

Cyclist friendly accommodation in Basilicata

The sound of nature, the charm of the place, the pleasure of the most genuine flavours. Two-wheel lovers on a journey to discover unique scenery and unforgettable hospitality.



www.basilicatabikehotel.it

Farmhouses immersed in nature, accommodation in small villages or in the heart of the city.

Everything is here to enable bike lovers to enjoy the beauty of a unique and unforgettable landscape. Basilicata is loved by many who choose to rediscover the charm of travelling along peaceful, winding roads within the region.

From the lush forests of Potenza to the lunar landscapes of Matera, from the sandy beaches of the Ionian Sea to the rugged coastline of the Tyrrhenian Sea, from the green pastures of the Apennines to the yellow wheat fields of the valleys, Basilicata is a peaceful land with a network of safe cycling trails and paths suitable for all types of cyclists.

Open your horizons to timeless landscapes and enjoy a more natural pace of life.

Basilicata .what a discovery!



"Bike friendly" accommodation for cyclists in Basilicata

BikeHotel

basilicata

Booking conditions

Book your stay directly with the hotel by email or fax and include the following as the subject: "Club Bike Hotel".

Offers are valid until December 31, 2011. Prices are per person, per night, in a double room with breakfast included.

To cancel a reservation you need to write directly to the hotel by 12.00 noon of the day prior to arrival.

the hotel and a copy to APT Basilicata: Via del Gallitello, 89 - 85100 Potenza clubdiprodotto@aptbasilicata.it.



Cyclist friendly facilities in Basilicata

City and Province of Potenza

- 06 . Agriturismo Carrera della Regina Borgo La Tana - Hotel ristorante
- 08 . Grand Hotel Pianetamaratea Hotel delle Colline
- 10 . Hotel due Pini Hotel Giubileo
- 12 . Hotel Murmann Hotel Pierfaone
- 14 . Hotel Villa del lago Hotel Vittoria
- 16 . La Casa nel Bosco La Chiusa Grand Relais
- 18 . La Foresteria di San Leo La Grotta dell'Eremita
- 20 . La Locanda di Castromediano La Locanda di San Francesco
- 22 . Rifugio Fasanelli Tourist Hotel

City and Province of Matera

- 26 . Agriturismo l'Assiolo Alessidamo Club
- 28 . Centro Turistico Akiris Heraclea Hotel Residence
- 30 . Hotel del Campo Hotel Sassi
- 32 . Il Ristoro di Cerellio Locanda di San Martino
- 34 . Orto di Lucania

Lockable baggage room, tourist information brochures, packed lunch, bike pump, energy rich breakfast, repair kit (tripod, lubricants, Allen keys, screwdrivers, levers for tarpaulins, puncture repair kit, adhesive tape, odds and ends), laundry service.



And this day passes away in orange, it is filled with memories that you do not know I'll stay here on this dusty highway, if you want to go, go. Go ahead, I'll stay here waiting for Bartali, stamping on my sandals, the curve will stick out, that sad nose of a cheerful Italian, among the French who are angry, and the newspapers flutter, there is a light wind, the countryside is calling, and there is a moon at the bottom of the blue.

Paolo Conte - Bartali



Agriturismo Carrera della Regina

The farmhouse is situated at 560m above sea level. It offers a panoramic 360 degree view stretching from the hills of **Mount Vulture** to the nearby plains of Puglia. The farmhouse is surrounded by an ancient oak forest where guests can get in tune with nature.

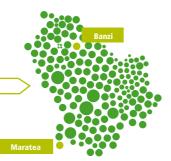
Rates *

Low Season	€ 28,00
High Season	€ 34,00

* Price per person (adult), for an overnight stay in a double room including breakfast. Low season: from 01/03/2011 to 15/07/2011 and from 15/09/2011 to 06/11/2011. High season: from 16/07/2011 to 14/09/2011.

Contact details

sp 169 - km 48 85010 Banzi (Pz) ph +39 349 76111453 www.carreradellaregina.it postmaster@carreradellaregina.it



Borgo La Tana - Hotel Ristorante***

The Hotel & Restaurant - Borgo La Tana - is located on the coast of Maratea, not far from the sea, it is strategically placed and is an ideal base to enjoy the area by bike. The hotel and surroundings offer a pleasant oasis away from the larger cities, ideal for people who enjoy nature, beaches, culture, history and good food. Rooms are comfortably furnished with attention to detail thanks to the careful management of the owners.

Additional services: there is a small space to use for bike washing or minor repairs, mechanic service, bike rentals and a wellness area.

Rates *

Low Season	€ 27,00
High Season	€ 30,00

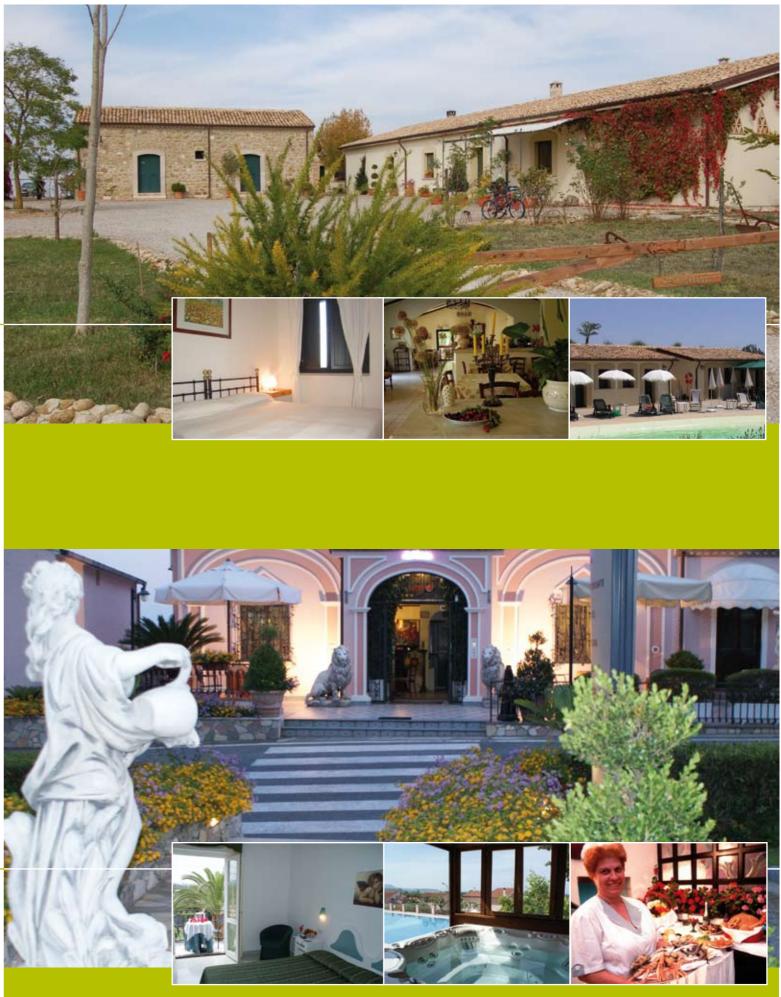
* Price per person (adult), for an overnight stay in a double room including breakfast.

