



Charming



PUGLIA™ guides

Puglia



Puglia

*Terra di Puglia mia protesa nel mare,
gialla di grano e rossa di ciliege
senza pretese, povera di frasi
quanta sofferenza continui ad imparare.
Calcine al calore delle case.
Nidi di uccelli agli embrici. Tela.
Lavori della terra. Vigneti. Rosari.
Piccoli fichi sulle stuoie ad essiccare.
Terra di Puglia mia, che varia di verdi
dal Capo di S. Maria di Leuca al Gargano tu intrecci
ai piedi delle Murge assolate.
Dalle marine aperte, quanti odori
su te getta a fumare, fra le messi,
la notte sempre dolce di parole.*

(Italian translation of Terra di Puglia, Francesco Bardicchia)

Bridge with the East and Heel of the Boot

The 'heel' of the Boot extending into the Mediterranean, Puglia is the easternmost region of Italy: its farthest tip, Punta Palascio, is just 80 km from Albania.

A bridge between East and West, Puglia is a historical borderland and a staging post for travellers and adventurers. It is a land of sunshine and sea, filled with the memories of the peoples who lived, traded and left their mark here.



To the east, the region is bathed by the Adriatic and to the west by the Ionian: the two seas meet and blend at its southernmost tip: a fascinating place called Santa Maria di Leuca, where the shoreline, divided into two parts, flanks in equal measure the waters of the two seas. From this vantage point, one can enjoy the magic of both the rising and setting sun.

The countryside of Puglia is extremely varied and offers wide choices to tourists and curious travellers.

Those of you with a love for history will be able to satisfy your thirst for knowledge by discovering the remains of ancient civilisations, masterpieces of architecture, including castles, cathedrals and sanctuaries; charming examples of rural architecture and skilled craft production, closely linked to tradition. As far as language is concerned,

the Region's dialects can be divided into two main groups: the 'salentino' and the group spoken in the central-northern area including 'barese', 'foggiano' (several versions) and 'garganico' and its offshoots; to these we can add 'tarantino'. One peculiarity of Puglia is the presence of a number of ethnic minorities, whose speech does not have neo-Latin roots: 'griko', spoken in the 'Grecia Salentina' area in the province of Lecce, 'arbëreshë', derived from the Albanian language and spoken in the area of Taranto and in the Monti Dauni area.

Geography – a land of fertile plains and softly-rounded hills

Split almost equally between plains and hills, Puglia is the least mountainous region of the peninsula. Its largest plain is the 'Tavoliere', much of it covered by wheat fields, which have earned it the unofficial title of Granary of Italy.

Puglia as a whole is one of Italy's leading farming regions, but it also has significant trade and industrial activities. The services sector is growing rapidly, in particular tourism, especially in the Salento and Gargano districts.

Its coastline stretches for almost 900 km, the longest after the two major islands, Sardinia and Sicily. Its coasts are varied, alternating tropical-like coves, rocky areas, long stretches of sandy beaches, fascinating caves and imposing cliffs.



From an administrative point of view, Puglia is divided into six Provinces (Bari, Barletta-Andria-Trani, Brindisi, Foggia, Lecce, Taranto) which should not be confused with the historical districts or sub-regions of Salento, Gargano and Tavoliere.

Facing the coast of the Gargano you will also find the Tremiti islands, a small archipelago which forms part of the Gargano National Park, a leading tourist destination, often awarded the Blue Flag for the quality of its bathing water.

The Itria Valley is another charming destination, famed for its natural, architectural and landscape heritage. Its leading attraction are the Trulli, the round dry-stone houses whose origin goes back hundreds of years.

Owing to its low rainfall Puglia has relatively few rivers and streams; most of its natural lakes are located near the coasts.



A Region rich in history and culture

The first settlement of Apulia can be dated at 250,000 years ago: from that time onwards many peoples settled and ruled it, leaving their mark etched in Apulia's landscape and culture.

Testimonials to its history are its fascinating small hamlets, some of which (e.g. Cisternino, Otranto, Locorotondo) are listed among the 'Most Beautiful Villages' in Italy, and the famous Trulli of the Murge: the trulli at Alberobello have been included in UNESCO's World Heritage List since 1996.

For a dip into ancient history visit the Archaeological Park of Egnazia, near Fasano.

The different periods of domination are embodied in the splendid architectural heritage dotting the region, including wonderful squares and magnificent castles, such as Castel del Monte and the Monte Sant'Angelo Castle.



The Trulli



Ostuni

The Tavoliere and the Daunia



The Tavoliere delle Puglie and the Subapennino Dauno (aka Monti Dauni) are two main natural regions in the Province of Foggia, which also stretches into the Adriatic with the Gargano Promontory.

At one time submerged, the Tavoliere is the second largest plain in Italy, after the Po valley.

