIRED: GPS, mobile phone, backpack, adequate water (no water sources along the route) and food, windproof jacket.

RECOMMENDED SEASON: all year round

QUATTRO SPIAGGE HIGHLIGHTS

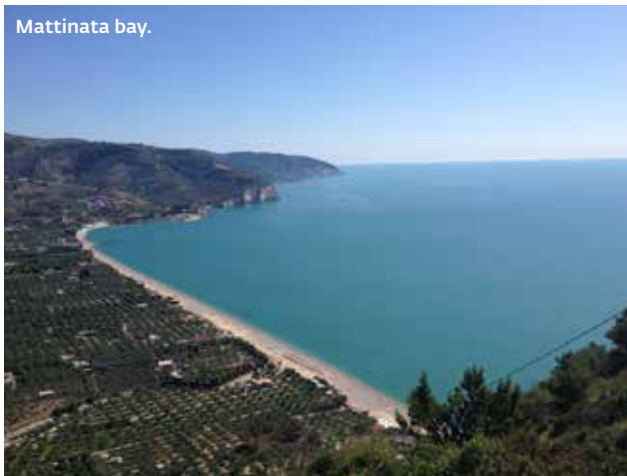
A linear route where emotions run high! From Mattinata's town centre, it takes little more than 21 km to reach four of the most picturesque shores in Gargano's southern coast: Mattinata, Mattinatella, Faraglioni Bay and finally, Vignanotica! You leave the town heading east, following the IAT Information Office' signposts. Keep on the road for about 1.5km until you reach the entrance to the wonderful Mattinata beach and, after a break for a photo op, continue towards Il Principe village, and then down to Tor di Lupo village, striding through the beautiful valley of the Ripe Rosse (Red Cliffs), at 450 meters above sea level, before descending again the ridge of Mont'E-lici, which offers breathtaking views of the coast below. From here, a downhill climb takes you to the sandy beach of Mattinatella, where the route continues as far as the sea cliffs on the east that delimit it. An uphill climb towards the Scapone



Faraglioni bay: incredible landscape.



Mattinata bay.



Mattinatella beach.



Vignanotica beach
and beautiful
white cliff.



village, perched on cliffs overlooking the sea, takes you to the mountain ridge from where you can reach the third shore: the famed Faraglioni Bay! Through dirt roads and olive groves you gain gradually height, until you enter a panoramic path which leads in less than 3km to the secluded Vignanotica beach, the end of this incredible trail! From Vignanotica, you can hike back the same trail following the Gargano Raid signposts or, if not in top shape, you can ask the IAT office or the hotel to send a shuttle to pick you up or, even better, you can make arrangements with one of the many tourist points on Mattinata's marina to return by boat. FAR OUT!



Scenic trail of Vignanotica.

TIPS

For runners and hikers: we recommend to carry at least a half-liter bottle of water with you. In some areas there are farmsteads, although we recommend to have adequate food rations in your backpack. Click here on the left to download the QRcode and the route



MATTINATA TRAIL HIGHLIGHTS

A loop route that for the first 11km unfolds through the Saraceno Trail following a dirt road which, contrary to the shorter trail, is taken to the right, leading you to the ruins of the monastery of St. Stephan (by the Sperlonga village). From there, an uphill climb along the abbey's ruins takes you up to the overlook, where after a while the path joins up with the ancient "tratturo della transumanza" (droveways used for the transhumance), the podolica cows, an autochthonous breed, have been crossing for centuries in order to reach the grazing lands that border the forest. Through a scented juniper grove you reach the regional drovers' road which meanders through drystone walls, old masserie and holm oak groves, up to the peak of Monte Sacro, at an altitude of 860m, in the very heart of history: the 13th-century Benedictine abbey lies right here, in the middle of nowhere, a place where father Gregory the Abbot, an influential friend of Frederick II of Swabia, used to welcome pilgrims amid the architectural magnificence of this pearl of Gargano. After a technical



Santo Stefano Monastery:
the ancient door.



descent, the route loops back up towards the peak of Monte La Guardia, where you can soak up the breathtaking vastness of Gargano's southern coast. Following the technical single track over the Ripe Rosse (Red Cliffs), you make your way through rocky buttresses unique in their kind, as the uphill path cuts across the last plain, joining up with the last drovers' road near Tor di Lupo village that finally takes you to Mattinata.

TRAIL RUNNING TIPS

The ideal trail for runners, Nordic walkers or trekkers, to enjoy at your own pace and in your own way. For runners: a trail to be tackled head on, within the limits of one's physical condition. The first 2km of semi-flat paved terrain are excellent for the warm-up and for taking the climb in your stride. You can slow down to catch breath while running over the mountain ridge, in order to face the descent with greater care. In fact the intermediate leg is quite steep and technical for almost 200m, with 100m of elevation loss. Once you run past this segment, you can lengthen your

Gargano Running & Trekking Park: you can find all terrains to satisfy outdoor passion.



stride a bit up to the shingle beach. It is recommended to run at a gentle pace as at the end of the coastal stretch the path becomes an unyielding uphill climb for 8km, exposed to south. Once you run past the Abbey of Monte Sacro, it is necessary to lengthen the stride, being very mindful of each step you take. The 10-km return leg to Mattinata has a 150m of elevation gain.



