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TERRITORY: IONIAN SEA & ADRIATIC SEA

TEMPOTEST MARINE: HIGH-END MARINE

SUZUKI ITALIA: HOW TO CHOOSE YOUR IDEAL

THE PASSION OF THE MARINUCCI FAMILY

THE SUCCESS OF CATAMARANS IN ITALIAN

ELVSTROM SAILS: CHOOSE THE IDEAL SAIL

TO MAKE YOUR DREAM COME TRUE

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EASY HARBOR: THE APP FOR RENTING AND

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ZP DISSALATORI: THE FRESH WATER YOU

ALWAYS WANTED FOR YOUR BOAT

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Northern Ionian Sea for a curious yachtsman may, however, offer very interesting and fascinating cues. All along the Apulian Coast, starting from Campomarino di Maruggio to the south, there is a pleasant succession of white beaches and beautiful little towns including Santa Caterina di Nardò, Santa Maria al Bagno, Gallipoli, and Porto Cesareo. Those who decide to come sailing in these waters in summer can count on a pleasantly stable climate, clean water, and little yachting traffic. The Ionian Sea occupies the central part of the Mediterranean Sea and is the basin featuring the deepest depths, exceeding 5,000 metres in some places. These abysses contain fossils from ancient times in their waters. Given its large size, the Ionian basin is split into two sub-basins, namely the Northern Ionian and the Southern Ionian. Currents The currents which flow throughout the Ionian Sea substantially affect all the depth of the water column, with more difficulty in the abyssal zones and, being in the centre of the Mediterranean Sea, they almost always come For instance, along the African coasts, a branch of the Atlantic surface current arrives from West (W) towards East (E) and enters the Mediterranean Sea to compensate for the increased evaporation. On the surface, since the water surface is very large, the currents we observe in the Ionian Sea are generally of low intensity and very much influenced by the winds blowing there. This situation sometimes changes dramatically in the areas bordering on the surrounding seas, where considerable water exchanges are detected. Through the Strait of Otranto, on the Italian side, we generally observe an outflow of fresher surface water from the Adriatic Sea, while the incoming current is found on the eastern side. As with most currents, especially surface currents, these exchanges are changeable in direction and

Calabria, on the other hand, with the exception of Capo Rizzuto, is still not finding the right path. It has to be said that some areas, including Reggio Calabria and Locride, are under the fierce control of the organised underworld. It should be emphasised that these areas are the most underdeveloped and poorly maintained in every respect, with a level of neglect which at times is hardly bearable. A cruise along the coasts of the

intensity, being influenced by strong winds, tides, and other factors. We

may therefore observe temporary flow reversals also here in the Strait of

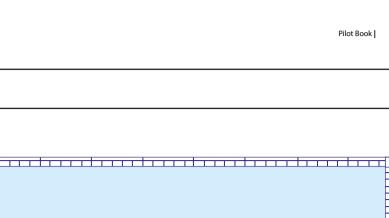
Otranto, especially on the Italian side. Also in the middle layer, at a depth

of about 400 metres, we observe saltier currents entering the Adriatic Sea,

which tend to run along the eastern side, while colder currents exit along the

western side. The Hellenic coast is lapped by two currents - one superficial

and one intermediate, so-called Levantine as it comes from the Eastern



WARNINGS: Gregale (North-Easterly Wind) and Levanter (Easterly Wind) create

undertow and make it difficult to manoeuvre in and out of the Harbour. The inner side of

the Molo Sant'Antonio Pier. near the L-shaped section, tends to silt up, achieving

draughts of less than half a metre. It is therefore advisable to sail in the middle of the

Channel, which is normally kept at 3 metres by excavation works. To approach the

moorings, it is necessary to contact the Harbour on VHF Channel 16 beforehand asking

HARBOUR MASTER'S OFFICE: Locamare in Trani - Phone No. +39 0883 583 763 -

API FUELLING STATION: Located right next to the Fortress of Trani on the Molo di

Sant'Antonio Pier, it accepts boats up to 45-metre long with a max. draught between 2.90