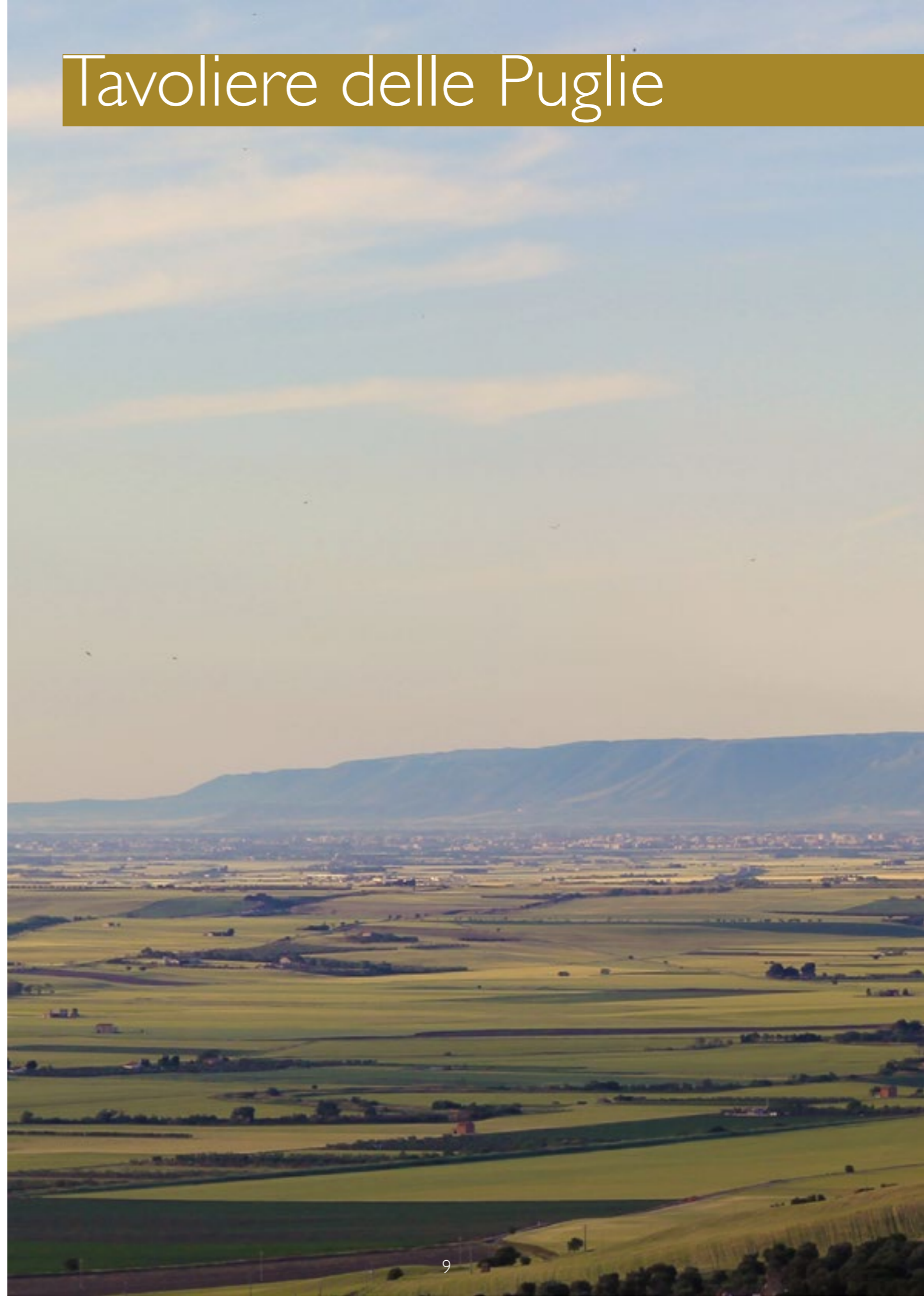
The Tavoliere is mostly occupied by lush farmland, making the area famed for its genuine crops. At the heart of the Tavoliere lies the city of Foggia; other important towns are San Severo, Lucera and Cerignola.

The Tavoliere is marked off to the west by the Monti Dauni, a hilly region with a rich natural and historical heritage. The low reliefs are clothed in woods and forests, pastureland and cultivated fields in which nestle small ancient hamlets, imposing castles and cathedrals and archaeological areas of great interest.

Today the victim of geographical isolation and depopulation, the Daunia is a borderland rich in history preserving gems of surprising beauty.



Tavoliere delle Puglie



The Tavoliere and the Daunia **bit by bit**

Out and about

Foggia

Despite the damage inflicted by several earthquakes and the bombing raids of WWII, the historic centre of Foggia is well worth a visit: a maze of narrow alleyways, palaces and churches amongst which stand out its Baroque Cathedral, the Church of Sant'Agostino, the City Hall and the Porta Arpana.



Lucera

Known as the 'Key to Puglia' due to its strategic position, the beauty of Lucera is living witness to its ancient, variegated history. Strolling through this small town you will be able to appreciate its dual soul, which unites the fascination of the old centre with the splendour of its Baroque buildings dating from the 1700s.

Cerignola

Cerignola will astound you with its extraordinary concentration of religious buildings, which run from the churches of the historic centre ('Terra vecchia'), such as the Cathedral and the Church of Sant'Agostino, to the many small country churches, such as the church of Santa Maria delle Grazie. Don't miss a visit to the majestic Duomo Tonti.

Ortona

Amongst the main production centres of 'Daunian' ceramics, ancient Herdonia was a flourishing town at the time of the Roman Empire. Its past glory is witnessed by its extensive ruins which include the forum, the civic basilica, the amphitheatre, the market (macellum), the baths and the many inns and warehouses which lined the Via Traiana.

Ascoli Satriano

Ascoli Satriano hosts a large archaeological park including a centre with dwellings from the Daunian period, several late Republican and Imperial buildings, a villa from the late Roman period and an early medieval village. This site has yielded precious finds such as polychrome marble and mosaics and the extraordinary sculpture of the Trapezophoros with griffins.

Alberona

Listed among the 'Most Beautiful Villages in Italy', Alberona is set on the Sub-Apennine Dauno at 700 m ASL and dominates the Tavoliere. The small town is exceptionally beautiful, made of stone houses and criss-crossed by small streams.



Events

The feast of Succour (Festa del Soccorso), San Severo

The Feast of Succour is the feast of the patron saint of San Severo and each year it draws hundreds of Italian and foreign visitors who come to admire the two solemn processions, but above all the spectacular firework displays which accompany the religious celebrations.



The Historical Cavalcade, Bovino

At the end of August, the Historical Cavalcade brings together the surrounding villages in the celebration of the patron saint of Bovino: musicians, dancers and banner-wavers flank the riders in a long historical costume cortège which wends its way from the entrance of the city to the cathedral.

Orsara Jazz Festival

Since 1990, the Orsara Jazz Festival has been making a splash of colour in the summers of Orsara: what with video set-ups, seminars, concerts and jam sessions, the oldest jazz festival in Puglia hosts the most interesting novelties on the contemporary jazz scene.