TRAIL HIGHLIGHTS

Length: 34 km – elevation gain 1780 D+

Terrain: asphalt, single track, dirt road, beach, paved street. Technical descent from Saraceno mountain to Punta Grugno, proceed with caution.

Mobile phone coverage: decent with Tim and Vodafone operators

Water sources: drinking fountain and bar near the trailhead and finish line – bar at km 9, at the end of the beach – at km 19, farmstead Monte Sacro

Difficulty: no particular difficulties, except during hot season, when the hottest time of the day should be avoided, especially during the uphill run through the juniper grove between km 11 and km 17 – DO NOT deviate from the path marked by the drystone walls.

Minimum equipment required: trail running shoes or sneakers. Windproof jacket in winter. Mobile phone: GPS with loaded track. Bag or backpack with water reserve in hot season

Recommended season: all year round

Food: depending on the athlete's physical condition and habits, although fruit, stuffed wafers, energy bars and water with mineral supplements are recommended



TIPS

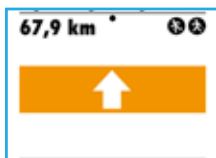
For runners and hikers: we recommend to carry at least a half-liter bottle of water with you. In some areas there are farmsteads, although we recommend to have adequate food rations in your backpack. Click here on the left to download the QRcode and the route.



Gargano Running & Trekking Park: follow your nature!

GARGANO RAID HIGHLIGHTS

It is the longest and most important trail of the "Gargano Running Week". A 77km route with almost 3000m of positive height gain which, for the first 26km, runs through the Mattinata Trail, splitting up at the crossroads near the Cutini water reservoirs, home to countless bird species. From here, the RAID continues left taking you in a fartlek along dirt roads and paths for more than 30km, first across Gargano's pastures, then through the heart of the Umbra Forest. The exit point from the forest is the village Vergion del Lupo, from where begins a challenging descend with a vertical drop of over 1000m which, passing by the peak of Mount Barone, goes down as far as the amazing Bay of Vignanotica, secluded and characterized by white cliffs up to 200m high. After a must stop-off, for a dive or just for enjoying the view or snap some pictures, the route continues in a series of ups and downs for more than 20km, skirting the coastline in its most panoramic viewpoints, the Faraglioni Bay, the Scapone village, the beach of Mattinatella and, on the way back to Mattinata, again in the Ripe Rosse and Tor di Lupo.



TRAIL RUNNING TIPS

The ideal trail for runners, Nordic walkers or trekkers, to enjoy at your own pace and in your own way. For runners: a trail to be tackled with caution, within the limits of one's physical condition. The first time it is preferable never to run alone and always to notify the National Park authorities of one's intentions. Not a technical but a highly secluded trail. Bad mobile reception in the Umbra Forest from km 25 to 55. Very few water sources. A trail for expert runners, to be divided into 2/3 legs. It is essential to get prior information about weather conditions at the IAT office in Mattinata.

Mattinata: view from Monte Saraceno.





TRAIL HIGHLIGHTS

Length: 75 km – elevation gain 3200 D+

Terrain: asphalt, single track, dirt road, beach, paved street. Technical descent from Saraceno mountain to Punta Grugno, proceed with caution.

Mobile phone coverage: decent with Tim and Vodafone operators except when crossing the forest: almost no mobile coverage for 25km!

Water sources: drinking fountain and bar near the trailhead and finish line – bar at km 9, at the end of the beach – km 19 farmstead Monte Sacro – km 55 Bar La Montagna – km 60 Bar Vignanotica (summer) – km 60 Baia dei Faraglioni (summer) – km 65 Mattinatella (summer)

Difficulty: the trail presents several hurdles, to be tackled with care and experience or preferably not alone (contact the IAT, Piazza del Municipio, Mattinata). Difficulties: heat in summer, cold in winter, especially in the Umbra Forest (occasional snow) – juniper grove between km 11 and 17. Possible orientation difficulties: DO NOT deviate from the path marked by the dry stone walls – the Umbra Forest- isolation between km 35 and 57 – weather swings – no mobile coverage – distant from roads.

Minimum equipment required: trail running shoes or sneakers.

Windproof jacket in winter.

Mobile phone: GPS with loaded track. Bag or backpack with at least 2 liters of water reserve in hot season – emergency blanket – whistle – first aid kit. Always notify the hotel or others about the intended route!

Recommended season: all year round

Food: depending on the athlete's physical condition and habits, although we recommend abundant fruit, stuffed wafers, energy bars and water with mineral supplements.

TIPS

For runners and hikers: we recommend to carry at least a half-liter bottle of water with you. In some areas there are farmsteads, although we recommend to have adequate food rations in your backpack. Click here on the left to download the QRcode and the route.



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INVESTIAMO NEL VOSTRO FUTURO.



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