

PUGLIA

ITALY

MEDITERRANEAN

ADVENTURES

Hiking e-guide





ITALY



Primary trail

1. Via Francigena Via TRAIANA

Secondary trails

2. Via Francigena in Southern Italy

3. Via Traiana de Calabria

4. Via Micaelica

5. Camino Materano VIA PEUCETA

6. Camino Materano VIA ELLENICA



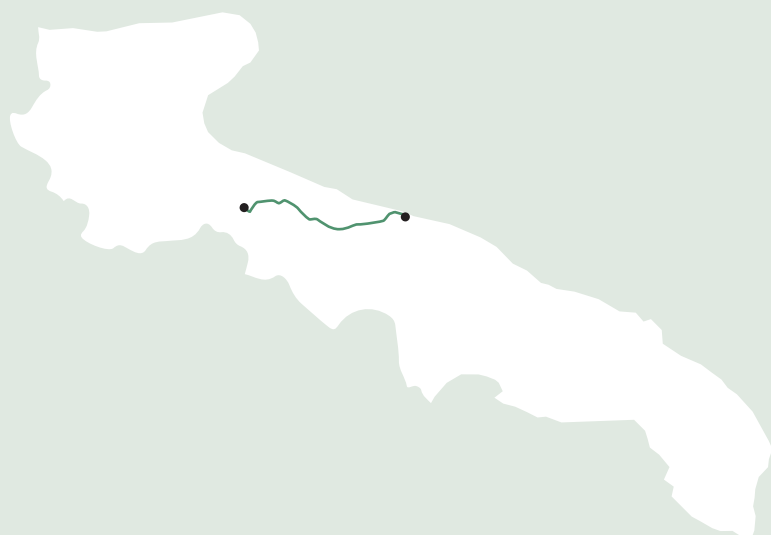
Puglia has always been a land of transit, a point where east meets west. Walks around the area centre on history, culture, spirituality, and nature. To the south, the Via Francigena leads travellers along the route followed by ancient pilgrims to Jerusalem, while the Cammino Materano allows them to become immersed in the area's most traditional aspects and features. Its country roads and ancient "tratturi" (sheep tracks) lead hikers through small villages and larger towns full of local artistry, where they can discover the true flavours both aesthetic and gastronomic of the region.





1. VIA FRANCIGENA

PUGLIA



VIA FRANCIGENA
VIA TRAIANA
from Canosa to Bari





1. VIA FRANCIGENA

from Canosa to Bari

PUGLIA

DISTANCE

90,5 km

DURATION

5 stages

ELEVATION GAIN

+486 m / -665 m

ALTITUDE

3 m - 268 m

START / FINISH

Canosa (Cathedral of Sant Sabino) / Bari (Basilica of Sant Nicolas)

BEST TIME TO VISIT

All year round, but in July and August, you'll need to bring lots of water as it will be very hot.

SIGNPOSTING

Vertical and horizontal directions.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

The walk is easy but travellers have to be fit for walking up to 6 hours. There are no technical parts and no special skills are required.





1.VIA FRANCIGENA from Canosa to Bari

PUGLIA

DESCRIPTION OF THE ROUTE

The Via Francigena is a Cultural Route recognized by the Council of Europe, with its final, southernmost leg starting from Rome and reaching Santa Maria di Leuca, Italy's Finibus Terrae.

The Via Francigena has several parts with different names along the way. The Via Traiana was built between 108 and 110 CE by the emperor Trajan in order to improve the coastal road system and facilitate communication with the east. Compared with the much older Via Appia, this new route made reaching Brindisi much easier for travellers, as it avoided the highland and made the most of the plains.

ATTRACTIONS ALONG THE ROUTE

- > Cathedral of St Sabino in Canosa di Puglia
- > Pre-Roman town of Ruvo di Puglia and the Jatta National Archaeological Museum
- > Ancient mediaeval village of *Santa Maria di Sovereto*
- > Bitonto' historial centre
- > Bari' historical centre

MORE INFORMATION: www.viaggiareinpuglia.it





1.VIA FRANCIGENA from Canosa to Bari

PUGLIA

STAGE 1 > **Canosa de Puglia – Andria**

START: Cathedral of Sant Sabino de Canosa

FINISH: Piazza Duomo d'Andria

DISTANCE

24,3 km

DURATION

6 h 00'

