



BasilicataSport&Nature



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Agenzia di Promozione Territoriale Basilicata

Potenza

Via del Galileo, 89 - Tel + 39 0971 507611

Björn Larsson

Via De Viti De Marco, 9 - Tel + 39 0835 331983

www.agthasilcata.it

whereas it is difficult to travel

www.discoverbasilicata.com



Basilicata Sport & Nature

Cycling Holidays in Basilicata

Information and itineraries for cycling enthusiasts
and cycling holidays

pubblicazione gratuita

Cycling Holidays in Basilicata

Basilicata is waiting for you.

This Italian 'frontier' region will slowly seduce you; it is a land full of light, a land you will fall in love with, a land where you can meander along minor roads, or look down upon spectacular landscapes from the summits of hills and mountains.

Basilicata is a land of contrast and harmony; from the luxurious forests around Potenza, to the lunar landscapes of Matera; from the sandy beaches of the Ionian sea to the rugged Tyrrhenian coast; from the green pastures of the mountains to the yellow cornfields of the valleys.

With less than 600,000 inhabitants, very light traffic and a network of dedicated cycling routes, Basilicata gives you the chance to take a cycling holiday in comfort and safety away from the dangers of heavy traffic. You can enjoy unique landscapes whilst discovering travel at a natural pace.

The suggested itineraries in this guide

touch on the major tourist attractions, as well as some unusual routes that allow the cyclist to visit the countryside, small towns and villages that can usually only be approached with difficulty using more modern forms of transport.

The landscape is perfectly suited to cycling, and the guide suggests routes of varying difficulty, from the easiest, along the valleys, along the long stretch of coast around Metaponto, or in the areas around Matera and Mount Vulture, to the most difficult, in the Pollino National Park, the Lucanian Dolomites and the Sirino Plateau.

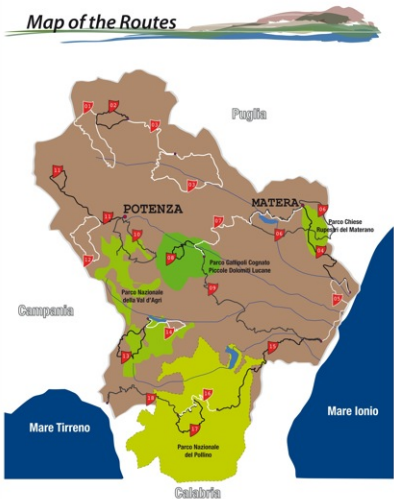
It is a region of huge horizons and deep silences, with a melancholic beauty and forgotten villages. The unspoilt landscape, the ancient culture, the enduring traditions, the authentic cooking with the taste and aroma of the Mediterranean and, above all, the warmth and hospitality of the people, make Basilicata an unforgettable experience.







Map of the Routes





Itinerary	kms	difficulty	page
01 Melfi, il Vulture and the Castles Circular Route through Frederick II country	85	medium / high  	14
02 Venosa , Circular route through history, wine and culture	61	medium / easy 	18
03 Acerenza, Irsina, Genzano History and culture amongst the hills of the high Bradano valley	120	medium / high  	22
04 Matera - Metaponto From the city of the Sassi to the Ionian sea	60	easy 	26
05 Metaponto - Scanzano - Policoro The Ionian coast and Magna Grecia	60	easy 	32
06 Matera - Montescaglioso - Miglionico - Matera : Circular route through the hills	117	medium  	36
07 Matera - Accettura From the nooks of the Gallipoli Cognato park and the smaller heights of the Lucanian dolomites	105	medium / high   	42
08 Accettura - Pietrapertosa - Castelmezzano Circular route through the heart of the park	63	medium / high   	48
09 Accettura - Policoro Through the forests, badlands and coast passing through the landscape of Carlo Levi	96	medium / easy 	52
10 Potenza - Sellata - Rifreddo - Potenza Through the Potenza mountains	89	high   	58
11 Potenza - Tesori dell'Appennino 1 Circular route through Pico, Bella, Castelgrande and Muro Lucano	105	medium / high   	62
12 Potenza - Tesori dell'Appennino 2 Circular route through Savoia, Brienza and Sasso di Castalda	89	high   	66
13 Parco Nazionale Val d'Agri : Scavi Grumentum - Monte Sirino - Laudemio	71	high   	70
14 Parco Nazionale Val d'Agri: Scavi Grumentum - Pertusillo - Spinoso	65	medium / easy 	74
15 Policoro - Terranova del Pollino From the Ionian coast to the Pollino National Park	72	medium / high  	78
16 Parco Nazionale del Pollino: from Terranova to Rotonda	58	medium / high  	82
17 Rotonda - Piano Ruggio - Rotonda Circular route through the peaks	60	high   	86
18 Rotonda - Maratea From Pollino to the Tyrrhenian sea	58	medium / high  	90

Useful Information

This edition of the cycling guide to Basilicata is a reprint of the first edition published in 2000 by the Basilicata Tourist Board, with the aim of making the itineraries more relevant in relation to current road networks.

The service network available to cyclists includes hotels and inns who welcome cycling holidaymakers and a whole network of supporting services, including garages and shops for mechanical support.

Almost all the suggested routes arrive, leave from or pass by railway stations and/or bus routes (Potenza, Maratea, Melfi, Metaponto, Matera) and we have planned the best routes for cyclists using racing and/or hybrid bikes. The through routes are planned for low density areas and attempt to avoid areas of increased traffic. In some situations, however, particularly in town centres or by the coast during the summer months, it will be necessary to take extra precautions, particularly if there are no cycle lanes.

18 road itineraries are offered, of varying topography and difficulty, spanning the best of

the regional landscape, and including areas of outstanding beauty, cultural centres, and historic villages. They also offer useful information which can help prepare you for your cycling holiday.

The distances are of varying difficulty and length, and are therefore suitable for different types of cyclist:

Cycle tourists:

those who want to travel across valleys and gentle hills

Cycle enthusiasts:

those always looking for new and difficult challenges.

The detailed regional geography gives you all the characteristics of a cycling tour – plains, hillsides, mountain trails – giving you the opportunity to plan your excursions according to your own fitness levels. The trips cover what you can achieve in a single day, over 2 or 3 days, or even a week whilst allowing you to use other forms of transport or even a car if public services are not available. Every route is suggested through a simple but detailed

description of the distance, relevant technical data including road conditions, how enjoyable the route is and likely weather conditions, along with a simple map and more detailed Roadbook. GPS references are supplied for every point of the Roadbook.

The format of the data is the WGS84 (World Geographic Standard 1984), used by most of the current portable



GPS receivers that can interface with computers and available software. Route mapping has been simplified, giving cyclists the opportunity to obtain the necessary maps, and there are pamphlets published with a scale of 1:100,000/150,000 for more detailed information. Description of locations and the sequences of diversions and crossings is often enough detail to make the distance, (partial or total) not strictly relevant along the route. Distance detection was carried out by data taken during visits, which were carried out by bike, by car and by GPS receiver. Nevertheless, a different calibration Odometer could produce substantially different measurements and distance totals from those reported on the guide.

It is recommended that data relating to distances be used with caution, as even data from your odometer can contain disparity within acceptable limits.

With regard to the road conditions, these relate to the period during which the visits were made (summer/autumn '09) and therefore some details may have changed.



Some itineraries are not recommended during certain periods of the year due to snow or ice (on the mountain slopes) or because of sections of road offering no shade in summer (on hills or in coastal areas). The altitude (height measured in metres at sea level) together with the gradient (given in metres for every hundred metres of ideally level slope) are helpful in evaluating challenging routes.

Those people not equipped to deal with steep gradients should follow itineraries which are significantly more gentle with short climbs and slopes not exceeding a 5% gradient.

Along each route are places of historical, natural or cultural interest. The cyclist must plan their route carefully to allow for unplanned stops and rests which could result in unpredictable timings. Some museums, archaeological parks and places of worship can only be visited by appointment. Visits to nature reserves and places of special interest may require advance booking. Information on places of interest and cultural attractions is not exhaustive, but is offered as a basis for the reader to carry out further research according to their own tastes and preferences.

The use of cars is often indispensable, but in some cases it is often possible to travel with your bicycle by train.

Thanks to the agreement of the Public Works



Useful Information

Infrastructure & Mobility, the Basilicata Region and the Gruppo Ferrovie dello Stato, since



2010 have agreed that bicycles can be carried free of charge on board a train. In this way it is possible for lovers of travel on two wheels to travel comfortably between cities on sections where it is not possible to cycle, or to speed up journey times. The regional network of Trenitalia railways intersects Basilicata, from Naples to Potenza and through to Metaponto, connecting the Ionian coast between Taranto and Crotone. Also from Potenza there is the trunk route through the northern region (Melfi, Venosa etc) which also connects the provinces of Bari and Foggia. Maratea is connected with the rest of the Ionian coast from Naples to Reggio Calabria. So if cycling long distances immersed in nature or through places rich in history is already appealing, using the train between cities can be even more rewarding, especially when one is environmentally conscious.

Each cyclist is expected to adhere to standards of behaviour which help to protect the environment, by using bike routes, trains or other forms of public transport. The regional cycling network, and part of the proposed routes, are also included within the project "CY.RO.N.MED" (Cycle Route Network of the Mediterranean) (Cyronmed.Basilicata.net.com).

This is an initiative from the Puglia region, and the Council for Transport, part of an action regarding the promotion of sustainable transport, which has enabled the creation of an international partnership from Puglia, the Basilicata regions (Department of Infrastructure and

Public Works, Transport Office), Calabria and Campania, the Greek Municipalities Athens and Karditsa, the tourist office of Cyprus and the ministry of Development in urban Malta. The design goal is to undertake the process of achieving a transnational cycle network consisting of the long distance cycle routes of the European Network 'EuroVelo and Italian 'Bicitalia', for a total of about 10,000 km. Other objectives relate to the production of a technical manual for the implementation of 'lifecycle' and the study of the potential development of cycling in the Mediterranean area. Of central importance was the publication 'Cycle Networks in the Mediterranean Area: Guide to Cycling' provided by the Puglia region and drawn by FIAB Puglia, downloadable in pdf at the following link:

http://www.regione.puglia.it/www/web/files/trex/cise/CYRONMED_completo_web.pdf.

The proposed routes coincide in part with those developed by the project CY.RO.N.MED in the Region of Basilicata. The Way of the Bourbons, the Via dei Pellegrini, the Via dei Tre Mari and the Way of the Sun have offered fundamental insights when preparing this guide.





Hilton Garden Inn Via Germania, s.n.c. Borgo Venusio - Matera
0835 215111 www.matera.stayhgt.com info.matera@hilton.com



Hotel del Campo Via Lucrezio, s.n. - Matera 0835 388844
www.hoteldelcampo.it info@hoteldelcampo.it



Hotel San Domenico Via Roma, 15 - Matera 0835 256309
www.hotelsandomenico.it info@hotelsandomenico.it



Hotel Sant'Angelo Rione Pianelle - Matera 0835 314010
www.hotelsantangelosassi.it info@hotsantangelosassi.it



La Casa di Lucio Via San Pietro Caveoso, 66 - Matera 0835 312798 www.lacasadiucio.com info@lacasadiucio.com



Palazzo Viceconte Dimora Storica Via San Pietro, 7 - Matera
0835 330699 palazzoviceconte@gmail.com



Hotel Sassi Via San Giovanni Vecchio, 89 - Matera 0835 331009
www.hotelsassi.it hotelsassi@virgilio.it



L'Hotel in Pietra Via San Giovanni Vecchio, 22 - Matera 0835 344040 www.hotelinpietra.it info@hotelinpietra.it



Locanda di San Martino Via Fiorentini, 71 - Matera 0835 256600
www.locandadisanmarino.it info@locandadisanmarino.it



Albergo Roma Via Roma, 62 - Matera 0835 333912
www.albergoromamatera.it albergo.roma.mi@gmail.com



Il Chiostro delle Cererie Via Cererie, 16 - Matera 0835 344075
www.chiostro.it info@chiostro.it



FAST MHOTEL Via E.Ferrari Z.I. La Martella - Matera 0835 307117
www.fastmotel.it info@fastmotel.it



Alla Dolce Vita B&B Rione Malve, 51 - Matera 0835 310324
www.ladicevitamatera.it info@ladicevitamatera.it



Alle Malve B&B Via Bruno Buozzi, 102 - Matera 0835 312616
www.bbmatara.allemalve.it bbmatara@allemalve.it



B&B 157 Via Fiorentini, 157 - Matera 0835 240353
www.beb157.it donata.derosa@gmail.com



B&B Al Borgo Via Tagliamento, 2 - Borgo La Martella - Matera
0835 307084 www.bbaiborgo.it info@bbaiborgo.it





B&B Al Convento Via Purgatorio Vecchio, 3 e Via Ponte S. Pietro
Caveoso, 30 - Matera 0835 314099
www.materaturisport.it erzomontemuro@libero.it



B&B Best Value Via F.lli Grimm, 5 Matera 333 2310789
www.sassihotel.it losino@hotmail.com



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www.bedbreakfastcasalamanna.it zaccaro95@libero.it



B&B Il Cortile Via San Pietro Caveoso, 55 Matera 349 2608410
www.ilcortilematera.it ilcortilematera@gmail.com



B&B Il Portico dei Sassi Piazza San Biagio, 3 Matera
329 9608500



B&B Il Vicinato Piazzetta S. Pietro Caveoso, 7 Matera 0835 312672
www.ilvicinato.com info@ilvicinato.com



B&B Il Villino C.da Pozzo Misseo Matera 0835 331182
www.ilvillinomatera.it info@ilvillinomatera.it



B&B L'Ulivo Via Morvise, 13 Borgo La Mariella Matera 0835 307238
lulivo@hotmail.it



B&B nel muro via Muro, 55 Matera 339 1677280
www.bbnelmuro.it info@bbnelmuro.it



B&B Pineta Paducci C.da Serra Paducci, s.n. Matera 329 6121732
www.pinetapaducci.com padula.f@tiscali.it



B&B Pozzo Misseo Via Timmari, s. n. C.da Pozzo Misseo Matera
0835 332668
www.pozzomisseomatera.com info@pozzomisseomatera.com



B&B SassoScritto 1824 Via Pennino, 6/11 Matera 0835 330960
www.sassoscritto1824.com info@sassoscritto1824.com



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www.saxbarisano.it info@saxbarisano.it



B&B Villa dei Piceni Via dei Piceni, 20 Matera 0835 264075
www.villadeipiceni.com giuseppe.chietena@tele2.it



B&B Villa Paola Via Montescaglioso Matera 0835 314080
www.villapaolamatera.it info@villapaolamatera.it



Dany's House B&B Via Cappuccini, 32 Matera 338 5626111
www.danyshouse.com danyshouse@libero.it





Residenza le 12 lune Via San Giacomo, 27 Matera 0835 256365
www.ledodicilune.it info@ledodicilune.it



Residence del Casalnuovo Via Casalnuovo, 116/118 Matera
0835 312329
www.residencedelcasalnuovo.it info@residencedelcasalnuovo.it



Residence San Giorgio Via Fiorentini, 259 Matera 0835 334583
www.sangiorgio.matera.it info@sangiorgio.matera.it



San Pietro Barisano Residence Rione San Biagio, 54 Matera
0835 346191
www.residencesanpietrobarisano.it info@residencesanpietrobarisano.it



Tra i Sassi Residence Via D'Addazio, 102 Matera 0835 311032
www.traisassiresidence.com info@traisassiresidence.com



Agriturismo Colle Igino C.da Igino, S.n.c. Matera 0835 307137
www.agriturismocolleigino.com info@agriturismocolleigino.com



Az. Agr. Le Matinelle C.da Matinelle Matera 0835 307343
www.lematinelle.com info@lematinelle.com



Hotel Palatinum S.S. 106 Jonica km. 449,300 Fraz. Metaponto Lido Bernalda (MT) 0835 745206
www.hotelpalatinum.it info@hotelpalatinum.it



Hotel Turismo Viale delle Ninfee, 5 Fraz. Metaponto Lido Bernalda (MT) 0835 741918
www.hoteliturismo.it info@hoteliturismo.it



Residence I Pitagorici Via Verdi, 34 Bernalda (MT) 0835 543565
www.hotelpitagorici.com



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www.mondialcamping.it info@mondialcamping.it



Agriturismooteo C.da Campagnolo Fraz. Metaponto Bernalda (MT) 333 4258768
www.agriturismooteo.com teodorocasa@tiscali.it



Il Ristoro di Cerellio Via Fontana, 22 Cirigliano (MT) 328 4753522
cerellio@tiscali.it



Hotel degli Ulivi S.S. 407 Basertana km. 68 Fraz. Borgo Macchia Ferrandina (MT) 0835 757020
www.hotelulivi.it info@hotelulivi.it



Bufalara C.da Bufalara Loc. S. Antonio Abate Altogiani Grottole (MT) 347 1456985
www.bufalara.net hide.leone@tin.it



Il Ritrovo del Cima C.da Pescara, s.n. Miglionico (MT) 0835 559970
ritrovodelcima@libero.it





Az. Agr. L'Assiolo Loc. San Giuliano Miglionico (MT) 0835 559678 www.lassiolo.com info@lassiolo.com	
Albergo Il Borgo Ritrovato Via Nicola Andrisani, 25 Montescaglioso (MT) 0835 207077 www.ilborgoritrovato.com info@ilborgoritrovato.com	
Az. Agritur. L'Orto di Lucania S.P. 175 km. 13,2 C.da Dogana Montescaglioso (MT) 0835 202195 www.ortodilucania.it info@ortodilucania.it	
Agritur. Scannaturco Via A.Manzoni, 10 Montescaglioso (MT) 0835 470015 scannaturco@libero.it	
Hotel Imperiale Via Pietro Nenni, s.n. Fraz. Marina di Nova Siri Nova Siri (MT) 0835 536900 www.imperialehotel.it info@imperialehotel.it	
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Soprattutto Piazza Cirillo, 12 Montalbano Jonico (MT) 331 3682661 la6@libero.it	
Agritur. San Teodoro Nuovo Dimora Storica C.da San Teodoro Marconia - Pistioli (MT) 0835 470042 www.santeodoronuevo.com doria@santeodoronuevo.com	
Orohotel Via Lido, s.n. Policoro (MT) 0835 910190 www.orohotel.it info@orohotel.it	
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Albergo Hostaria Al Buco Via Napoli, 16 Policoro (MT) 0835 972373 albuco@tiscali.it	
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Silenti Dimore di Rotondella Via Nazario Sauro, 47 Rotondella (MT) 0835 504283 www.ferachiusa.com info@ferachiusa.com	
Az. Agr. Il Pago C.da Trisaia Pantanello, 7 Rotondella (MT) 0835 848090 www.ilpago.it info@ilpago.it	
Agritur. La Passiflora Via Lombardia, 26 Scanzano Jonico (MT) 0835 953494 www.lapassiflora.net info@lapassiflora.net	



Az. Agr. di Agata Giuseppe Via Roma, 10 Loc. Il Cavone
Scazzano Jonico (MT) 0835 930076 www.infovacanzeitalia.it
agriturismo.agata@tiscali.it



Az. Agr. Il Merlo Via Monviso, 4 Loc. Il Madonna Scazzano Jonico
(MT) 0835 953269



B&B Villino Francesca C.da Serra delle Vigne, s.n. Tricarico (MT)
0835 724156 selecchia@tiscali.it



Palazzo dei Poeti Via Manzoni Loc. Rabatana Tursi (MT)
0835 532631 www.palazzodeipoeti.com info@palazzodeipoeti.it



B&B La Collina degli Ulivi Via Ponte Masone, s.n.c. Tursi (MT)
340 6652387 vfa.an@tiscali.it



B&B San Francesco C.da Terzo, 15 Valsinni (MT) 0835 817260
www.bbsanfrancesco.it popia@bbsanfrancesco.it





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Design, implementation, itineraries and tests
Piero Lasalvia / explora-services.com

Editorial Director
Maria Teresa Lotito

Editorial assistance and support
Annalisa Romeo

Photography
Archivio APT Basilicata, Piero Lasalvia
and courtesy of bikebasilicata.it

Acknowledgements

Dipartimento Infrastrutture, Opere Pubbliche e Mobilità della Regione
Basilicata Ing. Donato Arcieri,
FIAB onlus "A ruota Libera Bari",
FIAB onlus "Il ciclmino Matera",
A.S.D. Emmeti Cycling G.C. Belisario Matera,
Parco della Murgia Materana,
Parco di Gallipoli Cognato e delle Piccole Dolomiti Lucane,
Michele Cappiello,
Antonio De Blase,
Donato Dragone,
Gigi Esposito,
Nunzio Pedicini
Gerardo Vitale

APT has provided the data in this road book for information purposes only. Maximum care was taken to verify the information contained the texts. We decline, therefore, any responsibility for typographical errors or involuntary omissions.

RECOMMENDATIONS:

Observe the Highway Code.

Read the route description prior to travel.

Ask for directions when you are unsure or use the services of a guide.

Use the type of bike suggested in the route description, because each assessment is based upon the conditions of the roads and hills.

Always wear a helmet.

Wear comfortable clothing in bright colours so you can be seen by motorists.

Dress in layers so you can adapt quickly to changing weather conditions.

WHAT TO BRING

Plenty of water (water fountains in



every town are generally always drinkable, if in doubt ask the locals), helmet, tool kit, pump, odometer, anorak, first aid kit, fruit, energy bars, phone, sunscreen, camera).

HOW TO READ THE ROADBOOK

The Roadbook is a series of instructions that correctly interpret the planned route without the risk of getting lost at each junction or intersection. The Roadbook consists of a series of columns:

Column 1: indicates the waypoint (WP).

Column 2: indicates the kilometres per journey (KM TOT).

Column 3: indicates km partial paths (KM PAR) defined as the distance

Useful Information



30 kilometres and continues until it terminates on the SS106 Jonica Taranto-Sybaris.

From the Adriatic coast: Continue along the A14 Bologna-Taranto "Autostrada Adriatica" until the Foggia toll, where you will need to divert towards Candela (where the junction crosses the A16 Napoli-Bari) and continue to Melfi and Potenza. From the same highway you can reach Matera from the Bari Nord exit, along the SS96 direction Altamura (about 60 kilometres).