FUELLING STATIONS: Phone No. +39 080 222 2143 - www.boat-fuelling.com

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FLY.3s3M

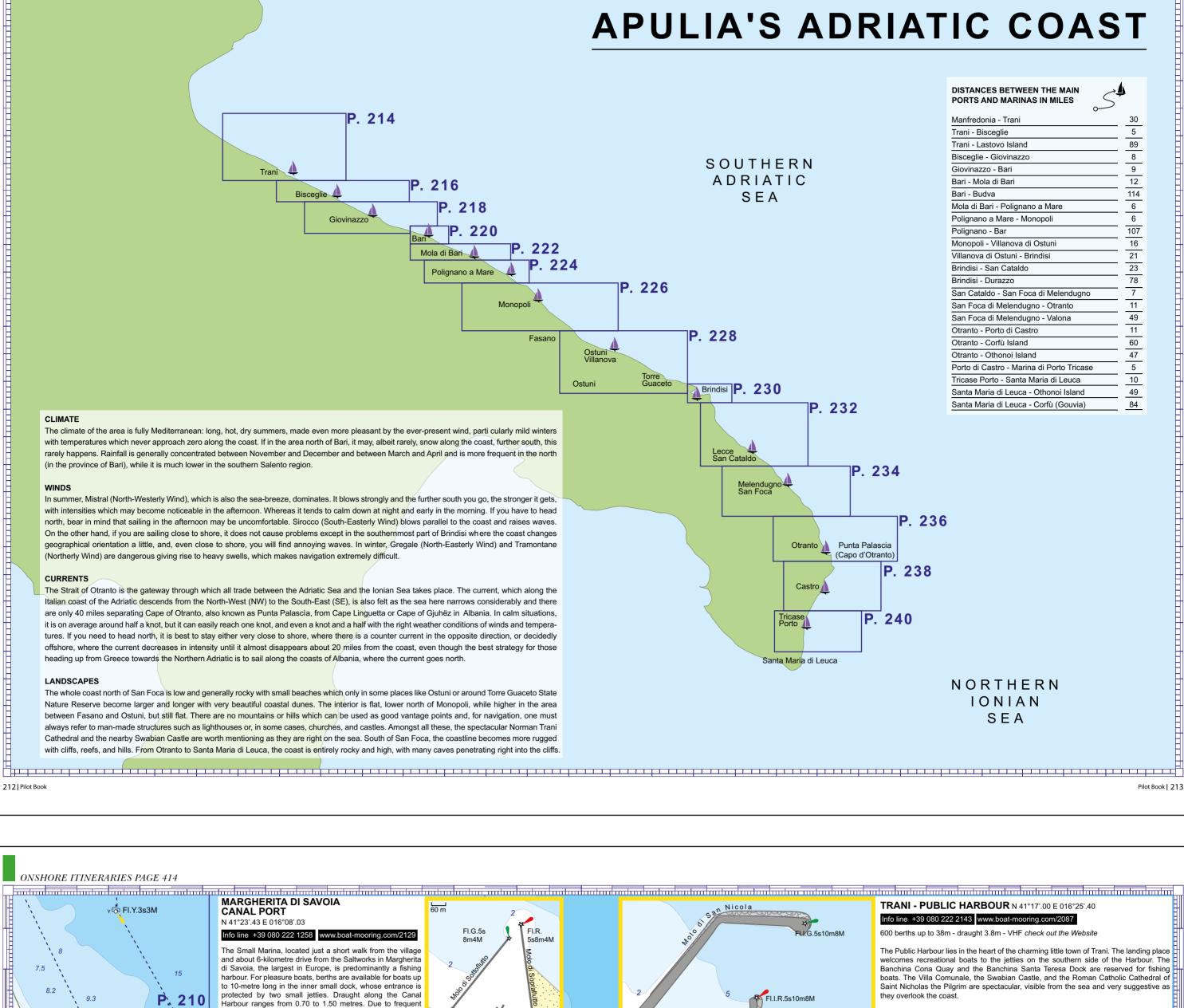
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Municipality of Bisceglie: 54.300 inhab

Municipality of Molfetta: 59.700 inhab.

SOUTHERN ADRIATIC SEA



silting-up, entry and exit manoeuvres should be carried out as

close as possible to the head of the Molo di Sopraflutto or

Outer Breakwater sailing at a speed of less than 2 knots. It is

not recommended to enter and leave the Harbour in unfavou-

rable weather conditions. Particularly dangerous are winds

from the northern quadrants blowing through the entrance to

the Canal. Before entering the Harbour, it is advisable to contact the Harbour Master's Office beforehand.

FUELLING STATIONS: Phone No. +39 080 222 1258

11.7

FI.Y.3s3M

FI.Y.3s3M

MOLFETTA - PUBLIC PORT & YACHTING CLUB

150 berths up to 15m - draught 3.5m - VHF check out the Website

The Public Harbour, which lies in the heart of the picturesque little town of Molfetta, is a major fishing port, but it does have some berths for recreational boats at the jetties along the Banchina San Domenico Quay. There is also a shipyard on the south-ea-

FREE MOORINGS: In front of the Cathedral, there are a number of free moorings

which can be approached alongside subject to prior authorisation issued by the

WARNINGS: The entrance to the Harbour is dangerous with Gregale (North-Easterly Wind) generating surging breakers at the entrance. The extension of the Diga Antemurale or Detached Breakwater is currently underway. For this reason, when entering, leave the green light and the two adjacent yellow buoys to your starboard (right) side and the third yellow beacon to your left. Keep at least 30 metres from the

HARBOUR MASTER'S OFFICE: Compamare in Molfetta - Phone No. +39 080 397 1076 - VHF 16

ked breakwaters. The Harbour is subject to VTS (Vessel Traffic Service).