ELEVATION GAIN

+283 m / -239 m

STAGE 2 > **Andria - Corato**

START: Piazza Duomo d'Andria

FINISH: Church of Santa Maria Maggiore de Corato

DISTANCE

14,0 km

DURATION

4 h 00'

ELEVATION GAIN

+88 m / -12 m

STAGE 3 > **Corato – Ruvo di Puglia**

START: Church of Santa Maria Maggiore de Corato

FINISH: Cathedral of Ruvo di Puglia

DISTANCE

12,1 km

DURATION

3 h 00'

ELEVATION GAIN

+110 m / -80 m

STAGE 4 > **Ruvo di Puglia - Bitonto**

START: Cathedral of Ruvo di Puglia

FINISH: Cathedral of Bitonto

DISTANCE

18,4 km

DURATION

5 h 00'

ELEVATION GAIN

+5 m / -145 m

STAGE 5 > **Bitonto – Bari**

START: Cathedral of Bitonto

FINISH: Basilica of Sant Nicolas de Bari

DISTANCE

21,7 km

DURATION

6 h 00'

ELEVATION GAIN

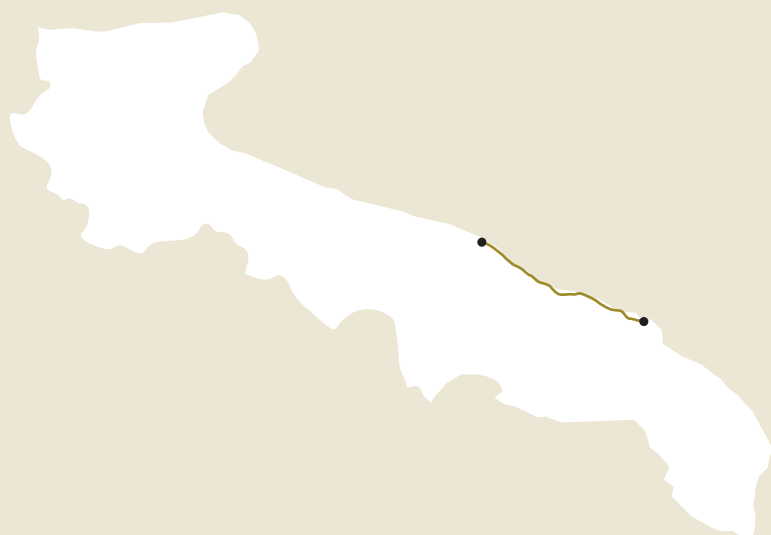
+79 m / -189 m





2. VIA FRANCIGENA IN SOUTHERN ITALY

PUGLIA



**VIA FRANCIGENA
IN SOUTHERN ITALY**
from Polignano a
mare to Brindisi





2. VIA FRANCIGENA IN SOUTHERN ITALY

from Polignano a mare to Brindisi

PUGLIA

DISTANCE

99,9 km

DURATION

6 stages

ELEVATION GAIN

+285 m / -305 m

ALTITUDE

0 m - 50 m

START / FINISH

Polignano a mare / Brindisi.

BEST TIME TO VISIT

All year round, but in July and August, you'll need to bring lots of water as it will be very hot.

SIGNPOSTING

Vertical and horizontal directions.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

The walk is easy but travellers have to be fit for walking up to 6 hours. There are no technical parts and no special skills are required.





2.VIA FRANCIGENA IN SOUTHERN ITALY

from Canosa to Bari

PUGLIA

DESCRIPTION OF THE ROUTE

From Bari, the Via Francigena follows the coast to the south and allows walkers to enjoy the beautiful landscapes of the maritime villages still redolent of the mediaeval Crusades.

ATTRACTIONS ALONG THE ROUTE

- > Polignano and Monopoli are very lively towns. In Polignano travellers can visit the Abbey of St Vito and the Madonna della Madia Cathedral. The route goes behind the sand dunes and passes through several areas of protected natural beauty, such as the Torre Guaceto reserve. The stunning historical centre of Brindisi is also unmissable.