BY TRAIN

between one waypoint and the previous one. Column 4: the abridged description to recognise the point and instructions to follow. Column 5: GPS co-ordinates of waypoints in WGS84 format.

Mechanical assistance / Bike Parts workshops and stores are available in all major towns. In case of problems en route, ask for help from breakdown recovery points.

REACHING BASILICATA

BY CAR:

From the Tyrrhenian coast: travel along highway A3 Salerno-Reggio Calabria, exit at junction Sicignano, joining highway 'Basentana' (SS407), after about 48km you arrive at Potenza, continue along the same route for another 74 km before the junction to Matera (SS 7). The Basentana Metaponto is reached after about

From the Tyrrhenian coast:

It is reached from the Battipaglia railway station, on the Naples-Reggio Calabria line, which is part of a railway network which crosses Basilicata and connects Potenza with Taranto

From the Adriatic coast:

It is possible to reach the industrial centre of Potenza via the Foggia-Potenza line. Matera is accessible from Bari with the FAL line





Useful Information

(Railways Appulo Lucano).

The Ionian coast is crossed by the FS
Taranto-Sybaris line

From the Adriatic coast: Matera to Bari

Paiese – about 64 km

BY PLANE

From the Tyrrhenian coast:

Potenza to Naples Capodichino – 160 km





Melfi, Mount Vulture and The Castles

A circular route through Frederick II country



This route is suitable for cyclists of average ability, given the absence of major climbs and the total length of the path. The alternative routes suggested can reduce this route by about 35-30 km making it more suitable for the less fit. Alternatively, you can divide the entire route into three stages. Usable throughout the year, except in winter when there may be snow, it is a wonderful route to travel in spring, late summer or autumn. In the height of summer it is advisable to travel in the early hours of the day or late afternoon, perhaps choosing to cycle through a wooded area or by the side of lakes.

Throughout this route it is possible to use different modes of transport, as you can use the regional trains which offer free transport for bikes (stations at Melfi, Rionero, Filiano, Lagopesole).

You start from the Melfi train station in the old town, turn left in the direction of Foggia at the roundabout then turn left going up the overpass.

The traffic is often heavy during peak hours, so please pay attention. It is important to remember that it is no longer possible to use the SS658, since this is now a high speed road connecting Melfi and Potenza. Carry straight on in the direction of Rionero Vulture. The climb is fairly steady, amongst wheat fields and olive trees until you reach the suburb of Foggianello. From here, follow signs to Laghi Monticchio/Avellino.

Once past the mineral water factory, the road continues with a series of gentle hills. After a nice downhill stretch, with panoramic views over the Ofanto plains, you reach the junction that leads to Monticchio. After about 5km you arrive at Lake Grande, situated in front of the campsite, at the crossroads leading to St Michael's Abbey. Continue on the main road until you reach the picnic area of Lake Piccolo. From here, there is a cycle path along the lake where you can get some

refreshments in the numerous restaurants and bars. Leave Lake Piccolo by heading uphill towards Rionero, climbing between hairpin bends lined with majestic trees. After about 4 kilometres you reach the highest peak of this stage at 865 m.s.l.m. Just after the downhill section, turn right to Atella/San Andrea di Atella.

Alternative Route

Go straight on to reach Rionero (after about 10km downhill). Once in the village, go through the historic centre to reach the hospital, ref Roadbook wp21.

The descent, virtually car free, winds between farms and wheat fields, the view stretching over the mountains of Campania and Basilicata. At the bottom you reach the village of Atella (visit the thirteenth century cathedral dedicated to St Mary of Nives). Travel through this small town, continuing on the main road until you reach the valley. After a long bike ride on the plain, you arrive at Castle Lagopesole, built by Frederick II on a



pre-existing fort used as offices for the hunt, which took over the entire valley.

After a stop in the small and picturesque medieval town, take the exit towards Potenza - Melfi. At the junction with the SS658, go under the bridge heading towards the rural village of Piano Conte. The path is uphill, moderate cycling required, until you pass the 814 m.s.l. (near Scaleria). Then the road begins a gradual descent to Rionero, Barile and Rapolla, where it is compulsory to stop at the winery dell'Aglianico (DOC). On the road that goes from Rapolla Melfi, at about 1km from the Frederick Centre, turn towards the municipal cemetery and you will reach the Rock church of Saint Margaret, interesting for the number of frescoes. (Admission free, reservation required - (T 0972.239751)

Melfi, Mount Vulture and The Castles

A circular route through Frederick II country



sights

MELFI

The Norman/Swabian Castle, the site of the National Museum of Melfi
The tenth century Norman cathedral
The rock church of St Margaret

THE LAKE OF MONTICCHIO

THE CASTLE OF LAGOPESOLE

RIONERO e BARILE

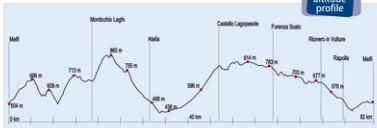
Historic centre and wine cellars for Aglianico DOC wine

Technical Tips



Difficulty: medium / high
Bike type: tourism / travel
Departure: Melfi - Railway Station
Arrivo: Melfi - Railway Station
Total km: approximately 82
Road surface: asphalt
Elevation: 484 metres
Uphill Altitude difference: 1185 metres
Descent Altitude difference: 1194 metres
Period: All year, pleasant spring and autumn

altitude profile



WP	KM TOT	KM PAID	DESCRIPTIONS	GPS co-ordinates
01	0.0	0.0	Station Mall - with your back facing the station, turn left following signs to the Monticchio Lakes / Foggia - go straight on to visit the Old Town.	47°58'24.54" N 15°38'50.32" E
02	0.3	0.3	At the roundabout / Castle in front of us on the hill turn left, at Foggia - Monticchio climb overpass and continue straight on ignoring the side outlets - follow signs for "Lakes Monticchio" - SPn4SS104	47°58'23.95" N 15°38'51.2" E
03	0.5	0.2	After passing the village of Foggianello - turn left at the junction towards "Lakes Monticchio / Avelino"	47°57'53.01" N 15°38'53.27" E
04	11.5	3	After passing the mineral water factory you will reach a crossroads, continue in the direction SX "Rionero" / Lakes Monticchio / SPn4SS107	47°57'17.14" N 15°38'51.15" E
05	12.2	0.7	At the junction, turn left toward Monticchio Lakes / Rionero	47°56'44.97" N 15°38'51.39" E
06	16.5	4.3	Arrive at the Monticchio lakes	47°56'1.07" N 15°38'51.97" E
07	16.9	2.4	At the junction, go straight ahead towards Rionero / Potenza - or turn left to visit the Abbey of St. Michael	47°56'12.64" N 15°38'26.87" E
08	18.7	0.8	Camping area at Lake Piccolo di Monticchio	47°55'34.82" N 15°38'25.17" E
09	21.7	2	Arrive at Lake Piccolo picnic area	47°55'50.04" N 15°38'41.67" E
10	0.0	0.0	Restart from Lake Piccolo - follow the hill towards Rionero / Potenza - continue on this road (SS167) until you reach the highest point	47°55'13.07" N 15°38'13.07" E
11	4.2	4.2	Exit SX S. Andrea Avelia - Avelia (if you go straight you will reach Rionero, rejoining the sp21 shortening the stage) - always follow the signs to Avelia	47°52'27.05" N 15°38'56.06" E
12	12.7	8.5	at the T-intersection, turn right towards Avelia - come into the village after a few hundred meters - go straight	47°52'13.77" N 15°38'13.07" E
13	13.6	0.9	Exit Avelia - go straight on SS203 S. Fiesi - Fiesi	47°48'5.34" N 15°42'44.05" E
14	15.6	1.4	Junction go straight Potenza (Right Ragone Laviano S. Fiesi - S. Maria di Piarzo) -	47°48'15.21" N 15°42'59.45" E
15	26.9	14	After a tough climb to reach Laggipenne, go left into the Old Town / Castle	47°48'15.21" N 15°42'59.45" E
16	29.7	0.7	Arrive at the historical centre - Corso Umberto	47°47'49.07" N 15°44'51.96" E
17	0.0	0.0	With the castle behind, in Corso Umberto 1°, turn left direction Carabinieri - Designation Comunale - Potenza - Mall	47°47'49.07" N 15°44'51.96" E
18	1.8	1.8	After exiting the village, STOP at the junction - turn left, go under the bridge - heading towards "Piano del Conte"	47°47'49.07" N 15°44'51.96" E
19	3.1	1.5	At the crossroads head towards "Piano del Conte" / Rionero and continue in the direction of Rionero	47°47'49.07" N 15°44'51.96" E
20	19.8	18.7	At the roundabout continue to follow left direction Rionero (white sign) - entry into the village after about 200 meters - go straight towards Barile / Centre	47°47'49.07" N 15°44'51.96" E
21	22.7	2.9	After leaving the hospital on your left, go straight until you reach the T-junction, turn left downhill, crossing the tracks in the direction of Barile	47°47'49.07" N 15°44'51.96" E
22	25.4	0.7	Continue towards Barile / Mall / Barilla - (short cut to reach Venosa / Gravina)	47°47'49.07" N 15°44'51.96" E
23	27.2	3.8	After passing the Cement Works, go straight Barilla / Foggia / Rapolla Venosa (brown sign) - (do not follow Mall)	47°47'49.07" N 15°44'51.96" E
24	30.5	3.3	Arrive in Rapolla - at the roundabout (near memorial) turn left to return to Mall, keeping the main direction	47°47'49.07" N 15°44'51.96" E
25	37.0	6.5	Arrive at Mall train station	47°47'49.07" N 15°44'51.96" E



Venosa, A circular route through history, wine and hills



This is a medium/easy route suitable for those who may not cycle every day. The low mileage makes it manageable, but the presence of a few uphill sections makes it slightly more challenging. This route begins at Venosa, from where you can explore the surrounding area not only from a purely cycling point of view, but also from a cultural and gastronomic perspective. Indeed, the scarcity of traffic, except around the larger towns, allows you to travel in peace, among the vineyards and wineries of DOC dell'Aglianico, and through olive groves and mills, interesting archaeological sites and medieval town centres.

a short climb and descent, you come to a junction which offers options for the fitter cyclist.

Alternative Route 1

Immediately before the T/STOP junction with the SS93 on the left, take the SP90 direction 'Macario' which leads directly to Barile and Rapolla, following a path which has some impressive expanses of olive trees but is demanding at certain sections. After about 9km of a challenging uphill climb you reach Barile on the SP90. You can reach Rapolla by turning to the right, after about 4 km you will arrive in the town. Follow the town centre sign to join the main road which brings you out at the roundabout by the war memorial.



At the Stop sign on the SS93, turn left following signs to Potenza /Melfi/Rapolla. The road rises gently but can be busy in peak hours. Keep right, after about 4km you will arrive in Rapolla, with an impressive panorama of the wineries (Parco Urbano della Cantina) which adorn the ridge and are excavated in volcanic tuff rock. The town is best known for the production of high quality virgin olive oil and also for wine production (Malvasia, Aglianico and Moscato), as well as for a small thermal spa with numerous springs of iron rich water. The route takes you to the war memorial where there is a roundabout. Stopping here may give you the perfect opportunity to visit the historic Cathedral, located at the top of the village, and where you can admire the polychrome façade and the stone entrance porch.

The starting point is the castle 'Pirro del Balzo' in Piazza Umberto I in Venosa. On leaving the castle, go down Via Tangorra, a paved white road. After about 200 metres you reach a roundabout (with a school on the left). Turn right onto Via Melfi and continue out of town. You will find yourself on the SS168, which takes you downhill to the valley floor, so apply the brakes and watch out for cars, especially at peak times. After about 8.5 km, at the end of the descent, you will come to a junction with a perpendicular road ahead. The main road (SS168) bends to the right (signposted Rapolla, Melfi, Potenza), but our route turns LEFT signposted 'SP Pian del Cerro'. This is a service road with access to the fields (olive groves and vineyards) and offers a panoramic view of the landscape. After

Starting again from the roundabout, ignoring the road which goes to Venosa, you follow the SS93 to Barile, just 6 km away. The road goes underneath the SS658 expressway from Potenza to Melfi.

Alternative Route 2

This is an alternative route which allows you to visit Melfi. At the roundabout turn right, heading towards the town centre, where there is the important castle of Frederick II, home to the Archaeologico Nazionale del Vulture Melfese. Alternatively you can visit the historic centre or the Cathedral. You can return to Rapolla by following the same route in reverse.

Arriving in Barile, you immediately come across the detour to the old town and the wineries. Turn left to

Venosa, *A circular route through history, wine and hills*

enter the town and you will reach Via Roma (a stone paved road). Barile is one of the towns originally founded by Albanians and it still maintains its ethnic and linguistic traditions.

Like Rapolla, it also plays an integral part in the National Association of 'Olive Oil' Cities and the National Association of 'Wine' Cities. On the outskirts of the town are the 'Seshe,' caves dug into the tuft rock by the first Albanian immigrants, and which today are used to store wine. The 'Seshe' can be seen in the film by Pier Paolo Pasolini, 'The

Ginestra and Venosa. Together with Barile and Maschito, Ginestra is one of three Albanian speaking communities in the Vulture region. It was founded by a colony from Scutari, thanks to a grant from Troiano Caracciolo, Lord of Ripacandida, which gave Albanians permission to build houses here in 1478. Even today, many traditions are alive in Balkan Ginestra and the locals speak an Albanian dialect. In Ginestra, take the road to the town centre. Crossing Via Santa Maria di Costantinopoli, go straight on along Via Giovanni XXIII.

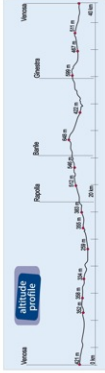


gospel According to St Matthew' (1964), as the director decided to film some scenes in the small village of Vulture. The wineries are also used as venues for cultural and gastronomic events, particularly relating to Aglianico wine and typical local food products. Leaving from the old town, take Via Nazionale in the direction of Rionero (SS93) which takes you to Viale Europa and meets a T-junction by the small railway station. Proceed towards Rionero and after a few hundred metres take the exit on the left, leaving the SS93 on Corso Italia, which takes you downhill to the towns of

At the stop sign at the end of the road, turn left onto Via Vittorio Emanuele. The road leads uphill leading out of the town, shortly afterwards turn left following the SP10. After a series of ascents and descents this will bring you to Venosa. You arrive on Via Appia, just on the opposite side of the roundabout from where you started.

Venosa, A circular route through history, wine and hills





WP	KM TOT	KM FRA	DESCRIPTIONS	GPS coordinates
01	0.0	0.0	Depart from Venosa with the castle behind you, at the intersection of Via Roma, go straight on the paved road until you reach a roundabout, turn right direction Melli (via Tangorra)	40° 58' 35.72" N 15° 49' 26.51" E
02	0.8	0.8	Take the exit to Venosa on the SS168	40° 58' 41.20" N 15° 49' 33.64" E
03	9.5	8.7	End descent, exit left, at the "SP plain Camp" - Road passes through olive groves and vineyards	40° 59' 32.11" N 15° 44' 41.93" E
04	13.9	4.1	Pass the intersection with the SP90 for Barile and continue to the T-junction and turn left on SS93 - direction Melli - Rapolla - Potenza - look out for traffic!	40° 59' 3.87" N 15° 42' 50.12" E
05	17.5	3.9	Arrive at Rapolla - Follow "Centro" until you reach a roundabout - go straight following BARILE keeping always on the SS93	40° 58' 38.94" N 15° 49' 26.47" E
06	23.8	6.3	Come into Barile - leaving the main road follow the sign "Centro - Wineries - Via Roma" reach and visit the historical center	40° 57' 0.48" N 15° 49' 28.80" E
07	0.0	0.0	Resistant from the historic center of Barile (via Roma) - follow "Via Nazionale - Rionero" until you reach Viale Europa near the small railway station. Proceed on the main road (towards Rionero) to leave the village.	40° 56' 34.47" N 15° 49' 20.93" E
08	2.3	2.3	Leave Barile - at the junction turn left on Corso Italy, direction Venosa / Ginestra (down approximately 4.5 km)	40° 56' 25.52" N 15° 49' 32.86" E
09	8.3	6	Arrive in Ginestra	40° 56' 11.87" N 15° 43' 12.67" E
10	8.7	0.4	Junction, turn right and follow towards the centre, Take Via Santa Maria di Costantinopoli to the end and then go right on Via Giovanni XXIII until the end	40° 56' 48.47" N 15° 43' 46.57" E
11	9.2	0.5	STOP, T-junction, turn left into Via Vittorio Emanuele	40° 56' 50.80" N 15° 44' 0.82" E
12	9.5	0.3	T-intersection, turn left to follow the direction Venosa (yellow). Exit Ginestra	40° 56' 56.77" N 15° 44' 19.83" E
13	9.9	0.4	Junction turn left to follow the direction Venosa SP10	40° 56' 58.37" N 15° 44' 32.72" E
14	13.9	4	After a descent, turn right following signs to Venosa	40° 56' 34.70" N 15° 46' 3.57" E
15	16.8	1.9	At Venosa, proceed straight ahead to reach the Historic center	40° 57' 30.98" N 15° 47' 58.37" E
16	18.8	3	Arrive Castello di Venosa - Piazza Umberto I	40° 58' 35.72" N 15° 49' 26.51" E



Venosa, Acerenza, Genzano, Irsina,

History and culture from the hills of the high Bradano valley



The route starts from the Horatian town of Venosa, and connects with Genzano di Lucania where there is a circular tour designed for those cyclists fit enough to tackle different gradients. Nothing stops you from dividing the route into three or four days which would make it slightly easier. It is possible to cycle throughout the year, except for the midday hours of summer days, due to the lack of tree cover. The countryside is made up of rich agricultural land with large swathes of cornfields between

ways. you should, at least during the summer months, ensure you take a good supply of water with you.

The first route:

from Venosa to Genzano di Lucania

(the Roadbook is identified from the waypoints – WP – indicated by letters)

Depart from Castello di Venosa following signs to Palazzo San Gervasio on the SS168, paying attention to possible traffic build up near the town. Keep on this road following the direction of Palazzo San Gervasio through the wonderful steep hills and descents, during which it is not unusual to meet other cyclists or hikers. After about 20 km you arrive in Palazzo San Gervasio, where you turn left at the junction of the Zona artigianale. For a different option, turn right in the direction of Genzano di Lucania and immediately turn right again in the direction of Forenza. This route takes you down a beautiful descent through an oak forest until you reach Lake Fontetuso, an ideal place for a rest under the shade of the trees. You set off again from the lake shore to go up into the hills to get to Genzano di Lucania, which you reach after about 15 km.

Second route:

Genzano Lucania – Acerenza – Irsina – Genzano Lucania

Depart from the Town Hall in Genzano di Lucania, going towards Banzi on the SP22. After about 4 km you come to a junction, go straight on towards Acerenza on the SP6, which starts with a nice downhill section of about 7.5 km, at the end of which is a crossroads. Turn left in the direction of Acerenza - Tolve - Oppido-Potenza and after about 800 metres turn left towards Acerenza. From here there is a nice twisting climb (about 7km – 4%) which takes you right into the old town before ending up at the town hall. Follow the signs for the 'centro storico' which will take you into the old medieval town, dominated by the bulk of the ancient cathedral. Leaving from the Town Hall, there is a fast descent towards Potenza. After about 5 km you reach the valley floor, close to the dam on the Bradano river. Go past the intersection immediately in front of you, do not turn left on the new road to Oppido Lucano but follow the old route of the road, going straight towards the train station at Acerenza. The road climbs for about 4 km with a gradient of 5%, until you get onto the SS169 which rises more gently for another 7km until you reach



beautiful hills for the eye to feast upon. Villages perched on the tops of hills are a feature of this itinerary. Each village centre is steeped in history, from ancient times through to the middle ages. Notable sights include the stunning Cathedral of Acerenza, the beautiful historic centre and Cathedral at Irsina and the beautiful Cavallina fountain in Genzano di Lucania. The first part of the route passes through the hills of the Venosa countryside until it reaches Palazzo S. Gervasio, the home of the Pinacoteca D'Errio, until you come to Genzano di Lucania, from where you start the true circular route. Given the distance between the villages and the difficulty of finding refreshment points along the

Venosa, Acerenza, Genzano, Irsina,

History and culture from the hills of the high Bradano valley

Oppido Lucano. The village is the only place in the region where there is a velodrome, the centre of cycling activity for the young people of the area. After a stop in the old town take the SS169 in the direction of Bari. The road descends steeply until you reach the SS69bis, please pay attention in case of traffic. After about 15 km you leave the SS69bis turning right following the signs to Tricarico/Basentano. Now you are travelling through great expanses of wheat fields and the hills surrounding Irsina and ancient "Montepeloso". The climb to the beautiful town centre is about 9 km long with a slope of 4%. About 50 km from Acerenza you find yourself amongst the ancient city walls of this small village which was of great importance

in Roman times, and which was among the most developed centres of Basilicata in the period of the Lombard and Byzantine empires. After a stop and a recommended visit to the ancient monuments, you leave passing through rural villages where the land reforms of the last century took place. In the 50's these land reforms were dreamed up, on the assumption that these rural villages would continue to grow. The villages were almost completely abandoned in the 60s and 70s. From Irsina you go downhill towards Irsina Scalo and there is a slight climb towards Fontana Vetere. You cycle through a timeless place where the only noise is that of your own cycle wheels. You end up at Genzano di Lucania after about 32 km.