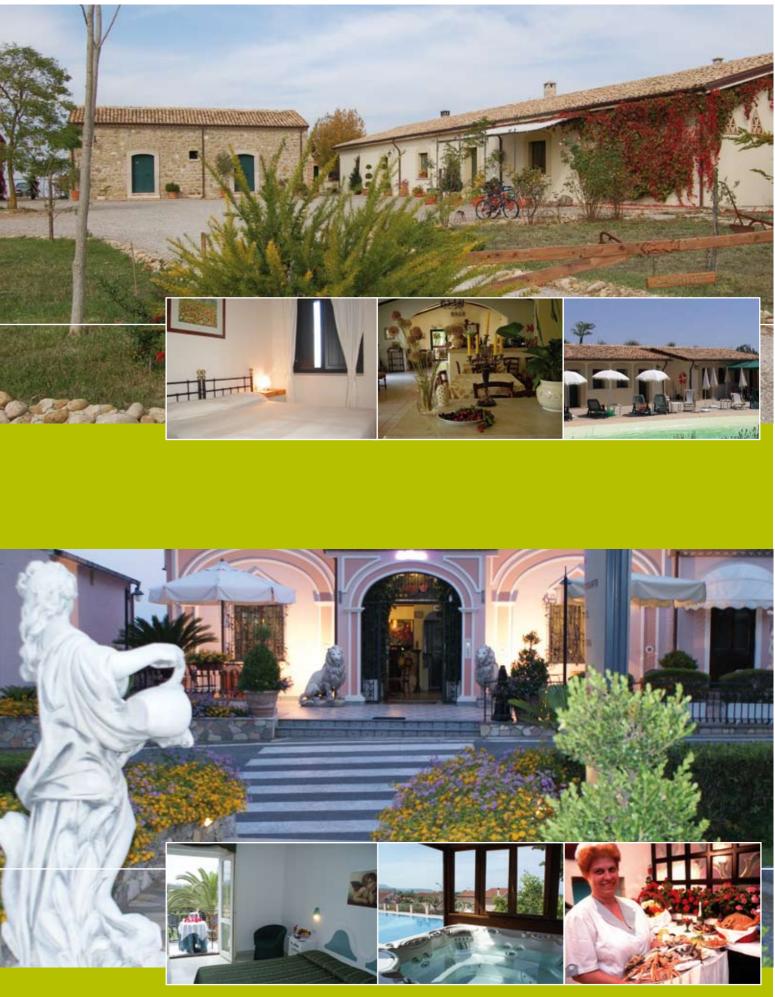
Low season: from 01/01/2011 to 30/05/2011 and 01/10/2011 to 23/12/2011. High season: from 01/06/2011 to 30/06/2011 and 01/09/2011 to

30/09/2011.

Contact details

Via delle Amicizie, 22 85046 Maratea (Pz) ph +39 0973 871720 fax +39 0973 871761 www.latanahotelmaratea.it latana@tiscali.it







Grand Hotel Pianetamaratea ****

The Grand Hotel Pianetamaratea is located in **Maratea**, situated in a charming and panoramic position along the hillside of the famous statue of Christ - 'II Redentore' at 450m above sea level. It has spacious rooms and offers sea views, a restaurant and bar, semi-Olympic pool, sport fields, nature paths and a wellness area. Nearby attractions include the old town of Maratea, the statue of Christ, the sea caves "la grotta delle meraviglie" and several nature trails.

Additional services: there is a small space to use for bike washing or minor repairs, bike rentals and a wellness area.

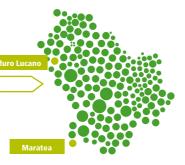
Rates *

Low Season	€ 35,00
High Season	€ 50,00

 * Price per person (adult), for an overnight stay in a double room including breakfast.
Low Season: from 01/03/2011 to 01/07/2011 and from 28/08/2011 to 31/12/2011.
High season: from 02/07/2011 to 27/08/2011.

Contact details

C.da Santa Caterina, 50 85046 Maratea (Pz) ph +39 0973 871966 fax +39 0973 871948 www.grandhotelpianetamaratea.it info@grandhotelpianetamaratea.it



Hotel delle Colline **

Hotel delle Colline or The Hills Hotel is situated on a Cliffside position in **Muro Lucano**, 650m above sea level. The friendly and hospitable hotel offers peaceful surroundings and a magnificent view over the imposing Norman castle of the XIV Century, which was once the setting of the assassination of Giovanna I d'Angiò, Queen of Naples. At the restaurant of Hotel delle Colline you can taste many of the local delicacies including wild mushrooms and truffles among the specialties of the chef Peter Ciaglia, Knight of Labour and International Golden Chef.

Additional services: there is a small space to use for bike washing or minor repairs, bicycle rentals, bike collection service within 15 km and mechanic service are available on demand.

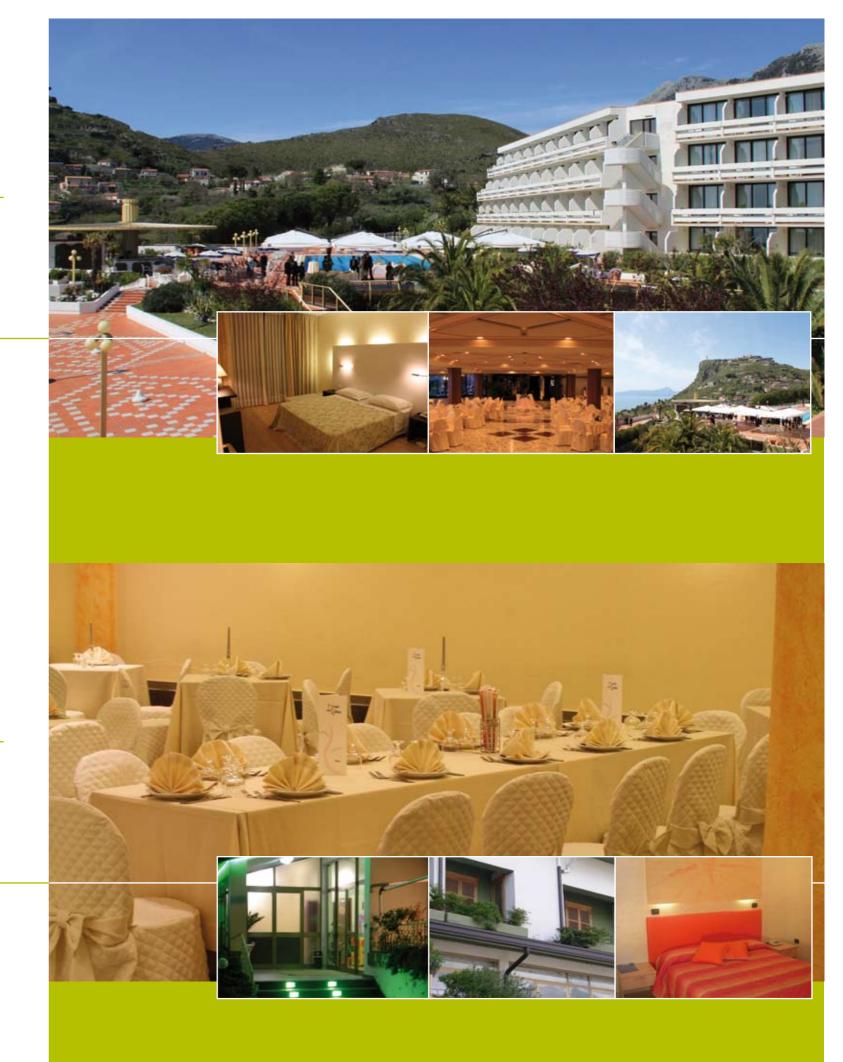
Rates *

Low Season	€	32,00
High Season	€	35,00

 * Price per person (adult), for an overnight stay in a double room including breakfast.
Low Season: from 1/1/2011 to 31/3/2011 and from 1/10/2011 to 31/12/2011.
High Season: from 1/4/2011 to 30/9/2011

Contact details

Via Belvedere s.n.c. Muro Lucano (Pz) ph +39 0976 2284 fax +39 0976 2160 www.hoteldellecolline.com info@hoteldellecolline.com





Hotel due Pini ***

The Hotel Due Pini is located in the heart of the historic city of **Melfi**. Situated about 530m above sea level in hilly countryside, the hotel is only a few miles away from the slopes of Mount Vulture, a dormant prehistoric volcano overlooking the Ofanto river, which marks the boundary between Basilicata, Campania and Puglia.