MORE INFORMATION: www.viaggiareinpuglia.it





2.VIA FRANCIGENA IN SOUTHERN ITALY

from Canosa to Bari

PUGLIA

STAGE 1 > **Polignano a mare - Monopoli**

START: Polignano a mare

FINISH: Monopoli

DISTANCE

11,5 km

DURATION

3 h 00'

ELEVATION GAIN

+60 m / -75 m

STAGE 2 > **Monopoli - Savelletri**

START: Monopoli

FINISH: Savelletri

DISTANCE

20,8 km

DURATION

6h 00'

ELEVATION GAIN

+100 m / -100 m

STAGE 3 > **Savelletri - Torre Canne**

START: Savelletri

FINISH: Torre Canne

DISTANCE

10,0 km

DURATION

3 h 00'

ELEVATION GAIN

+20 m / -20 m

STAGE 4 > **Torre Canne - Torre Santa Sabina**

START: Torre Canne

FINISH: Torre Santa Sabina

DISTANCE

25,0 km

DURATION

7 h 00'

ELEVATION GAIN

+30 m / -30 m

STAGE 5 > **Torre Santa Sabina - Torre Guaceto**

START: Torre Santa Sabina

FINISH: Torre Guaceto

DISTANCE

11,3 km

DURATION

3 h 30'

ELEVATION GAIN

+10 m / -15 m

STAGE 6 > **Torre Guaceto - Brindisi**

START: Torre Guaceto

FINISH: Brindisi

DISTANCE

21,3 km

DURATION

5 h 00'

ELEVATION GAIN

+65 m / -65 m





3.VIA TRAIANA DE CALABRA

PUGLIA



VIA TRAIANA DE CALABRA
from Brindisi to
Santa Maria di Leuca





3. VIA TRAIANA DE CALABRA

from Brindisi to Santa Maria di Leuca

PUGLIA

DISTANCE

158,4 km

DURATION

7 stages

ELEVATION GAIN

+650 m / -480 m

ALTITUDE

0 m - 144 m

START / FINISH

Brindisi / Santa Maria di Leuca.

BEST TIME TO VISIT

All year round, but in July and August, you'll need to bring lots of water as it will be very hot.

SIGNPOSTING

Vertical and horizontal directions.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

The walk has no technical parts and no special skills are required, but walkers have to be fit for walking up to 8 1/2 hours.





3.VIA TRAIANA DE CALABRA from Brindisi PUGLIA to Santa Maria di Leuca

DESCRIPTION OF THE ROUTE

The Via Traiana Calabria was an ancient Roman road which extended the Via Traiana and connected Brindisi with the city of Hydruntum (Otranto), via Valesium and Lupiae (Lecce). It was built over an older Messapian way and gets its name from the fact that the Salento peninsula was called Calabria in Roman times. The Via Traiana-Calabra was therefore the natural extension of the more famous Via Francigena, the historic route that led from northern Europe to Rome.

ATTRACTIONS ALONG THE ROUTE

- > Lecce, Queen of the Baroque, whose historical centre houses many fine examples of architectural excellence, the cathedral of Otranto, famous for its wonderful mediaeval mosaics.

MORE INFORMATION: www.viaggiareinpuglia.it





3.VIA TRAIANA DE CALABRA from Brindisi to Santa Maria di Leuca

PUGLIA

STAGE 1 > **Brindisi - Torchiario**

START: Brindisi

FINISH: Torchiario

DISTANCE

23,0 km

DURATION

6 h 00'

ELEVATION GAIN

+90 m / -75 m

STAGE 2 > **Torchiario - Lecce**

START: Torchiario

FINISH: Lecce

DISTANCE

22,0 km

DURATION

6h 00'

ELEVATION GAIN

+45 m / -15 m

STAGE 3 > **Lecce - Martano**

START: Lecce

FINISH: Martano

DISTANCE

30,0 km

DURATION

8 h 30'

ELEVATION GAIN

+55 m / -25 m

STAGE 4 > **Martano - Otranto**

START: Martano

FINISH: Otranto

DISTANCE

29,7 km

DURATION

8 h 30'

ELEVATION GAIN

+180 m / -105 m

STAGE 5 > **Otranto - Vinacastri**

START: Otranto

FINISH: Vinacastri

DISTANCE

21,9 km

DURATION

6 h 00'

ELEVATION GAIN

+140 m / -90 m

STAGE 6 > **Vignacastri - Caprarica**

START: Vignacastri

FINISH: Caprarica

DISTANCE

14,3 km

DURATION

4 h 00'

ELEVATION GAIN

+60 m / -50 m

STAGE 6 > **Caprarica - Leuca**

START: Caprarica

FINISH: Leuca

DISTANCE

17,5 km

DURATION

5 h 00'