Where to eat

Trattoria Ambasciata Orsarese

Traditional cuisine
Via Tenente Iorio 53, Foggia
Tel. +39.3202512550

Al Primo Piano

Creative cooking
Via Pietro Scrocco 27, Foggia
Tel. +39.0881708672

La Cantina

Traditional cuisine
Via Barone I, Bovino
Tel. +39.3897897956

Ost'U Vulesce

Traditional cuisine
Via Battisti Cesare 3, Cerignola
Tel. +39.0885425798

Il Cortiletto

Traditional cuisine
via de Nicastrì 26, Lucera
Tel. +39.0881542554



Fortezza angioina - Lucera

The Gargano

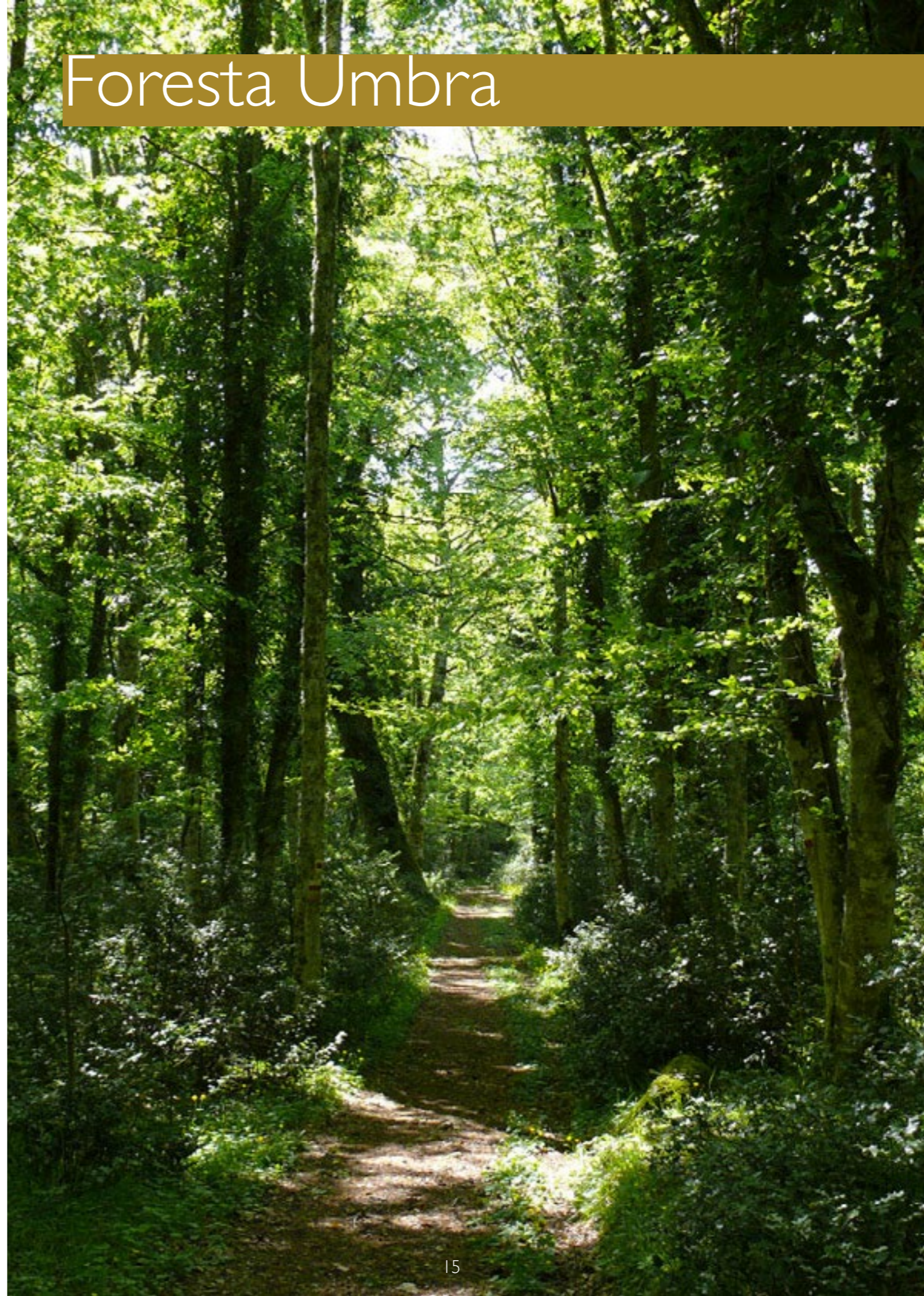
Known as the 'Spur on the heel of Italy's boot', the Gargano is a rocky promontory in northern Puglia, making up the eastern portion of the province of Foggia. It covers a portion of the coast of some 200 km, which against the backdrop of one of the most beautiful seascapes in Italy, unrolls in a series of charming bays, caves, small capes and islands.

Whether along the coast or in the interior, what strikes the visitor is the beauty of its unspoilt, pristine nature. The Gargano National Park has been created to protect the extraordinary environmental variety of this area, which stretches from the Umbrian forest to the coastal lagoons, from the karst sink-holes to the woods of Aleppo pines.

Set in such pristine scenery, the signs of human presence have the authentic flavour of times past: small fishermen's houses perched in the most unexpected positions; sturdy dry stone walls marking off the fields; imposing castles testimonials to the various conquerors of this land: Everything in the Gargano has remained just as it once was.



Foresta Umbra



The Gargano bit by bit

Out and about

Baia dei Turchi

Set in a wide bay protected from the winds, Baia dei Turchi is one of the best-loved beaches on the Island of Caprara, in the Tremiti, an archipelago with enchanting limestone rock formations.



Rodi Garganico

One of the gems of the Gargano, the beach of Rodi Garganico is famous for its fine white sand and gravel. The sea is clear turquoise and shallow, so well-suited to family holidays.

Peschici

The name 'Pearl of the Gargano' says it all about the beauty of Peschici: this ancient hamlet, perched on a promontory dropping sheer into the sea is a charming maze of white alleys enclosed in its Norman walls.

Baia di Manaccora

The much frequented Bay of Manaccora is famous for its clear blue sea and soft sand. On the surrounding coast are examples of the 'trabucchi', picturesque wooden fishing platforms on stilts.

The long beach of Vieste

Almost 4 km of beach with services form the 'Spiaggia Lunga' of Vieste, amongst the best-known in Puglia, favoured by windsurfers for the

perfect wind conditions on this stretch of coast.

Porto Greco

Wild, untamed, with no services, the beach of Porto Greco guarantees direct contact with unspoilt nature – not easy to reach but a true paradise well worth the extra effort.

Baia delle Zagare

Accessible from the sea or through the hotel of the same name, Baia delle Zagare is a white pebble beach, set in a bay with crystal-clear waters and framed by imposing limestone cliffs.

Castle of Monte Sant'Angelo

The various architectural styles displayed by the Castle of Monte Sant'Angelo bear witness to the different foreign conquerors who passed here over the centuries. The main attractions include the square tower, the Giants' Tower and the Treasure Chamber.



Castle of Manfredonia

Today hosting the National Archaeological Museum, the geometrical plan of the Castle of Manfredonia reveals its Swabian origin, partly overlaid by refurbishments under subsequent rulers.