Venosa, Acerenza, Genzano, Irsina, History and culture from the hills of the high Bradano valley

sights

PALAZZO S. GERVASIO
The Pinacoteca D'Enco

GENZANO DI LUCANIA
The old town and the Cavallina Fountain

IRSINA
Cathedral / Statue of St. Euphemia
The palaces of the old town

ACERENZA
The medieval town with the Cathedral

OPPIDO LUCANO
The churches of the historic centre

Technical Tips

Difficulty: medium / easy

Bike Type: tourism / travel

Departure: Venosa - Genzano Lucania

Arrival: Genzano Lucania

Total km: about 100 (single circuit)

Road surface: asphalt

Elevation: 517 metres

Uphill altitude difference: 1403 metres

Descent altitude difference: 1544 metres

Period: All year round, pleasant

Spring / Autumn



First route:

Venosa,
Palazzo S.Gervasio,
Lake Frontetuso,
Genzano di Lucania



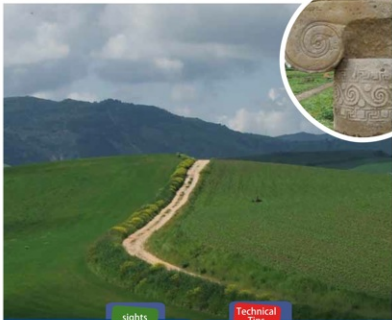
MP	KM TOT	KM PAR	Descriptions	GPS coordinate
A	0.0		Leaving Casillo di Venosa behind you, go towards Via Tangorra until you reach a roundabout	40° 58' 35.37" N 15° 47' 35.37" E
B	0.2	0.2	Turn left towards Genzano Lucania/Maschio/Banci and leave the town, joining the SS168, following signs to Palazzo San Gervasio	40° 57' 38.27" N 15° 48' 55.48" E
C	19.2	19.0	Stop at the T junction, turn towards Barco/Genzano di Lucania (turn left to visit Palazzo S. Gervasio)	40° 55' 25.47" N 15° 58' 6.77" E
D	19.4	0.2	Turn right towards Franca - shortly afterwards go downhill through oak trees until you join the SP8	40° 55' 15.67" N 15° 58.97" E
E	21.6	2.2	At the end of the downhill, arrive at Lake Frontetuso - go straight on	40° 54' 52.92" N 15° 57' 28.42" E
F	22.1	0.5	At the junction, turn left uphill towards Genzano di Lucania	40° 54' 43.88" N 15° 56' 58.52" E
G	27.4	5.3	At the T junction, turn left towards Genzano di Lucania	40° 51' 57.58" N 15° 56' 56.54" E
H	32.2	4.8	At the STOP sign, turn left towards Potenza/Genzano di Lucania and keep going	40° 50' 35.58" N 15° 17.58" E
I	35.0	2.8	Arrive in Genzano di Lucania at the town hall	40° 50' 43.87" N 15° 17' 54.47" E

Matera - Metaponto

From the city of the Sassi to the Ionian sea

After 4 km you reach the small town of Metaponto. There are signs to the Archaeological Park, the museum and the sea. The route ends at the train

station where you can board trains from Bari/Taranto and Reggio Calabria.



sights

MATERA

The historic centre, museums and ancient 'Sassi' dwellings

Rock churches of the Murgia Park

MONTESCAGLIOSO

The old town and the Abbey of St. Michael

METAPONTO

*The park and the Museum of Archeology
Palatine Tables*

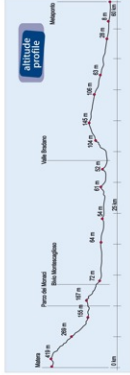
Technical Tips

Difficulty:	Easy
Bike Type:	tourism / travel
Departure:	Matera - Station FAL
Arrival:	Metaponto - Train Station
Total km:	approximately 60
Road surface:	asphalt
Elevation:	417 metres
Uphill altitude difference:	197 metres
Descent altitude difference:	532 metres
Period:	All year

Matera - Metaponto

From the city of the Sassi to the Ionian sea





KM TOT	KM PAR	Descriptions	GPS co-ordinates
01	0.0	Piazza Murocci - leave the station behind, head downhill on Via Don Minzoni (about 100 mt) and then follow to the right on Via Lucania (towards Hospital), maintain direction for approximately 1.6 kilometers	40° 47' 1.00" N 16° 36' 3.00" E
02	1.6	At the crossroads after the climb at the end of Via Lucania, head towards the right in the direction of Potenza / Hospital / Montescaglioso	40° 39' 22" N 16° 36' 58.27" E
03	1.9	At the Hospital roundabout, turn left and follow the road uphill heading towards a red house, turn right onto Via Montescaglioso	40° 39' 11.22" N 16° 36' 53.32" E
04	10.8	Lung downhill section. After 10.5 km, turn left towards Montescaglioso and then continue straight towards Metaponto	40° 36' 11.00" N 16° 36' 34.80" E
05	14.1	Do not turn right (Miglionico) but carry on to the next junction and turn right towards Metaponto	40° 35' 6.02" N 16° 36' 6.87" E
06	20.8	Intersection for Montescaglioso. STOP (pay attention), proceed straight on following signa "SINISTRA BIANCANT"	40° 31' 58.42" N 16° 38' 32.2" E
07	30.3	After a short climb, at the T junction it says end of MATERA Province / Home of Taranto Province - turn right downhill towards Taranto	40° 29' 41.80" N 16° 43' 52.7" E
08	33.1	STOP - T junction - turn right towards SS106 --	40° 28' 53.97" N 16° 44' 54.20" E
09	33.8	Exit right - direction SS175 - Bernalda	40° 28' 42.00" N 16° 45' 23.10" E
10	36.7	STOP - Intersection with SS175 - pay attention - straight on (direction Bernalda) - (After about 600 meters, beginning uphill 3-4% for 2.8 km)	40° 27' 12.00" N 16° 44' 43.90" E
11	40.6	Turn left in the direction Metaponto - Str Provinciale Demanio Campagnolo	40° 27' 30.00" N 16° 42' 4.80" E
12	50.3	After a short descent, turn left uphill, follow direction Metaponto / Golf Club	40° 23' 38.42" N 16° 45' 50.80" E
13	54.7	STOP - T junction - turn right direction METAPONTO - Head the highway!	40° 25' 7.50" N 16° 48' 0.00" E
14	56.4	Bridge SS106 - Go straight towards Metaponto, on the way to the Museum and Archaeological Park --	40° 24' 14.50" N 16° 48' 19.00" E
14.1		Option: Just before WP14 and after a petrol station, take the exit toward the coplaner SX. Go under the SS106 and maintain the direction until you reach the temple (the Palatine Tables), tracing this path in reverse to go to Metaponto	40° 24' 57.70" N 16° 49' 1.60" E
15	60.6	Metaponto Railway Station	40° 22' 14.20" N 16° 49' 4.77" E



Metaponto - Scanzano Ionico - Policoro

The Ionian coast and Magna Grecia



This is an easy route that is known for its historic, artistic and environmental importance. Starting from the archaeological site of Metaponto you pass by the region's rivers to reach the town of Policoro. Archaeological parks, fields and orchards accompany you along a walk that offers great opportunities for a longer stay to really relax and appreciate the good food and culture. The final stage is also the starting point for more challenging tours in the Tursi and Polino National Park. Walking along the sandy shore of the Ionian Sea is a possibility between San Teodoro, San Basilio, Marina Pisticci and Terzo Cavone until you arrive at Lido Policoro. The close proximity of the railway line that links Bari and Taranto at Crotone allows you the opportunity to take the train for longer trips. Start from the station at Metaponto following signs to Matera along the SS175. You will pass signs to the Archaeological Park and Museum, a visit is strongly recommended. Go over the bridge on the SS106, avoiding the expressway. After 6km turn left and follow the signs to the Golf Club.

Alternative route

To visit the temple of Hera (the Palatine tables), turn right onto the SS106 after the bridge and by the petrol station. Go along the underpass and after 600 metres turn left to reach the temple. Return by the same route.

Carry on for about 4 km, passing farmland until you reach a T junction.

Turn right onto the SP Demanio Campagnolo and follow signs to Bernalda. After 10 km you reach another T junction, turn right and continue towards Matera and Montescaglioso, the road twists to the left towards Bernalda and you join the SP154. It is an easy descent until you reach the plateau of the historical village of Bernalda. A stop for ice cream on

the main street is recommended and also a visit to the Castle. You leave following signs to Potenza-Basentana on the SS407, paying attention to traffic. Leaving the town you descend to the Basento river valley. You arrive at the interchange of the SS407, following Tinchi-Ospedale signs towards the underpass.

The road continues over the river Basento, towards Tinchi and Marconia, passing by the Torre Accio, a ruined watchtower that was once part of a chain that stretched along the coast.

They were built as part of a system of defence and communications to stem the tide of Saracen invaders. From each tower it was possible to scan the sea and be able to see the two neighbouring towers, so you could send light or smoke signals to send a message or ask for help. After about 2 km, instead of turning right to Marconia, turn left onto the Provinciale Destra Besento road. The road is virtually traffic free and you can cycle gently by the sea. After about 7 km you will cross the intersection of Sa Teodoro Nuovo, turn right and carry straight on without leaving the path.

Alternative route

Carrying straight on at the above junction leads you to the Lido di San Teodoro and the Marina di Pisticci.

Passing the village of San Teodoro Nuovo you come to another junction, turn left following signs to Mare (sea) on the SS106. Going straight on you reach the castle of San Basilio, a stop is recommended to visit this imposing medieval building which is wonderfully preserved. Joining the SS106 Ionian route along the service road, you ride in parallel with this major road until you reach the district of Terzo Cavone/Andriace, just past the river Cavone.

Alternative route

Follow signs to Andriace where there are remains of an important settlement from Mycenaean times, later occupied by Greek colonists.

Leave the main road, heading towards the small





village of Terzo Cavone, following Via Napoli until, having climbed up by the railway line, you take the first turn on the right, coming out onto the Via Piemonte.

Alternative route

Carrying straight on along Via Napoli, you can reach the pine forest near the coast and then continue along the path to a wonderful beach.

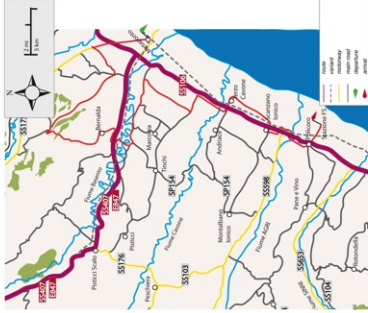
After about 8 km, the road ends at a T junction on the Lido Torre road, turn right to reach Scanzano, bypassing the SS106. Turn left to reach the beach where there is another Watchtower from the Aragonese period, whilst another tower can be found in the

'Terzo Madonna' area. After a stop in the small central square, turn left at a roundabout near a big hotel, following signs to Policoro. Follow the side road for about 2 km. At the roundabout, crossing the SS598 Val d'Agri, go straight on following signs to Viabilità di Servizio. Shortly afterwards the road bends to the right, near the river Agri. Pass under the bridge on the SS106 and on the bend turn left. After a few metres you will see the old bridge, cross the river and return to the SS106. Continue on the service road and you will reach Policoro after 2 km. The route ends at the railway station following signs to the Lido along the sea front.



Metaponto - Scanzano Jonico - Policoro

The Ionian coast and Magna Grecia



sights

The beaches of the Ionian coast

METAPONTO

The park and the Museum of Archaeology
The Temple of Hera / Palatine Tables

SCANZANO IONICO

The archaeological park of Termito
Coastal towers

POLICORO

The National Archaeological Museum of Sotìs

Technical Tips

Difficulty:

Easy

tourism / travel

Bike Type:

Metaponto - Train Station

Departure:

Metaponto - Train Station

Arrival:

about 70

Total km:

asphalt

Road surface:

143 metres

Elevation:

Uphill altitude difference: 279 metres

Descent altitude difference: 329 metres

Period:

All year

KM TOT	KM PAR	Descriptions	GPS co-ordinates
01	0.0	Departure from the Station at Misoporto – direction Madera – SS175	46° 22' 14.14" N 16° 49' 43.72" E
02	5.9	Crossing the SS106 and pass under the bridge and reach an exit to the left, turn left in the direction of the Golf Club	46° 20' 15.7" N 16° 48' 0.04" E
03	10.1	T junction downhill, turn right uphill, joining the SP Demario Campagnolo – DO NOT turn left towards Basettana: high speed road!	46° 23' 34.62" N 16° 48' 58.88" E
04	19.7	STOP, T junction, turn left in the direction Bernalda and after about 800 meters, crossing a bridge, you reach a crossroads turn left towards Bernalda	46° 27' 39.07" N 16° 42' 4.67" E
06	24.6	Junction, go straight towards Bernalda – ignore left turn to Misoporto	46° 29' 17.41" N 16° 42' 49.68" E
07	27.5	Come into Bernalda (water tower / Taxi concrete painted with red stripes) continue towards Centro – End the stage on Corso Umberto – start of a cycle track	46° 29' 2.07" N 16° 42' 49.68" E
09	0.0	Resistant from Bernalda, follow signs to Corso Umberto Potenza / Misoporto / SS407 Basettana – leave the village going downhill	46° 24' 44.30" N 16° 41' 23.70" E
10	2.0	End descent, follow signs to Railway Station, go under the bridge of the SS407 After about 200 metres, turn left to cross the tracks and immediately turn right in direction Trinci / Hospital	46° 23' 59.98" N 16° 41' 24.02" E
11	7.0	Basettana river crossing, continue towards Trinci / Marconi on SP154	46° 23' 22.74" N 16° 38' 23.69" E
12	8.0	After passing the ruins of Torre Accio, follow the road left and follow the direction SP Right Basettana – (do not go towards Marconi / Inca)	46° 22' 55.98" N 16° 40' 34.72" E
13	16.6	San Teodoro Nuovo junction, turn right and keep straight on	46° 22' 14.12" N 16° 40' 31.68" E
14	16.5	Junction, go straight on San Teodoro Nuovo (for the sea, turn left along the road "Cestra Basento" until you pass the SS106)	46° 20' 59.31" N 16° 44' 16" E
15	23.8	STOP, T-junction, turn left towards the sea – (Go straight to San Basilio to visit the castle)	46° 19' 31.91" N 16° 43' 2.02" E
16	24.5	SS106 junction, turn right following direction Viabilità Service to continue along the SS106 to the coplanar	46° 19' 5.95" N 16° 44' 15.99" E
17	26.7	After crossing the river Canone, leave the coplanar and exit following signs to Terzo Canone. (Head towards Andriace to reach the Archaeological Park Termito)	46° 17' 53.7" N 16° 43' 43.88" E
18	30.3	Leaving the SS106, pass the small village of Terzo Canone (right) and continue straight on past the railway line, 40° 17' 23.09" N	46° 17' 23.09" N 16° 43' 37.77" E
19	31.0	After crossing the railway, turn right on Via Piemonte and keep straight on	46° 17' 18.32" N 16° 42' 48.57" E
20	34.2	End Via Piemonte – T-junction, turn right on Via Lido Torre and SS106 before reaching the junction turn left towards the Railway Station / Montalbano and maintain direction on Via Pietro Nenni	46° 19' 17.44" N 16° 42' 48.02" E
21	35.6	Arrival at the centre Scanzano Jonico – Piazza Aldo Moro	46° 14' 55.52" N 16° 41' 58.68" E
22	0.0	Resistant from Scanzano Jonico, proceed towards the junction and follow the road in the direction of SS106 direction to go along the coplanar "Viabilità di Servizio"	46° 14' 55.52" N 16° 41' 58.68" E
23	1.7	Junction SS098 Val d'Agri, go straight again on coplanar "Viabilità di servizio"	46° 14' 7.96" N 16° 41' 30.58" E
24	2.9	Passing under the bridge of the SS106 and in the middle of the bend, take the exit of the left following a rough road to reach the old bridge over the River Agri	46° 13' 34.62" N 16° 41' 12.12" E
25	3.1	Proceed straight ahead on the coplanar "Viabilità di servizio" of SS106 towards Polignano and maintain the direction	46° 13' 17.68" N 16° 41' 0.97" E
26	6.3	Arrival in Polignano, follow signs Lido / Sea / Railway Station In ending the stage	46° 12' 21.87" N 16° 41' 18.34" E



Matera - Montescaglioso - Miglionico - Matera

Circular route through the Bradano hills



This is a route that takes you through the rural hill country around the city of the Sassi. This circular route, which encroaches slightly into the border with Puglia, takes in some of the most interesting areas of the hills around Matera and the Bradano river valley. The length and altitude variations make it more suitable for the fitter cyclist, but splitting it over three or more days allows you to explore more fully the wonders of history, art and landscape.

Almost the entire circuit is on roads with little traffic, except around Matera where you will need to be very careful. Given the relatively low altitude the path can be used throughout the year, but the best period is spring and autumn; in summer, however, you should avoid the midday hours due

to 4km turn right to Palomba and the church of Madonna della Vergini. You can return to the main route on the same road.

Alternative route 2

After about 6 km, after passing the turn off to Gioia del Colle, you will find yourself close to the junction for Murgia Timone. Follow signs for the Chiesi Rupestri. After a short climb, the road reaches the plateau of Murgia Timone, where you get a wonderful view of the old dwellings of Matera. There is a Visitor Centre (CEA Murgia Timone), plus several stone churches, Neolithic villages and ancient farmsteads.

After about 12 km, change direction and turn right to Ginosa on the SP/5. After several climbs and descents close by the rock churches of the Park, you reach Ginosa. Keeping to the same route, turn right going downhill towards Montescaglioso at the first junction. Leave the village with the playing fields on your left on the SP1. The view now changes to the coast and countryside around Montescaglioso. After about 7 km, turn left, leaving the SP1. After 1 km the road climbs through the clay badlands, with a slope of 5%, displ. 300 metres. You reach the village after about 6 km. Follow the signs for the Abbey of San Michele Arcangelo in the heart of the town. After a visit to this beautiful building, you leave following signs to Matera on the



to the lack of tree shade. The route starts from Appulo-Lucane railway station in Piazza Mateotti (right by the town hall). Travel down to Via Don Minzoni and after 100 metres turn left onto Via Lucana (the junction with the Chamber of Commerce is on the right). After 100 metres you pass the Villa Comunale on your right, on the Via XX Settembre. Go straight on over Via Annunziata and then Via Nazionale, heading for Taranto. After about 1.8 km you pass by the Matera-Villa Longo railway station and you reach a junction with traffic lights. Turn right and after 200 metres turn right again going downhill towards Taranto/Laterza on the SS7.

Along the way it is possible to take various diversions which allow you to visit some of the most beautiful rock churches in the Park.

Alternative route 1

After you come down from the town, after about

Corso Repubblica, Piazza Roma and Via dei Gasperi. After about 1.1 km, you leave the built up area and head for Matera/Montescaglioso down towards the valley floor. After 3 km, at the end of the descent, turn left towards Miglionico.

The road goes gently downhill and after 3.2 km, you reach a junction (with an old disused railway line), turn right and immediately left towards Miglionico. You go straight on to Miglionico for another 7.5 km coming out onto the bridge on the SS380. After about 4.6 km turn left at a T junction, following signs to Potenza and after about 800 metres, passing below the SS7, you reach another T junction. Turn left towards Miglionico. You travel on the SPexSS7, parallel to the SS7, until you arrive at another T junction after another 2 km. Turn right and go uphill and you reach Miglionico (gradient of 4%, displ 226 metres). Along the uphill stretch, about 3.7 km from the last junction, shortly

Matera - Montescaglioso - Miglionico - Matera

Circular route through the Bradano hills

after a roundabout, you reach a large fountain with drinking water on your right. Fitter cyclists can turn right to reach the town centre, but the climb is very demanding (15%). It is easier to reach the village by carrying on for 2 km until you reach another junction. This is the perfect time for an enjoyable break, as the Bradano river valley is before you, with the gleaming dam of San Giuliano standing out. Turn right to reach the small old town and visit the ancient castle of the scheming Lords of Malconsiglio. There is also the church of Santa Maria Maggiore where there is a polyptych by G. Battista Cima da Conegliano. You go back to the junction and continue towards Grottole along the SPexSS7. After about 11 km of gentle downhill on a road that offers breathtaking views, firstly over the Bradano valley and then over Basento, you reach Grottole. A visit to the old town is recommended; turn right to see one of the most ancient town centres in the region. The ancient caves are worth visiting, once used as a base to manufacture clay, and also the 'ruined church' dedicated to Saint Luke and Saint Julian, which was for many years the parish church, and now a large ruin in the open air.

Leave the town heading towards Grassano. After about 2 km, turn right, leaving the SPexSS7 towards San Antuono. The road dips and falls to the valley bottom, after 7 km you come to a junction and turn right to Matera.

Alternative route

For the fitter, turn left towards Grassano and after about 500 metres turn right following the signs for the Abbey of Saint Anthony. This road leads to the shrine, still visited by pilgrims, high up in the Altojanni among the remains of an ancient fortified town. Your hard work is rewarded by the spectacular landscape that stretches all around. Return via the same route.

After about 12 km you reach a roundabout, turn left towards the bridge over the river and after another 1.1 km, turn right following signs to Dam S. Giuliano. This is the start of a spectacular, almost traffic free route that crosses the hills through the regional park of San Giuliano, including the lake and its immediate surroundings. There is very important birdlife within the reserve,

especially during overwintering and migration times. Around 180 species of birds have been counted, including herons, egrets, grebes and coots. In winter there are white egrets, cormorants, pochards, wigeons, shelduck and wild geese. Birds of prey include the red kite, the black kite, the buzzard and some rare species of vulture, found in amongst the walls of the canyon. There is also the pendolino, symbol of the WWF. Amongst the mammals are found the porcupine, badger, wildcat and weasel. After approximately 13.5 km turn left to Matera.

Alternative route

At this point it is worth visiting the Crypt of Original Sin, which is highly regarded for its theological and artistic frescoes, and has been called the Sistine



Chapel of rock church paintings. Carry straight on towards Ferrandina/Polenza for about 3.5 km, turn left, and in the middle of a right hand bend, near an electricity station, turn onto a road on your left. After around 2 km you come to a winery. Go past it to reach the gravel road that leads the edge of the Picciano ravine where the church is located (entrance only at pre-booked times, reservations at www.artezeta.it). Return to the main route by the same path.

A series of ascents and descents lead to the town, and after another 6.1 km turn right towards the centre of Matera. Watch out for traffic. Keep going uphill towards the town, which you reach after a climb of 3%. You come into the town past the fire station on Via Timmari, follow signs to the train station and the old town.