SHIP CHANDLER FORNIMARE: Nicola's Phone No. +39 080 335 5011

FUELLING STATIONS: Phone No. +39 080 222 2143 - www.boat-fuelling.com

head of the Molo Foraneo or Outer Breakwater at a maximum speed of 3 knots. Inside the Harbour basin, line up with the two green lights, keeping central to avoid the Shoal of San Domenico, between the green lights and the isolated warning sign. To reach Piers 2 & 3, which are dedicated to recreational boating, it is necessary to go around the above-mentioned isolated warning sign from the outside, keeping a safe distance. Pier 1, at the head of the Molo Pennello or Groyne, can be reached directly by passing the green light in the middle of the basin. Access at night is not recommended. It is advisable to ask for the assistance of the mooring operators who usually convoy boats in transit. To access the shippard and the refuelling station, pass inside the two red buoys in front of the shippard. It is advisable to contact the mooring crew in advance and wait for instructions. Along the coast, east of the Molo Foraneo or Outer Breakwater, there are three partially submerged and unmar-

N 41°12' 77 F 016°35' 47 Info line +39 080 222 0497

stern side of the Harbour basin.

Harbour Master's Office.

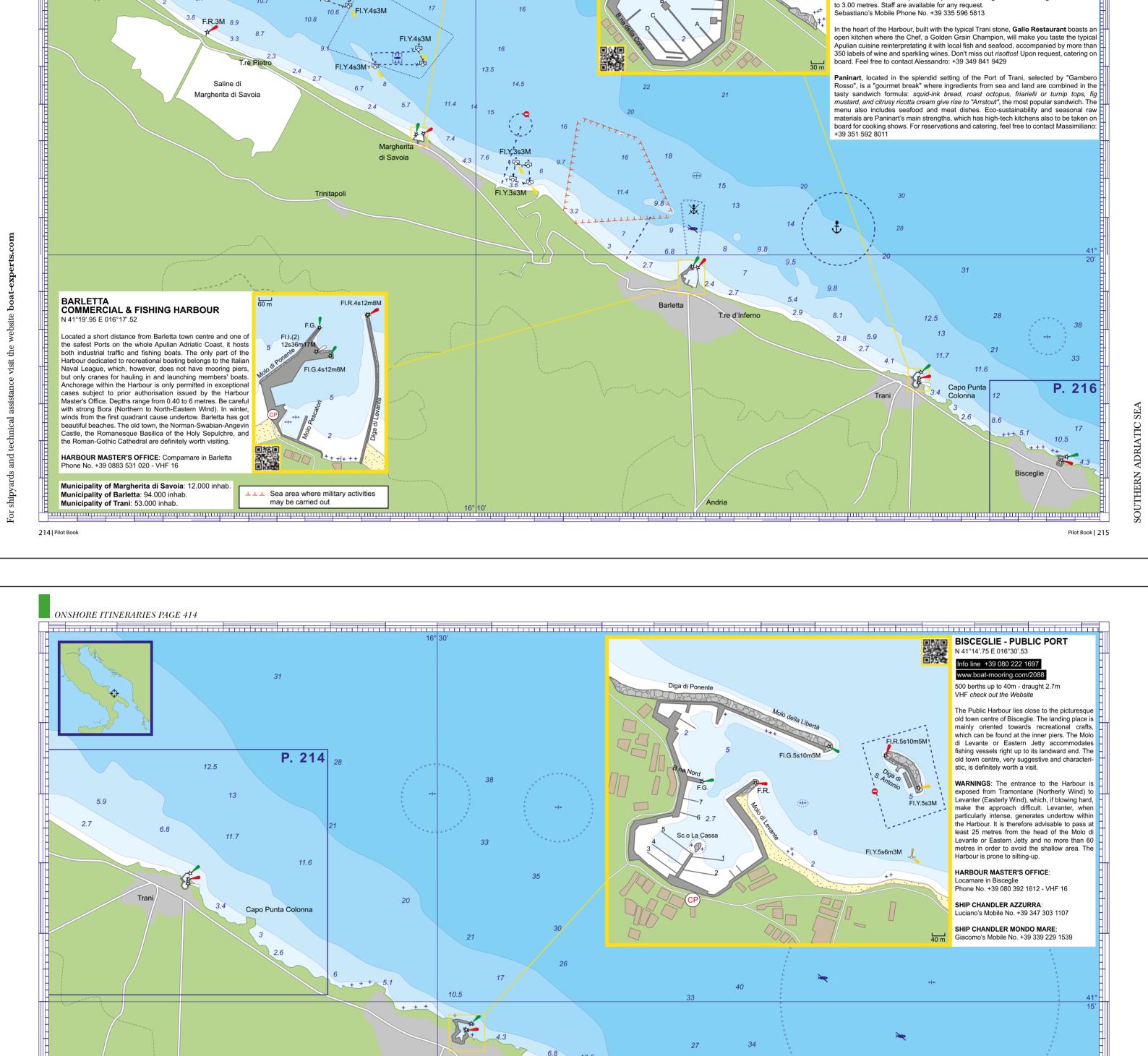
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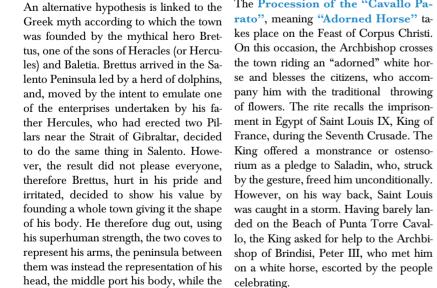
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Zapponeta







