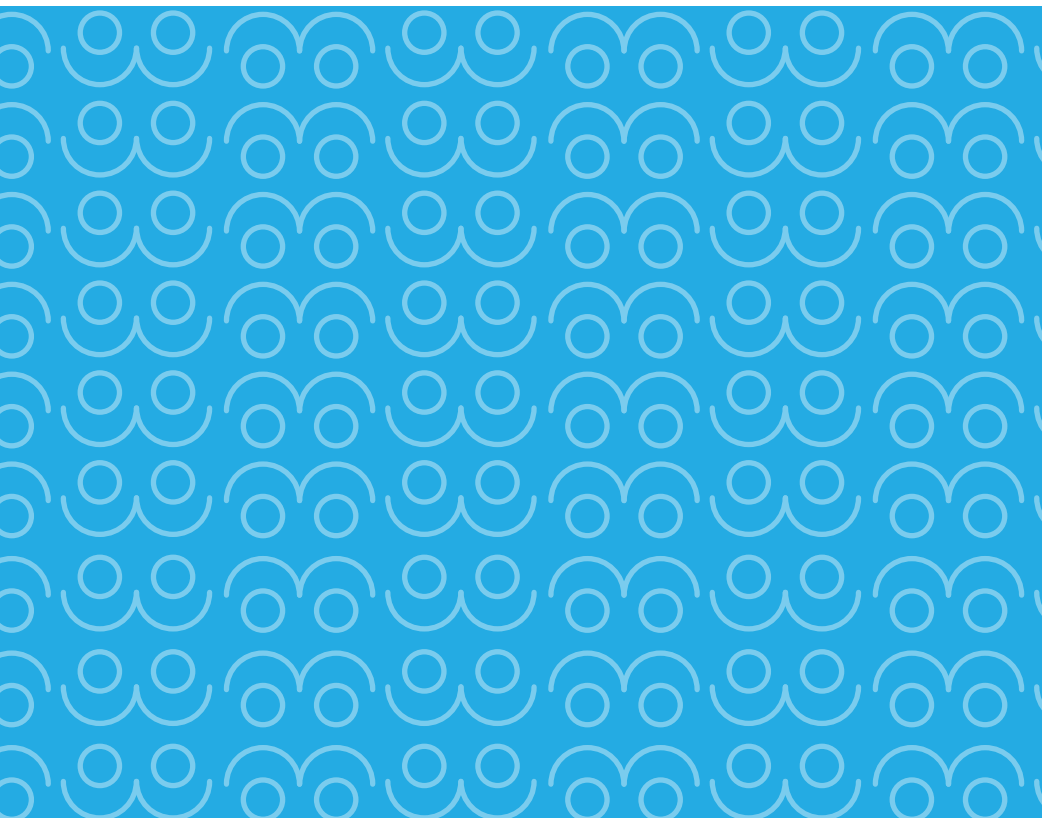




Puglia



GARGANO BY RUN



**USEFUL INFORMATIONS:** [www.viaggiareinpuglia.it](http://www.viaggiareinpuglia.it)

**SEASONALITY:** Any season

**MINIMUM GEAR REQUIRED:** Gps – Water (right quantity in any season). We suggest a backpack with water bag (there is no water on the way). Food/beverage and snack food. Wind Stop Jacket. Special Alert: mobile is working quite well on the track

## Gargano highlights

Gargano is a geological independent conformation regard Puglia's continental side and, this feeling, become a reality while running on the promontory tracks. There are several possibilities and and trail rings: more then 400 km of maped tracks, that go through differerent "territories" of this area.

Territories that can be recognize for their vegetation variety in consid-eration of the altitude: from 0 up to 300m D+ along the coast, with the typical mediteranean vegetation and salty air brought by the wind, always here. Up to 700m D+ with grazing land, woods and a thick mediteranean scrub. Up to 1000m D+, inland with fresh woods and lush centenary beech trees: the Umbra Forest.

We have chosen three tracks with specific features that reflect these differences and we add an excursion on Monti Dauni (not too far) that delimit the Tavoliere plateau.

For trail lovers Gargano is a paradise made of technical tracks, sun and wind that dominate in the clearings, making all tracks really difficult. Panoramas and contrasts of light in winter such as in summer are simply fantastic. Distance + are surprisingly! Have a good running.