Events

'Processione delle Fracchie', San Marco in Lamis

One of the most picturesque rites in Italy, the Good Friday Procession brings to life the centre of San Marco in Lamis with the 'Fracchie', huge cone-shaped torches more than 5 m long. The symbols of a celebration uniting faith and folklore, the Fracchie are drawn on small carts by young men who wear foot protection from the burning embers which fall on the ground.



The Dauno Carnival

Now celebrating its 60th edition, the Carnival of Manfredonia is amongst the most famous and appreciated in Italy – with several processions of floats with allegorical papier-mâché figures and costumed groups.

Gusta Peschici

Since 2010 the food event 'Gusta Peschici' has been showcasing the delicious specialties of the Gargano with show cooking events and tastings – this is a three-day event blending the appreciation of the area's natural beauties, its excellent food and wine traditions and exhibitions of local handicrafts.

Carpino Folk Festival

A Festival dedicated to the rediscovery and protection of Italian folk music, the Carpino Folk Festival is held at the beginning of August in this beautiful venue in the Gargano, where with a national and international audience, a great fest takes place in celebration of traditional Italian culture.

Where to eat

Osteria Antica Piazzetta

Traditional cuisine
Viale Aldo Moro 161, San Giovanni Rotondo
Tel. +39.0882451920

Al Battistero

Traditional cuisine
Largo Tomba di Rotari 24/25, Monte Sant'Angelo
Tel. +39.3402382447

Lo Svevo

Traditional cuisine
Via Cilenti 6, Vico del Gargano
Tel. +39.0884991499

Trabucco da Mimi

Seafood
Loc. Punta San Nicola, Peschici
Tel. +39.0884962556

La Taverna

Traditional cuisine
Via Malconsiglio 6, Peschici
Tel. +39.0884962406

Where to sleep

Hotel Il Porto

BOOK



Baia delle Zagare

Bari and the Murge

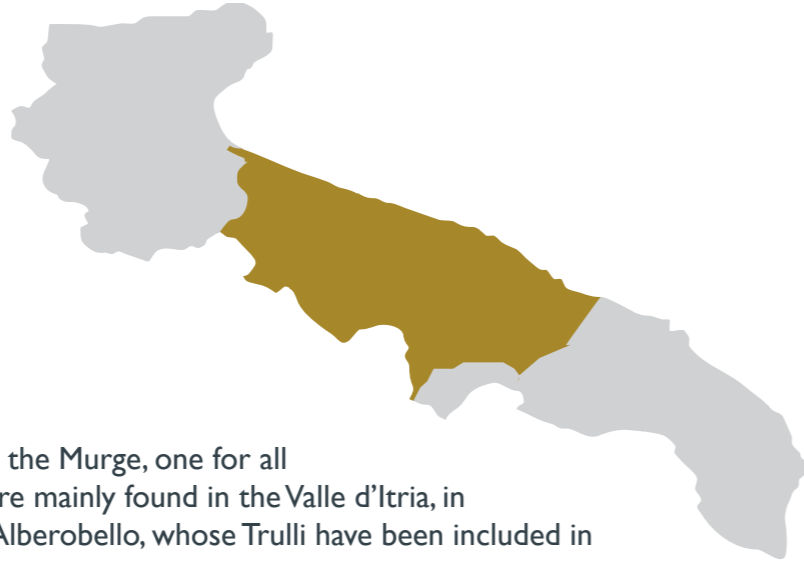
The Murge is a vast plateau in central Puglia, traditionally divided into sub-regions: the Murgia Costiera, Murgia dei Trulli, Murge Tarantine, Murge di Gravina and the Valle d'Itria.

The chief city of the area is Bari, Apulia's capital and a truly beautiful city brimming with history, visited by tourists and by the faithful who flock to the Basilica of San Nicola.

Some of Apulia's top attractions are found in the Murge, one for all the Trulli: these typical round stone houses are mainly found in the Valle d'Itria, in the characteristic villages of Cisternino and Alberobello, whose Trulli have been included in UNESCO's World Heritage List.

Other architectural gems include: Monopoli, known as the town of the hundred quarters, Castel del Monte at Andria, the Cathedral of Trani. The area also boasts the Caves of Castellana, the Safari Zoo of Fasano and the Archaeological Park of Egnazia.

Last but not least, we should mention the splendid beaches of the Coastal Murgia, such as Monopoli, Giovinazzo and Polignano a Mare, which go to complete the picture of a truly all-round vacation.



Gravina in Puglia



Bari bit by bit and the Murge

Out and about

Canosa di Puglia

This ancient town is one of the most important archaeological centres in Puglia, whose historical importance is revealed by its striking artistic and archaeological heritage.



Castel del Monte, Andria

Built by order of Frederick II, this is one of the most imposing castles of Puglia. Note the recurrence of the number eight: the base is octagonal, eight are the towers and eight are the chambers on each of the two floors.

The Cathedral of Trani

The Romanesque Cathedral of Trani, standing in splendid isolation before the Adriatic, strikes visitors for the majesty and beauty of its decorations, starting from its exquisite façade.

Basilica of San Nicola, Bari

A glorious example of Apulian Romanesque architecture, the Basilica, which draws many pilgrims, is dedicated to the city's patron saint and preserves his remains.

Polignano a Mare

The beach of Polignano a Mare is one of the most beautiful along the coast – stretches of

rock with cliffs alternating with bands of golden sand.

Lido di Monopoli

The Lido di Monopoli is one of the best-known and popular beaches in Apulia, appreciated for its golden sands, the quality of its services and its lively night life.

The Caves of Castellana

Symbols of the area marked from ancient times by legends linked to magic and demons. The caves stretch for about 3 km and a complete tour lasts more than 2 hours.



Alberobello

The small town of Alberobello is well known for its characteristic 'trulli', ancient cone-shaped stone constructions, to be found above all in the quarters of Monti and Aia Piccola, where they are used as dwellings, bars and shops.

Egnazia

This is an archaeological park of special importance consisting in the ruins of the ancient city of Gnatia. The earliest findings date from the Bronze Age.

Events

The Fiera del Levante

The Fiera del Levante is a trade fair complex and event in Bari, which saw its origins in 1929, and is traditionally seen as a meeting point between East and West. Each year, it hosts some thirty events and international shows, including the greatest multi-sector trade fair in Europe, held every September and attracting more than 700,000 visitors.

The Feast of San Nicola, Bari

From 7 to 9 May the citizens of Bari and many other pilgrims commemorate the arrival of the remains of San Nicola, patron saint of the city and protector of seafarers. On 7 May a statue of the Saint is carried on a boat and escorted to the Basilica with a solemn costume procession. The next day a solemn procession of ships and boats proceeds with the Saint by sea, and His return is greeted by a great firework display.