ELEVATION GAIN

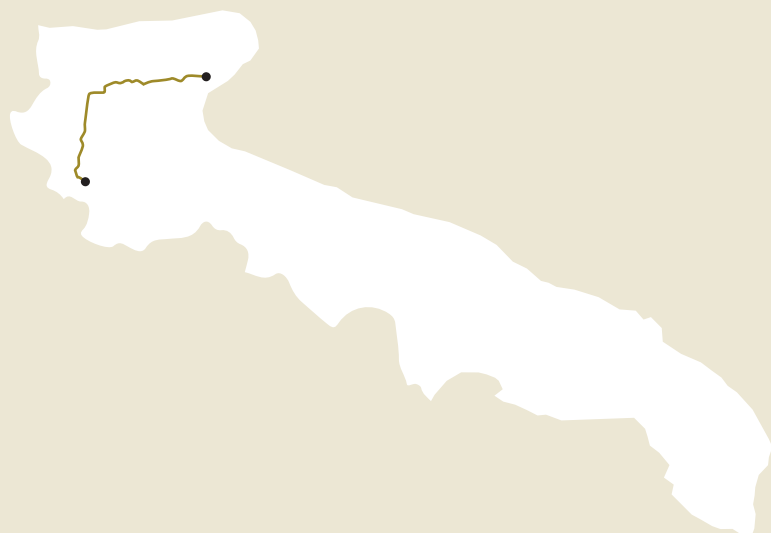
+80 m / -120 m





4.VIA MICAELICA

PUGLIA



VIA MICAELICA
from Troia to
Monte Sant'Angelo





4.VIA MICAELICA

from Troia to Monte Sant'Angelo

PUGLIA

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
107 km	5 stages	+1.505 m / -1.170 m	40 m - 864 m

START / FINISH

Troia / Monte Sant'Angelo.

BEST TIME TO VISIT

All year round, but in July and August, you'll need to bring lots of water as it will be very hot.

SIGNPOSTING

Vertical and horizontal directions.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

The walk has no technical parts and no special skills are required but walkers have to be fit for walking up to 7 hours.





4. **VIA MICAELICA** from Troia to Monte Sant'Angelo

PUGLIA

DESCRIPTION OF THE ROUTE

The Via Michaelica is a pilgrimage route dating back to the Middle Ages which crossed the whole of Europe, from north to south, linking Mont Saint-Michel in Normandy to the ancient sanctuary of Gargano, dedicated since the Byzantine era (5th century CE) to the Archangel Michael.

ATTRACTIONS ALONG THE ROUTE

- > Lucera cathedral.
- > Sanctuary of Santa Maria di Stignano.
- > Sanctuary of St. Matthew the Apostle in San Marco in Lamis, on the slopes of Mount Celano.
- > San Giovanni Rotondo, home to the modern sanctuary of St Pio.
- > Breathtaking landscapes with forests and views stretching out to sea on the approach to Monte Sant'Angelo and the "Sacro Speco" ("Holy Cave").

MORE INFORMATION: www.viaggiareinpuglia.it





4. VIA MICAELICA from Troia to Monte Sant'Angelo

PUGLIA

STAGE 1 > **Troia - Lucera**

START: Troia

FINISH: Troia to Lucera

DISTANCE

19,0 km

DURATION

5 h 30'

ELEVATION GAIN

+65 m / -335 m

STAGE 2 > **Lucera - San Severo**

START: Lucera

FINISH: San Severo

DISTANCE

20,0 km

DURATION

6h 00'

ELEVATION GAIN

+70 m / -220 m

STAGE 3 > **San Severo - Stignano**

START: San Severo

FINISH: Stignano

DISTANCE

21,0 km

DURATION

6 h 00'

ELEVATION GAIN

+235 m / -50 m

STAGE 4 > **Stignano - San Giovanni Rotondo**

START: Stignano

FINISH: San Giovanni Rotondo

DISTANCE

23,0 km

DURATION

6 h 30'

ELEVATION GAIN

+625 m / -320 m

STAGE 5 > **San Giovanni R. - Monte Sant'A.**

START: San Giovanni Rotondo

FINISH: Monte Sant'Angelo

DISTANCE

24,0 km

DURATION

7 h 00'

ELEVATION GAIN

+510 m / -245 m





5.CAMINO MATERANO

PUGLIA



CAMINO MATERANO

VIA PEUCETA

from Bari to Matera





5. CAMINO MATERANO

from Bari to Matera

PUGLIA

DISTANCE

167 km

DURATION

7 stages

ELEVATION GAIN

+2.195 m / -1.905 m

ALTITUDE

0 m - 480 m

START / FINISH

Bari / Matera.