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The Port of Brindisi, one of the most

important tourist, commercial, and

industrial harbours located along the

harbour basins: inner, medium, and

CURIOSITIES

The shape of the Port of Brindisi recalls

the "head of a deer" with antlers to the

left, which determined the origin of the

town's name. The name "Brindisi" derives

in fact from "Brention", the Messapian or

Iapigian word meaning "deer", then chan-

ged to Greek "Brentèsion", meaning "Red

Deer's Head", and in Latin "Brundisium".

Indies, and the "East Cove". Its strategic

position also allows you to easily reach

by sea the main places along the Greek

and Albanian coasts, while by land, it

is an excellent starting point for visiting

mouths of the two small rivers flowing on

the site, formed his legs. Finally, last tou-

ch, he also formed the Island of Saint Andrew which, by a subtle irony, is the first

part of the town that can be seen coming

The Procession of the "Cavallo Pa-

EVENTS

outer. The Inner Harbour is formed by the old town-centre of Brindisi from the

two deep creeks embracing the old town square right in front of the Port, which

the area of the Port has been completely

redeveloped in order to allow a safe

mooring. Also available is the prestigious

Cantiere Danese shipyard which, since

1959, has been a reference point for

pleasure boating.

 \overline{Come}

MUOVERSI

For over 30 years, the staff of Zacca-

ria Viaggi has been dealing with tou-

rist transport in the province of Brin-

disi and its surroundings. It provides

luxury cars, minivans, minibuses, and

Le Colonne Viaggi, thanks to their

sector and the hospitality of Fabiola

and Giancarlo, arranges local tours,

even individual ones, to explore the

wonderful places of the Apulian ter-

ritory, rich in history, culture, art, na-

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SAVE the



MURGIA NATIONAL PARK The High Murgia National Park (established in 2004 and distributed among 13 municipalities of the Metropolitan City of Bari and the Province of Barletta-Andria-Trani) is a strip covering 68,077 hectares which stretches across the Adriatic Sea, Central Apulia, and the border with Basilicata. A route through the Park (starting from the Contrada Ferrata Jazzo Rosso visitor centre, nearby Ruvo di Puglia) allows you to discover how the hand of man has slowly softened and bent the primordial harshness of nature to its own advantage - first of all, through sheep farming. The succession of sinkholes, canvons, caves and limestone deposits has in fact been exploited for millennia as a natural refuge and for the

1) CASTEL DEL MONTE:

are currently interpreted as a grandiose architectural allegory

of a power combining human and divine through geometry,

the Province of Lecce. In its expressive forward fugue, the

sumptuousness of Baroque Lecce preserves a strong link with

ancient classicism: crucial in this sense is Piazza Sant'Oronzo,

an oval-shaped square whose floor is decorated with a mosaic

depicting Lecce's coat of arms (a She-wolf similar to the Ca-

pitoline one) and the 29-metre high Saint's Column. Next to

the square is the Roman Amphitheatre dating back to the 2nd

century AD, which at the time of its construction (2nd century

The beauties of Taranto outline an evocative and tech-

nological town, where you may perceive at the highest

levels the sense of dynamism and constant evolution

of the seafaring culture. Its beauties are equally distributed between the Old and the New Town. The Old Town is an

island limited to north and south by two bridges (the Bridge of the Neapolitan Gate and the Swing Bridge of Saint Francis of