Matera - Montescaglioso - Miglionico - Matera

Circular route through the Bradano hills



Technical Tips

Difficulty:	medium / high
Bike type:	tourism / travel
Departure:	Matera - railway station
Arrival:	Matera - railway station
Total km:	approximately 117
Road surface:	asphalt
Elevation: ty	424 metres
Uphill altitude difference:	1696 metres
Descent altitude difference:	1724 metres
Period:	All year



sights

MATERA

The historical centre and "Sassi" dwellings
Park rock churches and the Matera Moors

MONTESCAGLIOSO

The old town and the Abbey of St. Michael

MIGLIONICO

The town centre, the castle and the altarpiece by Cimè da Conegliano

GROTTOLE

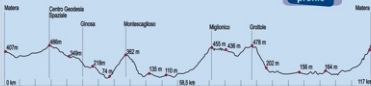
The old town, the ruined church and caves

The natural oasis of San Giuliano

The Crypt of Original Sin

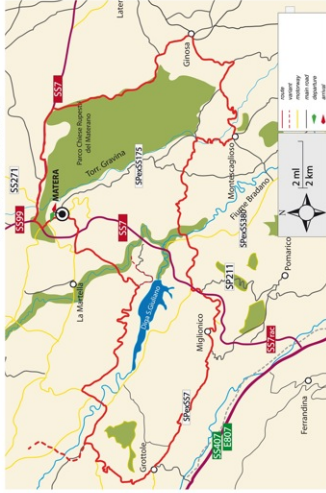


altitude profile



Matera - Montescaglioso - Miglionico - Matera

Circular route through the Bradano hills



MP	KM TOT	KM PAR	Descriptions	GPS co-ordinates
01	0,0	0,0	Piazza Maturilli - leave the station behind you, head out onto Via Don Minzoni (for about 100 metres) and then follow a left on Via Lucania, maintain the direction following TARANTO	40° 40' 1,00" N 18° 38' 3,00" E
02	0,8	0,8	Via XX Settembre - leaving the municipal garden on your left, continue straight (for about 1,7 km) along Via Nazionale / Via Ammendola until the end	40° 40' 13,00" N 18° 38' 21,00" E
03	2,6	1,8	At the Railway station Matera / Villa Longo. Intersection, with traffic lights, turn right and after 300 metres turn right downhill towards Taranto / SST	40° 40' 44,31" N 18° 35' 19,50" E
04	3,8	1,2	End the downhill section - go straight uphill in the direction Luterza / Taranto	40° 40' 53,30" N 18° 38' 9,81" E
05	5,9	2,1	Immediately after a downhill exit left into the Park of the Rock Churches - follow the right direction Taranto / Luterza / Ginosa	40° 40' 29,47" N 18° 37' 50,00" E
06	11,4	5,5	Turn right following Ginosa / SPS	40° 40' 13,00" N 18° 41' 23,00" E
07	23,9	12,5	Come into Ginosa - keep straight on	40° 39' 29,00" N 18° 44' 51,00" E
08	25,3	1,4	Intersection with stop sign turn right downhill in the direction Montescaglioso and keep straight on. (release on SPT)	40° 34' 51,00" N 18° 43' 7,00" E
09	32,5	7,2	Turn left towards Montescaglioso (leave SPT) - start to climb after about 1 km	40° 33' 43,00" N 18° 42' 26,00" E
10	38,5	6,0	Arrive at Montescaglioso. T junction on via Indipendenza - turn right after 100 metres turn left uphill on Via Garibaldi. Arriving in Piazza Roma (Obelisk) proceed right along Abbey S. Michele. Leave Montescaglioso back in Piazza Roma, leaving the obelisk on the right take the left and follow signs down to Matera	40° 33' 14,00" N 18° 40' 2,00" E
11	0,0	0,0	Restart from Montescaglioso - Leaving the Abbey S. Michael behind you follow the main road (Corso Repubblica) to the square with the obelisk (Piazza Roma) - proceed downhill following the signs Matera	40° 33' 29,30" N 18° 39' 48,00" E
12	1,3	1,3	Start of the downhill section to Montescaglioso Matera	40° 33' 11,20" N 18° 39' 48,30" E
13	4,3	3,0	End descent - at the junction turn left towards Mglonzo	40° 34' 28,00" N 18° 39' 48,00" E
14	7,5	3,2	STOP - Rail Gate (demolished) turn right, go past the building on the left and immediately turn left towards Mglonzo	40° 35' 6,00" N 18° 38' 6,00" E
15	14,8	7,3	Continue straight going over the bridge (on the main road SS380) and follow Mglonzo - Do not go to Matera --	40° 34' 55,00" N 18° 34' 40,00" E





16	19.4	4.6	Stop at the T junction - turn left towards Potenza and after about 800 metres (passing under the SS7) you come to another T junction - turn left to Miglionico	40° 34' 51.36" N 16° 32' 11.69" E
17	21.3	1.9	Stop at the T junction - turn right uphill towards Miglionico (on the old SS7 Appia) keeping straight on	40° 34' 18.62" N 16° 31' 31.78" E
18	25.0	3.7	At the roundabout go straight ahead towards Miglionico / Grottole - after about 300 m you will see a drinking fountain on the right - (DO NOT turn right now to Miglionico, climb 15%)	40° 33' 51.87" N 16° 30' 16.52" E
19	26.8	1.8	Arrive at Miglionico, turn left at the junction to visit the village - go straight on to Grottole on the old SS7	40° 34' 10.67" N 16° 29' 47.69" E
20	29.0	2.2	Leave Potenza - go straight on to Grottole	40° 34' 4.67" N 16° 28' 30.98" E
21	36.0	9.0	Enter Grottole - go straight on to Grassano - turn right uphill to see the village	40° 36' 45.07" N 16° 23' 26.87" E
22	38.9	1.9	Turn right downhill	40° 36' 17.06" N 16° 22' 36.87" E
23	47.0	7.1	Stop at the T junction - turn right towards Matera	40° 36' 33.97" N 16° 22' 56.27" E
24	49.0	2.0	At the junction turn right to Matera	40° 39' 2.34" N 16° 23' 51.07" E
25	52.5	3.5	Turn left towards Matera	40° 36' 11.19" N 16° 25' 46.48" E
26	53.6	1.1	After the exit to Irsina, turn right following signs to Ogliastra, Giuliano	40° 39' 5.37" N 16° 26' 25.02" E
27	67.2	13.6	Turn left towards Matera	40° 36' 55.57" N 16° 32' 8.99" E
28	73.3	6.1	Turn left towards Matera - watch out for traffic - the climb starts after 1 km	40° 39' 20.57" N 16° 33' 49.54" E
29	77.8	4.5	Come into Matera, past the fire brigade, go left towards the centre, after 300 metres go straight onto Via Aldo Moro	40° 39' 44.97" N 16° 35' 42.34" E
30	78.1	0.3	Go along Via Aldo Moro, past the Palazzo del Tribunale until you come to the station on your right	40° 40' 1.09" N 16° 35' 2.02" E



Matera - Accettura

From the moors to the Gallipoli Cognato Park and the Lucanian Dolomites



This route unites two important protected areas within this region: The Park of the Rock Churches of the Matera Moors and the Gallipoli Cognato and Lucanian Dolomites Park. It also covers the regional reserve of San Giuliano, passing over rolling hills and through the wooded heart of the region. The path is of medium difficulty, given that the end is mountainous with some steep slopes. Half way along, the route crosses the railway line connecting Metaponto with Potenza and Naples, so it is possible to travel part of it by train, using the main train station of Grassano Scalo. You leave from the station of the provincial capital on Via Aldo Moro, with the Town Hall and the Palace of Justice on your right, until after about 400 metres you come to a roundabout with a large pine tree in the middle. Go straight on towards Matera Sud/SS7 Appia/Via Immari.

You will pass the fire station and go straight downhill towards Potenza. At the bottom of the hill, ignore the signs for Bari, and cross over the main road following signs to Grassano on the left and immediately go downhill. At the end of this section, after about 1.6 km, turn right following signs for the dam and S. Giuliano, carry on for another 7 km. Close to the lake, stop at the T junction and turn right towards Grassano.

Alternative route

At this point it is worth visiting the crypt of original sin, which is renowned for its theological and artistic frescoes, and has been called the Sistine chapel of cave paintings. Take to the road to your left signposted Ferrandina/Potenza and carry on for about 3.5 km. On a right hand bend, near the electricity station, take the road to your left. After about 2 km you reach a winery. Go past it to reach the gravel road that leads to the edge of the Picciano ravine where the church is located (entrance only at pre-booked times, reservations at www.artezeta.it). Return to the main route by the same path.

You are now following a spectacular stretch of road with hardly any traffic, which leads you through hills to the beautiful Regional Reserve of San Giuliano and includes the lake itself and its immediate surroundings. After 13.6 km, you are on the main Matera-Grassano road, at the junction turn left towards Grassano. Keep going for 1 km until you reach a roundabout, after which is the bridge over the Bradano river, turn right and follow signs to Grottole/Grassano/Tricarico. Keep on this

road for about 5 km until you reach a junction, turn left to Grottole. This route through the valley leads through some demanding climbs (3% - disl.342 metres) before you reach Grottole. At the top of the hill, turn left to visit the town, or turn right towards Grassano to continue on the route. After another 11.5 km along the SPexSS7, you reach Grassano, go past the junction which takes you to the old town (on the right), go out of the town, turning left in the direction of Grassano Scalo / SS407 / Basentana. Use the brakes and gears for about 10km downhill, over the badlands, to the bottom of the Basento river valley. At the T junction, turn left towards Grassano Scalo/SS407 and pass Basentana under the bridge heading towards the junction with the SS407. Here you can stop for

refreshments and then leave by the train station if you wish.



Leaving the station go straight on, with the church on your right, in the direction of Calciano.

From this point, the route merges with a number of other cycling routes in the Gallipoli Cognato Park (look for green signs with white arrows).

Alternative route

Turn left following signs to Garaguso/SS277 to get to Accettura by an easier route.

You come into the small town of Calciano, after about 6 km of uphill riding (4% - disl.226m) you can look out over the Basento valley, offering spectacular views over the mountains.

Once in the town, follow the main road, and after about 800 metres turn left towards Garaguso/Oliveto (wooden sign). Come out of the town, past the picnic area on the road that climbs up into the mountains (pay attention to the road surface), still following signs to Garaguso/Oliveto. After about 5.5 km you come to the playing fields of Garaguso, on the SS277, keep straight until you come to the small town centre. The landscape changes here from mountains to the dense forest

Matera - Accettura

From the moors to the Gallipoli Cognato Park and the Lucanian Dolomites

of the Regional Park. Holm and Tukey oaks and holly slowly start to begin to supplant the Mediterranean vegetation. Arriving in Garaguso, 14 km from the station at Grassano, continue following directions to Accettura/Oliveto. After about 5 km you come to a junction, turn right towards Oliveto (turn left to Accettura/Stigliano for an easier route). After 2 km you come to Oliveto Lucano, and the road winds between sandstone cliffs, allowing easy cycling, until you reach a junction after about 600 metres. Turn right and follow Monte Croccia/Centro Direzionale Parco. Leaving the village, the road climbs sharply to the highest point of the route, Monte Croccia, and after about 5 km with an average gradient of 9% (displ 500 m) you reach the summit. You can see a junction, turn left onto the MB1/MB8. The road leads to the forest and after

a short climb and then a very steep descent (18%), you reach the Visitor Centre of Pian di Giglio, home of the Education Centre for Environmental Sustainability (CEAS Dolomiti Lucane / www.nuovaatlantide.com). There are workshops held here and information about nature walks and guided tours.

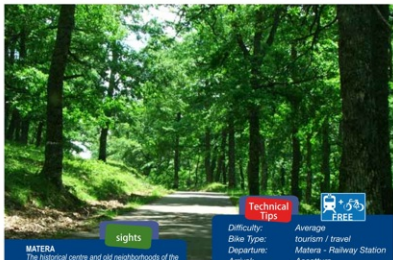
Leaving the Pian del Giglio area by the road on your right you carry on until you reach a T junction. Turn left towards Accettura, after a few metres you will pass Caserma Palazzo on your right (home of the Park Officials). Continue uphill for another 2 km (6%, displ 97m) and after you come down, you have the last climb of the route ahead of you (about 4 km – 6%, displ 225m) before finishing this route in the centre of Accettura.





Matera - Accettura

From the moors to the Gallipoli Cognato Park and the Lucanian Dolomites



sights

MATERA

The historical centre and old neighborhoods of the "Sassi" district
Park rock churches and Murgia Materana

The natural oasis of San Giuliano

The Crypt of Original Sin

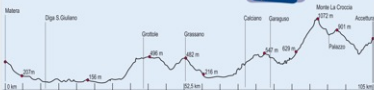
Historic centres of Grottole, Calciano, Garaguso, Oliveto Lucano and Accettura

Technical Tips



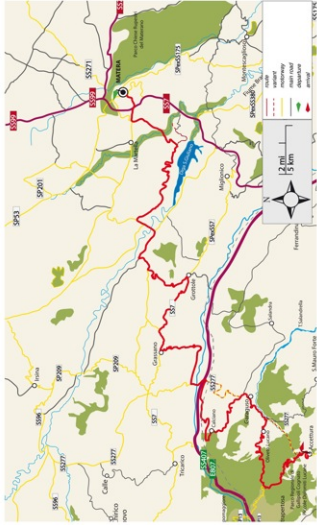
Difficulty:	Average
Bike Type:	tourism / travel
Departure:	Matera - Railway Station
Arrival:	Accettura
Total km:	about 105
Road surface:	asphalt
Elevation:	966 metres
Uphill altitude difference:	2649 metres
Descent altitude difference:	2285 metres
Period:	from April to November

altitude profile



Matera - Accettura

From the moors to the Gallipoli Cognato Park and the Lucanian Dolomites.



WP	KM TOT	KM R/R	Descriptions	GPS coordinates
01	0,0	0,0	Piazza Multatuli - At the railway station in Matera head back towards the crossroads with traffic lights, turn left on to Via Aldo Moro. At the crossing by the Court, you come to a roundabout after about 400 meters with a large pine tree.	40° 40' 1,00" N 16° 36' 3,00" E
02	0,4	0,4	Roundabout - straight on towards South Matera, SS7 (Appia) on via Trinità. After 400 metres you leave the city following the descent towards Potenza	40° 39' 52,37" N 16° 35' 52,87" E
03	2,7	2,3	End descent, ignoring the signs for Bari Go over the bridge on the highway following the direction Grassano on your left. Beginning of another descent	40° 39' 17,64" N 16° 34' 55,64" E
04	4,3	1,6	End descent. Cross a bridge following the signs DX "Diam S. Giuliano"	40° 39' 24,87" N 16° 33' 45,32" E
05	11,0	6,7	T intersection - turn right in the direction Grassano (Option: turn left to reach the crypt)	40° 38' 55,57" N 16° 32' 8,69" E
06	24,6	13,6	T junction - STOP - turn left in the direction Grottole and Grassano. Continue for about 1 km until you reach the bridge over the Bradano river and a roundabout.	40° 39' 5,00" N 16° 28' 34,97" E
07	25,7	1,1	Roundabout - turn right towards Grassano Grottole Tisciano	40° 38' 11,10" N 16° 25' 46,40" E
08	29,1	3,4	After a short climb turn left towards Grottole - Grassano - Tricarico - Potenza	40° 39' 2,34" N 16° 23' 51,07" E
09	31,2	2,1	Junction - Exit left and follow the signs to Grottole	40° 38' 53,97" N 16° 22' 56,27" E
10	38,5	7,3	After a nice series of ups and downs you come to Grottole - T junction - (turn left to visit the small town) - Turn right towards Grassano and keep straight on	40° 36' 17,00" N 16° 22' 36,87" E
11	49,8	11,3	Arrive at Grassano - straight on - (turn right uphill to the centre)	40° 37' 48,27" N 16° 17' 26,60" E
12	50,8	1	Turn left in the direction Grassano Scalo - Potenza SS407	40° 37' 48,27" N 16° 16' 54,40" E
13	60,8	10	SP217 T intersection - turn left towards Grassano Scalo - after about 600 meters to go under the bridge of the SS407 and turn right towards the railway station. (Valiant turn left towards Gargano to climb more easily)	40° 36' 9,10" N 16° 14' 40,77" E
14	0,0	0,0	With Grassano station behind you, leave the church on the right in the direction of Calciaro	40° 35' 36,87" N 16° 14' 28,87" E
15	2,1	2,1	Junction - turn right to Calciaro - Parco Dolomiti Lucane (brown sign) top slope just after the railway bridge	40° 35' 44,77" N 16° 13' 2,07" E





16	3.5	1.4	Junction Calciaro station - go left towards Calciaro village	46° 35' 41.54" N 16° 12' 13.27" E
17	6.0	2.5	Enter Calciaro	46° 35' 22.67" N 16° 11' 43.7" E
18	6.8	0.8	Paved road turn left - follow wooden signs to Garaguso - Oliveto	46° 35' 15.47" N 16° 11' 34.78" E
19	7.1	0.3	Picnic area - turn left and follow Garaguso - Oliveto (the signs are on the left under the wall) - the road climbs out of town and climbs up the mountain - pretty tough climb (road surface is not perfect)	46° 35' 16.17" N 16° 11' 28.87" E
20	12.4	5.3	Sports field Garaguso - turn right at the T	46° 33' 29.08" N
21	12.9	0.5	Salindrella junction - turn right towards Garaguso	46° 33' 19.18" N 16° 13' 50.67" E
22	14.1	1.2	Arrive at Garaguso - continue towards Accettura - Oliveto (left is centre)	46° 32' 56.08" N 16° 13' 43.87" E
23	19.0	4.9	Junction - turn right for Oliveto (left to Stigliano - Accettura for an easier alternative)	46° 32' 0.37" N 16° 12' 1.35" E
24	21.0	2	Come into Oliveto - scenic route through the woods and sandstone cliffs	46° 32' 6.57" N 16° 11' 17.62" E
25	21.6	0.6	Junction turn right towards Monte Crocchio - directional Park Office (left downhill to the old town). The road climbs out of the village, very challenging	46° 32' 6.72" N 16° 11' 2.15" E
26	26.3	4.7	After the brow - turn left at the junction with signs MB1 / MBB	46° 32' 26.67" N 16° 8' 57.18" E
27	27.9	1.6	After a climb, you go past wooden buildings, continue straight towards the steep descent (18%)	
28	30.0	2.1	Keep the direction to the centre past the Barnacks - turn right	
29	31.7	1.7	T intersection - left for Accettura - always follow the direction Accettura remaining on the same road	46° 32' 6.57" N 16° 7' 14.8" E
30	44.7	13	Arrive Accettura	46° 32' 2.1" N 16° 7' 1.62" E
				46° 29' 33.38" N 16° 8' 28.08" E



Accettura - Pietrapertosa - Castelmezzano

Circular route through the heart of the Park



This is a route through the mountains, quite suitable for reasonably fit cyclists, which in less than 60 km allows you to see the most picturesque scenery in the area. Major climbs, breathtaking views, flowering meadows and forests are the key features of this route which has been planned for your delight in a timeless location.

Leave from Accettura, by the municipal gardens, following signs to Potenza/Basentana on the SS407. You leave the town by this downhill road and immediately after the bridge over the Salandrella river you begin a steep descent (7km - 6% - displ 375metres) past the Caserma Palazzo (home of the Park administrative offices). Continue downhill on this beautiful, shaded road with the silhouette of the hills before you. Follow directions for Potenza until you reach the SS407 Basentana. You are now 20 km from the start, at a T junction. Turn left towards Pietrapertosa on the SP13. The climb is

Alternative Route

Go straight on at this junction in the direction of Accettura-Montepiano. This route takes you through a majestic forest and you return downhill to Accettura at over 1000 metres altitude. In total it is about 20 km.

After leaving the town you come to a junction by a mushroom farm, after another 5 km, bear right and follow the signs to Castelmezzano/Monte Caperrino/Laurenzana. The landscape is now dominated by the mixed woodland and the route can be quite demanding, with spectacular views,



manageable (10km-5%-displ 585 metres) and as you wind through the mountains there are spectacular views to the heart of the Park, and to your right you can see Castelmezzano, nestled between the cliffs. You reach Pietrapertosa by the small bus parking area in front of the Pro-Loco kiosk.

A stop here and a visit to the historic centre are advised. You can continue on foot, winding through the narrow streets to climb up the cliff that looks over the town centre. Set out from the bus park, heading towards the town centre, and after 200 metres turn left up the hill, following signs to Accettura/Corleto/Stigliano. You reach a junction, with the police station on your left, head right in the direction of the Pietrapertosa cemetery.

until you reach the summit at about 1170 metres.

After about 10 km you reach a T junction, turn right towards Castelmezzano. After another 2.2 km, there is another junction, turn right towards Castelmezzano/Potenza on the SP13 (going straight on would lead you to the Madonna del Monte), the village standing out amongst the peaks.

After about 4 km you will arrive in the village. Turn left for a well deserved break and to see the sights, or leave by turning right downhill to Pietrapertosa, along the old SP13, ignoring all other directions. You are now on one of the most spectacular stretches of road in the whole region; it is tortuous, passing through the walls of the mountain, and going through a small tunnel dug into the rock. The cliffs are steep and the views spectacular. After about 5 km you reach the junction to Pietrapertosa. At this point turn right to climb up into the village, or go straight downhill towards Potenza/Basentana/Accettura to retrace your journey and end the route in Accettura.

Accettura - Pietrapertosa - Castelmezzano

Circular route through the heart of the Park

Technical Tips

Difficulty:	Medium / High
Bike Type:	tourism / travel
Departure:	Accettura
Arrival:	Pietrapertosa / Accettura
Total km:	approximately 55
Road surface:	asphalt
Elevation:	758 metres
Uphill altitude difference:	3278 metres
Descent altitude difference:	3273 metres
Period:	from April to November

sights

ACCETTURA

The historic centre, the forests of Montepiano and Gallipoli Cognato, Monte Crocola

PIETRAPERTOSA

The convent of San Francisco, the Norman/Swabian castle, the gateway to the historic centre

CASTELMEZZANO

The church and the alleyways of the historic centre

The 'Volo dell'Angelo' (Flight of the Angel) is between Castelmezzano and Pietrapertosa. Fly on a zipwire suspended between the peaks.