BEST TIME TO VISIT

All year round, but in July and August, you'll need to bring lots of water as it will be very hot.

SIGNPOSTING

Vertical and horizontal directions.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

The walk has no technical parts and no special skills are required but walkers have to be fit for walking up to 8 hours.





5. CAMINO MATERANO from Bari to Matera

PUGLIA

DESCRIPTION OF THE ROUTE

A walk from the Basilica of St Nicholas in Bari, a symbolic place of pilgrimage in Puglia, and through the ancient region of Peucetia: from the characteristic olive groves that typify the coastal plains, through the grasslands and oak- and conifer- forests of the Murgian plateau, to the karst depressions (grottoes and ravines) that make up the captivating, craggy scenery that is home to Gravina in Puglia and Matera. The route is 170 km in length, and walkers are easily able to discover the incredibly rich cultural heritage of Puglia and Basilicata: cathedrals, mediaeval villages, cave churches, and Greek and Roman ruins, farmhouses, “trulli” (dry stone huts), dry stone walls – as well as incredible food and wine full of flavours invoking the area’s authentic country tradition.

ATTRACTIONS ALONG THE ROUTE

- > Mediaeval town of Bitetto.
- > Cassano Delle Murge small historical centre surrounded by lush vegetation.
- > Murgesi horses in Santeramo in Colle.
- > Murgia National Park.
- > Altamura historical centre.
- > Matera, a World Heritage city built on a rocky outcrop famous for its extensive complex of carved cave dwellings and churches.

MORE INFORMATION: www.viaggiareinpuglia.it





5. CAMINO MATERANO from Bari to Matera

PUGLIA

STAGE 1 > **Bari - Bitetto**

START: Bari

FINISH: Bitetto

DISTANCE

17,0 km

DURATION

5 h 00'

ELEVATION GAIN

+160 m / -40 m

STAGE 2 > **Bitetto - Cassano delle Murge**

START: Bitetto

FINISH: Cassano delle Murge

DISTANCE

25,0 km

DURATION

7h 00'

ELEVATION GAIN

+275 m / -75 m

STAGE 3 > **Cassano delle M. - S. in Colle**

START: Cassano delle Murge

FINISH: Santeramo in Colle

DISTANCE

22,0 km

DURATION

6 h 00'

ELEVATION GAIN

+375 m / -230 m

STAGE 4 > **Santeramo in Colle - Altamura**

START: Santeramo in Colle

FINISH: Altamura

DISTANCE

24,0 km

DURATION

7 h 00'

ELEVATION GAIN

+250 m / -280 m

STAGE 5 > **Altamura - Gravina in Puglia**

START: Altamura

FINISH: Gravina in Puglia

DISTANCE

20,0 km

DURATION

6 h 00'

ELEVATION GAIN

+130 m / -280 m

STAGE 6 > **Gravina in Puglia - Picciano**

START: Gravina in Puglia

FINISH: Picciano

DISTANCE

30,0 km

DURATION

8 h 30'

ELEVATION GAIN

+555 m / -490 m

STAGE 7 > **Picciano - Matera**

START: Picciano

FINISH: Matera

DISTANCE

29,0 km

DURATION

8 h 00'