Paola, inaugurated in 1887), and separates the semi-enclosed

basins (the outer Mar Grande Basin and the inner Mar Piccolo

Basin) which have earned Taranto the nickname of City of

Two Seas. The pride of the Old Town is the Cathedral dedi-

cated to Saint Catald, which admirably combines the original

10th-century Byzantine structure with the Baroque triumph of

the 18th-century façade and the Cappellone or Large Chapel

(where the Patron Saint's relics are kept). The New Town in

turn blends maritime imagination and historical memory in

the Italian Sailor Monument (7m high and located on the op-

posite bank of the Aragonese Castle, the south-western edge of

the Old Town, symbolising the continuity between Taranto's

past and present) and in a masterpiece full of nautical mate-

rials, shapes and colours such as the Great Mother of God

Co-Cathedral - designed by Giò Ponti in 1967, featured by

AD) was able to accommodate up to 20,000 spectators.

A SEA OF TECHNOLOGY

10) TARANTO:

APULIA'S ICON

astronomy, and science.

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construction of churches and underground villages, but there

Bari - were discovered in 1938 by the speleologist Franco Anel-

li (whom the adjacent Speleological Museum is also named

after). The ancestral dimension, the bright colours, the

dise for speleologists, is also a place of interest for lovers of greenery (who can move among the few remaining examples in the world, a UNESCO World Heritage Site since 1996, in Europe of steppe and Mediterranean prairie, dominated an imperishable memory of the Swabian imperial power: an by downy oaks, thorny oaks, Turkey oaks, and hawthorns) Apulia's worldwide icon. Frederick ordered its construction in 1240, and, at his death in 1250, it had not been completed yet: and history (with the greatest vestiges of the power of Fredeit is believed, however, that Frederick himself established the rick II: besides the afore-mentioned Castel del Monte, the construction guidelines, from the choice of the site (at 540m equally precious Swabian Castle in Gravina in Puglia). overlooking the Western Murge Plateau at about 20km away from present-day Andria) to the shape, full of symbols which 3) CASTELLANA'S CAVES:

alternation between darkness and blinding luminosi-2) NATURE BECOMES ty featuring the Caves has led scholars and explorers to give different spaces names with fantastic and literary connotations: HISTORY IN THE HIGH if the entrance to the Caves is in medias res, without preamble, with a 60-metre deep chasm significantly called La Grave, fantasy lovers "will meet their match" strolling through the following spaces - ranging from the White Cave to the Black Cave, from the Corridor of the Snake to the Cavern of the Precipice, from the Crystal Lake to the Cavern of the Owl. 4) THE WHITE SWINGING OF ALBEROBELLO'S TRULLI Although their dome shape and placement in a context of dazzling and ancestral luminosity may suggest an ancient origin, the root of the iconic Trulli of Alberobello is relatively recent and rather practical: the construction criteria were established in the 17th century by Giangirolamo II Acquaviva d'Aragona, Count of Conversano, who imposed

APULIA'S

TOP BITES & SIPS

The spacious, sunny and water-rich territories of

Apulia make cereals the centre of the regional cuisi-

ne: essentially, every town or village boasts its own type of

bread (known throughout Italy as Altamura's), and there is no

recipe in which bread is the key ingredient, as in anchovies arreganate (wrapped in crumbs of stale bread, oregano, and

baked in the oven). Also famous are friselle (taralli made of

durum wheat flour cut horizontally in half and made crispy in the oven). When talking about taralli, we remind you that their glazed version is one of the most popular Christmas sweets in

the whole region: Saint Lucy's Eyes. No Apulian lunch can

be said to be such without pasta dishes such as cavatelli,

bavette, strascinati (using sfèrre), maccheroni, làgane (similar

to lasagnette) or orecchiette and without tiella (rice, potatoes, and mussels). It is also surprising for a region so exposed to

the sea the richness of meat-based dishes, such as: Ba-

ri-style chops (beef rolls stuffed with ham, pecorino cheese,

and flavourings), gnummareddi (rolls stuffed with lamb offal),

small livers of Laterza. The above-mentioned richness of water

allows the cultivation of fruits and vegetables requiring

a greater quantity, among these: artichokes, savoy cabbage,

melons, and lampasciòni (similar to spring onions preserved

end for a decade to the struggles that, the town, culminating in revolts and at-fled south to Brundisium, which was the after the assassination of Julius Caesar, tempts to gain autonomy in the period temporary government seat of Italy for had seen Octavian, Antony, and Lepi- 1647-1650. During this period, the town six months, as well as becoming the seat dus opposing each other. In 19 BC, the was a centre of promotion and defence of the Allied Command for the Lower poet Virgil died of fever in Brundisium, of the Catholic faith: the departure of Adriatic Sea.

