

## ITINERY AND TREK MTB NO. 1

This route is naturalistic and is about 2.5km starting from Mergoli ( road Vieste- Mattinata 17.4km south of Vieste) and arriving at the beach of Vignanotica Gulls. The route has a journey time walk of about 1 hour 30 minutes and the degree of difficulty is 1.

After reaching the beach, mountain bikers can return to S.P 52 through the paved road into the valley.

During the tour you can visit a beautiful and unspoiled Gargano where nature is manifested in all its grace. There are several plants that may be encountered during the route: Aleppo Pine, Holm, Rosemary, Masticand and Rockrose. There are also different cultivated areas where you can see Almond, Olive and Carrob. If desired, at the end of the route, there are free beaches where you can spend the next 3-4 hours in full freedom.

## ITINERYAND TREK MTB n 2

This type of route is characterized as both naturalistic and archeological, and runs for about 5.7km starting from the Resega to the junction of Foresta Reseghetta (SS 89 for Peschici km 9.4 and arrival at the resort Sfinalicchio ( SP 52 Litoranea Vieste-Peschici 10.2km to the north)

The route has a journey time walk of about 3 hours and ten minutes. and the degree of difficulty is 1.

After reaching SP 52, mountains bikes may want to continue to Vieste Peschici depending on the degree of preparation, or return to the starting point.

During the tour you can visit the most beautiful and scenic of the Gargano where nature is manifested in all its biodiversity. There are several plants that may be encountered during the route: Aleppo Pine, Oak, Rosemary, Mastic, Asphodel, Scille sea, and in the spring also different types of orchids Garganico. There are also many cultivated areas where you can see Almond, Olive and Carrob.

Along the way, near a disused quarry tuff, there are shelters under rock that dated back to the end of the Upper Palaeolitico period.

If desired, at the end of the route, you might want to spend 3-4 hours on the free zone beach in full freedom.

## ITINERARY AND TREK MTB n 3

This route is characterized as naturalistic spread out about 13.5km starting from the resort Umbra Village is reached from Vieste or Peschici to the street Umbramare, from Vico del Gargano and Monte Sant'Angelo to the SS 528, and finish at the Caritate Barracks. The route has a time walk of around 5 hours and 15 min and the degree of difficulty is 2.

Mountain bikers after reaching the Caritate Barracks can continue on to the town of Mandrione and eventually reach Vieste, continue to Peschici or simply return to the starting point using the paved road of Mandrione - Umbra Village, depending, of course on your level of preparation.

During the tour you can visit the most beautiful and enchanting Gargano where nature is manifested in all its biodiversity and magnificence, and in the spring you can see a variety of undescrivable colors. There are several plants that may be encountered during the journey depending on your aptitude, in fact you can find: Beech, Carpini, Lindens, Ilex, Cerro, Oak, Ornello, Arbutus. On the way is hard not to notice a perennial fountain inside which there is the presence of a variety of Triton (Triturus Italico) and the integral reserve, where access is inhibited, by stakes and reinforced with barbed wire. During the route it's easy to find groups of cows grazing. The breed is called Pololica of Apulia.

If desired at the end of the route, you can stop in one of several areas of picnic made available by the forest command and spend 3-4 hours in the full freedom immersed in nature.