Accettura - Pietrapertosa - Castelmezzano

Circular route through the heart of the Park





altitude
profile

MP	KM TOT	KM PAR	Descriptions	GPS co-ordinates
01	0.0	0.0	Acetura - Piazza Popolo, turn right to the municipal gardens on Via Roma and turn right towards Potenza, going past the police station (ignoring the sign for Stigliano)	40° 39' 33.47" N 16° 7' 28.88" E
02	4.0	4.0	At the Salinella bridge, after a long downhill, go straight towards "Potenza" / "Montepotenza". From here begins an uphill climb of about 7 km. The first 2 are hardest.	40° 30' 14.36" N 16° 9' 26.97" E
03	12.8	8.8	You will come to the Palazzo which is now offices for the Park administration. Continue downhill towards SS 407 Bassantina	40° 32' 24.77" N 16° 7' 12.77" E
04	20.1	7.3	SP13P - T junction at the bottom of the hill, turn left towards "Pietrapertosa" (SP 13) - steep uphill	40° 32' 40.87" N 16° 4' 32.26" E
05	25.4	5.5	Harsh uphill - direction Pietrapertosa (SP13bis) - start demanding climb of about 5%	40° 32' 32.75" N 16° 2' 52.54" E
06	30.8	5.2	Arrive in Pietrapertosa. Keep straight on until you reach the bus car park and Pro-Loco kiosk - visit the village	40° 31' 8.88" N 16° 2' 48.57" E
07	0.0	0.0	Restart from Pietrapertosa, leaving the kiosk of the Pro-Loco to your left go straight downhill to enter the old city. Come to a junction, turn left uphill direction Corleto - Accettura - Stigliano	40° 31' 4.87" N 16° 2' 48.88" E
08	0.2	0.2	At the T junction - turn right uphill towards Corleto - Accettura - Stigliano	40° 31' 4.87" N 16° 2' 48.88" E
09	0.9	0.7	Intersection after Cardinali barracks, turn right proceed downhill to the cemetery Pietrapertosa (Oxylon) proceeding straight following Accettura - Montepotenza you pass through the forest and return to Accettura	40° 30' 10.77" N 16° 2' 52.46" E
10	4.7	3.8	At the junction, after passing the mushroom factory on your left, turn right towards Castelluzzano - Monte Capimmo - Laurenciana	40° 29' 3.07" N 16° 2' 11.77" E
11	9.3	4.6	T intersection - turn right Castelluzzano (left goes to Laurenciana)	40° 29' 58.44" N 16° 1' 16.27" E
12	11.5	2.2	Junction - turn right Castelluzzano / Potenza on the SP13 - (straight on you reach Serra del Monte - Madonna del Monte) You will see the village of Castelluzzano on your right	40° 30' 30.37" N 16° 1' 12.87" E
13	15.5	4.0	Arrival in Castelluzzano - (turn left to visit the village) - turn right to continue downhill towards the SP13 - direction Pietrapertosa (old route) - ignore other signs	40° 31' 47.88" N 16° 2' 41.97" E
14	20.5	5.0	Junction - turn right uphill to return to or continue towards Pietrapertosa Accettura / Bassantina to finish the circuit in Accettura	40° 32' 3.77" N 16° 2' 52.54" E



Accettura - Policoro

Forests, wilderness and sea, passing through the land of Carlo Levi



This long and spectacular route takes you through the heart of the region, from the Ionian coast through the forests of the Gallipoli Cognato to the spectacular wilderness, described by Carlo Levi in "Christ Stopped at Eboli", and from the wonderful Rabatana of Tursi down to the plains of Policoro.

You can split the route across two or three days to make it more suitable for less fit cyclists. It starts from Accettura, by the municipal gardens, then follow signs to Stigliano, onto the SS277. The road climbs gently between woods, until you reach the summit of Montepiano at 1050 metres above sea level. After about 11 km from the start, you come to a crossroads, go straight over towards Stigliano and then turn right in the direction of Guardia Perticara / Gorgoglione / Corleto Perticara on the SS103. After about 6 km you reach a fork in the road by a tunnel, don't go into the tunnel but instead turn right downhill. After a 1 km you will

straight on at this junction towards Aliano. The road rises gently through the moors, after 5 km at an average 3% gradient, before arriving in the middle of the village. Retrace your steps to re-join the route.

After about 15 km you reach the SS598 Val d'Agri, at the STOP sign go straight on towards Potenza, keep to the right and watch out for traffic.

After 6 km you return to a minor road, give way and turn left onto the SP20 towards Tursi, the road rising gently between the cliffs. You are on the border between the valleys of the Agri and the Sinni, on the right you can see the peaks of the Pollino National Park on the horizon. Silence, broken only by the cries of Kites, reigns supreme; fields of wheat, olive groves and white clay make this a wonderful cycle ride, as though you are travelling through time!



After about 3 km, turn left at the T junction and after another 13 km, after travelling downhill for 658 metres, turn left towards Tursi, onto the SP154. You are now beginning a descent of about 10 km which leads to Tursi. As you come into the village, you will come to a junction; turn left to arrive at the ancient neighbourhood of Rabatana after a short climb, whose

name recalls its origins. After this visit, you can return via the same road or you can rejoin the valleys and the centre of town by following along the narrow streets. You leave Tursi by the Via Roma until you come out of the town following signs to Policoro. After about 4 km, you come to a roundabout, go straight on to Policoro / Basentana, passing under the bridge, and at the next junction turn right towards Policoro / S. Maria di Anglona. After about 5.7 km follow the road round to the right, you leave this road turning towards a steep uphill climb, around 800 metres, which brings you directly to the shrine of Santa Maria d'Anglona (XI - XII century), a national monument since 1931 and one of the most important monuments in Basilicata. The Romanesque portal and the frescoes within make this church impressive and interesting.

come to the small village of Cirigliano. After a short stop, continue on Corso Umberto until you reach the post office, turn right towards Fontana and leave the village going straight on down the hill. After about 1.1 km from Cirigliano, leave the SS103 and turn left towards Gorgoglione/Fondo Valle Sauro. After 1.5 km you reach a T junction, turn left again towards Fondo Valle Sauro. After about 8 km, passing the Ponte Acinello on the valley floor, turn right at the T junction and then immediately turn left towards Aliano. 2 km further on you come to another junction, turn left in the direction of Taranto on the Fondo Valle Sauro road.

Alternative route

To visit the places made famous by Carlo Levi, go

Accettura - Policoro

Forests, wilderness and sea, passing through the land of Carlo Levi

The monument is situated on the plateau of the hill where the Pandosia Anglona flowers, in the region of Tursi. The view from here takes in the Ionian coast and the mountains of the Pollino National Park.

Leaving this sanctuary, and with the summit behind you, head downhill until you come to the village called 'Pane e Vino'. The road now slopes gently downhill to the sea, and comes out in the large resort of Policoro, passing by the orchards of this fertile plain.

Continue into the centre, with the hospital on your left, until you reach Corso Pandosia; from here follow signs to the sea and the train station. The route ends at the small train station where you can get trains from the Ionian coast heading for Bari, Naples and the region of Calabria.





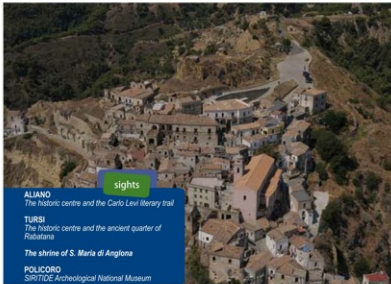
Accettura - Policoro

Forests, wilderness and sea, passing through the land of Carlo Levi



Technical Tips

Difficulty:	Medium / High
Bike Type:	tourism / travel
Departure:	Accettura
Arrival:	Policoro
Total km:	approximately 96
Road surface:	asphalt
Elevation:	1049 metres
Uphill altitude difference:	1827 metres
Descent altitude difference:	2534 metres
Period:	from April to November



sights

ALIANO

The historic centre and the Carlo Levi literary trail

TURSI

The historic centre and the ancient quarter of Rabatana

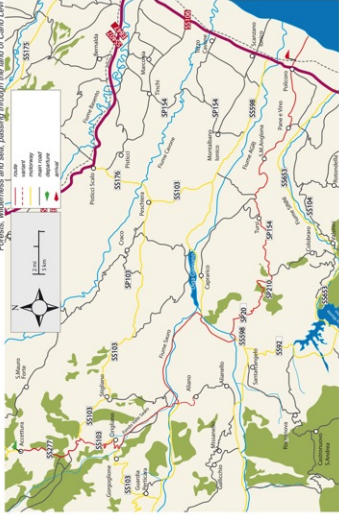
The shrine of S. Maria di Anglona

POLICORO

SIRITIDE Archeological National Museum

Accettura - Policoro

Forests, wilderness and sea, passing through the land of Carlo Levi



WP	KM TOT	KM PAIR	Description	GPS co-ordinates
01	0.0	0.0	Accettura - Departure from Piazza Popolo - from the municipal gardens on Via Roma - continue towards the Town Hall uphill on the right towards Sigliano	40° 29' 33.47" N 16° 9' 26.87" E
02	6.0	6.0	Come into the woods, continue on the SS277, following the direction "Soggiorno di Montano Cinghiano"	40° 27' 48.30" N 16° 9' 5.88" E
03	7.4	1.4	Crossing point Monte Piano M 1050 m - followed shortly after Sigliano	40° 26' 33.17" N 16° 9' 26.35" E
04	16.7	3.3	Junction - STOP - turn right towards Guardia Perticara, Gorgoglione, Corleto Perticara on the SS103	40° 25' 48.04" N 16° 10' 25.62" E
05	16.4	5.7	ATTENTION - FORK on the right and then pay attention to the road surface - DO NOT ENTER GALLERIA	40° 24' 10.44" N 16° 10' 1.87" E
06	17.4	1.0	Arrive at Cinghiano. Come out onto Conso Umberto, past the post office turn right towards the main road	40° 23' 48.54" N 16° 10' 21.85" E
07	18.1	0.7	Via Fontana - leave the village after about 500 metres DO NOT turn right and continue straight downhill	40° 23' 33.29" N 16° 10' 18.77" E
08	19.2	1.1	Along the steep descent, leave the SS103 and turn left and follow "Gorgoglione" / "Fondo Valle Sauro"	40° 23' 47.07" N 16° 9' 45.87" E
09	20.6	1.4	T junction turn left towards Fondo Valle Sauro	40° 23' 27.47" N 16° 9' 40.11" E
10	28.7	8.1	At the Bridge Acquello at the T junction - STOP, turn right - turn left immediately towards Alano	40° 20' 27.20" N 16° 13' 13.70" E
11	30.5	1.8	STOP - intersection - turn left towards Taurino, be careful to keep to the right - "Variation" cross over the intersection to reach Alano (5 km uphill through the cliffs and return via the same route)	40° 19' 48.10" N 16° 13' 14.05" E
12	45.1	14.6	STOP on the SS 598 "Via d'Agri" turn towards Polenta, watching out for traffic	40° 18' 20.90" N 16° 20' 28.68" E
13	50.8	5.7	Pay attention: leave the SS598 and exit left, on the SP 20 follow signs Tursi	40° 18' 5.52" N 16° 18' 27.86" E
14	53.5	2.7	T junction turn left	40° 18' 13.87" N 16° 19' 58.77" E
15	68.5	12.0	T junction turn left, at Tursi, join the SP154	40° 13' 58.68" N 16° 23' 44.17" E
16	75.0	6.5	Arrival Tursi - (turn left to "Rabotana" to visit the ancient village or proceed straight through the centre of the village)	40° 14' 34.10" N 16° 27' 44.35" E

17	0.0	0.0	Restart from Turin. Turning away from the main road into the village continue straight on Via Roma and exit the village following signs to Polcorno	46° 14' 34.10"N 16° 27' 44.30"E
18	4.0	4.0	Just outside the town, at the roundabout go straight following signs for "Polcorno" / "Bassettana" passing under the bridge	46° 14' 55.30"N 16° 30' 7.30"E
19	4.4	0.4	T junction turn right for Polcorno / Santa Maria d'Angona	46° 14' 58.40"N 16° 30' 26.00"E
20	16.1	5.7	Under a right hand bend go straight on leaving the road following the sign "Diocesan Shrine of Santa Maria Angona." Tough climb	46° 14' 40.27"N 16° 32' 56.20"E
21	16.9	0.8	Shrine of Santa Maria d'Angona	46° 14' 37.80"N 16° 33' 24.40"E
22	11.1	0.2	After the visit, keep the shrine on your left and go straight to the paved downhill road	46° 14' 38.30"N 16° 33' 31.30"E
23	11.9	0.8	Junction go straight on for Polcorno / Piana e Viro	46° 14' 26.80"N 16° 33' 41.20"E
24	17.4	5.5	Come to the village Piana e Viro - Go straight towards POLCORN - keep on following signs to "Sinnica"	46° 12' 46.80"N 16° 36' 27.0"E
25	23.9	6.5	Come into Polcorno - After passing the hospital on your left, you reach a junction on Corso Pandolfa. At the stop sign turn right following the signs Mare - Train Station (DO NOT follow directions SS106)	46° 12' 30"N 16° 42' 46.10"E
26	24.8	0.9	Turn left to the station - straight on to finish the route on the southeast of Polcorno	46° 12' 21.6"N 16° 41' 19.20"E



altitude
profile



Potenza-Sellata-Rifreddo

the mountains of Potenza



This route is not easy given the steepness of the paths, although it is still possible to pedal up them. Traffic is almost non-existent except around the regional capital. Given the contours, this route is not recommended in winter, but is useable throughout the rest of the year, even in high summer as

there is



plenty of forest

shade. The itinerary takes you through the region's most important protected areas: the regional reserve of Lago Pantano di Pignola and the Park of the Lucanian Dolomites – Val d'Agri and Lagonegrese. The route offers a variety of stunning landscapes, passing from the Pignola area, which is of great importance for aquatic fauna and as a stopover for migrating birds around the beautiful wooded expanse of Sella Pieraone in the Abriola area. Beech, fir and oak cover the landscape. The track joins other cycle routes in the Lucanian Dolomites, from the dam of Pertusillo to those around Grummento. You leave from the central railway station at Potenza, a major hub linking Naples-Metaponto and also on the route to Foggia in Puglia.

With your back to the factory, go left towards the Musemeci bridge, following the road which takes you onto Viale del Basento. Crossing the railway line and turning right to come out of the town, please pay attention to traffic at peak times. After about 2 km you reach the junction which leads to the motorway, keeping right and following signs to Picerno on the SPexSS94 for about 800 metres. Then turn left following signs to OASI Lago Pantano/Pignola, which you reach after about 6 km. On the edge of the lake there is a great cycle track that runs through the entire area. The visitor's centre is worth a visit. From here the road

begins to rise, passing through Pignola, until you reach the summit of Sellata (1250 metres) and then the Pieraone area (with ski runs) at about 1400 metres altitude. You are now in the area of Monte Arioso, the source of the Basento river, the most important river in the region. After a spectacular descent to the small town of Abriola, where a stop is recommended to visit the alleyways and the church of St. Valentine, you reach Calvello. From this village it is possible to get to other beautiful and important mountain peaks of the region: Monte Volturino and Viggiano, passing by the shrine of the Black Madonna, high in the mountains. The route continues following the Camastra river valley, before reaching an important junction with the SS92. From this road, as well as being able to take the road that leads back to Potenza, you can get to the Lake of Ponte Fontanelle, Trivigno and Laurenzana in the Gallipoli Cognato Park and the Park of the Lucanian Dolomites.

From the valley floor, following the SS92, you gradually start to climb until you reach the Passo Croce dello Scrivano (1122 mt) and immediately afterwards you come down into the region of Rifreddo (1130 mt). This is a landscape of unique beauty with its forests and panoramic views which culminate in the splendid plateau, between the windblown grasses. From here you travel comfortably downhill until you finish the route in Potenza near the central station.

Provincia di POTENZA

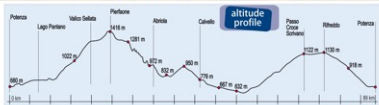
SP 5

"Della Sellata"

valico della
SELLATA
m 1250

Potenza-Sellata-Rifreddo

The mountains of Potenza



Potenza-Sellata-Rifreddo

The mountains of Potenza

sights

PIGNOLA

The regional reserve of Lago Pignola

The forests of Sellata-Pierfascione

The historic centres of Pignola, Abriola and Carvello

Technical Tips

Difficulty:

Bike Type:

Departure:

Arrival:

Total km:

Road surface:

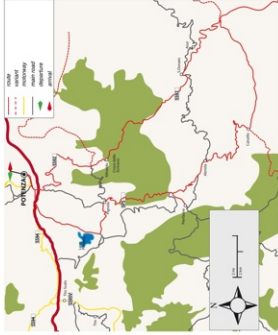
Elevation: 820 metres

Uphill altitude difference: 1928 metres

Vertical drop downhill: 1879 metres

Period:

from April to November



WP	KM TOT	KM PMA	Description	GPS co-ordinates
01	0.0		Departure from Potenza Central Railway Station - Keep the factory to your left	40° 37' 46.87" N 15° 48' 23.87" E
02	0.2	0.2	Go underneath the Museum, turn right and then follow downhill to your left going under a railway bridge	40° 37' 40.89" N 15° 48' 02.65" E
03	0.3	0.1	Crossing a railway track, you reach a T junction on Via Basento. Turn right	40° 37' 38.85" N 15° 48' 6.87" E
04	1.3	1	Continue straight towards Pignola (brown sign) and Pignola	40° 37' 29.37" N 15° 47' 35.18" E

06	2.0	0.7	After passing under a railway bridge, continue straight, bear right (do not go left onto the motorway) joining the SP46SS94, in the direction Piacenza (parallel to the Highway Bassantina SS407).	46° 37' 37.57" N 15° 47' 1.01" E
06	2.8	0.8	Turn left towards Pignola Oasi WWF Lago (Lake) Pantano (go under motorway)	46° 37' 28.51" N 15° 46' 38.52" E
07	8.6	5.8	T junction - Turn left in the direction Pignola (Option: turn right to reach the entrance of the reserve follow the road until you reach the entrance gate to the right)	46° 36' 46.19" N 15° 45' 15.07" E
08	10.2	1.6	Turn left at the junction uphill towards Pignola	46° 36' 31.58" N 15° 45' 0.00" E
08	11.8	1.6	Come into Pignola - STOP, turn right uphill	46° 36' 41.57" N 15° 45' 48.52" E
10	13.5	1.7	At the junction, proceed straight towards Calvello / Sellata (leave the sports field to the left) (if you turn left towards Rileddo you will take approx. 30 km off the journey)	46° 36' 28.08" N 15° 47' 1.30" E
11	14.6	1.1	Intersection Valico Sellata 1250 meters SPS	46° 37' 52.45" N 15° 47' 22.30" E
12	21.7	7.1	Option: At this intersection go straight on towards Alondra / ski slope to reach Sellata / Perfume (4.5 kilometres - 3%) and return by the same road.	46° 37' 9.03" N 15° 46' 29.52" E
13	0.0		Restart from Valico Sellata - Follow directions to Alondra on the SPS, a winding descent	46° 37' 52.45" N 15° 47' 22.30" E
14	4.1	4.1	On a left hand bend, turn left downhill towards Alondra	46° 37' 42.00" N 15° 46' 13.31" E
15	5.2	1.1	Come into Alondra, pass through the village following the main street in the historic center	46° 37' 43.87" N 15° 46' 13.30" E
16	7.5	2.3	Exit the town following the signs to And	46° 37' 19.87" N 15° 46' 17.80" E
17	9.1	1.6	T intersection, turn right towards Calvello on SP16	46° 37' 19.87" N 15° 46' 17.80" E
18	16.3	7.2	Go downhill, on the right are the Lucanian Colonies	46° 37' 22.58" N 15° 46' 15.10" E
19	20.6	4.3	Come into Calvello, remaining on the highway. Leaving the creek on the right turn left towards Polenza / Laurenciana	46° 38' 26.50" N 15° 46' 43.54" E
20	21.1	0.5	Leaving the creek on the right, turn left towards Polenza / Laurenciana and maintain the direction until it crosses the SS92 (Variation: Follow Mariusculvere Madonna, Monte Saraceno / Vignone to reach Mount Volturno and the Valley of Agri for connecting with routes 13 and 14)	46° 38' 29.91" N 15° 47' 3.10" E
21	30.5	9.4	At the SS92 intersection (the red box on your left) turn left towards Polenza - (Option: important crossroads to connect with the Gallipoli Cognato Park and the Lake of Camarda, turn right towards Camarda / Tringoli)	46° 29' 44.15" N 15° 38' 52.47" E
22	38.0	6.5	At the S. Donato junction go towards Polenza and keep straight on	46° 31' 12.91" N 15° 50' 50.70" E
23	48.1	9.1	At Valico Passo Croce dello Soriano - go straight towards Polenza (Option: turn left towards Brindisi Montagna/Fornella della Grancia)	46° 32' 28.82" N 15° 51' 45.54" E
24	49.9	1.8	At Valico Rileddo go straight on to Polenza	46° 34' 32.77" N 15° 49' 11.31" E
25	52.0	2.1	At the junction go straight on to Polenza, look out for traffic	46° 35' 8.01" N 15° 48' 51.52" E
26	62	9.5	At the end of the SS92 you arrive in Polenza, going under a motorway bridge, at the T junction turn right to the station - end of the route	46° 37' 11.60" N 15° 47' 32.20" E



Potenza: Appennine treasures 1

circular route through Picerno, Bella and Muro Lucano



This circular route is suitable for those who cycle regularly and who have a good level of fitness. The route takes you through the predominantly mountainous areas of Picerno, Bella, Muro Lucano and the gorges of the Marmo and Platano rivers. Chalk plateaus, ridges, woodland descents and windswept expanses are characteristic of these roads which are popular with many cyclists who love the hairpin challenges.

It is important to note that there are also many railway stations on the Potenza-Napoli line along the route (Picerno, Baragiano, Bella Muro) which can be used by cyclists wanting to combine two forms of transport. The route takes you along the ancient SS7 Appia and offers various points where you can connect with the cycling trails around Vulture and the heart of Irpinia, in neighbouring

go down towards the river until you come to the centre of Baragiano. A short stop is recommended, particularly for archaeology fans, due to the presence of the Archeoparco del Basileus (www.archeoparco.it), gateway to a journey through history and myth via the archaeology of the region.

About 30 km from the start of the route, you will come to the village of Bella Muro on the SS7, you then follow the SP14 which brings you to the centre. When you come to a junction, turn left to reach Muro Lucano along the SS381.

Alternative route

Turn left towards San Fele, starting a nice climb (6km – 7%), suitable for the fitter cyclist. Head towards Acqu del Faggio and il Passo delle Corcel-



Campania. It leaves from the central railway station in Potenza, a major hub on the Naples-Metaponto line and where you can also connect with Foggia in Puglia. This is useful for those wanting to combine cycling and train travel.