Additional services: there is a small space for bike washing or minor repairs and bicycle rental available.

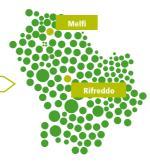
Rates *

 Low Season	€ 32,5	0
 High Season	€ 40,0	0

* Price per person (adult), for an overnight stay in a double room including breakfast. Low season: from 01/01/2011 to 30/09/2011 and from 01/11/2011 to 31/12/2011. High Season: from 1/10/2011 to 31/10/2011.

Contact details

Viale Stazione 85025 Melfi (Pz) ph - fax +39 0972 21031 www.hotelduepini.com info@hotelduepini.com



Hotel Giubileo ****

The four star Hotel Giubileo is located in the middle of the **ancient Rifreddo Park**, only 12 kilometres from the city of Potenza. It has a cosy and relaxing atmosphere and is 1170 m above sea level. It provides both the services of a famous hotel and the traditional hospitality of Lucania. In this setting, all of our staff will help you to transform your dreams into reality.

Additional services: there is a small space for bike washing or minor repairs, bike rentals, a wellness area and a multipurpose sports field.

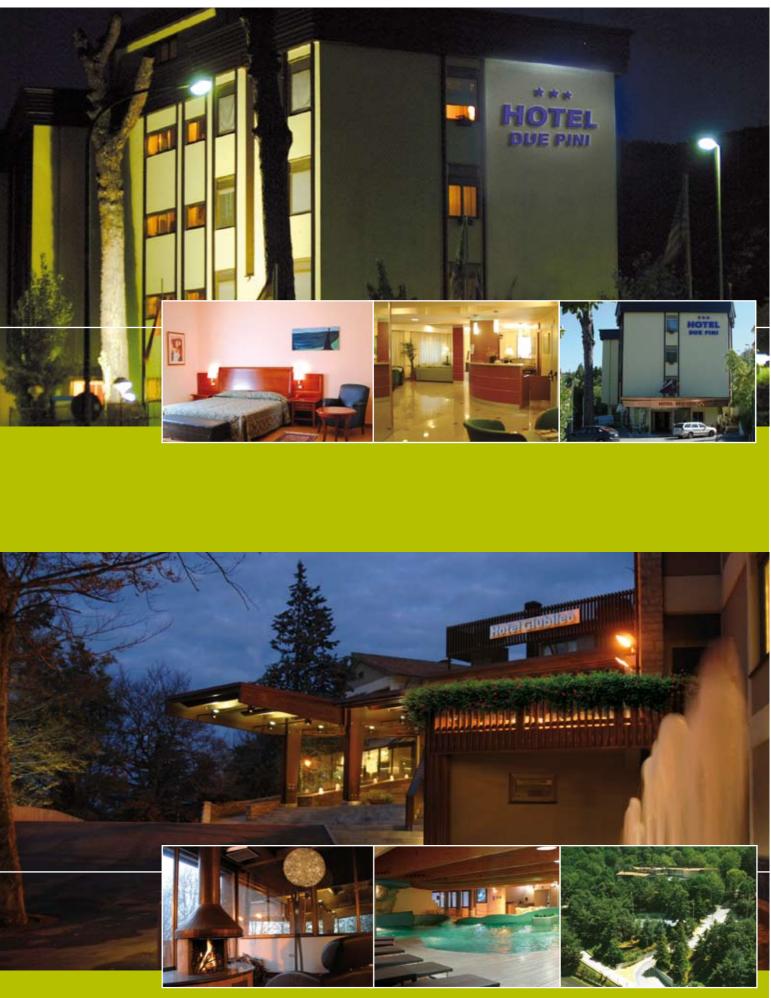
Rates *

Low Season	€	45,00
High Season	€	65,00

* Price per person (adult), for an overnight stay in a double room including breakfast. High season: from 06/08/2011 to 21/08/2011 and from 15/12/2011 to 31/12/2011. Low season: all the rest of the year

Contact details

ss 92 Rifreddo, 7 85010 Pignola (Pz) ph +39 0971 479910 fax +39 0971 594584 www.hotelgiubileo.it info@hotelgiubileo.it







Hotel Murmann****

The Hotel Murmann, recently renovated and fully air conditioned, enjoys an enviable location in the heart of the famous area of **Maratea**. The village of Fiumicello is an ideal place for shopping and to enjoy an evening drink and is only a short walk from the beach and about a mile from the picturesque port of Maratea. Guests can enjoy lovely views from all rooms: both of the famous statue of Christ, 'Il Redentore' and of the wonderful Tyrrhenian coast.

Additional services: there is a small space for bike washing or minor repairs and an outdoor swimming pool.

Rates *

Low Season	€ 69,00
High Season	€ 149,00

 * Price per person (adult), for an overnight stay in a double room including breakfast.
Low season: from 01/01/2011 to 04/08/2011 and from 04/09/2011 to 31/12/2011.
High season: from 05/08/2011 to 03/09/2011.

Contact details

Via Fiumicello, 2 85046 Maratea (Pz) ph +39 0973 873195 fax +39 0973 873185 www.hotelmurmann.it info@hotelmurmann.it



Hotel Pierfaone***

The Hotel Pierfaone is a mountain hotel situated on the slopes of Mount Pierfaone within the town of **Abriola** only 18 km away from Potenza. It has 20 bedrooms, two large reception rooms, an à la carte restaurant with grill and wood fired oven, plus a large park suitable for receptions and outdoor parties. The Hotel is an ideal base for walking tours, horse riding, guided tours, and a variety of winter sports. There is also parking facilities and a bike park.

Additional services: there is a small space to use for bike washing or minor repairs.

Rates *

Price € 35,00 * Price per person (adult), for an overnight stay in a double room including breakfast.

Contact details

C.da Pierfaone 85010 Abriola (Pz) ph +39 0971 722972 fax +39 0971 722973 www.pierfaonericevimenti.it ristorantepierfaone@libero.it







Hotel Villa del Lago***

The Hotel Villa del Lago is located on **Senise** lake-side on the way to the Pollino National Park, it is easy to reach as it is near the Sinnica ss main road. The hotel is the perfect location to spend a weekend in Europe's largest natural park and to discover historical and cultural wonders, such as the literary parks of Isabella Morra, Carlo Levi and Albino Pierro.

Additional services: there is a small space to use for bike washing or minor repairs.

Rates *

Price € 35,00

* Price per person (adult), for an overnight stay in a double room including breakfast.

Contact details

C.da Chianizzi 85038 Senise (Pz) ph +39 0973 686735 fax +39 0973 689200 www.villadellago.it villadellago@villadellago.it



Hotel Vittoria***

The Hotel Vittoria is a modern hotel located in a tranquil setting, only 4km from the city of **Potenza**. It is easily accessible both from the main road (ss Basentana – Potenza Ovest exit), and from the old town, and it is also easy to reach from the commercial and industrial districts. The Hotel Vittoria offers a high level of hospitality, together with a Mediterranean cuisine featuring local produce.

Additional services: there is a small space to use for bike washing or minor repairs.

Rates *

Price € 45,00

* Price per person (adult), for an overnight stay in a double room including breakfast.

Contact details

Via A. Pertini, 1 85100 Potenza ph +39 0971 56632 fax +39 0971 56802 www.hotelvittoriapz.it info@hotelvittoriapz.it







La Casa nel Bosco

The residence of La Casa nel Bosco is located in the heart of the **Lucanian Apennines**, more than 1,000 m above sea level, in one of the most beautiful woods of Basilicata. It is an ideal place for nature and outdoor sports lovers. Here you can stay overnight in small and charming mountains huts of 50 sqm. Each hut has up to 3 bedrooms and a total of 6 beds, a bathroom and a small terrace. Additional services: there is a small space to use for bike washing or minor repairs, bike rentals and a wellness area is available.