Festival of the Madonna della Madia, Monopoli

On the nights of 16 December and 14 August, Monopoli celebrates its patron saint by re-enacting the landing of the raft carrying the Madonna della Madia. One of the most moving moments is when a sailor receives the statue of the Virgin, which is then carried to the church by a torch-lit procession. The religious celebrations are followed by a series of food, cultural and musical events.

Where to eat

Il Melograno

Traditional and Creative Cuisine
Contrada Torricella 345, Monopoli
Tel. +39.0806909030

La Peschiera

Typical local and sea food specialties
Contrada Losciale, Monopoli
Tel. +39.080801066

Pashà

Restaurant & Caffè
Piazza Castello 5/7, Conversano
Tel. +39.0804951079

Bacco

Typical Mediterranean Restaurant
Corso Vittorio Emanuele II 126, Bari
Tel. +39.0805275871

Menelao a Santa Chiara

Traditional and Creative Cuisine
Via Sedile 46, Turi
Tel. +39.0808911897

Antichi Sapori

Traditional cuisine
Piazza Sant'Isidoro 10, Montegrosso di Andria
Tel. +39.0883569529

Where to sleep

Le Alcove [BOOK](#)

Borgo San Marco [BOOK](#)

Canne Bianche [BOOK](#)

Borgo Egnazia [BOOK](#)

Masseria S. Domenico [BOOK](#)

Masseria Cimino [BOOK](#)

Don Ferrante [BOOK](#)

La Peschiera [BOOK](#)

Borgobianco [BOOK](#)



Polignano a Mare

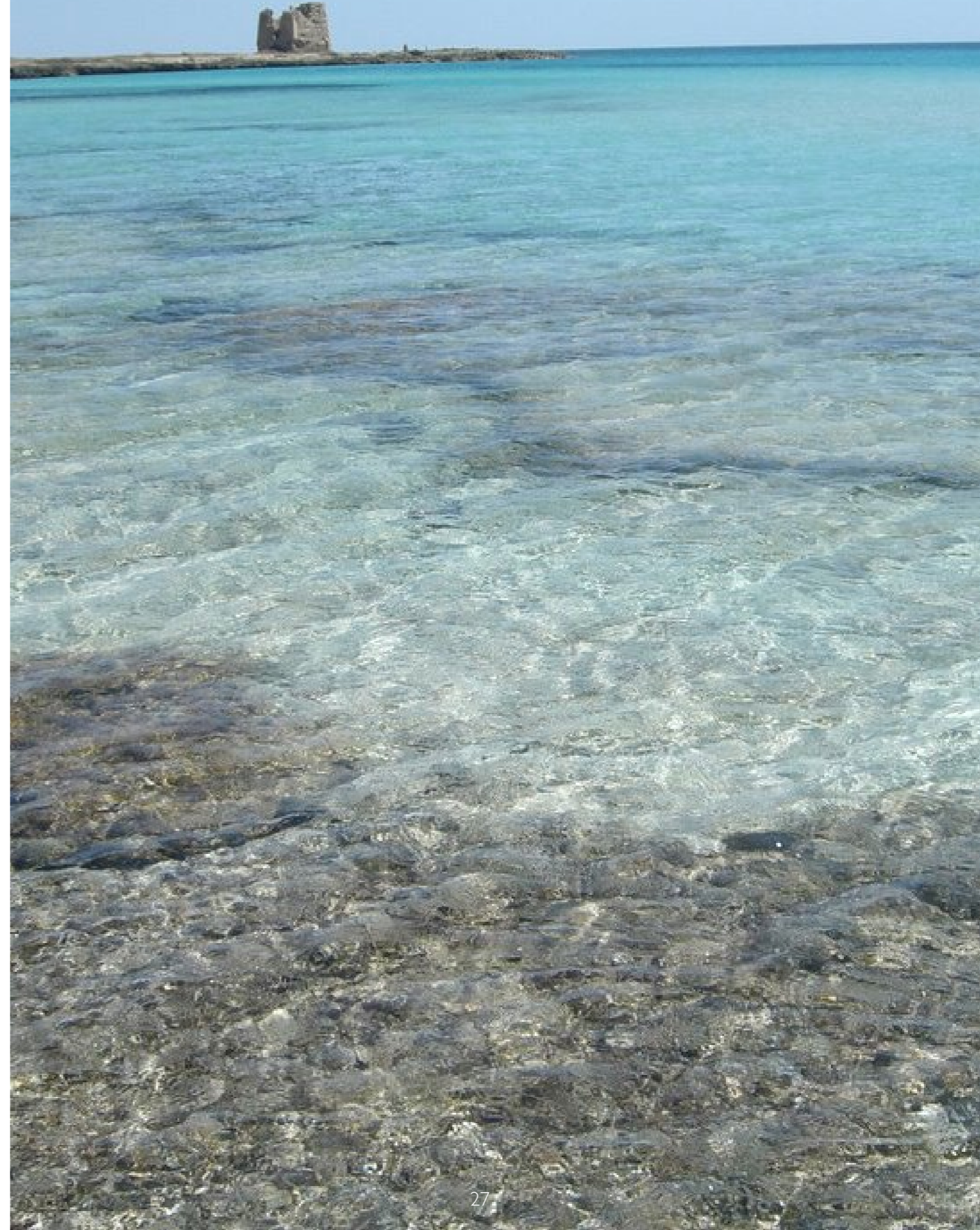
Arco Ionico Tarantino



An amphitheatre surrounded by hills and set on a plain including the city of Taranto, the Arco Ionico Tarantino is a sub-region of Puglia stretching from the Murgia to Salento. Looking out over the Ionian Sea, set in the Gulf of the same name, Taranto is the second largest city in the region after Bari. Known as 'the city of two seas', it is divided by two great water bodies, the Mar Grande and the Mar Piccolo. Historically a military and trading post, its old town centre boasts many historical attractions, including the beautiful Castle of Taranto, also known as the Aragonese Castle. The modern part of the city offers a striking view of the Mar Grande and the Cheradi Islands (San Pietro and San Paolo). The surroundings offer the famous and well frequented beaches of the Arco Ionico Tarantino: soft white sand graces those near to Basilicata, such as Marina di Ginosa, but there are also fine beaches on the southern coast.