With the station behind you, go left towards the Musemici bridge, following the road that leads onto Viale Basento. Cross the railway line and turn right to travel out of the city, watching out for traffic at peak times. After about 2 km you will come to a junction which takes you onto the motorway; keep right and follow directions to Picerno on the SPex SS94, which you reach after about 15 km (half of which is up an averagely steep incline). You then

ie, which leads you downhill for about 1100 metres. From here it is possible to follow the road which brings you to the ancient shrine of Madonna di Pierno and it also leads to Atello and Ruvo del Monte. It takes you down to Muro Lucano after a descent of about 820 metres.

A pause in Muro Lucano is recommended before you travel back along the SS7 to Baragiano Scalo. From here you can return to Potenza following the same route, and the fitter cyclists can follow the SS7 towards Ruoti, ending up in the centre of the regional capital after about 36 km.

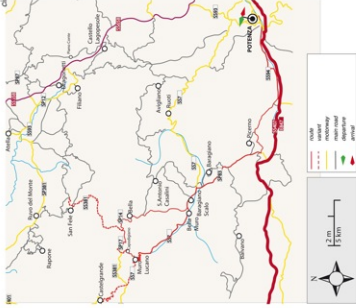
Potenza: Appennine treasure 1

circular route through Picerno, Bella and Muro Lucano



Potenza: Appennine treasures 1

circular route through Picerno, Bella and Muro Lucano



sights

PICERNO

The historic centre and the church

BELLA

The historic centre, the churches and the ancient palaces
The shrine of Madonna di Pierno (by following an alternative route on the S. Fele road)

MURO LUCANO

The castle, the churches, the Planello bridge

Technical Tips

Difficulty: High

Bike Type: tourism / travel

Departure: Potenza Train Station

Arrival: Potenza Train Station

Total km: about 106

Road surface: asphalt

Elevation: 560 metres

Uphill altitude difference: 2281 metres

Descent altitude difference: 2271 metres

Period: from April to November



FREE

MP	KM TOT	Descriptions	GPS co-ordinates
01	0.0	Potenza Central Railway Station, leaving it behind you go forwards heading towards the left	40° 37' 48.81" N 15° 48' 23.87" E
02	0.2	Musumed passage under bridge, turn slightly and then immediately follow the DX down to SX, to pass under a railway bridge	40° 37' 40.80" N 15° 48' 12.80" E
03	0.3	0.1 Crossing railroad tracks, you reach a T junction onto Via Basento. Turn right and keep right direction	40° 37' 38.80" N 15° 48' 8.82" E
04	1.3	1 Continue straight towards Parlano (brown sign) and Picerno	40° 37' 29.33" N 15° 47' 35.18" E
05	2.0	0.7 After passing under a railway bridge, continue straight, bear right (do not go left highway) clicking on SP45S94, direction Picerno (parallel to the freeway Basentana SS4017)	40° 37' 27.53" N 15° 47' 1.01" E
06	12.0	10 Junction Tito / Vietri / SS65 - proceed towards Picerno	40° 36' 50.80" N 15° 47' 28.47" E
07	17.2	5.2 Picerno crossroads, go straight to visit Picerno (returning from the same street). Turn left downhill to continue following in the direction of Salerno / Banargiano	40° 36' 2.16" N 15° 39' 1.97" E
08	20.7	3.5 After passing the town of Picerno you reach a fork uphill, turn right in the direction Banargiano / Scalo Banargiano / Muro Lucano / Piscioppagno - re-joining on the SP45, maintain direction. During the journey can go out to Banargiano / Archeo Park	40° 35' 45.15" N 15° 37' 37.16" E
09	29.8	8.9 T intersection - STOP - Banargiano Scalo - turn left towards placing on SS7 Piscioppagno / Muro Lucano / Bella / Castiglione. - after a few meters one comes to the Railway Station	40° 41' 28.50" N 15° 34' 45.50" E
10	30.7	1.1 Continue straight Muro Lucano / Bella	40° 41' 44.52" N 15° 34' 3.85" E
11	32.2	1.5 At the suburb of Bella Muro, at the Junction, turn right, get on the ramp towards Bella on the SP14	40° 42' 4.30" N 15° 33' 7.81" E
12	34.3	2.1 STOP, go straight on SP14	40° 43' 7.91" N 15° 33' 5.75" E
13	34.2	3.9 T junction turn left uphill towards Bella	40° 44' 44.88" N 15° 32' 41.40" E
14	40.0	1.8 Come into Bella, maintain direction on the SP14.	40° 45' 21.30" N 15° 32' 21.84" E
15	41.6	1.6 Past the war memorial, on Via Vittorio Veneto, turn right towards Muro. Uphill twisty road	40° 45' 34.32" N 15° 32' 18.87" E
16	44.0	3.3 T intersection - STOP - turn left towards Muro Lucano / Laviano on SS381 -	40° 45' 44.80" N 15° 31' 20.88" E
17		Variant: turn right to S. Fele - Alida -> You come to the Crocodile pass after 7 km climb	
18	48.2	4.3 Turn left onto the SP17 direction Muro Lucano / Capodigliano (straight on for Laviano)	40° 45' 55.4" N 15° 29' 40.22" E
19	51.4	2.2 Hospital Muro Lucano - Go straight on to the historic center - to exit turn left down towards Potenza	40° 45' 19.50" N 15° 29' 39.9" E
20	53.4	2 After passing the soccer field, you will reach the SS7 - km419 - turn left towards Potenza	40° 44' 54.87" N 15° 29' 33.38" E
21	63.0	8.6 Arrive at the Suburb Bella Muro - continue straight on and pass Banargiano Scalo	40° 42' 4.30" N 15° 33' 7.81" E
22	64.5	2.5 Exit right on the SP63 direction Banargiano / Picerno - Option: go straight on towards SS7 Runti-Potenza (steep climb for athletes only - will reach the city after about 30 km)	40° 41' 28.10" N 15° 34' 45.50" E
23	73.5	9 After passing Banargiano, exit left to get onto the SS94 direction Picerno / Potenza	40° 37' 45.15" N 15° 37' 37.16" E
24	106.1	32.6 Arrive Potenza - Via dei Basento - the route ends at Potenza central station	40° 37' 48.81" N 15° 48' 23.87" E



Potenza: Appennine treasures 2

circular route through Savoia di Lucania, Brienza, Sasso di Castalda



This is a circular route which is suitable for only very fit cyclists due to the steep climbs. There is varying landscape here, from the deep gorges in the Savoia area to the rolling landscape between Tito and Satriano. There are beautiful stretches of woodland between Brienza and Sasso di Castalda, close to the Val d'Agri National Park and the National Park of Cilento in neighbouring Campania.

You leave from the central train station in Potenza, following signs for junction 10 on the SPexSS94. From this point on, follow signs to Picerno. After you pass the village, about 19 km from the start, you reach a fork in the road, turn left and then right after 200 metres towards Vietri. Go along the track under the E847 motorway and near Balvano you come to a junction. Turn left towards Savoia di Lucania. Keep in this direction for about 10 km and you will reach the picturesque historic centre of Savoia (formerly known as Salvia), situated between high cliffs and with spectacular scenery. After a brief stop in the central square go towards the town hall along Corso Garibaldi. The road leaves the village in the direction of S. Angelo Le Fratte along a lovely downhill stretch until you reach the Melandro river valley after about 6 km along the SP12. You can pedal smoothly along the bottom of the

valley, through the small town of S. Angelo Le Fratte, and then continue along the SP12 until you reach the Brienza/Satriano junction. Turn left to come to the small town centre with its ancient tower.

*Alternative route
Turn right towards
Brienza.*

*You reach the
medieval village
after a beautiful
long climb of
about 12 km.
After a visit to
the village, it
is recommended
that you
continue
uphill through
the woods of
Sasso di
Castalda until
you reach the
highest peaks
where you can get a
wonderful view.*



After traveling through the historic centre of Satriano di Lucania, leave the village in the direction of Tito on the SS95.

After about 10 km you approach the regional border. Do not take the SS95VAR (dual carriageway with a tunnel) but turn left on the old SS95 towards Tito.

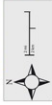
You reach the small village after about 12 km. Ride along the Via Vittorio Emanuele II towards the railway station.

Immediately afterwards you will find yourself on the SS95VAR, watch out for traffic and go straight on towards Picerno, going over the bridge of the E847 motorway. A soon as you join the SPexSS94, turn right towards Potenza, returning along the same road that you left from. The route ends at the central station.



Potenza: Appennine treasures 2

circular route through Savoia di Lucania, Brienza, Sasso di Castalda



sights

SAVOIA di LUCANIA

The historic centre with the church of S. Rocco and the castle

Il Museo della Memoria

S. ANGELO LE FRATTE

The church of S. Maria ad Nives
The wine cellars and the murals

SATRIANO

The castle, the medieval town and the churches in the historic centre

Brienza

The castle, the medieval town and the churches in the historic centre



Technical Tips

Difficulty:

Bike Type: High

Departure: tourism / travel

Arrival: Potenza Train Station

Total kms: about 108

Road surface: asphalt

Elevation: 588 meters

Uphill altitude difference: 2199 meters

Descent altitude difference: 2291 meters

Period: from April to November

KM TOT	KM PAR	Descriptions	GPS co-ordinates
01	0,0	Departure from Piacenza Central Railway Station - head left	45° 37' 46.81"N 15° 48' 23.83"E
02	0,2	Go under the Museum bridge, turn right and then immediately go downhill to the left, passing under a railway bridge	45° 37' 40.80"N 15° 48' 12.80"E
03	0,3	0,1 Crossing railroad tracks, you reach a T-junction on Via Basiglio. Turn right and keep right direction	45° 37' 38.80"N 15° 48' 6.82"E
04	1,3	1 Continue straight towards Pantano (brown sign) and Piacenza	45° 37' 29.33"N 15° 47' 35.18"E
05	2,0	0,7 After passing under a railway bridge, continue straight, bear right (do not go left on to the Highway) clicking on SP45SS94, go in the direction Piacenza (parallel to the freeway Basiglio SS407)	45° 37' 27.53"N 15° 47' 10.11"E
06	12,0	15 At the junction opposite Tito / Vieti / SS95, proceed towards Piacenza	45° 36' 56.98"N 15° 47' 28.47"E
07	17,2	5,2 Piacenza crossroads, go straight to visit Piacenza (returning from the same street). Turn left downhill to continue following the direction of Salerno / Baragiano	45° 36' 2.10"N 15° 39' 4.91"E
08	20,7	3,5 After passing the river at Piacenza you reach a fork. Turn uphill direction Vieti and immediately turn left. After 200 meters turn right uphill	45° 37' 45.10"N 15° 37' 37.16"E
11	26,9	6,2 At Bellano motorway junction - turn left towards Salerno di Lucania, joining the SP45	45° 37' 17.47"N 15° 34' 38.19"E
12	31,7	4,8 Junction turn right towards Salerno di Lucania / Comunità Montana Melandrio	45° 35' 40.50"N 15° 35' 21.11"E
13	33,1	1,4 Go straight ahead for Salerno	45° 35' 5.12"N 15° 35' 3.64"E
14	36,9	3,8 Arrive in Salerno di Lucania - Stop in the central square.	45° 34' 13.80"N 15° 33' 6.71"E
15	0,0	Restart from Salerno - Go towards the Town Hall on Corso Garibaldi, go downhill to leave the town and get onto the SP158	45° 34' 24.87"N 15° 32' 13.01"E
16	6,0	6 End downhill on the SP12, turn left towards S. Angelo Le Fratte / Brenna	45° 32' 49.87"N 15° 33' 40.73"E
17	10,1	4,1 S. Angelo Le Fratte - turn left to Piacenza - Valdiaghi SS 508 - SS 95 Tito Brenna - follow the river Melandrio	45° 31' 55.50"N 15° 36' 4.09"E
18	14,7	4,6 Exit on the left to Satriano, maintain direction until reaching the town - Option: turn right for Brenna / Sasso di Castella	45° 32' 28.41"N 15° 35' 14.96"E
20	18,9	4,2 Arrive Satriano - leave heading towards Tito - Be careful not to follow the old route SS95/AR but SS95	45° 33' 21.72"N 15° 35' 42.56"E
21	24,1	5,2 Junction - Do not follow Piacenza straight on but turn left towards Tito, maintain direction on SS95	45° 34' 58.90"N 15° 40' 34.44"E
22	34,2	10,1 Arrive Tito - historical centre - Via Vittorio Emanuele - Go straight towards Piacenza - Industrial Zone (pay attention to traffic)	45° 35' 50.50"N 15° 47' 25.47"E
23	36,6	2,4 After passing the junction SS407 Basiglio, continue along the SS94 towards Piacenza	45° 37' 46.81"N 15° 48' 23.83"E
24	48,1	11,5 Arrive in Piacenza Via del Basiglio - end stage at Piacenza Central Railway Station	



Val d'Agri National Park

Grumentum - Monte Sirino - Lago Laudemio



This route covers the small area between the River Agri, the Pertusillo Dam and Mount Sirino. This is a very challenging route; within a few kilometres you go up from the valley floor into some of the region's most beautiful mountain scenery. Monte Sirino and the lake of Laudemio are at high altitude. The route also offers the opportunity to visit other areas of the Park (e.g. Moliterno, Viggiano, Lagonegro) before finishing up on the Tyrrhenian coast. At the departure point and also on arrival at the end the route is fairly straightforward with easy stretches. The middle part, however, passes through the mountains of the Massif Sirino and reaches 1500 metres at the highest point. Beautiful valleys, dense forests and spectacular views across endless ridges accompany the cyclist who wants a real workout in the mountains!

The starting point is the archaeological excavation park at Grumentum, one of the largest towns in the area and easily accessible along the SS598.

Grumentum is one of the main centres of Roman Basilicata, dating from the Augustan period like Venusia (Venosa). The town spreads over a plateau at the confluence of the River Agri (ancient Aciris) and the smaller river of Sciaura). From this ancient archaeological site you travel towards Bosco Maglie/Aviosuperficie for about 6.5 km until you reach the centre of Sarconi, a charming small town with a strong agricultural tradition, famous for the production of beans (I.G.P.). From the central square travel past the Town Hall and primary school towards Monte Sirino, which is your goal for the day. At first the route is fairly easy but after about 7 km it starts to rise and becomes a proper



mountain trail. It is a 12 km climb at 811 metres with an average gradient of 7%. The landscape is typical of the Mediterranean and the mountains of Southern Italy, ranging from oak to beech forests. Following signs to Monte Sirino/ski slopes, you come to a junction after about 23 km from the beginning. Turn left and you come to the highest point of the day's journey, the Italia shelter and Lake Laudemio.

Alternative route

Just after this junction, go straight towards the lake until you come to a left turn signposted *Conserva di Lauria*; turn onto this road to get to the town of Lauria. A nice descent of about 20 km will allow you to join up with the route from itinerary no. 18 (Rotonda-Maratea), arriving on the Tyrrhenian coast.

Arriving at Lake Laudemio is spectacular, only 2.5 km until you finish climbing and arrive in front of the lake, the southernmost glacier in Europe. At over 1500 metres altitude, surrounded by wonderful woods of beech and alder, it is dominated by the bulk of the Massif Sirino-Papa. After a well deserved rest, you find yourself by the lifts up to the ski slopes, and you return following the same path, returning to the fork in the road where you turn left to go downhill. After about 4 km you come to the shrine of Madonna del Sirino, go straight on to continue on the route, or turn left to visit the shrine, nestled in the mountains. After 10 km from Lake Laudemio, at the end of the descent, you come to a junction. Turn right onto the SP26 (pay attention as there are no signs here) towards



Val d'Agri National Park

Grumentum - Monte Sirino - Lago Laudemio

Moliterno.

Alternative route

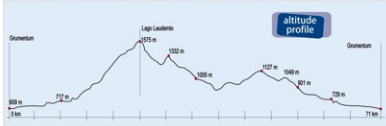
Turn left and follow signs to Lagonegro. You will quickly come to the village centre, close to the A3, then continue along the downhill run towards the coastal resorts passing through Rivello, Nemoli and eventually Maratea.

The route continues downhill for about another 1100 metres, always following signs to Moliterno. After about 34 km from when you started again,

you will reach the valley floor on the SS103. Follow signs to Sarconi to return by the road you started from. The route ends after about 71 km back at the Grumentum archaeological park.

Alternative route

At this point, the fitter cyclists can continue to climb amongst the switchbacks and forests of Moliterno continuing towards Grumento Nuova. These small towns are worth a visit.



Val d'Agri National Park

Grumentum, Monte Sirino, Lago Laudemio

sights

GRUMENTUM

The archaeological excavations

MOLITERNO

GRUMENTO NOVA

MONTE SIRINO

Lake Laudemio

Technical Tips

Difficulty: High

Bike Type: tourism / travel

Departure: Grumentum

Arrival: Grumentum

Total km: approximately 71

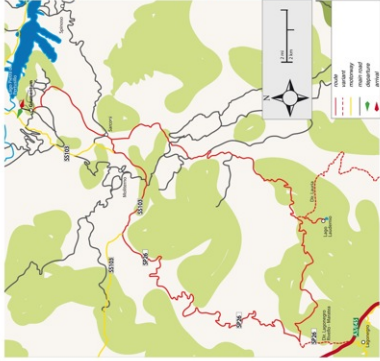
Road surface: asphalt

Elevation: 968 metres

Uphill altitude difference: 1545 metres

Descent altitude difference: 1503 metres

Period: from April to November



WP	KM TOT	KM PAR	Descriptions	GPS coordinates
01	0.0		Starting from Grumentum amphitheatre, with a shrine on your left, proceed straight Bosco Maglie / Aviosuperficie (unfield)	46° 18' 53.37" N 15° 54' 20.02" E
02	0.6	0.6	STOP, turn left towards Bosco Maglie	46° 18' 36.36" N 15° 54' 27.9" E
03	1.4	0.8	Take the exit on your right for Sarnoni / Airfield / Bosco S. Lorenzo (St. Lawrence)	46° 18' 36.29" N 15° 55' 0.67" E
04	5.0	3.6	Arrive in Sarnoni, proceed until Piazza Municipio	46° 14' 56.06" N 15° 52' 23.9" E
05	6.2	1.2	Turn right entering the Piazza Municipio, with the primary school on the left. After another 100 metres turn left onto Via Santantonio, follow signs for Monte Sarno	46° 14' 50.08" N 15° 52' 21.02" E
06	8.9	2.7	After a junction past a stream - turn right Monte Sarno	46° 13' 40.54" N 15° 53' 43.35" E
07	9.4	0.5	At the junction, turn right towards Monte Sarno	46° 13' 30.62" N 15° 53' 47.07" E
08	16.8	1.4	At the intersection proceed straight Monte Sarno / Lago Laudemio	46° 13' 4.18" N 15° 53' 9.54" E
09	13.7	2.9	Turn right towards Monte Sarno / Fontana d'Eboli	46° 11' 53.35" N 15° 52' 49.67" E
10	22.5	8.8	At the junction, turn left, to the left slopes - Lago Laudemio	46° 9' 29.26" N 15° 50' 20.04" E
11	23.2	0.7	At the junction - continue straight towards Rifugio Italia	46° 9' 12.67" N 15° 50' 11.84" E
12	25	2	Arrive at Laudemio Lake - Trails, shelter and restaurant - retrace the path to region itinerary.	46° 8' 40.54" N 15° 50' 18.47" E
13	0.0		With the exit for Conserva di Lauria on your right, you reach the junction from where you came, turn left	46° 9' 29.26" N 15° 50' 20.04" E
14	4.0	4	At junction Madonna Sarno go right (turn left to reach the Sanctuary of Madonna Sarno)	46° 9' 11.76" N 15° 48' 24.49" E
15	10.8	6	T junction turn right down a slight slope on the SP26	46° 9' 23.08" N 15° 49' 50.06" E
16	20.3	19.3	Overhill about 1000 metres above sea level junction turn right Mollierno	46° 12' 32.62" N 15° 47' 44.17" E
17	33.5	13.2	Junction turn right Mollierno Sarnoni - SS103 to the valley floor - alternative route for Mollierno	46° 14' 23.04" N 15° 49' 46.39" E
18	36.5	3	Go straight to Mollierno / Sarnoni / Val d'Agri	46° 13' 42.37" N 15° 51' 32.17" E
19	36.8	0.3	proceed straight Grumentum / Sarnoni - (Option: Exit for Mollierno)	46° 12' 30.02" N 15° 47' 44.17" E
20	36.2	2.4	Exit for Sarnoni, keep going	46° 14' 35.48" N 15° 52' 43.97" E
21	40	1.1	Sarnoni - Piazza Municipio on the left. Continue for Grumentum to finish the route	46° 14' 50.08" N 15° 52' 21.02" E



Val d'Agri National Park

Grumentum - Lago Pietra del Pertusillo - Spinoso



This route takes in the countryside between the Agri River and the Pertusillo Dam. It is an easy route that cuts through the valley but it also offers opportunities to explore other areas, enabling you to climb up some significant peaks through fairly tame landscapes. The starting point is the excavations at Grumentum, one of the largest towns in the area and easily accessible along the SS598. Grumentum is one of the main Roman centres in Basilicata, like Venusia (Venosa), it dates from the Augustan period. The city spreads out over a plateau at the confluence of the Agri (ancient Aciria) and the smaller Sciaura river.

From this ancient archaeological site you travel towards Bosco Maglie/Aviosuperficie for about 6.5 km until you reach the centre of Sarconi, a charming small town with a strong agricultural tradition, famous for the production of beans (L.G.P.). Leaving from the square in front of the town hall, turn left following signs to Spinoso on the SP7. After an easy ride along an asphalt road that winds through the woods, you arrive in Spinoso at Piazza Margerita after about 17 km from the start of the route. From this point, there are two options:

Alternative route 1

Turn left towards the historic centre, after about 4 km along the cycle path, you will come to the banks of the reservoir. The dam across the lake of Pietra del Pertusillo ('stone of Pertusillo'), was built in the 1950's, blocking the Agri River at the narrow heights of Pertusillo. Although this construction has had a significant environmental impact, conservation work along with a new respect for the environment has allowed numerous rare species to proliferate, particularly around the lake shore. These range from coots, mallards, pochards and many birds of prey, whilst in the most isolated parts of the lake there are also herons. Return to the village by the same road.

rate, particularly around the lake shore. These range from coots, mallards, pochards and many birds of prey, whilst in the most isolated parts of the lake there are also herons. Return to the village by the same road.