Rates *

Low Season	€ 40,00
High Season	€ 45,50

* Price per person (adult), for an overnight stay in a double room including breakfast. Low season: from 01/01/2011 to 14/07/2011 and 01/09/2011 to 31/12/2011. High season: from 15/07/2011 to 31/08/2011 and all holidays.

Contact details

Località Caprara 85010 Anzi (Pz) ph +39 0971 1931894 fax +39 0971 23442 www.lacasanelbosco.it info@lacasanelbosco.it



La Chiusa Grand Relais

La Chiusa Grand Relais is located in **Senise**, a village situated on one of the main entrances to the Pollino National Park. It overlooks both the dam and moon-like landscape of Calanchi which, due to it unusual formation, is not found anywhere else in the world. The estate of 34 hectares can be explored by foot along 4 km of fitness paths enabling you to admire the many species of native plants found on the estate. It is an ideal place for stays in absolute stillness in a place rich in history, culture and wellbeing.

Additional services: there is a small space to use for bike washing or minor repairs and bicycle rental is available.

Rates *

Low Season	€ 80,00
High Season	€ 100,00

* Price per person (adult), for an overnight stay in a double room including breakfast. Low season: from 01/10/2010 to 31/03/2011. High season: from 01/04/2011 to 30/09/2011.

Contact details

ss 92 - km 142 85038 Senise (Pz) ph +39 338 7351095 fax +39 0973 030819 www.lachiusagrandrelais.it info@lachiusagrandrelais.it











La Foresteria di San Leo

The Foresteria di San Leo arises from the restoration of a 14th century Benedictine Chapel and it still preserves the remains of the Abbey of San Leone. Immersed in greenery, La Foresteria overlooks the peaks of the **Lucanian Dolomites** and is the ideal place for those seeking relaxation and nature. Inside the ancient stone halls you can taste the dishes of the "cuisine of memory".

Additional services: small space to use as a bike wash or minor repairs, wellness area.

Rates *

Low Season	€	40,00	
High Season	€	46,00	

* Price per person (adult), for an overnight stay in a double room including breakfast. Low season: from 01/09/2010 to 14/07/2011.

High season: from 15/07/2011 to 30/08/2011 and over Easter and Christmas.

Contact details

C.da San Leo, 11 85018 Trivigno (Pz) ph +39 0971 981157 fax +39 0971 981157 www.foresteriadisanleo.it laforesteriadisanleo@gmail.com



La Locanda di Castromediano ***

La Locanda di Castromediano is a typical mountain hotel located in **Castelmezzano**, in the heart of the Regional Park of Gallipoli Cognato and the Lucanian Dolomites, not far from the historical park of Grancia. With rustic furnishings, the rooms all overlook the breathtaking panorama offered by the Lucanian Dolomites. Next to the hotel there is the restaurant, Al Becco della Civetta, which offers a both traditional and revisited cuisine and it has a wine cellar with more than 300 national wines and a wide selection of spirits.

Additional services: bike rental

Rates *

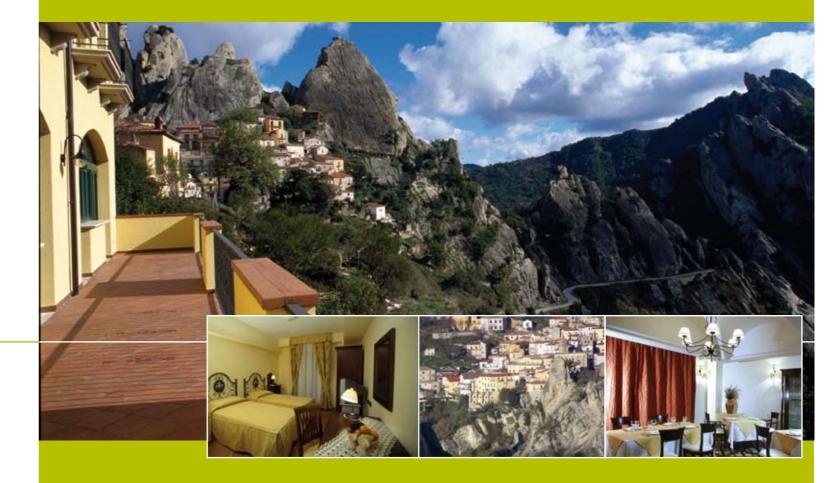
Price € 60,00

* Price per person (adult), for an overnight stay in a double room including breakfast.

Contact details Via Volini, 50

billin, 50 85010 Castelmezzano (Pz) ph +39 0971 986249 fax +39 0971 986249 www.beccodellacivetta.it beccodellacivetta@tiscali.it







La Locanda di San Francesco ***

The Locanda di San Francesco is located in Viggianello, a typical village in the heart of the **Pollino National Park**. The hotel is an ancient restored 19th century building that has preserved the architectural features of the original building and creates an atmosphere of a place where time stands still. La Locanda is the ideal place for nature lovers and for those who prefer quietness and an atmosphere "closer to the heart" of an ancient country.

Additional services: small space to use as a bike wash or minor repairs and bicycle rental.

Rates *

Price € 35,00

* Price per person (adult), for an overnight stay in a double room including breakfast.

Contact details

Via San Francesco, 47 85040 Viggianello (Pz) ph - fax +39 0973 664384-5 www.locandasanfrancesco.com info@locandasanfrancesco.com



La Grotta dell'Eremita

Perched on the mountainside, La Grotta dell'Eremita is situated in the Lucanian Dolomites mountain range within the **Regional Park of Gallipoli Cognato**, one of the most beautiful natural parks in Southern Italy. It is named after the nearby cave dating back to the IX Century, which was once inhabited by the Basilian monks, known as hermits. Fully equipped with large and bright rooms, overlooking the beautiful scenery of the Lucanian Dolomites, it offers traditional and refined hospitality – an ideal place to relax and get in touch with nature.

Additional services: small space to use as a bike wash or minor repairs, and wi-fi connection.

Rates *

Low Season	€	50,00
High Season	€	60,00

* Price per person (adult), for an overnight stay in a double room including breakfast.

Low season: from 07/01/2011 to 23/04/2011 from 26/04/2011 to 09/08/2011 and from 21/08/2011 to 31/12/2011. High season: from 01/01/2011 to 06/01/2011, 24 and 25 April and from 10/08/2011 to 20/08/2011.

Contact details

C.da Calcescia, 1 85010 Castelmezzano (Pz) ph +39 0971 986314 fax +39 0971 986030 www.grottadelleremita.com info@grottadelleremita.com





Rifugio Fasanelli***

Rifugio Fasanelli is a mountain hotel located at 1350 m above sea level in the village of Pedarreto in the town of **Rotonda**, head office of the Pollino National Park. It has well designed and well furnished rooms for a comfortable stay. The restaurant provides typical dishes of Basilicata cooked using local and certified products. Additional services: small space to use as a bike wash or minor repairs, bike rental and bicycle transportation by Land Rover.

Rates *

Price € 40,00

* Price per person (adult), for an overnight stay in a double room including breakfast.

Contact details

Località Pedarreto 85040 Rotonda (Pz) ph +39 0973 667304 fax +39 0973 667059 www.rifugiofasanelli.it info@rifugiofasanelli.it

Potenza Rotonda

Tourist Hotel ***

The Tourist Hotel is located in the old town of **Potenza**, the heart of all cultural, historical and commercial activities of the city. It has 80 rooms equipped with all modern comforts, a secure garage open 24 hours a day and a restaurant that seats over 100. Additional services: small space to use as a bike wash or small repairs.