Marina di Lizzano



Arco bit by bit Ionico Tarantino

Out and about

Castellaneta

Castellaneta is famous as the birth place of the well known actor of silent films, Rodolfo Valentino; here you can visit the museum dedicated to him. Don't miss the canyon ('gravina') surrounding Castellaneta.



Rock-cut architecture

One very interesting trip we suggest is that to the discovery of the hinterland with its striking examples of the rupestrian civilization which developed here. At Mottola in particular you will find the unique 'grotte di Dio' (caves of God), crypts dug out of the canyon and decorated with rich frescos; the most famous is the crypt of San Nicola, known as the Sistine Chapel of rupestrian architecture.

Marina di Ginosa

The beach of Marina di Ginosa stretches for several km of soft white sand and has a shallow, gently sloping sea bottom, so, ideal for the kids; It has several times been awarded the blue flag for the cleanliness and beauty of its sea.

Lido Azzurro

Set on the western coast of the Gulf of Taranto, the Lido Azzurro is a golden sand

beach, certainly off the beaten track and not crowded, marked by large sand dunes clothed in Mediterranean brush growth.

The Aragonese Castle, Taranto

Commissioned by Ferdinand of Aragon at the end of the 15th century, the Aragonese Castle was built for defence purposes. Also known as Castel Sant'Angelo, it looks out over the sea and today houses Navy Headquarters.

Marina di Taranto

The beaches to the east of the Marina di Taranto are much appreciated for the large pine woods which hide small sandy bays, set among striking rock formations. Some of the beaches are equipped with services.

Manduria

A city in the northern area of the Salento, the town of Manduria certainly merits a visit as it was among the most important cities of ancient times. It hosts the Messapian Walls Archaeological Park, which preserves the remains of the huge stone walls which at one time girded the city.



Events

Holy Week, Taranto

The haunting rites of Holy Week are held starting from Palm Sunday and among the numerous events see the challenge between the two main Confraternities of Taranto, the Addolorata and the Carmine, which contend each other for the statues and participation in the processions in an auction.

The Palio of Taranto

The Palio is a traditional costume event held on 8 – 10 May in honour of San Cataldo, Patron Saint of the city. Known also as the 'Torneo dei Rioni', it includes a thrilling challenge race between rowing boats in which members of the 10 quarters of the city participate. The boats challenge each other in the Mar Grande and Mar Piccolo, around the island which forms the city's historic centre.



The 'Sagra da far'nedd e dei Sapori di Puglia', Castellaneta

In August the town famous as the birthplace of Rodolfo Valentino hosts the greatest food festival in Italy: a trip through Puglia's gastronomy which stretches for more than 2 km through the historic centre and has its star speciality: 'far'nedd', the traditional chickpea flour.

Where to eat

La Strega

Stylish creative cuisine
Via Fratelli Bandiera 53, Palagianello
Tel. +39.0998444678

Masseria Petrino

Traditional and creative cuisine
Zona Petrino, Palagianello
Tel. +39.0998434065

Al Borgo Antico

Traditional cuisine
Via Paisiello 89, Crispiano
Tel. +39.099611460

Pepenero

Traditional cuisine
Via Nitti corner of Viale Virgilio, Taranto
Tel. +39.0994530023

L'Antro

Traditional cuisine
Via Mesole 6, Crispiano
Tel. +39.099611962

Where to sleep

Relais Histo

[BOOK](#)

Grand Hotel Kalidria

[BOOK](#)

Masseria

[BOOK](#)

Quis ut Deus

[BOOK](#)

Masseria Casavola

[BOOK](#)

Masseria Fumarola

[BOOK](#)



Aragonese Castle, Taranto

Salento



The Salento area coincides more or less with the Heel of Italy and includes the province of Lecce, almost all the province of Brindisi and part of that of Taranto.

An area bounded by two seas, the peninsula of Taranto has more than 250 km of coast marked by very varied scenery: the Ionian side is low and sandy, at times marked by striking dunes, whereas the Adriatic coast is steep and rocky, with alternating sea caves and cliffs.

The hinterland is an extensive plains area marked by the deep green of olive groves and chequered by dry stone walls and characteristic farms.

While Salento's most striking attraction is its natural environment, its main towns add to its beauty: key places include Lecce, known as the 'Florence of the South', the picturesque historic centre of Gallipoli, set on an island, Otranto with its eastern air, the town of Ugento with its architectural heritage, and white Ostuni.

A land which saw the passage of Greeks, Romans, Byzantines, Normans, Swabians, Angevins and Aragonese, Salento has been shaped by multiple Mediterranean cultures, thanks to its position on the edge of Italy, suspended between east and west.



Lecce



Salento bit by bit

Out and about

Porto Cesareo

Its beach is marked by blinding white sand and a crystal-clear sea. Its shallow waters allow visitors to wade across to the Isola dei Conigli, a protected marine area.

Gallipoli

Gem of the Salento, the beach of Gallipoli is one of the most admired and frequented along the coast, a long stretch of fine white sand, lapped by a turquoise sea.

The Maldives of the Salento

The nickname given to the Marina di Pescoluse says it all: fine white sand, dunes clothed in lush plant life, shallow sea bottom and clear seas dotted with small islets.



Santa Maria di Leuca

This white ('leukos') Greek town enjoys almost constant sunshine since it lies astride two seas, a splendid place for admiring both sunrise and sunset.

Grotta Zinzilusa, Castro

A fine example of a karst formation in Puglia, the Grotta Zinzilusa is one of the main caves in the Salento, although only a small part is open to

visitors (about 150 m).

Santa Cesarea Terme

This is a mainly rocky beach known for the ever-changing hues of its sea; it takes its name from the sulphur waters which come to the surface in its numerous caves.

Otranto

The easternmost city of Italy, it has preserved a splendid historic centre, protected by Aragonese walls. Not to be missed is the Romanesque Cathedral with its mosaic floor consisting of more than 600,000 polychrome tesserae.

Alimini beach

Fronting the small lakes of the same name, which form part of the protected marine oasis, the long beach of Alimini is marked by its white dunes and typical lush Mediterranean vegetation.

Lecce

This city is the cradle of the Baroque in Puglia: here the stone quarried in Salento takes splendid form in the spectacular façades of its churches and palaces. Don't miss a visit to the Basilica of S. Croce.

Costa Merlata

The Costa Merlata (the crenellated coast) is marked by its untamed aspect: reefs and small bays backed by lush, typically Mediterranean vegetation.

Ostuni

A medieval hamlet perched on a hill, 'the white city' and its whitewashed houses offer a striking spectacle, especially during the summer months.