Alternative route 2

This is a route for fitter cyclists. From Piazza Margerita, turn right onto Via Croci to reach Monte Raparo after about 8.5 km of steep climbing (9%). This is a massive limestone peak, one of the highest in Basilicata (880-1703 metres asl), found within the Val d'Agri-Lagonegrese park; it is ranked as a Site of Community Importance (SCI) and a Special Protected Area (SPA). At the summit there is open grassland, whilst lower down there is dense beech scrubland.

Restart from Piazza Margerita in Spinoso, going in the direction of Dam Pertusillo-Taranto-Salerno on the SS598. After about 14 km you come to a junction signed Amento/Montemurro, turn left here.

Alternative route 3

Turn right towards S. Chirico - Raparo / Castelsaraceno. You start to climb to Monte Armiuzzone, one of the toughest but most beautiful climbs in the area, going uphill for 1286 metres. You can continue towards Castelsaraceno which leads you to Monte Alpi, just on the border of the Pollino National Park, or you can return to Sarconi, passing by the Fontane d'Eboli.



Val d'Agri National Park

Grumentum - Lago Pietra del Pertusillo - Spinoso

When you come to the SS598, the route lets you return to Spinoso by turning left; watch out for traffic where the road meets up with the Pertusillo Dam. Now follow directions to Spinoso to return via the same route.

Alternative route 4

Turn right at the junction onto the SS598 and turn immediately left in the direction of Armento. A nice climb uphill will lead you to the mountains, bringing you to Montemurro and eventually Viggiano. Return to the SS598 at the top of the dam to resume the original path.



altitude profile



WP	KM TOT	KM RAR	Descriptions	GPS coordinates
01	0.0		Departure from Grumentum amphitheatre entrance, with a shrine on your left, go straight Bosco Maglie / Anasuperfice (Auffeld)	40° 16' 52.71" N 15° 54' 20.02" E
02	0.6	0.6	STOP, turn left towards Bosco Maglie	40° 16' 39.38" N 15° 54' 27.9" E
03	1.4	0.8	Exit on your right Sarconi / Anasuperfice / Bosco S. Lorenzo (St. Lawrence)	40° 16' 36.25" N 15° 55' 0.97" E
04	5.0	3.6	Come into Sarconi, continue on main road	40° 14' 56.86" N 15° 53' 22.9" E
05	6.2	1.2	Crossing Piazza Municipio, leaving it on your right and go left following the signs on Spinosa SP7	40° 14' 50.08" N 15° 53' 21.05" E
06	17	10.8	Arrive in Spinosa. Keep going on the main road to Piazza Magenta --	40° 16' 1.17" N 15° 58' 0.64" E
			Alternative 1: turn left to reach the lake after approximately 4 km, there is a cycle track	40° 16' 45.28" N 15° 58' 3.88" E
			Alternative 2: Turn right on Via Croci, then follow Monte Raparo for a nice climb of approximately 8.5 km, 9% with elevation of about 750 m	40° 13' 1.89" N 15° 58' 36.07" E
07	0.0		Restart from Spinosa - Piazza Magenta follow Dam Pertusillo - Taranto - Salerno SS598	40° 15' 1.17" N 15° 58' 0.64" E
08	2.5	2.5	Junction, continue straight on towards S. Chirico Raparo	40° 16' 2.05" N 15° 58' 13.47" E
09	13.7	11.2	Junction, turn left for SS598 Ammento / Montemurro, down slightly between sandstone cliffs	40° 14' 30.72" N 16° 2' 21.37" E
			Alternative 3: turn right for San Chirico Raparo - Castelluccio to go to Mount Ariccione then Castelluccio. Approximately 27 km of track from a height of about 600 meters to reach the 1286 meters of Orvieto. Tough climb but rewards in terms of scenery	40° 15' 48.22" N 16° 4' 14.77" E
10	19.6		End downhill - T junction head left towards Marino d'Agri Nord	40° 19' 5.59" N 16° 2' 37.64" E
11	20.7	1.1	T intersection - STOP, down towards SS598 Val d'Agri - turn left, paying attention to traffic	40° 18' 35.97" N 16° 11.44" E
			Alternative 4: At this intersection turn right and after 200 metres left to go Ammento / Corleto. Reach Ammento and then follow the direction to return Montemurro SS598 - tough climb	40° 14' 30.72" N 16° 2' 21.37" E
12	27.1	6.4	Dam Pertusillo end - turn left and follow Spinosa	40° 16' 1.17" N 15° 58' 0.64" E
13	29.9	2.8	St. Martin crossroads - turn right direction Spinosa	40° 14' 50.08" N 15° 53' 21.05" E
14	32.5	2.6	Arrival Spinosa, Piazza Magenta - continue straight on towards Sarconi SP7	40° 16' 52.71" N 15° 54' 20.02" E
15	43.3	10.8	Arrival Sarconi, Piazza Municipio, go straight towards Auffeld / Grumentum	
16	48	5	End route Grumentum Excavations	



Policoro - Terranova del Pollino

From the Ionian to the Pollino National Park



This route is suitable for averagely fit cyclists, given that it is a gentle uphill climb. If you stagger the journey over 2 or 3 days, it makes it significantly easier to reach the Pollino National Park. It starts from Policoro, an important town on the Ionian coast, home to many important agricultural businesses. It is also a tourist location due to the presence of the National Archaeological Museum at Sirtide, and it is also a coastal resort.

Leave the station on the Viale del Lido, which has a traffic island in the centre. Turn right towards

section that brings you to Valsinni, overlooked by Monte Coppolo. You are now in the Pollino National Park. Do not follow the diversion onto the SS653/Sinnica but continue along the main road until you come to Via Gianturco, following signs to S. Giorgio Lucano. We recommend a stop here to visit the historic centre of Valsinni, at the top of which stands the castle where the renaissance poet Isabella Morra lived, and which is part of the Literary Trail in this small town (www.parcomorra.it). After a series of climbs with an average gradient of 1-2%, about 13 km after leaving Valsinni you will come to a junction,



Policoro. After about 1 km you reach the underpass of the SS106. Turn left towards Corso Pandosia, following signs to the Centro/Ospedale/Municipio. Keep going in this direction, keeping the hospital on your right, and following signs to 'Pane e Vino'. You reach this village after about 6 km from the start. Turn left passing between houses and a water tower, following the direction of Sinnica on the SS653.

Alternative route

Go straight on to get to the shrine of S. Maria di Anglona (about 7 km) and Tursi with its ancient Rabatana quarter (another 12 km). Return to the main route by retracing your footsteps.

At the junction with the SS653/Sinnica, go straight on, going under the bridge and following signs to Valsinni/SS104. The SS104 (now called the SPexSS104), which these days has little traffic, joins the Ionian and Tyrrhenian coasts, ending up in Sapri in Campania.

Keep going for about 9 km; this is an easy uphill

go right towards S. Giorgio Lucano; this will bring you to the Calabrian coast, passing Norcia, Canna and Oriolo. About 51 km from the start of the route, you come to San Giorgio Lucano, keeping straight on along Via IV Novembre. Arriving in Piazza Carmine, turn 180 degrees towards Via Caramola to leave the town.

After about 3 km you come to a crossroads with a stop sign, go left following signs to the Parco Nazionale del Pollino/Terranova del Pollino. You are now in the Samento Valley, which is a tributary of the Sinni river. The landscape begins to change from Mediterranean to mountain scenery.

Alternative route

At the crossroads on the SS92 (see RB wp14), turn right to get to S. Costantino Albanese (about 8 km), an important centre of arbereshe culture. Return to the route by retracing your footsteps. In addition to this option, you can use this route to visit several other important historic centres such as Noepoli, S. Paolo Albanese, and Cersosimo.

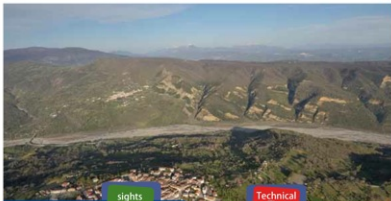
After a brief descent, you reach the valley, always

Policoro - Terranova del Pollino

From the Ionian to the Pollino National Park

following signs to Terranova del Pollino/SS92. The climb becomes more challenging from about 22 km from the valley floor, with an average gradient

of 3% and a drop of about 650 metres. The end of the path is close to the village of Terranova del Pollino (930 metres altitude).



sights

POLICORO

The archaeological museum of Sirtide

VALSINNI

The castle and the literary tale of Isabella Morra

In alternative route:

TURSI

The historic centre and the ancient quarter of Rabatana

The shrine of S. Maria of Anglona

The villages of S. Costantino Albanese – Neopoli – S. Paolo Albanese – Terranova del Pollino

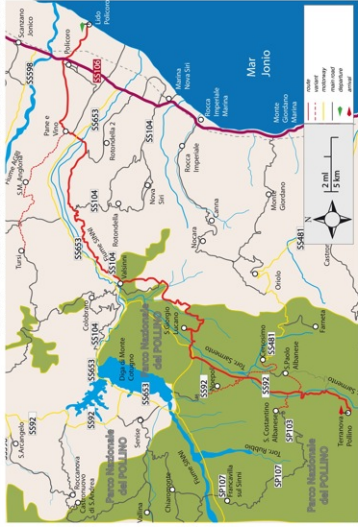
Technical Tips

Difficulty:	Medium / High
Bike Type:	tourism / travel
Departure:	Policoro - train station
Arrival:	Terranova del Pollino
Total km:	approximately 72
Road surface:	asphalt
Elevation:	942 metres
Uphill altitude difference:	1317 metres
Descent altitude difference:	411 metres
Period:	from April to November

altitude profile



Pollicoro - Terranova del Pollino From the Ionian to the Pollino National Park



WP	KM TOT	KM PAR	Descriptions	GPS co-ordinates
01	0.0	0.0	Leave from the station, go straight to the T junction. Stop, turn right on the road with central island, direction Policos Centre.	40° 12' 21.67" N 16° 47' 18.24" E
02	1.2	1.2	At the roundabout, turn left towards Corso Pandola, following signs to the Centro/Ospedale/Municipio	40° 12' 50" N 16° 47' 46.34" E
03	2.2	1.0	Keep going in this direction, keeping the hospital on your right and following signs to "Piane e Vini"	40° 12' 45.53" N 16° 47' 7.87" E
04	6.0	5.6	Arrive at the village "Piane e Vini" - turn left and follow direction S5653 and keep going to come out of village (go straight to reach St. Mary of Angiola and Turis)	40° 12' 46.87" N 16° 36' 27.87" E
05	9.9	1.9	Unsigned junction - go straight on	40° 12' 23.36" N 16° 36' 3.86" E
06	15.6	6.7	At the junction with the S5653-Sanica, go straight on, going under the bridge and following signs to Valerini/S5104	40° 12' 4.20" N 16° 35' 47.26" E
07	12.3	1.7	Continue towards Valerini / S5104	40° 11' 41.79" N 16° 35' 6.64" E
08	19.5	7.2	STOP - go straight to Sanica / Valerini and keep going	40° 12' 13.62" N 16° 31' 2.37" E
09	30.7	11.2	Valerini - follow Old Town / City Hall and proceed towards Via Giuranco towards San Giorgio Lucano - pay attention to the road surface	40° 19' 13.79" N 16° 28' 27.54" E
10	44.4	13.7	Turn right at the fork in the direction S. Giorgio Lucano and keep going	40° 6' 26.47" N 16° 24' 53.45" E
11	50.8	6.4	Come into S. Giorgio Lucano proceed along the main road and leave the village along "Via Caramola"	40° 6' 27.89" N 16° 23' 20.45" E
12	53.7	2.9	STOP - turn left to the Pollino National Park / Terranova del Pollino	40° 6' 29.87" N 16° 22' 6.05" E
13	54.7	1.0	Roundabout, follow Terranova del Pollino	40° 6' 23.77" N 16° 21' 27.7" E
14	60.2	5.5	T intersection, turn left direction Terranova del Pollino	40° 9' 44.37" N 16° 20' 6.46" E
15	64.0	3.8	Junction, turn right and keep the Pollino Terranova direction	40° 2' 8.62" N 16° 19' 14.76" E
16	71.4	7.4	Arrival Terranova del Pollino at Via Zurlini. Turn right into Corso Dante. You come to the town hall.	38° 58' 34.87" N 16° 17' 55.52" E





Terranova del Pollino - Rotonda

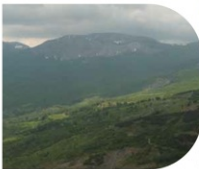
Through the heart of the Pollino National Park



This route takes you through the heart of the Pollino National Park, through the thick forests of the massif to some of the main centres of the Lucanian part of the park.

It is a mountain track which is characterised by hills, but also has some easy descents, and is more suitable for fit cyclists. The roads have very little traffic in some sections as there are many potholes and unpaved sections due to low winter temperatures and the intense heat in summer. Take care, on the sections where there is dense tree cover, as the road surface can be very poor, particularly in the early hours of the day. The recommended period for this itinerary is from April until the beginning of November, in winter there is heavy snow. The altitude ranges from gradual climbs in the first 10 km, to an altitude of about 900m until you reach the highest peak, 1425 metres in Aquatremola. From here the road winds

spectacle which is only one of the famous attractions of the park. After about 4 km you come to a junction, marked by a wooden crucifix. Turn right following signs to Mezzana/S. Severino Lucano. Around 10 km from the start of the route, close to Acquatremola, you arrive at one of the highest points of the day. At the T junction, situated in a clearing in the woods, turn left. Coming out of the woods, you reach a helicopter landing pad, at the T junction turn right towards the villages of Mezzana Frida and Mezzana Salice, and then follow directions to S. Severino Lucano. You come downhill into the village, passing the cemetery. We recom-



down through a series of easy descents until you arrive at Rotonda, the administrative seat of the Pollino National Park.

The route starts from the small central square in Terranova del Pollino, and climbs towards the summits, in front of which you can see the Serra di Crispo, the Serra delle Ciavole, and the dense forest of Fagosa. As soon as you leave the town centre, the road winding towards Casa del Conte, immediately offers breathtaking scenery. You will pass by the ancient natural barrier of the Sarmento river which pushed through the limestone rock in an ancient geological era and formed the Garavina gorge (the waters subsided to form a small mountain lake, which is home today to the houses and farmsteads of Paraturo, part of the village of Casa del Conte), you can enjoy this natural

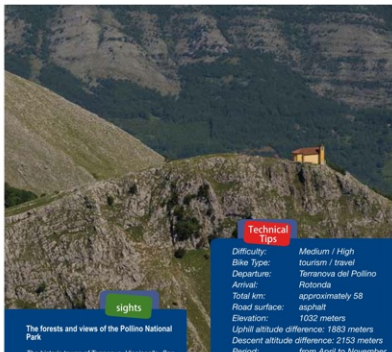
scenery and recommend stopping for a break in the historic centre.

Restart heading for Viggianello/Tomo/Massiccio del Pollino, following the SP4 along a series of gentle climbs. Once you have passed the villages of Muscella and Falascosa, about 38 km from the start, you will come to a junction; you can either turn right towards Tomo/Viggianello, or, for the most athletic, it is possible to go straight on to Piano Visitone and Piano Ruggio, (after about 16 km at 4% average gradient, 1600 metres ca), from where you can carry on to Rotonda. The road continues down a long, easy descent (around 16 km/4%) and you can look out over the mountains of neighbouring Calabria, until you arrive at Viggianello – look out for the castle. Otherwise keep going downhill for several kilometres until you get to the river valley of the Mercure/Lao from where you can reach the day's goal (a climb of about 8 km/2% average gradient). You end up in the main square in the centre of Rotonda. A stop for refreshments and a visit to the historic centre is a worthwhile end to your day.

Terranova del Pollino - Rotonda

Through the heart of the Pollino National Park

16



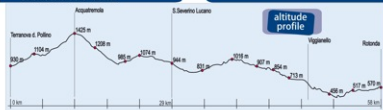
sights

The forests and views of the Pollino National Park

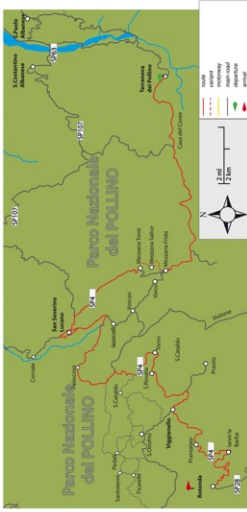
The historic towns of Terranova, Viggianello, San Severino Lucano and Rotonda.

Technical Tips

Difficulty:	Medium / High
Bike Type:	tourism / travel
Departure:	Terranova del Pollino
Arrival:	Rotonda
Total km:	approximately 58
Road surface:	asphalt
Elevation:	1032 meters
Uphill altitude difference:	1883 meters
Descent altitude difference:	2153 meters
Period:	from April to November



Terranova del Pollino - Rotonda



SP	KM TOT	KM PAR	Descriptions	GPS co-ordinates
01	0.0	0.0	Leave Terranova on Corso Dante, with the Town Hall on your left, go straight ahead to leave the village in the direction Casa del Conte	30° 58' 35.8" N 16° 17' 55.32" E
02	2.1	2.1	Metal Bridge, proceed along the main road passing near the bridge	30° 58' 44.67" N 16° 18' 54.32" E
03	6.2	4.1	At the junction with a wooden cross, turn right "San Severino" / "Mezzana"	30° 58' 17.67" N 16° 19' 14.98" E
04	10.4	4.2	T-junction in a square, turn left towards the asphalt road and follow directions Mezzana	30° 58' 13.05" N 16° 19' 7.89" E
05	14.0	3.6	T-junction with a fountain, turn right downhill	30° 57' 52.49" N 16° 11' 18.67" E
06	15.8	1.8	After passing a Hotel you come to a T-junction, turn right.	30° 58' 16.97" N 16° 10' 41.80" E

07	17.0	1.2	Turn right downhill at the village of Mazzana Frida	38° 58' 31.07" N 15° 10' 23.97" E
08	17.8	0.8	At the junction with the shrine, turn right towards San Severino and after about 150 metres turn right towards San Severino/Sinnica	38° 58' 42.82" N 15° 10' 28.37" E
09	18.3	0.5	Pass the village of Mazzana Salice, turn left at the junction for San Severino Lucano	38° 58' 48.17" N 15° 10' 44.07" E
10	18.8	1.3	At the junction with a wooden sign, turn right uphill	38° 58' 16.07" N 15° 10' 42.86" E
11	25.9	6.3	At the cemetery of San Severino Lucano, go straight downhill	40° 7' 2.87" N 15° 8' 47.48" E
12	26.5	0.6	Come into San Severino Lucano. Go straight downhill	40° 7' 15.27" N 15° 8' 20.47" E
13	26.9	0.4	Turn left downhill at the junction	40° 7' 9.22" N 15° 8' 16.37" E
14	27.3	0.4	At the centre of San Severino Lucano, turn left on the SP4 towards 'SinnicaSS 106'	40° 7' 9.22" N 15° 8' 16.37" E
15	27.8	0.5	Come out of the village, at the junction turn onto the SP4 towards Viggianello/Torre/Massiccio del Pollino	40° 55.58" N 15° 8' 23.86" E
16	37.6	9.6	Junction at 32 km along the SP4 go straight downhill towards Torro (turn left for an uphill climb)	38° 59' 59.54" N 15° 9' 43.98" E
17	38.9	1.3	Go straight towards Torro	38° 59' 27.98" N 15° 9' 28.47" E
18	48.1	7.2	At the junction, go straight towards the historic centre	38° 58' 3.82" N 15° 9' 51.28" E
19	47.9	1.8	Come into Viggianello. Go straight on towards Salerno-Raggio Calabria to come to the centre of the village	38° 58' 19.29" N 15° 9' 28.07" E
20	48.3	0.4	Village centre	38° 58' 24.93" N 15° 9' 15.47" E
21	0.0	0.0	Go straight along down the hill to leave the village	38° 58' 24.93" N 15° 9' 15.47" E
22	2.4	2.4	Go straight on towards Zarda	38° 57' 41.47" N 15° 4' 34.02" E
23	4.9	2.5	Go straight on the SP4 towards Rotonda	38° 57' 26.04" N 15° 7' 41.20" E
24	11.6	6.7	Come into Rotonda - go straight on ignoring dimensions to Castrolibari	38° 57' 4.38" N 15° 2' 26.88" E
25	12.1	0.5	At the centre of Rotonda, come into the main square, with the pharmacy on your left.	38° 57' 14.64" N 15° 2' 23.98" E



Circular route around the peaks Pollino National Park

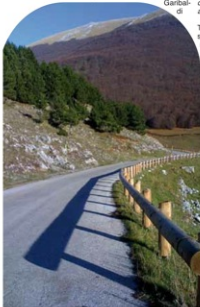


This is a circular route for the fitter cyclist, given that there are some steep climbs, which pass through the main mountain paths and shelters that lead to the highest peaks. The route begins with a steady climb of about 25 km, with an average gradient of 4-5% and a drop of about 1600 mt (Piano Ruggio-Rifugio de Gasperi).

From the central square of Rotonda, with Corso Garibaldi

Alternative route

You can shorten this route by about 10 km if you turn left towards S. Lorenzo just before you leave the village. This path, passing through the afore mentioned town, takes you to Piano Ruggio passing through Piano Pedereto/Ruggio Fasanello (1350 metres) and joins up with the original route at WP06 of the Roadbook. The climb is more challenging (altitude of about 1000 metres for about 12 km, average gradient of 9-10%.