Rates *

Price € 35,00

* Price per person (adult), for an overnight stay in a double room including breakfast.

Contact details

Via Vescovado, 4 85100 Potenza ph +39 0971 21437 fax +39 0971-25955 www.touristhotelpotenza.com info@touristhotelpotenza.com





In ecstasy I follow your miracle of a long life and I do not ask you where the finishing line is.

It seems that my thoughts reach you. Safely you brake, turning the corner you stop, you take your feet off the pedals.

You find yourself at home and I realise with surprise that this is also my home.

Nelida Ukmar - The cyclist

mr want



Agriturismo l'Assiolo

The farmhouse L'Assiolo is about **12 km away from Matera** and 30 km from the warm beaches of Metapontino. It offers a pleasant stay combining a high standard of service with great food, in a natural area and a farm merged in the oasis of San Giuliano.

Additional services: small space to use as a bike wash or minor repairs and bicycle rental.

Rates *

Price € 35,00

* Price per person (adult), for an overnight stay in a double room including breakfast.

Contact details

Località S. Giuliano s.n.c. 75010 Miglionico (Mt) ph +39 0835 559678 fax +39 0835 559678 www.lassiolo.com info@lassiolo.com

Miglionico Metaponto

Alessidamo Club ***

The Alessidamo Club is characterised by its contemporary architecture that it designed to emphasise the natural light; it is immersed in green space and integrates harmoniously with the surrounding landscape. Located in the **Metaponto** plain and separated from the sea by a thick pinewood forest, the Club offers both daytime and evening entertainment with a kids club, sport tournaments, events, and a small shopping area. The golden sandy beach with parasols and sun beds is easily accessible by shuttle bus.

Additional services: small space to use as a bike wash and minor repairs, bicycle and technical clothing rental, wellness area.

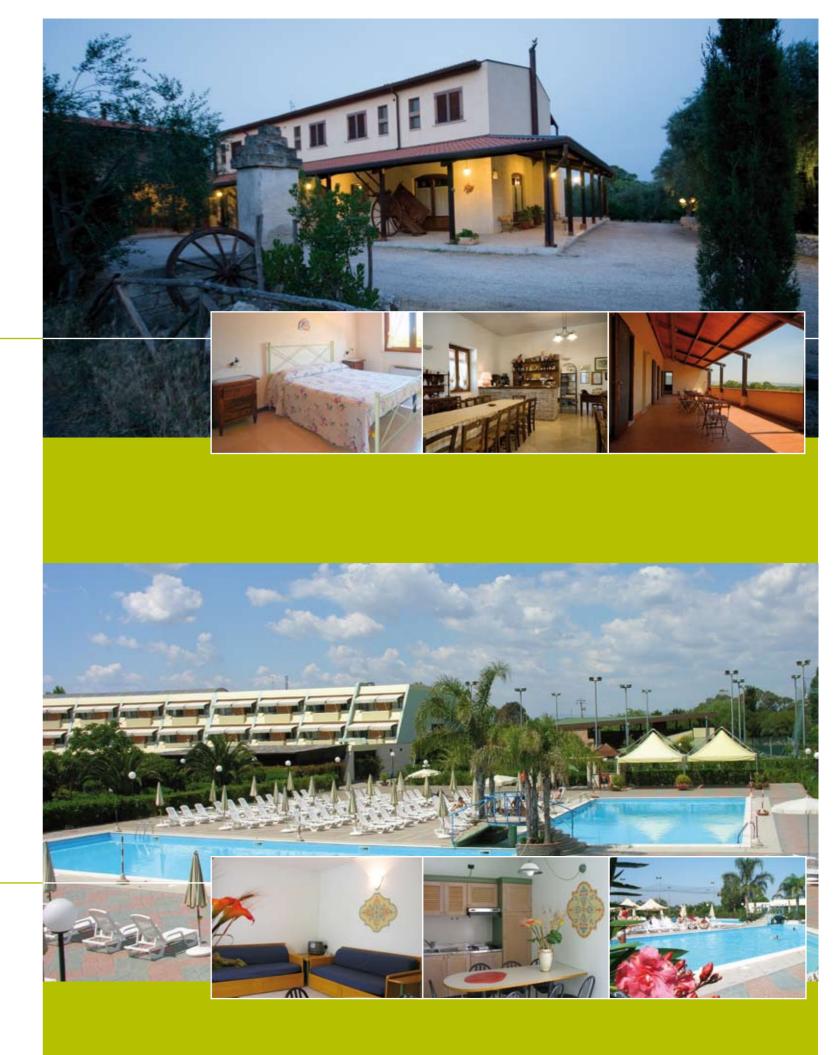
Rates *

Low Season	€ 55,00
High Season	€ 100,00

 * Price per person (adult), for an overnight stay in a double room including breakfast.
Low season: from 28/05/2011 to 03/07/2011 and from 28/08/2011 to 24/09/2011.
High season: from 04/07/2011 to 27/08/2011.

Contact details

Via Lido s.n.c. 75010 Metaponto (Mt) ph +39 0835 537111 fax +39 0835 537841 www.alessidamo.it info@alessidamo.it



26



Centro Turistico Akiris ****

The Centro Turistico Akiris is located on the gently shelving sandy shoreline of the **Ionian Coast**, only 250 meters away from the sea. It has many sports, leisure and relaxation facilities (tennis, soccer, swimming, archery, basketball, volleyball, bocce and mini golf). Entertainment is also offered with a kids club, sports tournaments and shows. The beach can easily be reached on foot through a pine forest and it is equipped with parasols and sun beds. The Akiris also has a small shopping area.

Additional services: small space to use as a bike wash and minor repairs, bicycle and specialist clothing hire, wellness area.

Rates *

Low Season	€ 60,00
High Season	€ 105,00

 Price per person (adult), for an overnight stay in a double room including breakfast.
Low season: from 21/05/2011 to 03/07/2011 and 28/08/2011 to 01/10/2011.
High season: from 04/07/2011 to 27/08/2011.

Contact details

C.da Laccata s.n.c. 75020 Novasiri (Mt) ph +39 0835 537111 fax +39 0835 537841 www.akiris.it info@akiris.it



Heraclea Hotel Residence ****

The Hotel Heraclea is located on the Ionian coast of Basilicata, just 250 meters away from the beautiful sandy beach of **Policoro**, with its crystal clear and unpolluted water at the edge of a vast pine forest along the coast. Several kilometres of bicycle lanes and trails run across the pine forest and are ideal for those who want to get fit and keep in touch with nature.

Additional services: small space to use for bike washing and minor repairs, bike rentals and fitness area.