# GARGANO by run in 4 stages

## I Stage Ring Tour

Start & Finish MATTINATA – Monte Saraceno Trail

## II Stage Start BAIA DI MERGOLI

Finish MONTE SAGRO – From the sea up to the Sky Trail

## III Stage Ring Tour - Umbra Forest Trail

## IV Stage Start BICCARI

Goal CIMA MONTE CORNACCHIA and back - Daunia Trail

## Stage I - MONTE SARACENO TRAIL

LENGTH: 10 km

TECHNICALITY: difficult and technical going up, quick but easy downhill. It's required a good habit to run on bumpy soil. An old track discovered and became accessible, an ancient



necropolis, a running in the blue with impressive panorama, these are the Monte Saraceno Trail's ingredients.

Starting from the centre of Mattinata, with Monte Saraceno profile (230m D+) approaching through the plain under the

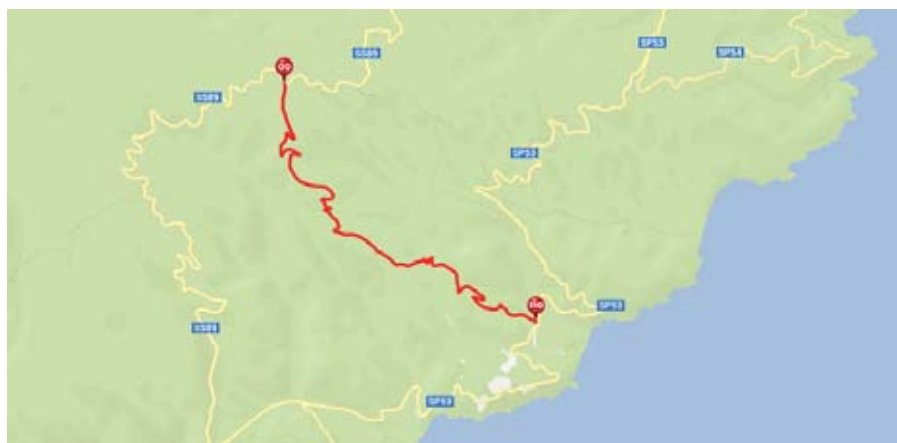
town, perfectly framed by some olive tree's lines. At the end of the plain (a very good warm-up) start the single track that going up straight to the peak. With no stop in the middle the track become very technical and the panorama, while we are going up, become more and more beautiful.

Once arriving on the crest, we start run in the sea direction, almost overhanging it. From the top, the sight is memorable, especially for the incredible necropolis dig by the Dauni, a population coming from Illiria (Jugoslavia of today) in the VI-Va.c. The downhill is a precipitous fall in the Adriatic Blue, up to tuch the water, before slow down and go back to Mattinata to have a refreshing break, looking at the road we have run. A great satisfaction!

## Stage II – FROM THE SEA UP TO THE SKY TRAIL

**LENGTH:** 14 km

**TECHNICALITY:** going up and downhill fast but not too technical. Trail rather difficult with a Distance + of almost 800m+.

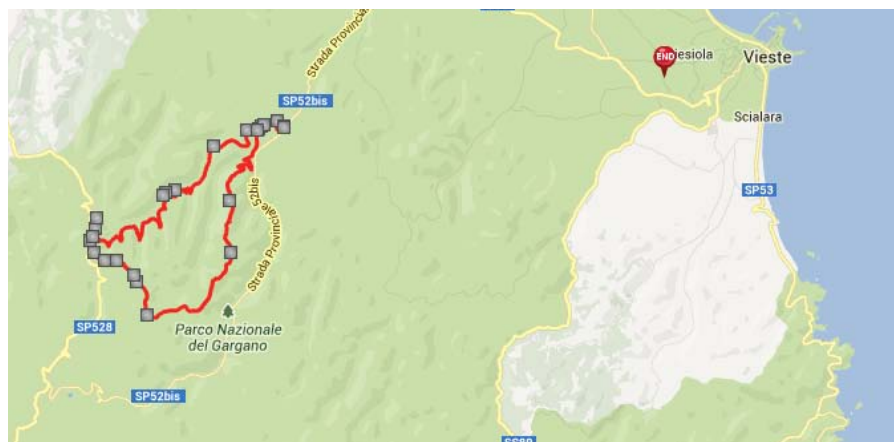


Starting from the sea, Mercoli Bay (even known as Zagare Bay), we climb the promontory's slope with the wild grazing of Monte Sagro as a goal, going through Vergon del Lupo zone. Dirt patches, single and technical tracks running through thick woods of mediterranean vegetation and grassy clearings attended by gentle herds of podolica's cows. Real nature often wild, breath-taking glimpses with the sea always in the horizon up to touch the sky.

