

Discovering the Via Francigena in Puglia with the HIKE project Between sports and cultural activities, meetings and workshops

Preliminary program

Province of Bari, 12 – 15.09.2024

Thursday, 12 September, Bari

- **17.00 – 19.00: Workshop** "Physical preparation for a hike" with specialists and experts, at the University of Bari, Council Hall of the Department of Classical Studies of Bari Vecchia (Str. della Torretta 31, 70122 Bari).

Friday, 13 September, walk Bari - Mola di Bari (10 km)

- 08:00: meeting point, Bari Station (continue by train to Torre a Mare. Ticket offered).
- 09:00: departure on foot from Torre a Mare station
- 12:00: arrival at the Castello Angioino, Mola di Bari
- 12:15: yoga lesson at the castle (you need to bring a towel)
- 13:00: packed lunch and free time
- 14:00: guided tour of the Angevin Castle (Castello Angioino) and the fish market

Saturday, 14 September, walk Mola di Bari - Polignano a Mare (16 Km)

- 08:00: Departure, Angevin Castle (Castello Angioino), Mola di Bari
- Packed lunch
- 14:00: arrival, Cala Lama Monachile Bridge
- 15:30: cultural visit to the Museum and Foundation of Pino Pascali (offered by the administration)

Sunday, 15 September, walk Polignano a Mare – Monopoli (12 km)

- 08:00: departure, the Marchesale Arch (the entrance gate to the historic center of Polignano a mare)
- Intermediate stop at Torre Incina with a dip in the inlet of Cala di Torre Incina
- Packed lunch
- 15:00: arrival, Piazza Giuseppe Garibaldi
- 15:00: Reception of the administration
- 15:30: sport fishing and cooking class on a boat

Province of Brindisi, 27 – 29.09.2024

Friday, 27 September, stage by electric BICYCLE, Torre Canne (Fasano) - Santa Maria di Agnano Park - Ostuni (18 km)

- 09:00: Torre Canne InfoPoint, departure by electric bicycle (offered by the municipality of Ostuni)
- 10:30: visit to the Park of Santa Maria di Agnano (about 1 hour)
- Packed lunch
- 12:00 : arrival, Ostuni infopoint

Saturday, 28 September, walk Torre Santa Sabina – Torre Guaceto (12 km)

- 08:30: Meeting and departure by bus from the Torre Guaceto car park
- 09:00: Start of the excursion from Mirage Hotel, Camerini Beach, Torre Santa Sabina
- 13:00: arrival, Sea Turtle Recovery Center
- Packed lunch
- Walking tour of the Reserve with stops at points of interest and swimming for a total of two hours.
- Return to the Torre Guaceto car park

Sunday, 29 September, Punta del Serrone – Brindisi walk (7 km)

- 8:30 am: departure by bus at the port authority in the Vittorio Emanuele Gardens area of Brindisi
- 09:00: start of the walking route at Punta del Serrone
- 9:00 - 9:30: muscle warm-up time with the Casa di Quartiere in Parco Buscicchio
- 9:30 - 11:30: Walk to Punta del Serrone
- Packed lunch and bathroom on site
- 13:30: transfer by bus from Punta del Serrone to the Marina, Brindisi
- 14:00 - 15:00: Try Kayaking with Brindisi Colmare at the Marina
- 15:00: return by bus to the Vittorio Emanuele Gardens area (near the port authority).

Sunday 29 September, Brindisi

- **18-19.30: Workshop "Safety during hikes"** with specialists and experts, at the Conference Hall of the Accademia degli Erranti, Brindisi (Via Giovanni Tarantini, 35, 72100 Brindisi)
- Moderator and introduction: Simona Spinola, HIKE project communication manager, EAVF

- Greetings:
 - Rosy Barretta, President of Brindisi and Ancient Roads
 - Daniela Maglie, Councilor
 - Francesco Ferrari, President of the European Association of the Via Francigena (AEVF)

- Speakers:
 - Claudio Focarazzo, Environmental Guide
 - Michael Bolognini, METHOD Wilderness Experience
 - Monica Fontanive, Wellness Coach, Association of Experts in Promoting Cycling Mobility
 - Adriano Bolognese, Mollare Mai Association
 - Dr. Giampiero Sorace, Sports Physician
 - Antonio Melcore, Brindisi and Ancient Roads
 - Anna Pernice, travel blogger @anna_pernice

** All activities are free except those specifically indicated*

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