ELEVATION GAIN

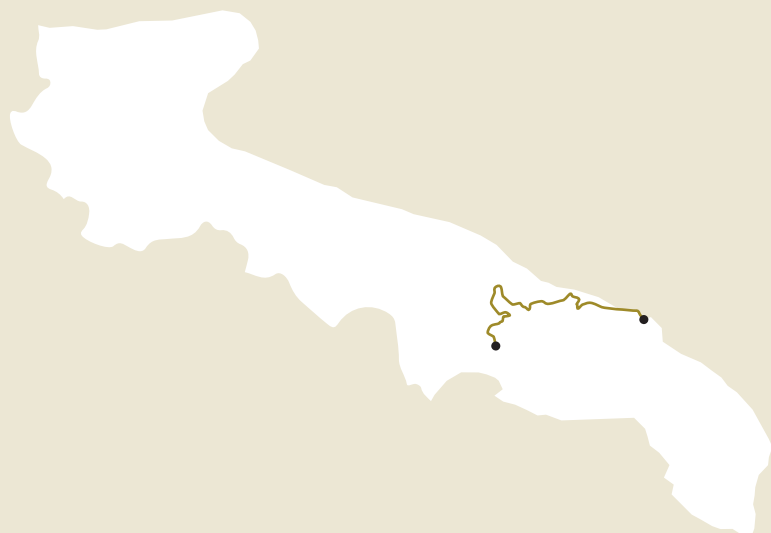
+450 m / -510 m





6. CAMINO MATERANO

PUGLIA



CAMINO MATERANO

VIA ELLENICA
from Brindisi
to Crispiano





6. CAMINO MATERANO

from Brindisi to Crispiano

PUGLIA

DISTANCE

163 km

DURATION

8 stages

ELEVATION GAIN

+1.665 m / -1.460 m

ALTITUDE

0 m - 505 m

START / FINISH

Brindisi / Crispiano.

BEST TIME TO VISIT

All year round, but in July and August, you'll need to bring lots of water as it will be very hot.

SIGNPOSTING

Vertical and horizontal directions.

TECHNICAL DIFFICULTY / PHYSICAL DEMANDS

The walk has no technical parts and no special skills are required but walkers have to be fit for walking up to 8 hours.





6. CAMINO MATERANO from Brindisi to Crispiano

PUGLIA

DESCRIPTION OF THE ROUTE

This enchanting walk connects two UNESCO heritage sites (*the Sassi of Matera and the Trulli of Alberobello*): charming villages in the Itria Valley and the natural paradise of the *Parco delle Gravine* ("Parco Terra delle Gravine"), an extraordinary open-air museum focusing on cave civilization.

ATTRACTIONS ALONG THE ROUTE

- > Itria Valley with the "trulli" (*traditional dry stone huts*), farms and vegetable gardens.
- > Cisternino, Locorotondo and Alberobello, with their characteristic historical centres of rural origin.
- > Martina Franca, with its elegant buildings from the modern era.
- > Pianelle Forest, with its many varieties of plant life.
- > Crispiano, the gateway to the "Land of the Ravines".

MORE INFORMATION: www.viaggiareinpuglia.it





6. CAMINO MATERANO from Brindisi to Crispiano

PUGLIA

STAGE 1 > **Brindisi - Serranova**

START: Brindisi

FINISH: Serranova

DISTANCE

26,2 km

DURATION

7 h 30'

ELEVATION GAIN

+65 m / -30 m

STAGE 2 > **Serranova - Carovigno**

START: Serranova

FINISH: Carovigno

DISTANCE

13,2 km

DURATION

4 h 00'

ELEVATION GAIN

+155 m / -70 m

STAGE 3 > **Carovigno - S. Maria di Agnano**

START: Carovigno

FINISH: Santa Maria di Agnano

DISTANCE

18,0 km

DURATION

5 h 00'

ELEVATION GAIN

+265 m / -190 m

STAGE 4 > **S. Maria di Agnano - Cisternino**

START: Santa Maria di Agnano

FINISH: Cisternino

DISTANCE

19,5 km

DURATION

5 h 30'

ELEVATION GAIN

+410 m / -245 m





6. CAMINO MATERANO from Brindisi to Crispiano

PUGLIA

STAGE 5 > **Cisternino - Locorotondo**

START: Cisternino

FINISH: Locorotondo

DISTANCE

17,0 km

DURATION

5 h 00'

ELEVATION GAIN

+185 m / -160 m

STAGE 6 > **Locorotondo - Alberobello**

START: Locorotondo

FINISH: Alberobello

DISTANCE

23,0 km

DURATION

6h 30'

ELEVATION GAIN

+170 m / -175 m

STAGE 7 > **Alberobello - Martina Franca**

START: Alberobello

FINISH: Martina Franca

DISTANCE

19,0 km

DURATION

5 h 30'

ELEVATION GAIN

+210 m / -230 m

STAGE 8 > **Martina Franca - Crispiano**

START: Martina Franca

FINISH: Crispiano

DISTANCE

27,4 km

DURATION

8 h 00'

ELEVATION GAIN

+205 m / -360 m





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