PUGLIA BIKE DESTINATION

GUIDE TO ROUTES



GARGANO DAUNIA

BARI AND MURGIA SOUTH OF PUGLIA

FCI FEDERAZIONE CICLISTICA



REGIONE PUGLIA Rustia



"Cycling in Puglia is even more extraordinary: this is the ambitious goal we intend to communicate and that we are building alongside municipalities, associations, and operators, also through constant support for sports-related initiatives. A path that will allow us on one hand to promote the inland areas of our region and the wonderful landscapes they offer, and on the other hand to think about defining the standards to be guaranteed to travelers who come to Puglia to experience bike tours."



Gianfranco LOPANE Tourism Councillor Regione Puglia This digital guide has been compiled with the intention of providing the cycle tourist with some useful information to guide them in appreciating and visiting one of the most beautiful and suggestive areas of the Italian peninsula, which still preserves its natural beauties intact: lush woods, citrus groves, long stretches of sandy beaches and beautiful cliffs that descend sheer to the shallow depths of the clear and calm sea.

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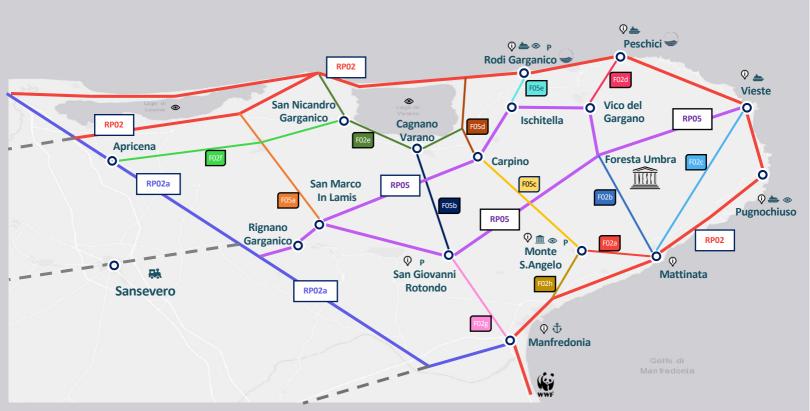


Fulvio MORGESE PhD student Polithecnic of Bari and CTS Anci Puglia

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The bicycle is a way to harmonize life with time and space, it is going and being within still human measures SERGIO ZAVOLI

GARGANO







Monte Sant'Angelo – Mattinata 26 km – 800 m height difference ★★☆ Medium level

MONTE SANT'ANGELO, its altitude is about 800 m above sea level. It is a terrace overlooking the sea, from which one can admire the panorama of Manfredonia and the entire gulf. It is interesting to visit the Basilica of St. Michael, in front of which the Angevin Bell Tower (1274) with its characteristic geometric shape stands. Inside the church the statue of St. Michael attributed to Sansovino (1507).





Cagnano Varano – San Nicola Varano 24 km – 300 m height difference

★☆☆ Easy level

LAGO DI VARANO, with its 60.5 km² surface area, is the largest lake in southern Italy, it is located along the northern coast of the Gargano promontory. The picturesque lake is separated from the sea by a long narrow strip of sand.



Mattinata – Foresta Umbra 10 km – 600 m height difference ★★★ Hard level

F02f

San Nicandro Garganico – Apricena 27 km – 400 m dislivello + $\bigstar \& \&$ Livello facile



BAIA DI MATTINATA is so called because in its centre there is Mattinata, a tiny white village amidst the green, rising halfway up a large valley. Olive trees are the dominant note. The bay is closed to the south by Mount Saraceno. Some archaeological excavations have ascertained the presence of Saracen Tombs.



Among the various centers in northern Gargano there are Apricena (13,005 inhabitants in 1961) and San Nicandro (17,270 inhabitants in 1961), whose history is linked to Frederick II, who had a built many castels for his temporary stay during hunting recreations.



Mattinata - Vieste (Valico Del Lupo) 44 km - 650 m height difference ★☆☆ Easy level



VIESTE, formerly called Apeneste, is about 100 km away from Foggia. Its ancient origin is evidenced by remnants of past history. There are important monuments like the Castle built by Frederick II in 1240 and the 13th-century Cathedral, rich of artworks. There are also natural beauties: in its sea, in front of the Castle, the Pizzomunno stack soars its white mass towards the blue sky.