HISTORY

The origins of Brundisium (mo-

dern Brindisi) are attributed to the

Mycenæans, who would populate the

town starting from the 16th century

Mycenæans and Illyrians would have

given birth to the Messapians, who

completed the conquest of Brundisium

Greece, and the East, thanks also to the

Emilia /Romagna ONSHORE ITINERARIES Sailors are explorers and by nature curious and adventurous, and they

the sea and its secrets, sailors also enjoy exploring the places where Ports are not just somewhere to find shelter, water and electricity, but can be the starting point for visits inland. With this in mind, we have gathered the information in the following pages to help you explore the hinterland and to recommend the attractions that we enjoyed most.

From extensive on-site research and with advice from locals, we have selected the places, museums, archaeological sites, villages, parks, festivities and events that we believe best reflect the real essence of the island. picked a few trustworthy professionals, connoisseurs of the territory, who can introduce you to some of the treasures of the island and meet your needs and rehow to get to them, they can usually arrange transport, with a private

driver if needed. You can also re-

quest a tour guide to organize and

the construction of the new dwellings using dry stone with whi-

te limestone from the Murge Plateau and without mortar, so

that they could be quickly demolished and not pay the taxes

of Saint Anthony of Padua.

5) THE SWEET LIGHT OF

MEMORIES IN BARLETTA

Land is kept. The Challenge Winery, on the other hand, is

the ancient tavern where it is believed that the incident at

the origin of the Barletta Challenge of 1513 between French

and Italian knights broke out. Finally, Barletta was an active

participant in the war events of the 20th century: honoured

with two gold medals for civil valour and military valour, the

town offers a space for reflection in the Memorial Ossuary of

the Fallen Slavs, built between 1968 and 1970 in the town's

cemetery in parallel with the twinning with the Croatian town

of Herceg Novi (Castelnuovo or New Castle).

TRANI'S CATHEDRAL

Friulia Page.

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e Urbino

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with Prokonnesian marble, it is nearly gical Museum "Francesco Ribez- thanks to the many protected areas that

19-metre high. On its base, there is an zo": a Loggia with two Gothic-style may be visited, such as: the Regional

inscription which recalls how Brindisi arches in Carparo golden stone, inter-Oriented Nature Reserve "Woods

was rebuilt after the Saracen Assau- posed with a Greek marble column. Its of Saint Theresa & Lucci Park", the

lt in 838. Also the Swabian Castle, origin, uncertain, is perhaps linked to Wildlife Protection Oasis of the

known as "Earth Castle", stands out the first town's Archiepiscopal Palace. Artificial Water Reservoir and Cilin the heart of the town. Built in 1227 It is worth mentioning the Temple or larese Park, the area of historical

on the will of Emperor Frederick II of Church of Saint-John the Baptist and natural interest "Punta Penne Swabia, it was constantly enlarged over of the Holy Sepulchre, located in & Punta del Serrone Reserve", and

the centuries, as evidenced by the four the small square of the same name. The the Marine Protected Area of Tor-

BC. The subsequent merger between starting from 1070, during the Crusa- only, thanks to the opening of the Suez

Land. Emperor Frederick II of Swabia

in the 8th century BC and turned it into loved Brundisium very much. That's rial Indian Mail Train, the London to

a major bronze processing and trading why, he chose it both for his marriage Bombay & Calcutta train route through

centre. The Roman conquest, which to Isabella II of Brienne (1225) at the France, Italy, and Egypt, and was also

occurred in 267 BC, made Brundisium Cathedral and as his departure base connected by train to London and by

a key port of call to the Aegean Sea, to the Sixth Crusade (1227). Subse- steamship to Alexandria in Egypt. Fi-

effective connection with the Appian sium were a brief Venetian domination in the events of the Second World War:

Way and the Trajan Way. The Peace (1496-1509) and the longest Spanish after September 8th, 1943, King Victor

Treaty of Brundisium in 40 BC put an presence, which saw a deep decline of Emmanuel III escaped from Rome and

where he had found home, peace, and the Christian troops for the Naval Battle

inspiration. The Barbarian occupations of Lepanto (1571) came from Brundi-

saw the presence of the Goths, the Lom-sium. First an Austrian (1707-1734) and

bards, and the Byzantines. Brundisium then a Bourbon possession (from 1775

was sacked by the Saracens during a until the Risorgimento or Unification

massive Siege in 838, which led to its of Italian States), Brundisium regained

destruction. Occupied by the Normans commercial strength starting from 1869

des, Brundisium was one of the chief Canal. The town became the European

points of embarkation towards the Holy terminal for the British project named

quent stages in the history of Brundi- nally, Brundisium played a crucial role

Valigia delle Indie, meaning Impe-

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circular bastions added in 1488 by Fer- Temple was built in the 11th century by re Guaceto.

