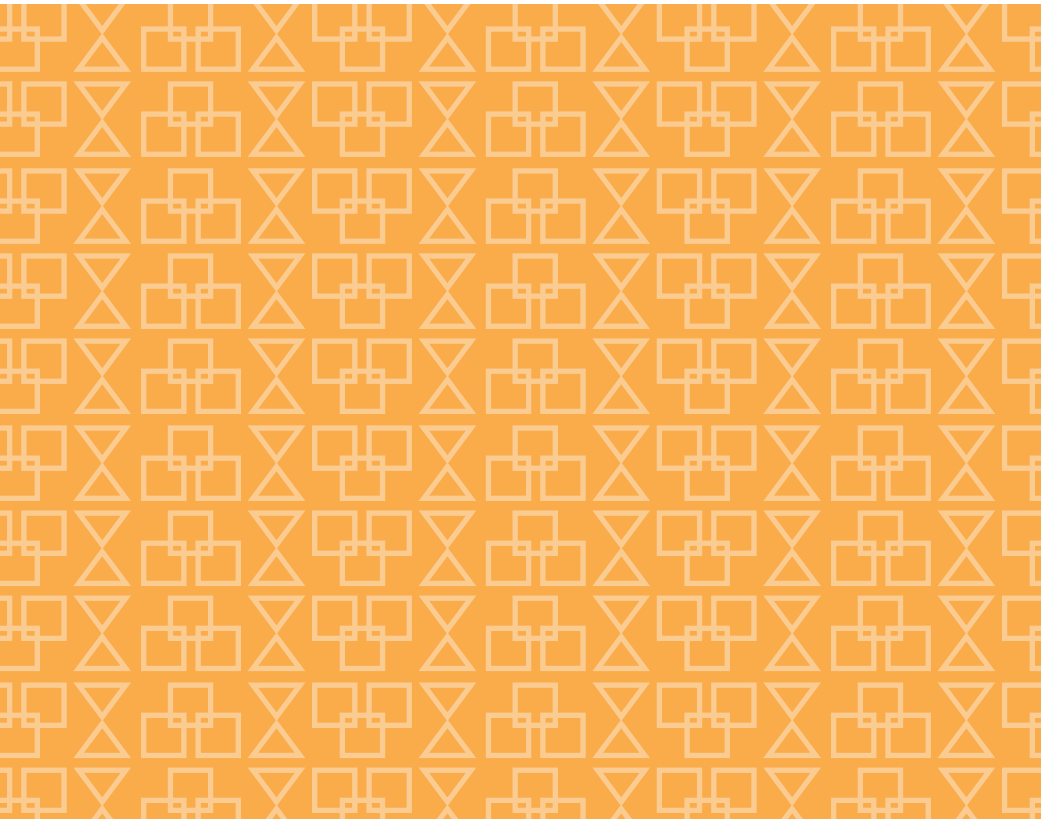




Puglia



SALENTO BY RUN - ADRIATIC COAST



LENGTH: 80 Km in 5 stages

TECHNICALITY: Not particularly difficult with a kind of soil that offer the possibility to have a relaxing and fast running

USEFUL INFORMATIONS: 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: the mobile is not working well on the track.



Salento, Adriatic coast highlights

Run in Salento, with its extraordinary differences that anyone can enjoy just looking around from the beautiful and sunny cliffs in the direction of the East of Europe, or glancing at the relaxing penombre coming from centuries –old olive tree's lines, it's absolutely magic and gift the journey with fantastic sensations. Salento is a unique stage that takes people in a different geographic, physical and mental world.

The tracks describe in this Guide go through the east coast of Salento, up to the Adriatic side of the region.

Salento is a "region in the region". Is a kind of island link to Europe, but looking at Orient, with its spectacular awesomeness that offer you a unique habitat. Two coasts and two seas surround a romantic countryside with rolling hills, green and gorgeous, stud by centuries –old olive trees, real richness of this noble and proud population. The heritage of these aristocratic people are the "Masserie" that can be found almost everywhere during the trip, are the antique oil mills and the historic centre of cities and villages that simply can take the breath away with their spectacular buildings and barocco's cathedrals.