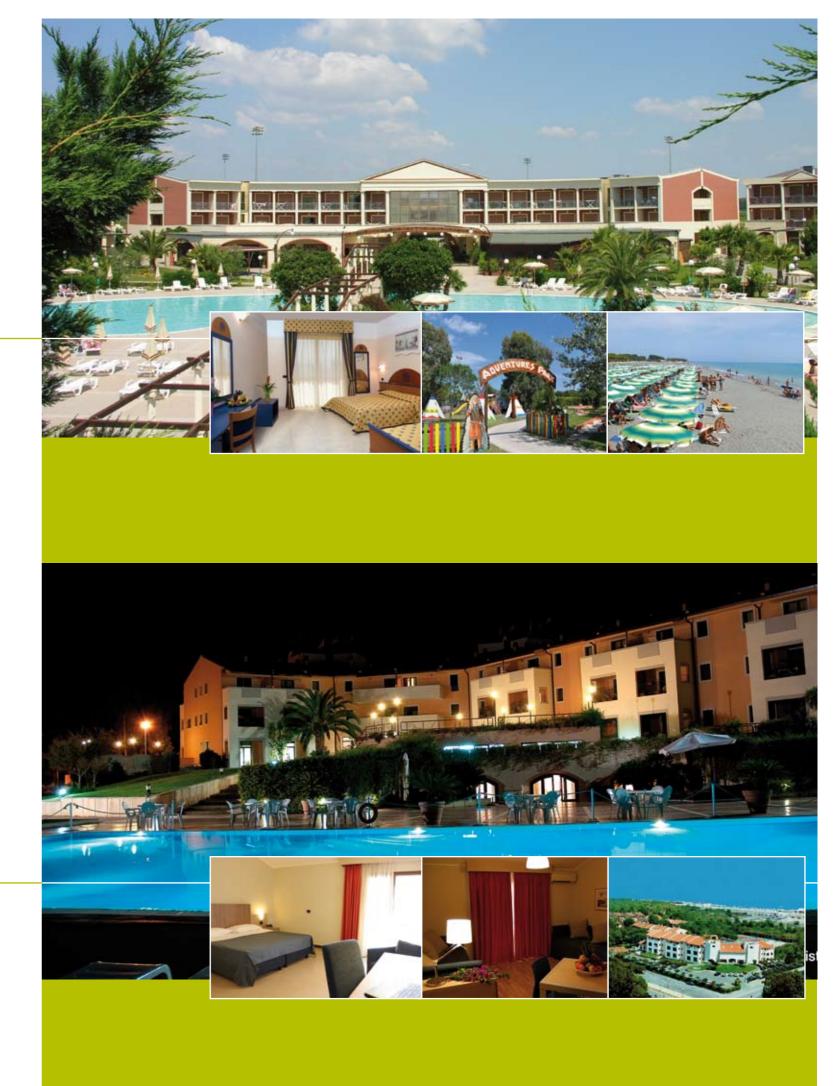
Rates *

	Low Season	€ 40,00
	High Season	€ 65,00

* Price per person (adult), for an overnight stay in a double room including breakfast. Low season: from 01/01/2011 to 09/07/2011 and from 28/08/2011 to 31/12/2011. High season: from 09/07/2011 to 27/08/2011.

Contact details

Via Lido s.n.c. 75025 Policoro (Mt) ph +39 0835 91014 fax +39 0835 915145 www.hotelheraclea.com info @hotelheraclea.com





Hotel del Campo ****

The Hotel del Campo arose from the restoration of an ancient farmhouse in **Matera**, dating back to the end of the 18th century. The original building frame was preserved and now houses the restaurant "Le Spighe" and an ancient garden, merging with a new wing which houses the rooms, reception and a bar / cafe. The atmosphere of well-being, quality of service and attention to details are designed to satisfy the customers in all their needs.

Rates *

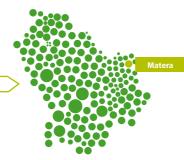
Low Season	€ 60,00
High Season	€ 75,00

and 01/09/2011 to 31/10/2011.

* Price per person (adult), for an overnight stay in a double room including breakfast. Low season: from 01/01/2011 to 31/03/2011, from 01/07/2011 to 31/08/2011 and 01/11/2011 to 31/12/2011 High season: 01/04/2011 to 30/06/2011

Contact details

Via Lucrezio snc 75100 Matera ph +39 0835 388844 fax +39 0835 388757 www.hotedelcampo.it info@hoteldelcampo.it



Hotel Sassi ***

A charming hotel **in the heart of the Sassi district**, located in surroundings dug into the rock, that aim to preserve the place. The rooms are in the tranquillity of the Sassi, without traffic, noise and smog.

Additional services: there is a small space to use for bike washing and minor repairs, bike rental, internet.

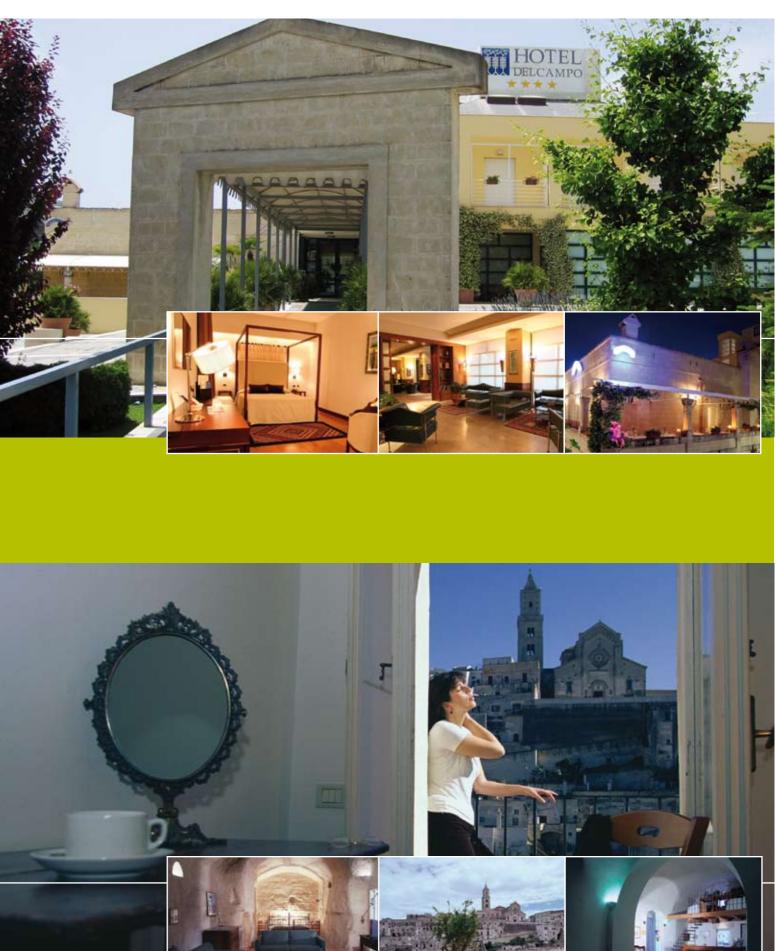
Rates *

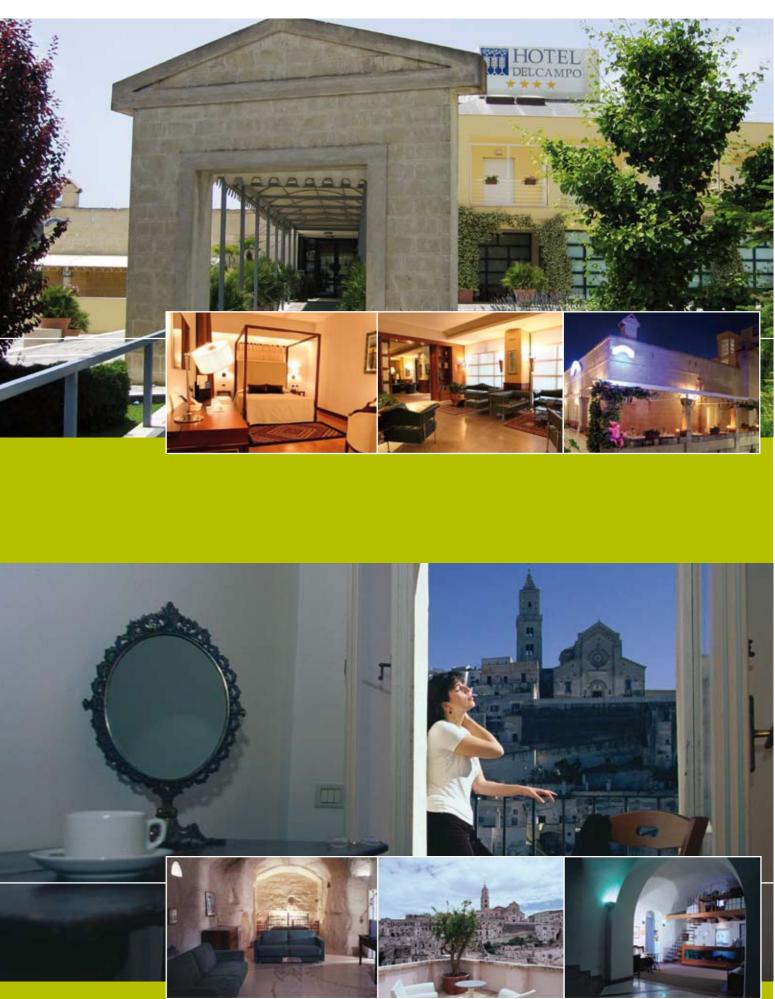
Low Season	€ 47,50
High Season	€ 52,50

* Price per person (adult), for an overnight stay in a double room including breakfast. Low season: from 03/11/2010 to 31/03/2011 except holidays. High season: from 01/04/2011 to 02/11/2011.