F02h

F02g

Manfredonia – S. Giovanni Rotondo 18km – 600 m dislivello +

🔺 🛨 🎲 🛛 Livello medio

S. GIOVANNI ROTONDO is the town that hosted Padre Pio, the friar who received the stigmata, who was born in Pietrelcina and died in San Giovanni. There we find the shrine dedicated to him and inside there is the tabernacle made by Floriano Bodini, carved from a single 40-quintal boulder of lava rock from Etna.



Peschici – Vico del Gargano 8 km – 380 m height difference ★★★ Hard level



PESCHICI, a characteristic village grouped on a rocky spur, Peschici faces the sea with its low calcined houses covered with oriental-style domes.



Manfredonia - Monte Sant'Angelo 12 km – 650 m dislivello +

★★★ Livello difficile

MANFREDONIA, a pretty town to which a Swabian castle gives a historical character, a crowded beach a worldly note, companies an industrial feel.



San Marco in Lamis – Lago di Lesina 28 km – 800 m height difference ★★☆ Medium level



S. MARCO IN LAMIS is a populous agricultural center nestled in a basin, near the Convent of St. Matthew, in a beautiful position on an isolated knoll. Built at the time of the Lombards in the 6th building still retains its late medieval exterior structures and floor



Rodi – Ischitella 5 km – 100 m dislivello + ★☆☆ Livello facile

RODI GARGANICO is a village on a small promontory on which sides there are, on one side, rocks and deep sea and on the other one, a sandy shore connecting Rodi and San Menaio. Inland there is a forest of pine trees, whose scent reaches the sea.



San Giovanni Rotondo – Cagnano Varano 15 km – 500 m height difference ★ 🛧 ☆ Medium level



CAGNANO VARANO. town that dominates the Lake Varano from a naturalistic point of view. Interesting the cave of San Michele and numerous archaeological sites.



RP02

PUGNO CHIUSO, one of the most beautiful locations in the Garaano. The charm comes above all from the admirable fusion that has occurred between nature and modern facilities. In fact. hotel complexes, tennis courts, swimming pools and everything modern have sprung up here.



F05c

Monte Sant'Angelo - Carpino 20 km – 600 m height difference ** Medium level



CARPINO is part of the Gargano mountain community with more than 3,000 inhabitants, known for olive oil and fava bean production and home of the famous event dedicated to the rediscovery, preservation and promotion of Italian folk music.



RP02a

BICITALIA 6 – CICLOVIA ADRIATICA (VARIANT OF TAVOLIERE)

BICITALIA 6 – CICLOVIA ADRIATICA

TAVOLIERE, vast flat territory overlooking the Gulf of Manfredonia with the presence of small lakes, ponds and marshes, as well as modest elevations. This extensive plain bordered by the Monti Dauni is rich in archaeological sites. Today it is intensely cultivated for the production of excellent oils and fine wines.

BICITALIA 11 – CICLOVIA DEGLI APPENNINI

(VARIANT GARGANO)



Carpino – Foce Varano 14 km – 230 m height difference Easy level

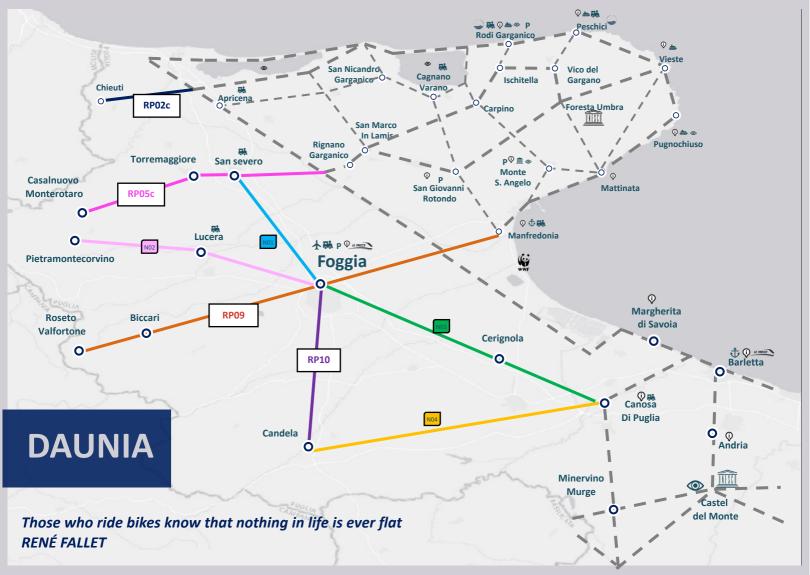


FOCE, hamlet of Ischitella, a place of special interest that has numerous tourist attractions, museums and small tours and mini-cruises.