Run through Salento's tracks means enjoy incredible spaces and panoramas. Means enjoy the Adriatic cliffs such as the beautiful ionic beaches, before having rest in the fresh shadow offered by thousand ulivis trees. And then again, men run through sunny square of the villages where "tufo" and "Lecce's stone" create incredible masterpieces. Sun, wind, sea, stone, olive trees: this is what make our history a unique history. Is a miracle that live in any km we walk or run, and that takes us back in a dimension of elegance and wisdom that is becoming more and more difficult to find.

The last location we'll reach in our journey will be Santa Maria di Leuca, "The Oriental Door", but all the steps we'll do in the middle will remain in our mind and heart for their uniqueness.

Every stop on this road can be the beginning of a new trip, but it's not necessary to start everything again: we'll be more than happy simply to seat on the top of this trampoline hanging between the past and the future, with our tired legs soak by two seas, leaving this magic water give us freshness and take good care of us.



Salento by Run in 5 stages

I Stage LAGHI ALIMINI - Finish OTRANTO – Salento Trail

II Stage OTRANTO – PUNTA PALASCIA

Finish PORTO BADISCO – Enea Trail

III Stage PORTO BADISCO – SANTA CESAREA TERME – VIGNACASTRISI – Finish DISO – Blu Trail

IV Stage DISO – SPECCHIA - Finish ALESSANO – East Trail

V Stage ALESSANO – GAGLIANO DEL CAPO – CASTRIGNANO

Finish S. MARIA DI LEUCA – Finibus Terrae Trail

Stage I – SALENTO TRAIL

On the north side of Laghi Alimini, two spectacular ponds surrounded by a wild and beautiful nature: the Salento's adventure begin here! South and East get mixed together in our mind but, is in the middle of these two cardinal points, that our legs has to bring us. Once we arrive at the end of the track we'll find the SP48 and turn left, getting into the beautiful Otranto and enjoying its unbelievable historical centre, before leaving it and start running in the port's direction. 20 km of incredible light!





Stage II - **ENEATRAIL**

Starting from Otranto port's deck, there is a fast going up on the coast's hills that offer us the possibility to take a look on the Albanian's coast. Is a difficult and single track, beautiful and romantic, that go through stones and mediterranean's vegetation up to arrive to an incredible bauxite's quarry with his astonishing colours, before getting at Punta Palascia 's lighthouse (Italy's most oriental point). On this journey we'll always run with the sea on the side.

Then we proceed following the coast in the south-west direction, running through wild and bare clearings, stud by incredible ruins of antique towers and fotifications up to spectacular

Porto Badisco's creek. Here, where Enea arrived in Italy, we'll take a swim to enjoy this clean and transparent waters. Toning up our body!

Stage III - **BLUE TRAIL**

From Porto Badisco blu bay, the road go up to the hill, gifting our running with the incredible panorama that we can enjoy from Torre Minervino. We go down to Santa Cesarea Terme, famous holiday's village and, from there, we go up again, running into a beautiful countryside passing through Vignacastri and Diso! Silence please!

Stage IV - **EAST TRAIL**

From Disio, we run on antique tracks, going through fantastic and relaxing olive trees's tree lines, up to a green hill overlooked by Specchia with his unforgettable historical centre, known as one of the most beautiful of Italy. Here hospitality, culture and Salento's nobleness are the rule! Sleeping in one of his "hotel diffusi" is a real privilege.

Stage V - **FINIBUS TERRAE TRAIL**

From Specchia we go in the south direction. The air smell different. We'll breath the sea while we are running with its healty Iodio. White road, flank by tipical and antique dry stone walls with the old railway and olive trees's tree lines, will take us up to the end of this adventure with the miracle of a sunset on the sea of Leuca that will remain forever in our heart. We'll be alone with our emotion and happy!

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