Contact details

Via San Giovanni Vecchio, 89 75100 Matera ph +39 0835 331009 fax +39 0835 333733 www.hotelsassi.it hotelsassi@virgilio.it





Il Ristoro di Cerellio **

Il Ristoro di Cerellio is located in the town of **Cirigliano**, a small mountain town in the area of Matera, a place full of history and where nature has a great tourist value. From the hotel you can easily reach Aliano, the famous Calanchi and the Park of Gallipoli Cognato and the Lucanian Dolomites. In this area you will find road signs and a bicycle tour guide. Additional services: there is a small space to use for bike washing and minor repairs, wellness area.

Rates *

Price	€ 25,00	
* Price per person (adult),	for an overnight st	tay in a double room.

Contact details Via Fontana, 22

75010 Cirigliano (Mt) ph +39 0835 563021 fax +39 0835 563021 www.ilristorodicerellio.it cerellius@tiscali.it



Locanda di San Martino ***

The Hotel "Locanda di San Martino" lies in the heart of **Matera's Historical "Sassi" District**, conveniently located only a short distance from the city centre (100 meters). The Locanda radiates outward from the deconsecrated church of San Martino and the street of the same name, through a series of balconies that enjoy a sunny exposition and a wonderful view of the Sasso Barisano. There are 32 rooms on four levels. Here you can experience the atmosphere of staying in cave-dwellings like those which were inhabited here for thousands of years and now have been adapted to the comforts of modern living. Additional services: small space to use as a bike wash and minor repairs, bicycle and specialist clothing hire, spa area

and indoor swimming pool

Rates *

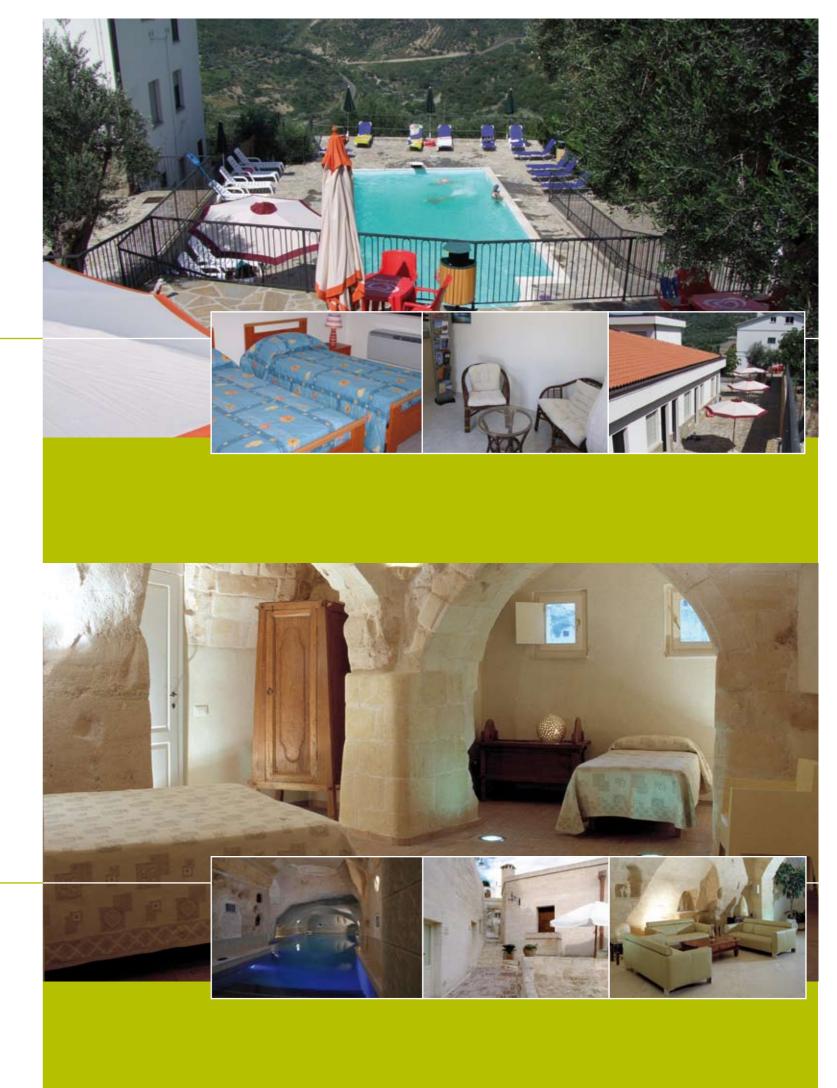
Low Season	€ 49,00
High Season	€ 64,00

* Price per person (adult), for an overnight stay in a double room including breakfast.

High Season: from 22/4/2011 to 2/6/2011, from 10/8/2011 to 30/9/2011, from 29/10/2011 to 1/11/2011 and 30 - 31/12/2011. Low season: all the rest of the year.

Contact details

Via Fiorentini, 71 75100 Matera ph +39 0835 256600 www.locandadisanmartino.it info@locandadisanmartino.it



32



Orto di Lucania

Ten kilometres from Matera and thirty kilometres from the beaches along the Ionian Sea, I'Orto di Lucania is located in the valley overlooked by the town of **Montescaglioso**. The estate is about 250 hectares and is on the banks of the Bradano River; it grows organic cereals, vegetables, olives and fruit. L'Orto di Lucania offers accommodation in comfortable apartments for a full-immersion in nature characterised by bright sunlight, intense colours breathtaking sunsets and starry skies at night.

Additional services: there is a small space to use for bike washing and minor repairs, wellness area, bike hire.

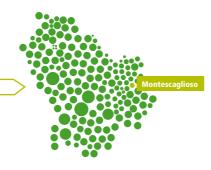
Rates *

Low Season	€ 40,00
High Season	€ 45,00

* Price per person (adult), for an overnight stay in a double room including breakfast. Low season: from 01/01/2011 to 31/03/2011 and from 03/11/2011 to 31/12/2011. High season: from 01/04/2011 to 02/11/2011.