FORESTA UMBRA, (11,000 ha) shows a lushness without comparison and the intertwining of branches is so thick that sunlight barely penetrates it and in broad daylight one has the impression of being enveloped in pale twilight. The Gargano Mountains were once covered with a magnificent forest that, although much reduced today, still occupies a vast area.



Lesina - Chieuti

- Argenter Medium level

20 km – 300 m height difference





San Severo - Foggia

35 km – 100 m height difference Easv level

SAN SEVERO, built in the Middle Ages around a Benedictine abbey and already an active commercial and military centre under the Normans. Towards the end of the 16th century, it had a perimeter of over a mile, mostly fortified by powerful walls, and had a population of about 5,000 inhabitants, who were, however, severely decimated by a violent earthquake in 1627, followed by two others of lesser intensity (1638-1688). However, the fertility of its territory and its location restored its viaour and momentum, and by the beginning of the 19th century it already had around 16,000 inhabitants.

Foggia - Pietramontecorvino

47 km – 610 m height difference ** Medium level

Foggia - Canosa

73 km - 300 m m height difference



N02

LUCERA, everywhere you can breathe history and art: the Roman Amphitheatre; the Castle of Frederick II; the city walls ordered by Charles II of Anjou. And it is beautiful to admire refined palaces open to hospitality and imposing churches such as the Sanctuary of San Francesco Fasani with its beautiful portal and a large rose window; the 14th century Cathedral of the Assumption with a 15th century crucifix: the collection of coins and the statue 'Venus Marina'.



The ancient centre is dominated by the imposing cathedral and the elegant 13th-century bishop's palace, but the real treasure of LESINA, just a stone's throw from the Gargano National Park, is its natural heritage, stretching across the green sandy dunes covered in Mediterranean maguis, protected in the lake nature reserve and the Lipu oasis. Don't miss the Nature Museum. and the remains of the Abbey of Santa Maria di Ripalta, near the Fortore River

BITETTO – MATERA

58 km – 700 m height difference ★ 🛧 ☆ Medium level



RP05c

SAN SEVERO, A walk in the centre is an opportunity to discover the elegant Giuseppe Verdi Municipal Theatre, ancient residences such as the 18thcentury Palazzo dei Celestini, seat of the City Hall, and imposing Romanesaue and Baroaue churches: the Cathedral and its 18th-century organ, the altar of the Sanctuary of Maria SS. del Soccorso, the paintings of the Church of San Nicola with its 18th-century stuccoes and the Church of

Manfredonia – Biccari - Roseto Val Fortore

N03



🛨 🛨 🛧 Medium level CERIGNOLA, of ancient origin, stands on a small hill where the view sweeps over the vast plain. In the 18th century, the 1731 earthquake destroyed the oldest part of the town, gathered at the foot of the Ducal Palace. Its recent development is a reflection of the agricultural transformation of the municipal area.

CANOSA DI PUGLIA. nicknamed Little Rome because of its seven hills. is rich

in important historical finds. The 1080 Cathedral of San Sabino houses the

bishop's chair signed by Romualdo and the Tomb of Boemondo. The

Lagrasta Hypogea are 3 with decorated and frescoed rooms, rooms

excavated in calcarenite and carved scenes in relief from the 4th-3rd century



RP09

The National Archaeological Museum occupies six rooms of the Swabian-Angevin Castle of MANFREDONIA, with its cylindrical towers and an collection of Daunian stelae, dating back to the 7th-6th centuries BC. Then the medieval village of BICCARI, the natural area of Lake Pescara. Monte Cornacchia (1151m). ROSETO VALFORTORE is the town of stonemasons with original portals, columns and bas-reliefs, but also the town of honey and truffles.

Foggia - Candela

🛨 🛨 🛨 Hard level

45km – 440 m height difference ★ 🛣 🏠 Medium level



In FOGGIA, one can observe the change in social and economic life in Italy's greatest plain, after the new Po Valley: the Tavoliere. Thanks to land reclamation and recent agrarian and land transformation works, the Tavoliere de lost today the appearance of a steppe crossed by sheep-tracks, turning into a plain where vine cultivations, orchards and expanses of wheat and fodder stand out.