Events

Night of the Taranta, Melpignano

The night of the Taranta is a great popular event which has contributed to make the Salento famous worldwide. This crowded itinerant festival sees its culmination in the Great Concert of Melpignano and celebrates the traditional music of the Salento which in the warm summer evenings blends with other musical languages from all over the world.



The Cavalcade of Sant'Oronzo, Ostuni

Not to be missed is the four-day event honouring Sant'Oronzo – this is the Cavalcade of the Faithful held on 26 August: a procession with horses, knights and damsels, in original medieval costumes. Events include two fairs and a firework display.

Mercatino del Gusto, Maglie

This is a wine and food fest which is held each year in August in the streets and courtyards of the town; it is sponsored by Slow Food which draws to Maglie the 'presidia' from the whole region.

Where to eat

Cibus

Traditional and creative cuisine
Via Chianche di Scarano 7, Ceglie Messapica
Tel. +39.0831388980

Già Sotto l'Arco

Traditional and creative cuisine
Corso Vittorio Emanuele 71, Carovigno
Tel. +39.0831996286

Pantagruеле

Seafood
Salita di Ripalta 1/3, Brindisi
Tel. +39.0831560605

Alex Ristorante

Stylish seafood cuisine
Piazzetta Arco di Trionfo, Lecce
Tel. +39.0832243619

Where to sleep

Le Fabriche

BOOK

Le Dune Suite Hotel

BOOK

Relais Corte Palmieri

BOOK

Masseria Li Foggi

BOOK

Masseria Gialli

BOOK

Iberotel Apulia

BOOK

Furnirussi Tenuta

BOOK

Masseria Montelauro

BOOK

Masseria Prosperi

BOOK

Mantatelurè

BOOK

Relais La Sommita

BOOK

Masseria Cervarolo

BOOK



Santa Maria di Leuca

Food and Wine

Small gourmet guide

Orecchiette (small pasta discs) dressed with a horse-meat sauce

The 'orecchiette al ragù di cavallo' are one of the typical pasta courses of Puglia's cuisine, always present at Sunday dinner. The secret lies in the thick slice of meat with its filling of garlic, parsley and parmesan which with long slow cooking gives a delicious flavour to the sauce.

Orecchiette with turnip tops

This well-known type of pasta combines splendidly with local turnip greens to make one of Apulia's hallmark dishes: 'orecchiette alle cime di rapa'. A synthesis of the Region's cuisine, where wholesome simple ingredients combine to create hearty flavoursome dishes.



Riso, patate e cozze

Yet another keynote dish of Puglia's cuisine, the 'tiella barese' is also known by the ingredients which go to make it up: rice, potatoes and mussels, or better still 'risopatatecozze', because its secret lies in the blending of the ingredients, placed raw in the oven. This recipe reflects the soul of Puglia, a land with a layered and unique food tradition.

Broad beans and chicory

Yet another dish illustrating the extraordinary

capacity of Puglia's cuisine to take humble ingredients and produce incredible tastes. Here we're looking at wild chicory and broad beans, blended to make a creamy sauce: a splendid dish produced by a generous land.

Bombette

The 'bombette pugliesi' are a meat dish found especially in the Valle d'Itria – the name comes from the burst of taste which occurs when you bite into them. They are small rolls of thinly cut beef, filled with tangy cacioavallo cheese and smoked ham and then grilled.

Gnummareddi and marretti

The gnummareddi are small envelopes of lamb or kid innards, held in a casing and wrapped into a roll of about 5 cm. Very similar to the 'marretti', which however are larger and made up of the most composed of the more selected entrails. These are traditional dishes linked to the local pastoral traditions, but today are considered true delicacies, much appreciated also by tourists.

Sanguinaccio (blood sausage)

A typical product of the Lecce area; this sausage contains, stuffed into the intestines, pig's blood with the addition of other pork ingredients, salt and pepper. It is either boiled or cooked over embers.

Ciambotto

A very tasty fish stew, prepared with rock fish and other simple ingredients such as shrimps, scampi, baby octopus, mantis prawn, oil, garlic and tomatoes – all these ingredients blend to make an extremely tasty dish, accompanied by croutons.



Ciambotto

Scapece gallipolina

This is a dish typical of the Salento; 'scapece' is a speciality of Gallipoli, and the story behind it is that at one time when under siege the inhabitants found an intriguing – and tasty – way of preserving fish: it was fried and then marinated between layers of breadcrumbs sprinkled with vinegar and saffron and placed in large bowls known as 'calette'.

Anchovies 'arraganate'

'Arraganate' is a term much used in the cuisine of Puglia – it means the widely used method of gratin preparation using breadcrumbs. 'Arraganate' anchovies are one of the tastiest examples of this technique – the fish is dipped in breadcrumbs, parsley, garlic, olive oil, salt and pepper.



Burrata

Number one on the list of Puglia's dairy products is the 'burrata', a fresh cheese made with buffalo or cow's milk. It looks like a mozzarella, but the stretched-curd casing hides the 'stracciatella', a delicious mild buttery filling.

Bread of Altamura

Awarded the PDO label, the bread of Altamura is the best known of all the area's bakery products, made from twice-ground durum wheat semolina. Available either in a thick 'folded up' shape or in a flatter version, what marks it out is its thick fragrant crust and soft yellow centre.

Taralli

A tasty ring-shaped snack, the 'taralli' are a typical bakery speciality of Puglia, known and

appreciated throughout the peninsula. They can be either simple or flavoured with fennel and always accompany Puglia's happy hour, obviously served with a good wine.

Pizzi leccesi

The 'pizzi leccesi', also known as 'pucce alla pizzaiola', are mouth-watering bread rolls made by flavouring the dough with oil, chopped green vegetables and olives. This is a recipe invented by the country folk, but today these pizzi, especially those with olives are among the best known of the Salento's bakery products.

Panzerotti

Known from north to south of Italy, the 'panzerotto' is the most typical element of Puglia's street food, marked by a great variety of fillings and fried before your eyes. As with many other delicacies of the region, this fried pizza has humble origins, born from the need to recycle the remains of the dough used for bread making.

Pettole

Traditionally prepared at Christmas time, the 'pettole' are small soft discs of leavened dough fried in boiling oil. The basic ingredients are flour, potatoes, beer yeast, water and salt, but there are many varieties, both sweet and salty.