390-391 Ancona **Page** 394-395 Page Ascoli P 396-397 **Page** 404-405 Page Page 402-403 412-413 long to see the world from different Abruzzo Molise Tyrrhenian Sea accompany you on your trips.

> To this end, we have divided the island into four areas: on each page we have marked all the Visitor Friendly ports with page we have added useful contacts for exploring inland. to use while following your route on the chart, find the page number with the corresponding itinerary at the upper left corner of the page.

Key to symbols VISITOR FRIENDLY

Curiosities & Traditional Events

Adriatic Sea

418-419 Page 420-421 Page 422-423 Page 424-425 Matera Page 428-429 We divided the territory in different zo-**Page** nes and provided suggestions about: old 426-427 villages and castles, archaeological sites and museums, nature and sport, food and Page 440-441 Ionian Catanzaro Page 442-443 Page 444-445 Reggio Calabria Page 446-447 7) THE "DARK" SIDE & THE ROMANTIC MYTHES **OF THE GARGANO** In the collective imagination, the north of Apulia is a land of holidays, music, and blinding sun. All the more fascinating is to discover spaces overturning the stereotype in terms of silence and atmosphere. The Umbra Forest, the green Gargano area, is currently one of the main at-

Sea

altars), the Church of Saint Clare (by Giuseppe Cino), and the Basilica of Holy Cross: the latter forms a single, sumptuous complex with Palace dei Celestini, currently the seat of

Zimbalo, Giulio Cesare Penna, and Gian Giacomo dell'Acaya

(designer of the town's Castle), Lecce has had an incompa-

rable architectural heritage since the 16th century making it

FUN FOR KIDS & ADULTS: ACTIVITIES FOR THE WHOLE **FAMILY** For a relaxing day or family fun, here are our top tips: ARCHAEOLOGICAL MUSEUM OF CHILDREN: locato discover our roots, between reconstructions of prehistoric and Roman environments and group activities including simulations of archaeological excavations and sensory routes.

due to the Aragonese crown when new towns were founded While visiting Alberobello, it will also be interesting to note how the model of the trullo has been evolving over time: if the 15 trulli making up the Casa Pezzolla complex (currently home to the Territory Museum) are communicating with each other, the 17th-century Sovereign Trullo (in Piazza Sacramento, now a House-Museum): two storeys and a 14-metre high conical-shaped cupola surrounded by 12 other lower cones. Also tractions of the Gargano National Park. Since 1977, the most suggestive is the swinging double-cone shape of the Siamese delicate part of its 15,000 hectares has been a State Nature Trullo (in the Monti Hilltop District) and the fusion of trullo Reserve (399ha) encompassing the municipalities of Vieste, architecture and Greek cross plan of the 20th-century Shrine Vico del Gargano, Monte Sant'Angelo, Carpino, and Peschici. Cultural attractions and legends have grown parallel to the expanses of Turkey oaks, pines, holm oaks, and beeches in the Forest, which owes its name and fame to its damp and shady environment where over 80 species of wild orchids bloom and quiet hares, fallow deer, and pheasants roam. If the renowned Aleppo pine so-called Zappino dello Scorzone has survived in the forest for over 700 years, tradition has it Anyone who reaches the vicinity of this sublime Cathedral will immediately have the feeling of being among the lights that Emperor Frederick II himself did not hesitate to resort to and colours of a beach: facing directly onto the Adriatic the powerful poison produced by the yew trees present in the forest (not by chance also called Trees of the Dead). While in Sea, the Basilica dedicated to Saint Nicholas the Pilgrim welthe old town centre of Vico del Gargano, the Vicolo del Bacomes visitors with the warm and clean luminosity derived from the use of Trani stone, renowned for its shades of white cio or Kissing Alleyway, only 50-centimetre wide, was traditionally used by boyfriends who wished to touch each other. and orange. The construction of the Cathedral, begun in 1099 and continued until the late 14th century, gave life to what is considered the apogee and the point of overcoming the Apu-8) OSTUNI'S WHITE & lian Romanesque style, both externally and internally. Inde-**SUNNY PURITY** ed, the basic external structure is rich in contamination and Gothic slants, visible in the double staircase leading up to the raised bronze portal and in the pointed arch opening under At least two are the secrets behind Ostuni's tourist the Bell Tower (59m high). The Romanesque-Gothic dialectic popularity, 32km north of Brindisi: being one of the most also creates magical effects in the play of columns and capitals beautiful coastlines on the Adriatic Sea boasting 20km of dune in the interior: the greatest suggestion is offered by the Crypt and sandy beaches, with particularly clear waters, and its anhousing the Saint's remains between 28 marble columns and cient village, where the systematic use of white lime in the architecture creates a sense of rare purity and cleanliness in the 6) GREAT BATTLES & PROUD Epic battles have dotted the whole history of Barletta since its birth, a proud town founded in the 4th century BC by the Bardulos, an Illyrian people coming into conflict with the Macedonians of King Philip II. Great memorial of the ancient history of Barletta is currently the Archaeological Park Canne della Battaglia, situated in the place where, in 216 BC, the Carthaginians of Hannibal inflicted a legendary defeat on the Romans. Barletta, protected by the powerful and orderly Frederick's geometries of the Swabian-Norman Castle, in the Middle Ages, became one of the main meeting and embarkation points for Christian soldiers leaving for the **SALENTO"** Crusades: their memory is guarded by the Cathedral of Saint Mary Major and the Basilica of the Holy Sepulchre, where the Treasure formed by the relics collected in the Holy Under the aegis of Charles V and with the contribution of brilliant architects and military engineers such as Giuseppe