BC

Canosa – Candela 63 km – 635 m height difference 🛨 🛧 六 Medium level



RP10

BARI AND MURGIA

Life is like riding a bicycle, to stay balanced you must keep moving ALBERT EINSTEIN



BICITALIA 6 – CICLOVIA ADRIATICA

200 km – 500 m height difference

BITETTO – MATERA

★ 🛧 🛧 Medium level

★☆☆ Easy level



EUROVELO 5 - BICITALIA 3 - CICLOVIA FRANCIGENA

83 km – 330 m height difference + Sasy level



The cycle route differs from the Via Francigena for walkers: while the latter follows the Via Traiana, the former is inspired by the Via Appia Antica, which passed through Taranto. The route runs mainly on roads with little traffic, except in and out of Taranto where care is advised



RP02

The Adriatic coast is the protagonist from Bari southwards, along bays with crystal-clear water, to be breathed unhurriedly. Beyond the brand-new seafront promenade of Mola di Bari, one encounters several trulli reflected in the thousand shades of blue of the sea. Having reached the centre of Polignano a Mare overlooking the Adriatic to the Modugno's melodies, we head straight for the seafront of Monopoli.



BICITALIA 10 - CICLOVIA DEI BORBONI (20% OFFROAD) 100 km – 1000 m height difference ★★☆ Medium level

Castel del Monte, a Unesco World Heritage Site, retains a mysterious octagonal shape that, seen from above, recalls the crown of the Stupor

Mundi, the very name given to Frederick II of Swabia. Inside the castle are

RP04a



Altamura boasts one of the most beautiful cathedrals in southern Italy,



CICLOVIA MONOPOLI - ALBEROBELLO

30 km - 600 m height difference 🛨 🛨 🖄 Medium level



RP08

After a few wheel turns from Monopoli, the most important speleological complex in Italy is worth a visit: the Grotte di Castellana. The ascent of the Murgia from here is quite gentle and leads to the narrow streets, a fairytale setting punctuated by the typical trulli, accompany the cyclist through the white alleyways of Alberobello, a Unesco World Heritage site.





of Apulia'.

18km – 600 m height difference 🔶 🔶 六 Medium level

72 km – 600 m height difference

🛨 🛨 ☆ Medium level

The slope bordering the lands of Lucania, on the rural outskirts of Apulia, offers a close view of the beautiful village of Minervino Murge, the 'Balcony

B02b



66 km – 800 m height difference \star \star \star \star Medium leve



Molfetta's lighthouse is among the oldest in the Adriatic and its port. populated by fishing boats, reflects an important fishing centre and the seafaring religiosity that permeates the town. Strolling along the seafront is an opportunity to taste an excellent fish soup

B02c



Conversano and Turi, two areat little treasures, from the walks through the narrow streets to the castle with its characteristic cylindrical tower. Embracing them is a panorama of olive trees, almond trees and expanses of cherry trees, from which the exquisite 'ferrovia' cherries are born.

POLIGNANO – GIOIA DEL COLLE - MATERA

CICLOVIA VALLE DELL'OFANTO





★★☆ 80% offroad The Pugliese Aqueduct, a hydraulic engineering work of extraordinary geographical, historical, social and technical

significance, still considered one of the most important in the world. The long route runs along a track, part of which already exists and can be travelled on two-wheeled and pedal-powered vehicles, and is only waiting to be completed.

GRUMO – FORESTA MERCADANTE - SANTERAMO



30 km – 500 m height difference ★ ★ ☆ Medium level

BICITALIA 11 - CICLOVIA AOP



The Murgia steppe and villages perched on ancient canyons. We cycle through the Alta Murgia National Park Murgia: a rugged, barren and boundless territory. An ideal place also, and above all, for mountain bike lovers.

BARI – CASTELLAN. MARINA (grandfondo dei 2 mari)

🛨 📩 🚽 Easy level



RP03a

The salubrious air, the immense Aleppo pine forests and the crystal clear sea make Castellaneta Marina one of the most Castellaneta town surrounded for two-thirds by a protected oasis of over 400 hectares.

