

THE TRANSGARGANICA

TECNICAL SKILLS AND FITNESS

The stages require an average / good physical fitness; the daily tours are an average of 50 km and 1000 meters of elevation gain. On the technical level, gravel or rocky parts should not be a problem for the rider. Singletrails, steep up- and downhill's are part of the tour. All group members ride together; the speed will be determined by the participants. Weather-related changes of the program are possible.

THE ROUTE

Start and destination are Vieste, we ride in a star-shaped circle over the Gargano. There will be one transfer with a minibus and bicycle trailer.

ENTOURAGE

A minibus will accompany the tour. However, the bikers are on their own for long parts of the tour. In case of emergency, the minibus will come to the nearest meeting point. Luggage will be carried to the next accommodation.

THE PARTICIPANTS

Due to the daily changing of places and accommodation, flexibility is a great advantage. For who comes with an open and curious mind, this bike tour in South Italy will be a very special experience. Number of participants: min. 6 / max. 12

ACCOMMODATION

The idea of the Transgarganica is, to show you a genuine, special and typical Gargano. The accommodation is not "Rimini Style", but simple, clean and original, mostly without any luxury but with a very special flair. In Peschici and in Mattinata the number of rooms is limited. It is possible that rooms must be shared for one night, but we will do our best to prevent this. Single rooms cannot always be guaranteed (please ask).

FOOD






The Mediterranean cuisine of the Gargano will play an important role during this week. With special and traditional dishes we will get to know more about the variety and characteristic of the region. We enjoy the lunch bag as well as the homemade Tiramisu. This is a culinary week between 2* and 5*.

BIKE

If you participate with your own mountain bike it must be in a good condition and should be serviced before arrival. Please bring brake pads and special spare parts for your bike. A suspension fork and good all-round tires are a must. The Garganobike Center has the latest SCOTT models for the participation with rental bike.

EQUIPMENT / SPARE PARTS

Wearing a helmet is obligatory. In addition we recommend bringing the following items:

-  Camelbag with a minimum of 1,5 litre volume or 2 drinking bottles
-  Glasses and gloves
-  Rain gear, windbreaker, a minimum of 2 bike dresses for spring/autumn season (there is no laundry service on the way, hand-washing is possible)
-  Sunscreen lotion
-  Energy bars

Tires, tubes and spare parts for the rental bikes will be provided by the Garganobike Center.

ALLERGIES / ILLNESSES:

We will often be far away from shopping facilities. Therefore we strongly advise to take special medicine for the own medical supply with you. Please let us know if you need special medicine on a regular basis or suffer from a chronic illness!

THE GARGANOBIKE TEAM

The Transgarganica will be accompanied by a bike guide and a driver. The tour over the Gargano is a challenge for all senses and offers a variety of experiences and encounters. We are looking forward to being a great team with you and experience some unforgettable days together.

Monika und Roli