



# NEST PROJECT

NETWORKING FOR SMART TOURISM DEVELOPMENT



**Albania** ●  
**Italy** ●  
**Montenegro** ●

Catalog of new experiential paths of "smart tourism destination":  
66 suggestions in Albania, Montenegro and Italy (Puglia and Molise).



Nature



Sport

## THE "LAME" ROAD



### Proposed by InCo-Molfetta Association

*The InCo-Molfetta Association was born in 2016 to offer mobility opportunities abroad to young people, through the EU's flagship programs. Over the years it has specialized in international volunteering and cultural heritage revaluation projects, thanks to the fact that many young people are hosted in Molfetta due to the ESC and Erasmus + programs in which the association participates. InCo is made up of a board of 3 people including teachers and Euro-planning experts. The operational staff consists of 2 youth workers with numerous experiences abroad. In recent years InCo has often operated as a support to the ideas of young people who were then candidates for EU calls. In particular, in 2020 the staff of the institution focused on the creation of a youth hostel that is still being completed. Since 2016 InCo has been the lead partner of more than 20 EU projects and partners in more than 30. Since 2020 it has been the European project office of the municipality of Molfetta.*

### Itinerary

- Lama Martina
- Historical Center of Molfetta

### Lama Martina

The territory of Molfetta is historically surrounded by Lama, these are prehistoric waterways that have left a depression in the ground, making the lands rich in vegetation and biodiversity over the centuries. Even today, on rainy days, Lama Martina, born in the Murgia, fills with water and flows into "1° Cala". In 2020 the Lama Martina natural park was established where it is possible to admire dry stone walls, ancient haystacks, a centuries-old carob tree, olive trees, sorghum, a reed bed and much more. In the Lama has been established one of the largest orienteering routes in Italy as well as cycle and pedestrian paths.

The idea is to offer a second life to this place by making it usable from a tourist point of view with an orienteering activity. The route is already set up with signs and QR code.

### Molfetta Historical Center Spirito and Sandracca

In the heart of the historic center of Molfetta there is one of the very few wood artisans. The "Spirito e Sandracca" workshop was created by a young craftsman "Giuseppe Paparella" who is dedicated not only to the recovery and restoration of antique furniture, but also to the recovery of ancient crafts related to wood that have now been lost. For example, the profession of the so-called "Conzasiegge" chair repairer with whose song he heard his passage, takes its name from an ancient Molfetta funeral march. The historic center has been undergoing recovery for several years, inside the cathedral is located, one of the few examples of Apulian Romanesque. Other attractions mostly unknown to tourists are: the recently restored Torrione Passari (watch tower), the church of Death (burial place before the Napoleonic code), the hanging walk on the walls of the historic center.



### Target

- ✓ Children
- ✓ Teenagers
- ✓ Families
- ✓ Millennials
- ✓ Adults
- ✓ Over 65

### Contacts

[www.incoweb.org](http://www.incoweb.org)

## Why to Choose it?

This type of experience and path is transversal to all age groups and backgrounds. The orienteering course takes place on foot and is quite versatile. It can be done digitally or not (smartphone).

The route does not present difficulties in terms of height differences. It is an activity capable of involving from the most adventurous sportsman to the more "slow" tourist. Speaking of "slow", participation in the workshop at the artisan shop and a visit to the old city lead the visitor into an atmosphere of ancient rediscovery.



### Experiences

- x Meal at a restaurant or agriturismo
- ✓ Tasting of local products
- x Eno-gastronomic laboratory
- x Visit and experience in agri-food companies
- ✓ Visit and experiences in artisan shops and local companies
- ✓ Excursion on foot, by bike, or other ecological means
- ✓ Artistic exhibition or artistic laboratory
- ✓ Guided visit to historical-artistic-architectural interesting sites
- x Sport activity
- x Other



# TRANSHUMANCE AND ENOGASTRONOMY: FROM DAUNIANS TO SAMNITES

The tratturo Celano-Foggia



## Proposed by Antonio Caso

*Project and communication manager for European projects, with a focus on sustainable development. With a background in historical and geographical studies, he is interested in the ancient tratturi crossed during the transhumance between Puglia and Molise, aiming to highlight their potential attractiveness for slow tourism.*

The tour starts from Foggia, walking the tourists through the legendary city of Arpi, visiting the hypogeum of the Medusa and archaeological area of Passo di Corvo. It then moves to Lucera and Santa Croce di Magliana, both characterized by a millenary wine and dairy tradition.

After visiting the Roman Amphitheater of Lucera, and the civic museum Fiorelli, local products can be found at Cantina La Marchesa (local Cacc'e Mmitte wine tasting) and at Paladino Azienda Agricola Casearia (local treccia cheese tasting).

The next stops are the ancient town of Arx Calela and the lake of Guardialfiera, with a tasting of local products at the butchery by Vito, in Miscisca di Guardialfiera. A Samnite theater and the Italic Temples of Pietrabbondante and Vastogirardi can be visited; Agnone's Caciocavallo and Capracotta's sheep cheese are recommended for tasting at Caseificio Di Nucci and Masseria Conti, respectively.

A visit to the Civic Archaeological Museum of San Pietro Avellana and an excursion to the State Natural Reserve of Montedimezzo conclude the tour.



## Itinerary

- **Foggia; the legendary city of Arpi**
- **Lucera and Santa Croce di Magliana**
- **The ancient Arx Calela and the lake of Guardialfiera**
- **Pietrabbondante, Capracotta, Agnone**
- **Vastogirardi, San Pietro Avellana, Montedimezzo**



## Target

- ✓ **Children**
- x **Teenagers**
- ✓ **Families**
- ✓ **Millennials**
- ✓ **Adults**
- x **Over 65**

## Contacts

[www.antoniocaso.org](http://www.antoniocaso.org)

## Why to Choose it?

The proposed itinerary enhances local resources, typically excluded from the main touristic attractions in the area. It promotes local products, some recognized by the Slow Food organization, or as PDO (Protected Designation of Origin) or PGI (Protected Geographical Indication).

The archaeological, cultural and agri-food peculiarities of the proposed itinerary make it undoubtedly suitable for families with children, and adults. Even the excursion routes are not complex, therefore perfectly in line with this target. As for millennials, we must consider their tendency to prefer tourist routes linked to slow tourism and environmental sustainability. Both these characteristics make the proposed itinerary attractive for this target group.

## Experiences

- x Meal at a restaurant or agritourism
- ✓ Tasting of local products
- x Eno-gastronomic laboratory
- ✓ Visit and experience in agri-food companies
- x Visit and experiences in artisan shops and local companies
- ✓ Excursion on foot, by bike, or other ecological means
- x Artistic exhibition or artistic laboratory
- ✓ Guided visit to historical-artistic-architectural interesting sites
- x Sport activity
- x Other