> second only to Rome for its wealth of Baroque buildings. A triumph of twisted columns, perspective games, friezes, and floral decorations animates the Cathedral entitled to Saint Mary of the Assumption (whose interiors show off 12

ACQUAPARK IPPOCAMPO: music, carefreeness, relaxation through 30,000 hectares of overwhelming fun will await you on the foam party slope and in the succession of pools, slides, and toboggans of the first water park in the region opened in 1990 and located in Manfredonia, 35km north-east of Foggia. INDIANA PARK: one of the most famous adventure parks in Apulia, it is located just 2km drive from the Castellana Caves, in an oak forest combining simple relaxation and bar areas, tree climbing routes suitable for all ages. In summertime, guided climbing and canyoning activities in the Pollino National Park are also arranged. Tremiti²Islands Gulf of Adriatic Sea Foggia C 6Barletta-Andria-Trani BARI Mola di Bari Polignano a Mare Monopoli Altamura Campania Ostuni Brindisi 4 Martina Franca Taranto Grottaglie Lecce Ginosa **10 2**

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a sail-shaped shape mirrored on three basins in front of the

Apulia: a land of light moving around in space, in a warm and fragrant embrace going back and forth between sea and land. Ancient hypogea and Baroque-style spires, dome-shaped trulli (dry stone huts) and saints carried in procession on

in oil or vinegar with garlic and mint leaves). Apulia is one of the great national producers of cheese: among these are at least Burrata of Andria PGI, canestrato of Foggia PDO, Pallone of Gravina (hard and spherical shaped), and Salento cacioricotta (cow's milk similar to a dried ricotta). Finally, Apulia is the land of choice for red wines: vines such as Negroamaro and Nero di Troia are the basis of strong and warm DOC wines such as Aleatico di Puglia, Salice Salentino, and Primitivo di Manduria, excellent pairings for meat and machines and faggots of branches, Spanish castles, and immense beaches pushing

r kilometres in vertical and horizontal directions, as do the blades, which furrow essly for something indefinable and indescribable. Do not miss the opportunity to visit this sweet and powerful land, where even the shapes and flavours of bread, pasta, and wine stretch and intertwine in space and Molise Gulf of Salerno

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wine, curiosities and traditional events for each province overlooking the sea.

> eyes of the observer. A purity which has real historical roots: thanks to the use of lime, Ostuni preserved its development from the risk of plagues and epidemics. After all, the Apulian spirit so well expressed by Ostuni would not be complete if the tender and widespread sunshine of the Adriatic Sea were not accompanied by a strong historical pride: Ostuni's proudest side is expressed by the Aragonese Walls, the Angevin Castle in Villanova Port (dating back to late 13th century), the Spire of Sant'Oronzo (21m high and dedicated in 1771 to the Patron Saint Orontius of Lecce, who protected Ostuni from the 1740 plague), the Gothic charm of the 15th-century Cathedral (with one of the largest rose windows in the world, depicting Christ as a Sun), and the fortifications which, in many cases, still protect the historic masserie (fortified farmhouses). 9) BAROQUE LECCE'S TRIUMPH: THE "ROME OF

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