

Gargano Peninsula

8 Day Trip

Independent Walking up to 39.1 miles | 56.5 miles with extension

Route Open • 1st Apr to 5th Jun; 27th Aug to 16th Oct



FLOWER-COVERED MEADOWS DESCEND TO A PICTURESQUE COAST

PHOTO: SARAH WELLS/JUN

Features

- Picturesque coastal scenery, with rocky headlands, small coves and sand beaches
- A wide variety of paths – along the coast and into hills with scented scrub, pine woods, olive groves and sea views
- Gargano National Park with its renowned flowers, including unique species of orchids and many birds
- Historic pilgrim routes
- Monte Sant'Angelo with its famous cave, venerated since 491 AD as the last place St Michael appeared on Earth

Itinerary

Note: Some of the walking distances are relatively short, allowing time for swimming, etc. There are also opportunities (subject to timetables) for seasonal scenic boat trips around the coast, between Peschici, Vieste and Manfredonia.

Day 1 • Arrive in Manfredonia
Time to explore the town with its port, castle, etc.

Day 2 • Manfredonia to Monte Sant'Angelo
Walk along the coast then across a small plain before walking up an ancient pilgrim route, once used by crusaders, before embarking for the Holy Land. The route, now a grassy ravine with ruined monasteries on either side, leads to the ancient town of Monte Sant'Angelo (2,755ft), with its whitewashed houses, steep narrow alleys and stairways, and views across the Gargano Massif and the sea (8 miles, 5 hrs/bus 20 mins).

Day 3 • Monte Sant'Angelo to Mattinata
Time to explore the town and visit the famous cave church, venerated as being the last place St Michael appeared on Earth (491 AD), before setting off down a well-made pilgrim path to the small town of Mattinata (650ft) overlooking olive groves and the sea (8.7 miles, 4 hrs).

Day 4 • Mattinata to Baia Fontana delle Rose
Paths along the coast and into hills overlooking the sea, before descending to the picturesque bay of Fontana delle Rose (7 miles, 3.5 hrs).

Day 5 • Baia Fontana delle Rose to San Salvatore
Tracks lead up through limestone hills and aromatic scrub to a viewpoint (1,115 ft) before continuing via forests and meadows to San Salvatore, overlooking the Gargano coast (7.6 miles, 5 hrs).

Day 6 • San Salvatore to Vieste
Paths lead along a ridge with seaviews before descending to a long sandy beach and Vieste (7.8 miles 3.5 hrs).

Day 7 • Free day in Vieste

Day 8 • Departure day, or...
Optional extension to Peschici: Follow inland paths (12.4 miles, 6 hrs) or walk along the coast, with a succession of coves and sand beaches punctuated by rocky headlands, which lead to the whitewashed village of Peschici, perched on a butress of rock (17.4 miles, 9 hrs).



Gargano Peninsula Trip Information

Finding Your Way



The ATG Route Booklet includes detailed directions and maps, as well as up-to-date information on towns visited, places of interest, local history, restaurants, cafés and shops en route.



Your Route Manager is there to ensure your trip runs smoothly. They will brief you before you set out, move your luggage along the route, offer advice and answer your questions, and they're contactable by phone to help out in case of emergencies.

Restaurants, Food & Wine

Excellent local seafood, olive oil, interesting and original pasta dishes; 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 one of Italy's largest wine producers (growing almost one fifth of the country's wine), much of which is consumed locally, or goes north to

On booking you will be sent further trip information: details of how to get to/from the route, what to bring and other practicalities.

Piemonte to be used in the production of Vermouth. More recently the emphasis has been placed on producing wines of greater quality, and the region now has over 20 DOCs.

For further information on food & wine see page 11.

Getting There

Recommended Destination Airports

Bari • Pescara • Naples

All airports have good connections to local train stations. There are regular trains to Manfredonia via Foggia, from Bari (2–2.5 hrs) and Pescara (3 hrs). There is an hourly coach from Naples to Foggia (2 hrs) which costs approximately €11. From Foggia there are train (40 mins) and bus (50 mins) connections to Manfredonia.

For further info on flights see pages 72-73.

Trains

FROM	TO	PRICE
Bari	Manfredonia	~€15 - €22
Pescara	Manfredonia	~€25

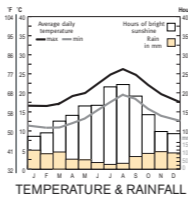
For train journeys ex-London see page 71.

Taxis

FROM	TO	PRICE
Bari airport	First hotel	~€150
Pescara airport	First hotel	~€250

Prices may be significantly higher on Sundays and public holidays.

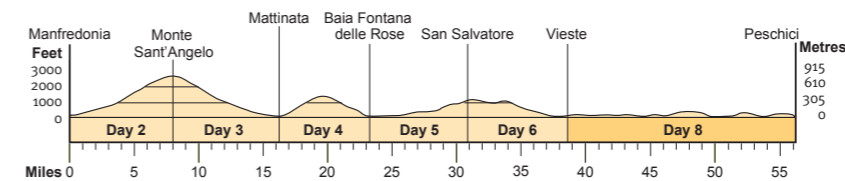
Taxis can be booked via the ATG office.



Terrain

Limestone hills rising to 2,700 ft with coastal paths, quiet lanes, farm and woodland tracks and pilgrim routes leading up to Monte Sant'Angelo. Occasionally rough under foot. An abundance of flowers in spring, including some species unique to the area.

Fitness: 30+ with one steep 35+ climb
(see page 12 for fitness calculation)



Prices

You can plan your Footloose trip for any time within the route opening dates, subject to availability.

TRIP OPTION	TRIP PRICE (excluding flights)	DOUBLE FOR SINGLE OCCUPANCY (per night)
8 Days	£825 / \$1,445	£18 / \$32

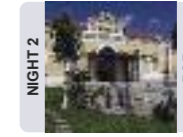
Extend Your Stay

To extend your stay anywhere on the route, please contact the ATG office. See page 68 for extension hotel rates in Peschici.

Accommodation



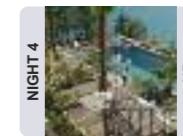
MANFREDONIA Gargano
★★★★
Modern hotel with sea views and terrace



MONTE SANT'ANGELO Palace Hotel San Michele
★★★★
Spectacularly positioned, well-appointed hotel with large pool spa



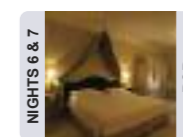
MATTINATA Hotel Apeneste
★★★★
Modern, Mediterranean-style hotel with pool



FONTANA DELLE ROSE Villa Scapone
★★★★
Fabulous cliff-top setting with outside pool, jacuzzi and access to the sea



SAN SALVATORE Masseria Sgarrazza
AGRITURISMO
Working farm with panoramic views



VIESTE Palace Hotel Vieste
★★★★
15th century building refurbished in Art Nouveau style, with easy access to the beach



PESCHICI Hotel d'Amato
★★★★
Well-positioned hotel with great views of the peninsula



4 NIGHTS HB (DINNER INCLUDED)