Ricotta pizza

A typical Easter delicacy, the ricotta pizza is a sort of sweet flat pie – two layers of short pastry enclose a cream filling made with ricotta, egg yolk, sugar, lemon peel and liqueur.

Cartellate

A Christmas treat which shows clear Arab influence, the 'cartellate' are thin slivers of pastry fried in oil, dipped in warmed wine or honey, and lastly dusted with cinnamon, icing sugar or almonds.

Pizza sette sfoglie

A sweet typical of the city of Cerignola, the seven layered pizza alternates layers of pasta with a filling of walnuts, almonds, currents and chocolate, ingredients blended with a jam which was originally made from grapes.



Bread of Altamura

Primitivo di Manduria

One of the stars of Puglia's wine production, Primitivo di Manduria is a DOC wine produced in the provinces of Brindisi and Taranto from a grape variety of the same name. It is a red wine with violet nuances and a light nose, a flavour both full and pleasing. Primitivo di Manduria Secco is an excellent match with well-structured, tasty dishes with a meat base, whereas the Dolce Naturale and Liquoroso versions are an excellent match with sweets and pastries. Suggested Wineries: Gianfranco Fino, Masseria Pepe.

Salice Salentino

Salice Salentino is a DOC wine produced in the provinces of Brindisi and Lecce; its composition relies mainly on the Negroamaro grape variety, with a small percentage of Malvasia Nera. Ruby red in colour, with a pleasing intense nose and a robust dry flavour. It matches excellently with game dishes, roasts and tangy cheeses. Suggested Wineries: Due Palme, Cantele.



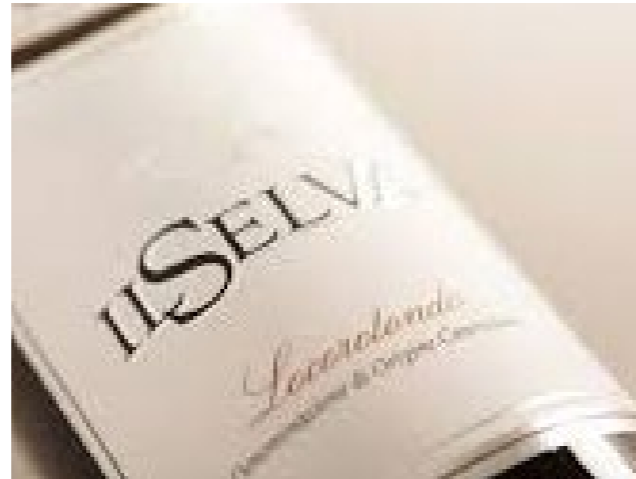
Castel del Monte

A DOC wine produced in the provinces of Barletta-Andria-Trani and Bari, Castel del Monte is ruby red in colour with an intense fruity nose, with hints of raspberry, blackcurrants and plums. Its smooth stylish flavour is versatile and makes it an excellent match with several types of dishes. Suggested Winery: Torrevento.

Locorotondo

Amongst the best known and most widespread whites, Locorotondo is a DOC wine produced from Verdeca and Bianco d'Alessano grape varieties in the province of Brindisi, between the municipalities of Locorotondo, Fasano

and Cisternino. It has a pleasant dry flavour and a slightly fruity nose. An excellent match for starters, green vegetables, and fish dishes. Suggested Wineries: Cantina Albea, Miali.



Ostuni

A DOC wine produced in the province of Brindisi, Ostuni white is made from a blend of grape varieties: Impigno 50-85%, Francavilla 10-50% and up to 10% of Bianco di Alessano and Verdeca. Straw yellow in colour and with an harmonious dry flavour. To be drunk cool and matched with simple dishes, fish dishes, light starters and fresh dairy products. Suggested Wineries: Azienda Agricola Greco.

Amaro del Gargano

A superb liqueur dark brown in colour, Amaro del Gargano is an excellent digestive embracing the intense, rich flavours of the land giving it its name: its preparation requires the methodical infusion of lemon and orange peel with the addition of 99 leaves taken from a secular olive tree.



Primitivo di Manduria



Best Beaches in Puglia



Type:

- sand
- pebbles
- cliffs

Reachability:

- easy
- manageable
- difficult

Key characteristic:

- peculiarity
- popular beach
- natural paradise

Marina di Pizzolungo (Maldive del Salento)

- | | | |
|--|--|--|
| <p>1 Cala dei Turchi (Capraia, Tremiti)</p> <p>3 Cala Tonda (San Domenico, Tremiti)</p> <p>4 Cala degli Inglesi (San Domenico, Tremiti)</p> <p>5 Grotta del Bue Marino (San Domenico, Tremiti)</p> <p>6 Cala Matano (San Domenico, Tremiti)</p> <p>8 Torre Mileto (San Nicola, Garganico, Foggia)</p> <p>9 Baia di Maraccona (Peschici)</p> <p>11 San Menaio (Vico del Gargano)</p> <p>13 Baia di Zaiana (Peschici)</p> <p>14 Porto Greco (Vieste)</p> <p>16 Spiaggia Lunga di Vieste (Vieste)</p> <p>17 Baia dei Campi (Vieste)</p> | <p>18 Cala della Pergola (Vieste)</p> <p>19 Margherita di Savoia (Barletta)</p> <p>20 Spiaggia di Trani (Trani)</p> <p>21 Spiaggia di Bisceglie (Bisceglie)</p> <p>22 Giovinazzo (Bari)</p> <p>24 Cala Porto Rosso (Monopoli)</p> <p>25 Lido Santo Stefano (Monopoli)</p> <p>27 Lido Morelli (Ostuni)</p> <p>29 Torre Santa Sabina (Carovigno)</p> <p>30 Lido Specchiolla (Carovigno)</p> <p>32 Torre Sant'Andrea (Melendugno)</p> <p>33 Alimini (Otranto)</p> | <p>35 Porto Badisco (Otranto)</p> <p>36 Santa Cesarea Terme (Lecce)</p> <p>37 Castro Marina (Castro/Lecce)</p> <p>38 Località Ciolo (Gagliano del Capo)</p> <p>39 Marina di Felloniche (Santa Maria di Leuca)</p> <p>41 Torre di San Giovanni (Ugento)</p> <p>43 Porto Selvaggio (Nardò)</p> <p>44 Porto Cesareo (Lecce)</p> <p>46 Torre Lapillo (Porto Cesareo)</p> <p>48 Spiaggia d'Alaya (Maruggio)</p> <p>49 Castellaneta Marina (Taranto)</p> |
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