EGNAZIA - FASANO

27 km – 600 m height difference ★ 🛧 ☆ Medium level



B03b

Ironically, the 'lungomare' is the panoramic street from which one can admire the perspective façade with the 'cummerse' (sloping roofs typical of the place). Locorotondo, among the most beautiful villages in Italy along with Cisternino, hosts the prestigious LOCUS and VIVA music festivals every year.

BARLETTA – CASTEL DEL MONTE – SAN MAGNO

44 km – 600 m height difference ** Medium level





From sea level, the road climbs slowly and smoothly. At 540 metres above sea level, on one of the highest hills of the Alta Murgia, stands majestic Castel del Monte, an enigmatic fortress strongly desired by Frederick II of Swabia and one of the most famous symbols of Apulia.

ALBEROBELLO – MASSAFRA

34 km – 330 m height difference 🛨 באדלים Easy level



B03a

For the vastness and beauty of its rocky complexes, Massafra is also called the 'Tebaide of Italy'. Situated inland north of Taranto. the town is furrowed by a series of suggestive ravines and blades of karstic origin. The Gravina di San Marco in particular divides the town into two parts connected by bridges and crossings that provide enchanting scenery.

B11



We continue through almost lunar landscapes, which change colour with each season of the year and deserve to be admired every time. After 50 km you reach Gravina in Puglia, perched on an imposing canyon. Gravina in Puglia is part of the network of municipalities committed to improving the quality of life for

inhabitants and visitors, through the Slow Food network.

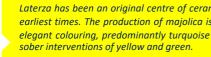
CASAMASSIMA - LATERZA

CICLOVIA CANOSA - GRAVINA

🛨 🛨 ☆ Medium level



50 km – 460 m height difference 🛨 🛧 🏠 Medium level



Laterza has been an original centre of ceramic activity since the earliest times. The production of majolica is distinguished by its elegant colouring, predominantly turquoise on white glaze with

Adriatec S

SOUTH OF PUGLIA



Roads were made for journeys not destinations CONFUCIO

Torre S. Sabina – S. Pietro in Bevagna

72 km – 370 m height difference

Brindisi – Porto Cesareo

50 km – 120 m m height difference

555

Easy level

Easy level





with a stove

Laterza – Martina Franca

70 km – 850 m height difference 🛨 🛨 🛧 Medium level



SAN PIETRO IN BEVAGNA, take a dip in che frezing water at the mouth of the river Chidro, which originates from a deep underwater crater and ending up in the sea. Just a few meters ahead and vou will bump into an authentic tower dating from 1570 in the shape of a priest's hat (octagonal star), leaning against the church of San Pietro dating from 1900.

S01b

Martina Franca – Mesagne

60 km – 300 m height difference Easv level

Mesagne – Lecce

± Easy level

45 km - 77 m height difference

Lecce – Torre dell'Orso

33 km – 56 m height difference

Easy level



MARTINA FRANCA, it is known and appreciat-ed since 1700, at the times of the Kniadom of Neaples. Since 2000 is Presidio Slow Food. You choose the best pork, it's left to marinate in "cooked wine", it's flavored with herbs of the "Murgia dei trulli", then it gets stuffed into natural casings and left there for about 15 days. Then it is smoked and left to age for 3 months.



S02b

S02a

BRINDISI, has two castles: the Castello Alfonsino or " di Mare" on St. Andrea island and the Castello Svevo or "di Terra". The first one was built on behalf of Alfonso d'Aragona in 1445 and consists of a fortress in red carparo stone which was a military base for the garrisons.



S01c



MESAGNE. Roberto il Guiscardo built this very beautiful Castle in 1062. In 1600 it was chanaed into a baronial mansion and today it contains the Museo del Territorio "Ugo Granafei", with examples of the Messapian culture. The old town by entering the Porta Grande, you will see a tangle of narrow streets and piazzas lined with palaces, emblems, balconies and





classical style.

You are in the heart of LECCE, one of the most elegant parts of the city. where different architectural styles live together in perfect harmony. From the Roman Amphitheatre, to the Column of St. Oronzo, brought here in honour of the saint once marking the end of the via Appia in Brindisi. The Sedile, which mixes the Gothic pointed arches with the renaissance logaia. palaces of the 1920's and the Church of Santa Maria delle Grazie in the

Gallipoli - Castro





S01d

ROCA VECCHIA, dive into the emerald sea lapping against the Grotta della Poesia and the walls of Poesia Piccola where vou will find symbols and inscriptions from the prehistoric age to the second century B.C. Visit the archeological site with layers ranging from the Middle Bronze Age to the Renaissance, with messapian and medieval ruins.