Contact details

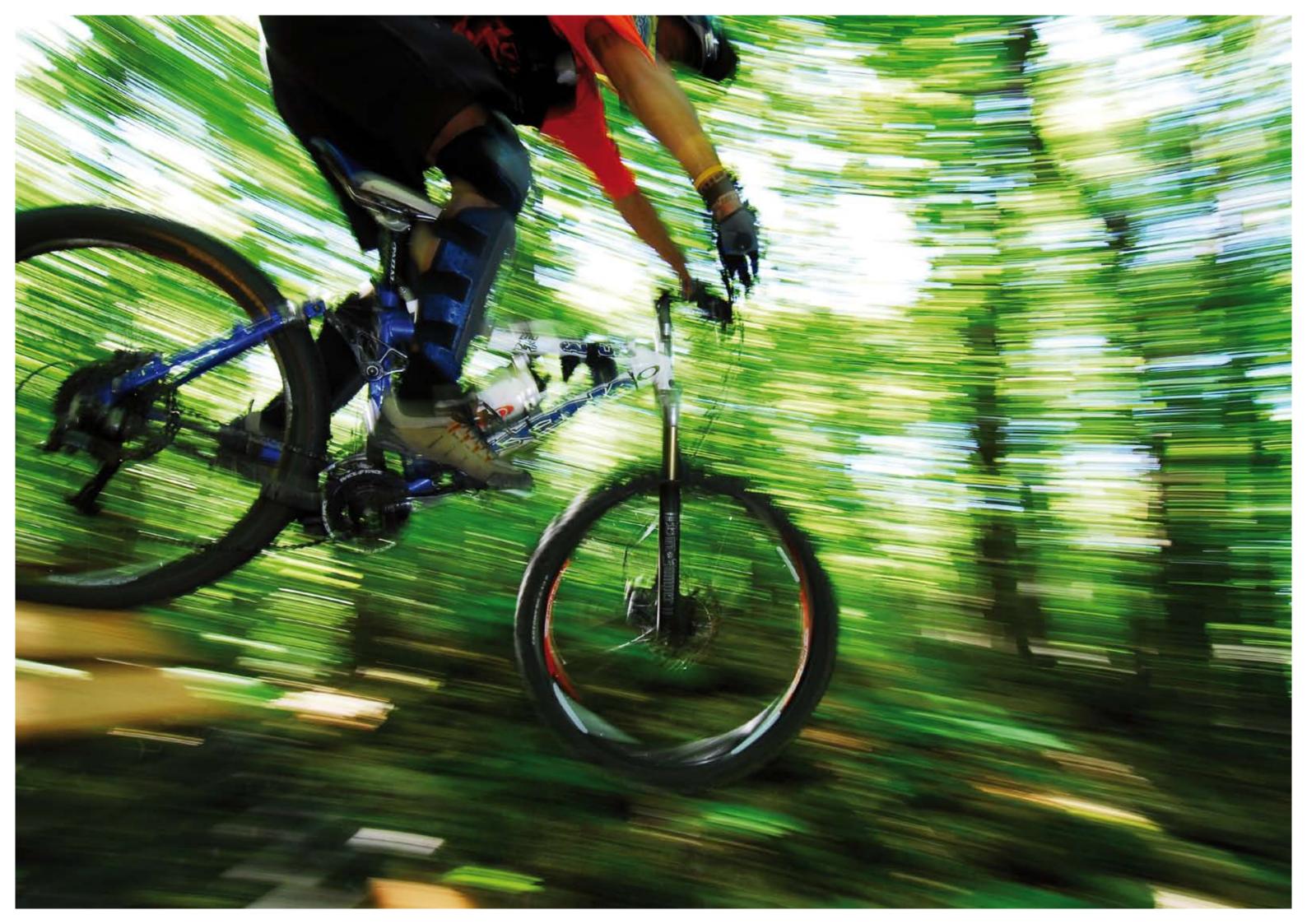
C.da Dogana ss 175 75024 Montescaglioso (Mt) ph +39 0835 200195 fax +39 0835 200054 www.ortodilucania.it info@ortodilucania.it





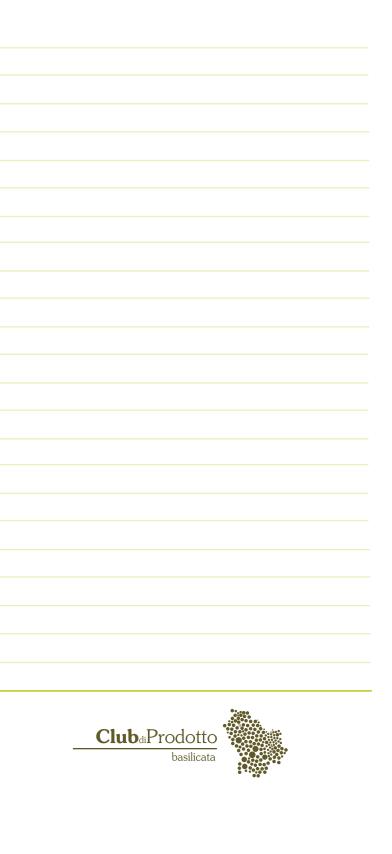


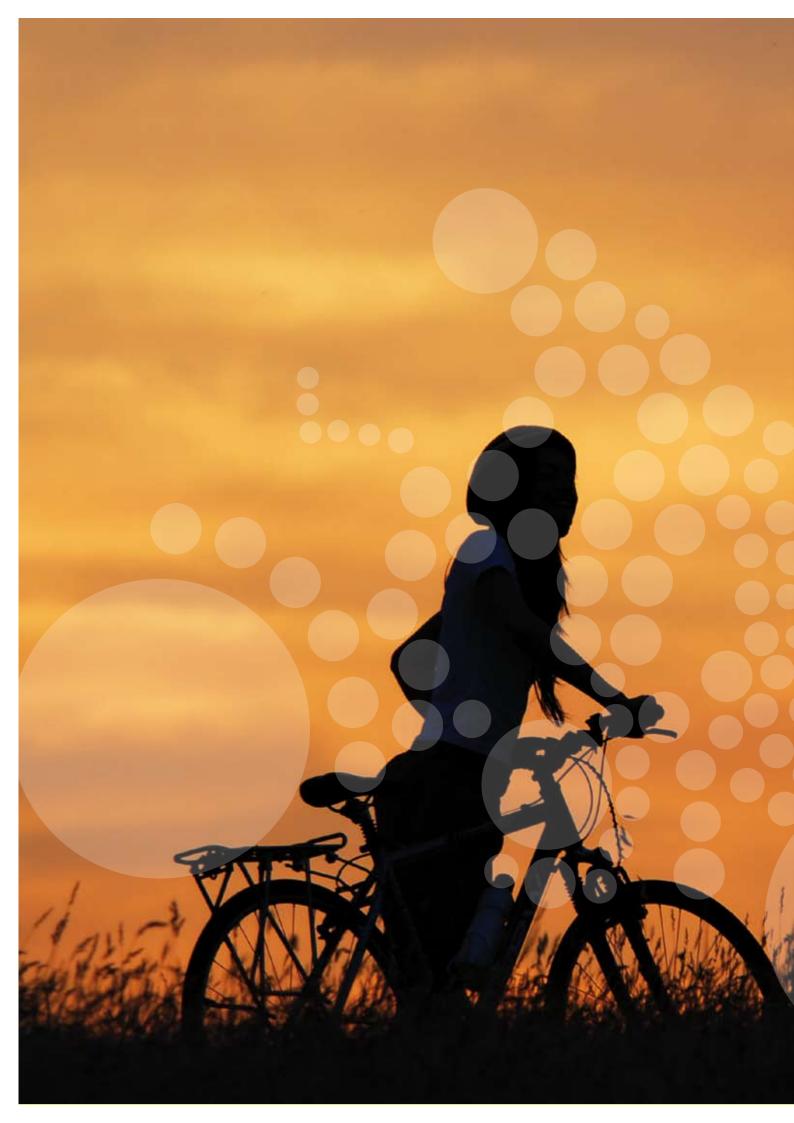
- 34





Travel Notes









Credits

General Management Gianpiero Perri

Publishing Manager Maria Teresa Lotito

Head of Product Club Basilicata Stefania **Bruni**

Michele Cignarale

Alfagrafica Volonnino

APT Basilicata

Page 24 courtesy of Piero Lasalvia Photographs of cyclist friendly accommodation

www.basilicatabikehotel.it

APT Basilicata www.aptbasilicata.it www.basilicata.travel

Potenza

Matera Via De Viti De Marco, 9 | 75100 Matera t +39 0835 331983 | f +39 0835 333452







