

GARGANO PENINSULA

FEATURES

- Historic pilgrim path to and from Monte Sant'Angelo
- Idyllic sea coast with coves and beaches for swimming
- Fabulous flowers in spring (see also 'Flowers of the Gargano' trip)
- Excellent seafood and renowned wines of Puglia

ITINERARY

Day 1 After arrival at Bari airport we travel by road to the fishing village of Peschici on the north east of the Gargano Peninsula (3 hrs).

Day 2 A fine ridge walk with extensive views down from the forested crest of the Gargano Massif to Peschici (8 miles, 4 hrs).

Day 3 We return to the high massif and follow tracks and paths through forest and pastures with panoramic views of the coast, before descending to the harbour of Vieste (12 miles, 6 hrs).

Day 4 Free day in Vieste with a boat trip along the very picturesque Gargano coast and (weather permitting) out to the Tremiti Islands – part of the Gargano National Park.

Day 5 After a brief (30 minute) transfer we follow paths and tracks through limestone hills and scrub to a viewpoint (340m / 1,115ft), before descending to follow a picturesque coastal path to the bay of Fontana delle Rose (8.3 miles, 4 hrs).

Day 6 Paths from the small harbour village of Mattinata lead up through olive groves to an ancient pilgrim path, which we follow uphill, enjoying panoramic views of the coast, to the ancient town of Monte Sant'Angelo (840m / 2,755ft), with its whitewashed houses, steep narrow alleys and stairways, and views across the Gargano Massif and the sea (8.4 miles, 4.5 hrs). Time to explore the town, with a fine Romanesque church built above the famous cave, believed to be the last place that St Michael appeared on earth (491 AD).

Day 7 From the historic pilgrim church at Monte Sant'Angelo, we follow the ancient pilgrim path down through meadows and a ravine to the plain, then walk through olive groves to the port of Manfredonia (8.1 miles, 4 hrs). Return by road to Fontana delle Rose.

Day 8 Return to Bari by road (2 hrs).

8 DAY TRIP

- Destination airport: Bari
- Fitness: 35+ (see pages 14–15)
- Days of walking: 5 + 1 optional
- Shortest / Longest day's walk: 4 / 6 hrs

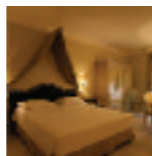
ACCOMMODATION

NIGHTS 1 & 2
Peschici



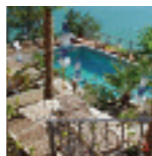
D'Amato
★★★★

NIGHTS 3 & 4
Vieste



Palace Hotel
★★★★

NIGHTS 5-7
Fontana delle Rose



Villa Scapone
★★★

FOOD & WINE

Excellent local seafood, olive oil, interesting and original pasta dishes; and delicious sheep's cheese and lamb from the high plateau. The area is famous for its breads, biscuits and pastas, which are distributed throughout the country; and more than 50% of Italy's output of olive oil comes from Puglia and Calabria.

Puglia is noted for its wines and there are some local to the area.

PILGRIM PATHS, SEA COAST & MONTE SANT'ANGELO

The Gargano Peninsula, 'spur on the heel of Italy's boot', rises like an island from the plains of Puglia. At the highest point (840m / 2,755ft) sits Monte Sant'Angelo with its atmospheric rock church, believed to be the last place St Michael appeared on Earth (491 AD). The limestone massif, carpeted with flowers in spring, including species unique to the area, descends to a picturesque coast, fringed with coves and sand beaches, providing excellent swimming opportunities in summer and autumn.



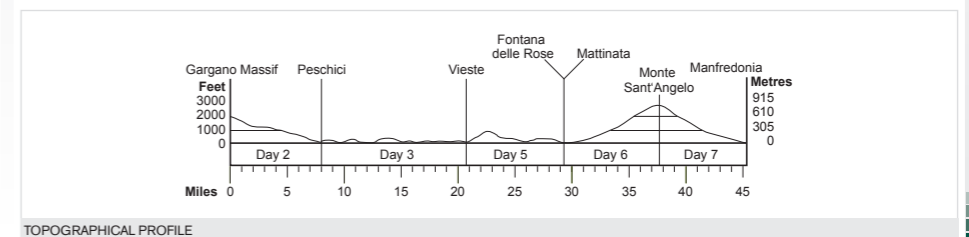
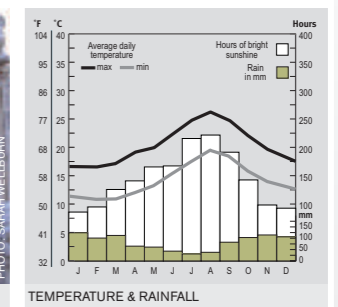
FLOWER COVERED MEADOWS DESCEND TO A PICTURESQUE COAST



FRINGED WITH COVES AND SAND BEACHES



ROMANESQUE CHURCHES



TERRAIN

Limestone terrain with coastal and pilgrim paths; farm and forest tracks through pinewoods, olive groves, and across beaches and meadows.

DATES

2012 TRIP DATES
21st Apr to 28th Apr
22nd Sep to 29th Sep

PRICES

(excluding flights)
£2,160 / \$3,780

DFS supplement (per night)
£17 / \$30