S02d

GALLIPOLI, A trendy destination loved by the youth for its beautiful beaches and fashionable beach bars from Lido Pizzo to Punta della Suina and up to Baia Verde. Admire the sunset that turns the sea pink, the Castello Angioino and noble palaces and churches along the Riviera Nazario Sauro. Then walk through the old town alleys and discover fascinating mansions open for quests, the underground oil press and the magnificent Cattedrale di SantAaata.

Lecce – S. Maria di Leuca

84km – 280 m height difference + State Easy level



Taranto – Ginosa Marina



municipality of Ginosa. Its inhabitants are called 'marinesi', as a distinction beaches, Marina di Ginosa is the Blue Flag. Lake Salinella on the border between Apulia and Basilicata, the final stretch of the Bradano river, is a

RP06a



BICITALIA14 - CICLOVIA DEI TRE MARI TARANTO – S.MARIA DI LEUCA

TARANTO, Go over the Swing Bridge heading straight to the old town, where you will see the two Doric columns of the Greek temple and the Castel Sant'Angelo, known as Castello Aragonese. Excavations revealed that this Castle was built on earlier Greek, Byzantine and Norman-Swabian-Angevin constructions, but was later rebuilt in 1487-1492 bu the will of Ferdinand of Aragon. You can see 4 round towers, walkways, tunnels and the Renaissance

EUROVELO 5 - BICITALIA 3 - CICLOVIA FRANCIGENA





MANDURIA, An ancient Messapic city surrounded by impressive megalithic Italy. The Fonte Pliniano, a place mentioned in Pliny the Elders "Historia Naturalis". It's a huge natural cave inside of which there's a water spring whose level remains constant thanks to the principle of communicating

CICLOVIA DEI TRE MARI - TORRE LAPILLO – LECCE (mare) 49 km – 150 m height difference ★☆☆ Easy level

RP06b



LEVERANO, The small well-preserved centre, where everything is ancient whit its soaring. Torre Quadrata built by Frederick II, convent and Chiesa di Santa Maria delle Grazie. It's the city of flowers and wine, which is celebrated by a festival every year in November named Novello in festa.

RP02



The ADRIATIC COASTAL road to Brindisi, passes through Otranto and offers breathtaking views, especially in springtime when anemones, poppies and wild orchids are in full bloom. There's a hilden Salento made of underground monuments, early Christien churches, caves and underground presses. Then there's the visible Salento, distinguished by coastal towers and colombaie, doimens and menhirs making this peninsula the largest megalithic garden in Europe.



RP06c

CICLOVIA DEI TRE MARI - S. CATERINA - OTRANTO

57 km – 170 m height difference 🛨 🗺 Easy level

27 km – 600 m height difference

🛨 🛧 🛧 Medium level

OTRANTO. The easternmost Italian city, very charming with its historical centre, the Castello, the romanesaue Cattedrale dell'Annunziata whose fascia is enriched by the splendid 15th century rose window with 16 rays. Inside you can admire the precious mosaic floor (12th century) by the monk Pantaleone, depicting the tree of life with scenes that mix the sacred and the profane.

CICLOVIA COSTA MERLATA – LOCOROTONDO

RP03

BICITALIA 11 - CICLOVIA AQP MART. FRANCA – S.MARIA DI LEUCA

BICITALIA 6 - CICLOVIA ADRIATICA

80% offroad



S.MARIA DI LEUCA, here vou can still breathe an ancient atmosphere with the octagonal lighthouse of 1864, the Basilica della Madonna de Finibus Terra, eclectic villas on the seafront in the Moorish, liberty, gothic and Arabic style. Go by boat to discover the many caves like the Grotta Porcinar and Grotta del Diavolo lying between the two headlands of Punta Meliso and Punta Ristola.

RP07



Ironically, the 'lunaomare' is the panoramic street from which one can admire the perspective facade with the 'cummerse' (sloping roofs typical of the place). Locorotondo, among the most beautiful villages in Italy along with Cisternino, hosts the prestigious LOCUS and VIVA music festivals every year.

Continue travelling

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