## Stage III – UMBRA FOREST TRAIL

LENGTH: 20 km

TECHNICILITY: Uneven trail, that interchanged easy and relaxing stretch of road with technical and very difficult going



up and downhill. Puglia, kingdom of contrasts. Every corner looks like a different place. These contrasts increase since, from the coast, we move up to the promontory's centre, where hairpins constantly going up, took runners in the middle of a fantastic forest, characterized by beech trees almost endless, shady, where we can find and discover unique trails:



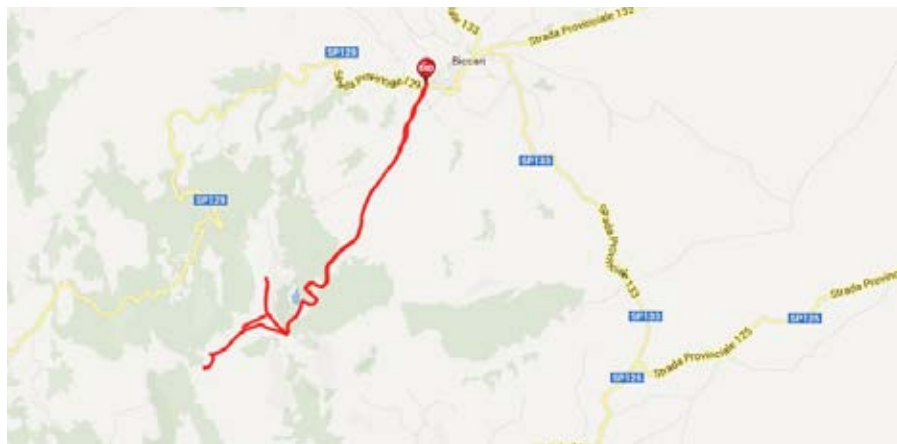
The Umbra Forest! An award that nature give to this region and to anyone who wants to discover it. If you are a runner you can't miss it! Starting from Caritate barracks, going on in the inland direction on a comfortable dirt patch, that, after few turn start climb and become a difficult and technical rise that brings you in a fantastic and different world. The Gargano's pulsating heart. The trail is not easy, very exciting for outdoor's lovers. The long ring tour go through a spring (a rarity in this area) and a forest of beech trees sunked in a continuous up and down. Satisfying for the duration and total detachment from the world around. To take on only with good training and perfect equipment.

## Stage IV – **DAUNIA TRAIL**

**LENGTH:** 16 km

**TECHNICALITY:** hard and in some part technical going up, fast

and very difficult downhill because of the disconnected trail. In The Monti Dauni area we suggest a short trail with a good distance + (more then 900 m+), that offer a going up to Puglia's



most high mountain, The Cornacchia.. Starting from Biccari central square (Matteotti square) we take a paved road that, with a height slope, go up straight the Cornacchia Top. We start with asphalt and get to dirt patch and then we get into a wood with his shadow till the Lake Pescara clearing. From here, on the left side, go up for 4 kilometers a very technical trail with stones that takes you on the top, 1151m D+. Unforgettable the panorama if you look in the east direction, with the Tavoliere reached out up to the Adriatic sea with its beautiful wheat and sunflowers fields. On the west side The Appennini and on the north side, in clear days, we can see the Maiella's profile.

Be careful when you downhill! The trail is steep and fast.... For lovers of this kind of running is fantastic!

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others Puglia's small guides

**LE MURGE**

▶ **GARGANO E DAUNIA**

**VALLE D'ITRIA**

**COSTA IONICA**

**SALENTO**

*[www.viaggiareinpuglia.it](http://www.viaggiareinpuglia.it)*



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