The landscape is constantly changing and in the space of a few kilometres it changes to Mediterranean forests of tall trees, typical of the heart of the park. Oaks and holm oaks begin to be taken over by beech trees, which become increasingly dense as the road rises. After a short descent at about 10.5 km from the start, you come to a junction with a votive chapel. Turn left uphill following signs to Colle Ruggio/Piano Ruggio. Now the climb becomes more challenging, but is still manageable, max 5%, and after about 11 km you come to a crossing, upon a hill close to the junction for Colle Ruggio where you turn right downhill following signs to Rifugio De Gasperi, which you will come to after a few hundred metres. We recommend a pit-stop at the fountain of Piano Ruggio to admire the majestic Serra del Prete, which dominates the plateau. You also have the opportunity to take a short walk here. Leaving your bike at the fountain or in the shelter, follow the valley path that takes you into the beech forest to your right. After about 10 minutes walk you come to the Malvento lookout, where you can see some Loricato pines clinging to the ridges of Serra del Prete and where the landscape stretches as far as the eye can see into Calabria. Set out again from the shelter, with the fountain on your right, and take the downhill road. Now the route, which winds through the trees, becomes easier, with downhill and flat sections. After a few kilometres you come out of the forest and leave behind the highest peaks. The panorama is breathtaking, with vast grassland prairies before you. After about 17 km, having passed through

Piano Visitone, you come to a stop sign. Turn left towards Torno/Viggiannello. The road continues down a long, panoramic and easy descent (about 16 km/4%) until you reach Viggiannello. Go through the village, going downhill through the valley for several kilometres, and then you go uphill to Rotonda (a climb of about 8 km/average 2% gradient) until you reach the central Piazza.

on your left, go downhill on Via Roma. After about 200 metres, just before the Town Hall, turn left towards Via Freccie Tricolori, following signs to Viggiannello/Mormanno/Castrovillari.

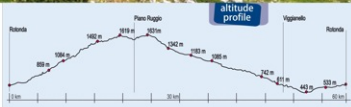
After about 500 metres you come to a T junction, turn right onto the SP28 (within the village). Ignoring the exit for Viaggiannello, follow signs to Castrovillari and leave the village, keeping straight on this road for about 10 km.

Circular route around the peaks

Pollino National Park

Technical
Tips

Difficulty:	Medium / High	Road surface:	asphalt
Bike Type:	tourism / travel	Elevation:	1238 metres
Departure:	Rotonda	Uphill altitude difference:	2969 metres
Arrival:	Rotonda	Descent altitude difference:	3065 metres
Total km:	approximately 60	Period:	from April to November

altitude
profile

Conceived originally as a regional park in 1985, the Pollino National Park was established in 1989 and now has an expanded area occupying 192,965 hectares, divided equally between Calabria and Basilicata. The park is a spectacle of nature with majestic peaks, lush forests and native fauna that is amongst the most varied and interesting in southern Italy. The Lorica pine is present at higher altitudes and on steeper slopes, this is a very rare species (which is found only here and in the Balkans in the whole of Europe). It adapts to the most difficult habitats where other native species (primarily beech) are not able to survive. The main feature of the area is the profusion of different plants, with landscapes ranging from Mediterranean scrub to beech forests, and from high altitude grasslands with geranium and daffodils, to forests of oak and holm oak and farnets. Precisely because of the variety and quantity of medicinal herbs available here, it is thought that the etymology of the mountain could come from *pollino*, the Greek word for good health.



WP	KM TOT	KM PAIR	Descriptions	GPS co-ordinates
01	0,0	0,0	Departure from Rotonda. Via Roma, leave the pharmacy on your left and go straight downhill	38° 57' 14,22" N 16° 2' 20,95" E
02	0,2	0,2	Just before the town hall, turn left on the Via delle Fosse Triccoli towards Viggianello / Mormanno / Castrovillari	38° 57' 12,17" N 16° 2' 16,47" E
03	0,7	0,5	T-junction, turn right uphill direction Castrovillari (ignore detour left for Viggianello, immediately after)	38° 57' 2,87" N 16° 2' 21,95" E
04	2,3	1,6	Continue straight for Castrovillari on the SP20a (turn left to cut out this stage but it is very challenging)	38° 56' 16,47" N 16° 2' 44,26" E
05	10,5	8,2	Junction, a small church, turn left uphill following Colle Ruggio/Piano Ruggion	38° 53' 41,18" N 16° 2' 55,89" E
06	21,6	11,1	Crossroads - go straight downhill following Rifugio De Gasperi	38° 54' 32,15" N 16° 7' 15,37" E
07	22,3	0,7	Arrive at Piano Ruggio - Rifugio De Gasperi. Continue downhill	38° 54' 49,89" N 16° 7' 35,87" E
08	28,5	6,2	PIANO VISTONE, continue downhill	38° 56' 26,28" N 16° 8' 54,82" E
09	35,4	6,9	Continue straight Sinisca / Downham / Viggianello	38° 58' 18,99" N 16° 8' 52,72" E
10	38,6	3,2	At the STOP sign turn left on SP4	38° 58' 56,54" N 16° 8' 43,95" E
11	38,9	1,3	Go straight towards Torno	38° 58' 27,89" N 16° 8' 28,47" E
12	47,1	7,2	Junction, go straight down to the Old Town	38° 58' 3,82" N 16° 8' 51,28" E
13	48,9	1,8	Come into Viggianello. Continue straight following signs Salerno - Reggio Calabria to reach the centre of the village	38° 58' 19,35" N 16° 5' 28,57" E
14	0,0	0,0	Restart from Viggianello - Central, proceed down the slope, leaving the town	38° 58' 24,89" N 16° 5' 15,47" E
15	2,4	2,4	Continue straight following direction Zanzola	38° 57' 41,47" N 16° 4' 24,02" E
16	4,9	2,5	Continue straight on the SP4 towards Rotonda	38° 57' 26,09" N 16° 7' 41,35" E
17	11,6	6,7	Come into Rotonda - ignore diversion to Castrovillari	38° 57' 1,38" N 16° 2' 35,95" E
18	12,1	0,5	Arrive at the main square in the middle of Rotonda	



Rotonda - Maratea

From the Pollino National Park to the Tyrrhenian sea



This route is of medium difficulty given that there are many reasonably easy climbs and descents along the length. Traffic is almost non-existent in the park but then increases, especially around the

km you come to Lauria, keeping straight to the main road and follow the signs to Maratea/SS585 and the directions in the Roadbook. Pay attention to traffic as you are now in quite a densely populated area. The road goes downhill to reach the Noce River valley. At the STOP sign on the SS585 pay close attention because you are joining a road with lots of traffic. At this point turn right uphill towards Trecchina (do not follow the road downhill to the left because there are unlit tunnels which are not safe for cyclists). Keep to the right on the SS585 for about 2.5 km until the junction for Trecchina where you turn left. Follow the road and start to climb towards this typical village which you will reach after about 6 km. Follow signs to the centre and come out by the Town Hall. This is the ideal time for a break and a visit to the historic centre. The village lies on a plateau nestled between mountains covered with cedar forests.



towns of Lauria and Trecchina. Given the way the roads are arranged, in some cases they coincide with the main regional roads (for a few km), so please pay attention. The route offers a variety of stunning landscapes, from the green and wooded areas in the Pollino National Park, to more typically Mediterranean countryside near Maratea. The cyclist follows roads that are squeezed between the sky and the sea, arriving at the coast after a wonderful and easy final stage.

Starting afresh with the public gardens behind you, follow the road towards Via Schettini and leave the village. After about 2 km of uphill climb, the road finally starts to go downhill following the SP3 until you come to the wonderful scenery of the Tyrrhenian coast. Follow signs to the historic centre to get to Maratea. The day ends in the ancient village square – time to enjoy an ice cream while strolling through the picturesque alleys. If you would like to get to the sea and the harbour, watch out for traffic while you follow the signs to Mare/SS18. The railway station is about 2 km from the historic centre.

You leave from the central square in Rotonda, with Via Garibaldi on your left. Go down Via Roma; after about 200 metres, turn right going downhill past the Town Hall. Leave the town, staying on the SP4, after about 4.5 km, turn left onto the SP4 following signs to Castelluccio Inferiore. From now on the road starts to climb slowly, with an average gradient of 4% - disp. 516 m - around 14 km in length. After 9.3 km you come to a junction, turn right towards Castelluccio/Lauria/Maratea and after about 700 metres you come to a stop sign. Go straight on towards Maratea/Lauria, merging with the SPexSS19. (At this junction you can turn right to get to Castelluccio Inferiore, where you can stop and refuel). From this point there is another 6 km downhill stretch at 813 metres around Preati-ri. Go past the houses in the village of Galdo and go underneath the bridge on the A3/E45 motorway heading for Lauria/Maratea on the SP3. After 10

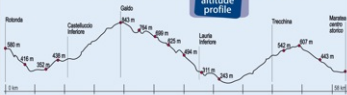
For the more daring (!) we recommend a visit (by bike) to the original village of Maratea, on the ridge of the mountain that dominates the current site. You follow signs to Statua Redentore/Monte S. Biagio. A spectacular climb leads to the statue of Christ the Redeemer, from where you can enjoy a breathtaking view of the harbour and the bay. The ancient village with its castle ruins can be found by following a path that is signposted beneath the statue.

Rotonda - Maratea

From the Pollino National Park to the Tyrrhenian sea

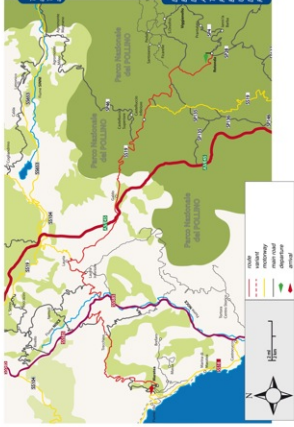


altitude profile



Rotonda - Maratea

From the Pollino National Park to the Tyrrhenian sea



KM TOT	KM PAR	Descriptions	GPS co-ordinates
01	0.0	Centre of Risolda, go straight on Via Roma, leaving the pharmacy on your left. After 200 m follow the main road on your right (leave the hall to the right)	38° 53' 14.72" N 15° 2' 23.99" E
02	0.2	Continue on your right downhill, leaving the Town Hall to your right	38° 53' 12.71" N 15° 2' 16.47" E
03	4.4	End descent, follow the main road heading to SP4 left direction	38° 50' 36.17" N 15° 1' 36.37" E
04	9.3	Junction turn right following the direction of "Castelluccio" / "Lauria" / "Maratea"	38° 50' 44.80" N 15° 59' 48.07" E
05	10.1	STOP, go straight crossing Maratea / Lauria SP65519 (right to Castelluccio Inferiore)	38° 50' 56.40" N 15° 59' 25.60" E
06	12.9	T intersection, turn left and follow signs for Maratea	40° 24.37" N
07	23.0	AS1643 motorway bridge, pass under the bridge and go straight for Maratea and Lauria on SP3	40° 57' 43.80" E 40° 1' 11.00" N 15° 52' 55.71" E
08	25.9	Continue straight for Lauria Centre. WARNING: traffic in town	40° 2' 5.52" N 15° 51' 34.90" E
09	26.2	Downhill, turn left and follow sign for Maratea	40° 2' 56.00" N 15° 50' 34.80" E
10	26.6	T junction, turn left to Maratea	40° 2' 6.80" N 15° 50' 38.07" E
11	30.7	Go straight downhill to Maratea	40° 3' 11.10" N 15° 50' 29.60" E
12	31.0	Go straight Maratea	40° 3' 15.20" N 15° 50' 27.40" E
13	31.2	Junction with STOP, turn left direction Maratea	40° 3' 16.77" N 15° 50' 23.70" E
14	32.9	Junction, turn left towards Maratea	40° 2' 46.17" N 15° 49' 55.70" E
15	33.6	Intersection T - STOP, turn right following SS585 / Pista a Mare	40° 2' 39.07" N 15° 49' 40.50" E
16	34.4	Turn left at "SS 585" / "Maratea, ignore detour to the right	40° 2' 30.20" N 15° 49' 8.07" E
17	36.1	At the junction "T" with STOP, turn right on the SS585 and follow Treccina	40° 1' 44.97" N
18	40.4	WARNING: exit left following Treccina	40° 48' 21.40" E 40° 2' 21.60" N 15° 47' 20.60" E
19	43.3	At the junction turn left at "Treccina" / "Maratea"	40° 2' 5.67" N 15° 46' 53.70" E
20	44.2	Continue straight on main road	40° 1' 42.20" N 15° 46' 39.60" E
21	44.7	Come into Treccina on Via Roma	40° 1' 26.80" N 15° 46' 42.90" E
22	44.9	Turn toward the public gardens and take direction Maratea	40° 1' 34.50" N
23	45.7	Public gardens Treccina, continue straight ahead down Scetlini and follow direction Maratea	15° 46' 43.07" E 40° 1' 31.90" N 15° 46' 33.50" E
24	51.3	Intersection, go straight following the signs Maratea Old Town.	40° 28.84" N 15° 43' 36.60" E
25	53.7	Arrival Maratea	38° 59' 29.07" N 15° 43' 18.30" E

"Friends of cyclists" Accommodation

The list of hotels which are rated as "Friends of cyclists" is designed to create an accommodation network offering cyclists who come to Basilicata specific services and high quality accommodation. The inclusion (*) is subject to the implementation of services required to join the list. The requirements are indicated in the legend.

1	Availability to stay just for one night	
2	Catering for specific requirements (continental breakfast, dinner menu suitable for athletes)	
3	Bicycle garage with lockable bike store	
4	Laundry room	
5	Space to use for washing bike and small repairs, basic maintenance kit provided	
6	Availability of touring guides and maps (provided by APT and by other bodies such as mountain communities and Parks), bus and train timetables.	
7	Availability of bicycles to rent or information about where you can hire	
8	Availability of a list of "bicycle friendly" structures	
9	Availability of important bicycle parts or access to a local repairer	
10	Picnic baskets available	
11	Discounts to members of touring associations	
12	Possibility of having cycling tour guides for cultural tours	
13	Services (swimming pool, sauna, gym, massage)	
14	Without catering (only breakfast)	

(*) facilities declared under its responsibility to meet the requirements of



Hotel Vittoria Via S. Pertini, 1 Potenza 0971 56632
www.hotelvittoriapz.it info@hotelvittoriapz.it



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www.touristhotelpotenza.com info@touristhotelpotenza.com



B&B Al Convento Via San Michele, 21 Potenza 348 3307693
www.alconvento.eu info@alconvento.eu



Parco del Seminario Viale Marconi, 104 Potenza 0971 53414
www.parcode Seminario.org direzione@parcodeSeminario.org



Hotel Il Casone Via Bosco San Giuliano Acerenza (PZ)
0971 741039 hotel.ilcasone@virgilio.it



B&B Il Patriarca Via Gioberti, 4 Albano di Lucania (PZ)
339 2875123 jerryssound@hotmail.com



Vill. Tur. La Casa nel Bosco Via Casone Caprara S.S. 92 km. 18
Loc. CapraraGammuzzi Anzi (PZ) 329-4103863 www.lacasanelbosco.it
info@lacasanelbosco.it



B&B Villa delle Rose C.da Villa delle Rose Monticchio Laghi Atella
(PZ) 329 0792703



B&B La Masseria del Marchese Via Lago del Monaco, 1
Lagopesole - Avigliano (PZ) 0971 89082 www.masseriadelmarchese.it
info@masseriadelmarchese.it



Bio Agr. La Taverna del Pastore C.da Toppa Castelfuoco Bella
(PZ) 328 1917511 www.tavernadelpastore.it info@tavernadelpastore.it



Hotel Eden C.da Pozzi Taverna, 30 Brienza (PZ) 0975 384237
www.edenhotelbrienza.it info@edenhotelbrienza.it



Casa vacanza La Giarra Via Mario Pagano, 31 Brienza (PZ) 0975
422075 www.lagiara.org info@lagiara.org



Az. Bio Agritur. Tenuta Montenuovo C.da Montenuovo, 1
Calvera (PZ) 338 6368133 www.montenuovo.com
info@montenuovo.com



Az. Agr. Grotta dell'Eremita C.da Caloscia Castelmezzano (PZ)
0971 956314 www.grottadelleremita.com info@grottadelleremita.com



B&B La Calanga C.da Cuccone, 2 Episcopia (Pz) 0973 655072
www.piccolafattoria.com piccola.fattoria@libero.it



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0973 577736



Az. Agr. Il Crepuscolo C.da Piano Rivitale Francavilla Sinni (PZ)
0973 648900 www.ilcrepuscolo.com dema2@tiscali.it





Agritur. Carrera della Regina S.P.169 KM 48+800
Gerenza di Lucania (Pz) 0971 774470
www.cameradellaregina.it postmaster@cameradellaregina.it



Agritur. Parco Verde C.da Spineta Grumento Nova (Pz)
0975 65590 www.agriturismoparcoverde.it info@agriturismoparcoverde.it



Midi Hotel Viale Colombo, 76 Lagonegro (PZ) 0973 41188
www.midihotel.it reception@midihotel.it



Locanda da Federico Via Carmine, 15 Lagonegro (Pz) 0973 21742



B&B Masseria Cozzi C.da Stasia, 12 Fraz. Gaido Lauria (Pz)
329 0043164 www.masseriacozzi.it michelangelocozzi@yahoo.it



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Villa Cheta Elite Via Timpone, 46 Fraz. Acquafredda Maratea (PZ)
0973 878134 www.vilacheta.it info@vilacheta.it



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Maratea (PZ) 0973 877712 www.costadimaratea.com/dimoradelcardinale
hotelcardinale@tiscali.it



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(PZ) 0973 871770 www.latanahotelmaratea.it latana@tiscali.it



Hotel Villa degli Aranci Via Protti, 8 Fraz. Porto di Maratea
Maratea (PZ) 0973 876344 www.costadimaratea.com
villa.degliaranci@tiscali.it



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329 7919552 www.beblatorretta.net beblatorretta@libero.it



B&B Laino Via Rasi, 4/c Fraz. Fiumicello Maratea (PZ)
0973 876506 www.beblaino.it giolaino@libero.it



B&B Le Chiane C.da Cersuta Maratea (PZ) 0973 871864
lechiane@hotmail.com



Affittacamere Da Zio Pino Via Santa Venera, 17 Fiumicello
Maratea (PZ) 0973 877293 www.costadimaratea.com daziopino@alice.it



VIII. Camping Maratea Loc. Castrocuoco, 72 Maratea (PZ)
0973 871680 www.costadimaratea.com/campeggiomaratea
maracamping@tiscali.it



Agriturismo Vignola C.da Capo D'Acqua, 11 Marsico Nuovo (PZ)
0975 342511 www.agriturismovignola.com info@agriturismovignola.com





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www.hotelberardino.com info@hotelberardino.com



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0975 352490 www.hotelesirio.info valdagri@hotelesirio.info



Bioagriturismo Il Querceto Podere Querceto Loc. Barricelle
Marsicovetere (PZ) 0975 69339 www.iquerceto.it info@iquerceto.it



Hotel Due Pini Piazzale Stazione, s.n. Meti (PZ) 0972 21031
www.hotelduepini.com info@hotelduepini.com



Hotel Farese Via Foggianello, 1 Loc. Foggianello Meti (PZ)
www.hotelfarese.it info@hotelfarese.it



Az. Agr. Il Tratturo Regio S.P. DaunoLucana C.da Casonetto
Meti (PZ) 0972 239295



L'Antico Ritrovo Via Ortone, 93 Moliterno (PZ) 0975 567083
www.lanticoritrovo.com raffaella.marsicovetere@fastwebnet.it



Az. Agr. Vecchia Fattoria C.da Piano di Vertola Moliterno (PZ)
0975 67327 www.agriturismolavechiafattoriabasilicata.com
dandrea giuseppe@fiscali.it



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www.hoteldellecolline.com info@hoteldellecolline.com



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www.iquerceto.interfree.it iquerceto@interfree.it



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www.hotelbouganville.it info@hotelbouganville.it



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0971 963190 www.basilicatatramas.it alb.frantoio@fiscalinet.it



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335 5405958 www.borghidibasilicata.eu info@borghidibasilicata.eu



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326 4438239 www.borghidibasilicata.eu info@borghidibasilicata.eu



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(PZ) 0971 983035 www.borghidibasilicata.eu info@borghidibasilicata.eu





Affittacamere Cefeo Vico 1, Trav. 2 Torraca, 1 Pietrapertosa (PZ)
0971 963035 www.borghidibasilicata.eu info@borghidibasilicata.eu



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Hotel Giubileo S.S. 92 n. 7 Loc. Rifeddo Pignola (PZ) 0971 479910 www.hotelgiubileo.it info@hotelgiubileo.it



Agritur. La Fattoria sotto il Cielo C.da Petruccio Pignola (PZ) 0971 486000 www.lafattoriasottolcielo.it fattoriasottolcielo@tiscali.it



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Hotel Villa Maria S.S. 167 Monticchio Lagni Rionero in Vulture (PZ) 0972 731025 www.hotelvillamaria.net hotelvillamaria@tiscali.net



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Rifugio Fasanelli Pedereto del Pollino Rotonda (PZ) 0973 667304 www.rifugiofasanelli.it info@rifugiofasanelli.it



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0973 576717 www.pollinopanoramahotel.it info@pollinopanoramahotel.it



Hotel Paradiso Via San Vincenzo San Severino Lucano (PZ)
0973 576586 www.hotelparadiso.info info@hotelparadiso.info



La Chiusa Grand Relais S.S. 92 km. 142 (direzione Noepoli)
C.da Massanova Serise (PZ) 338 7351095



Bed Fantasy Via G. Saragat, 44 Terranova di Pollino (PZ)
0973 93121 www.bedfantasydepollino.it vitoantonio@fiscalinet.it



La Piana Hotel C.da Sema Zona P.I.P. Tito Scolo Tito (PZ)
0971 485822 www.lapianahotel.it info@lapianahotel.it



Az. Agr. La Foresteria di S.Leo C.da S.Leo Trivigno (PZ)
0971 951157 / 335 6452487 mariaiovanna.allegretti@tin.it



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0971 737851



La Dimora dei Cavalieri C.da Tataseppe, 1 Vaglio Basilicata (PZ)
340 3745730 www.dimoracavalieri.it info@dimoracavalieri.it



Locanda di Eolo Loc. Rubavento Vaglio Basilicata (PZ)
0971 481110



Agriturismo La Maddalena C.da La Maddalena Venosa (PZ)
0972 32735 www.agritumaddalena.it info@agritumaddalena.it



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info@locandasanfrancesco.com



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0973 570230 www.terrazzesulfrido.3000.it terrazzesulfrido@3000.it



Hotel dell'Arpa Corso Guglielmo Marconi, 34 Viggiano (PZ)
0975 311303 www.hoteldellarpa.it info@hoteldellarpa.it



Hotel Kiris C.da Case Rosse Viggiano (PZ) 0975 311053
www.hotelkiris.it info@hotelkiris.it

