



SINIZZO LAKE

SAN DEMETRIO
NEI VESTINI

RELAX BY THE LAKE SINIZZO



Palazzo D'Alessandro Wunderkammern & Suites

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In about 15 minutes by car, from Caporciano you arrive at this small lake, where you can spend a few hours relaxing. It is ideal at the end of a tiring day, or as a break after days of physical exertion. It is not clear whether and under what conditions bathing is permitted, to protect the lake environment, certainly not due to pollution problems.

In July and especially in August, I would avoid weekends, when it is packed. Very enjoyable during the week and, obviously, in other seasons.

If necessary, in San Demetrio, there is a BPER bank ATM machine, gas station, a bar and, near the exit of the town towards the Subequana valley, an

excellent bakery and pastry shop.



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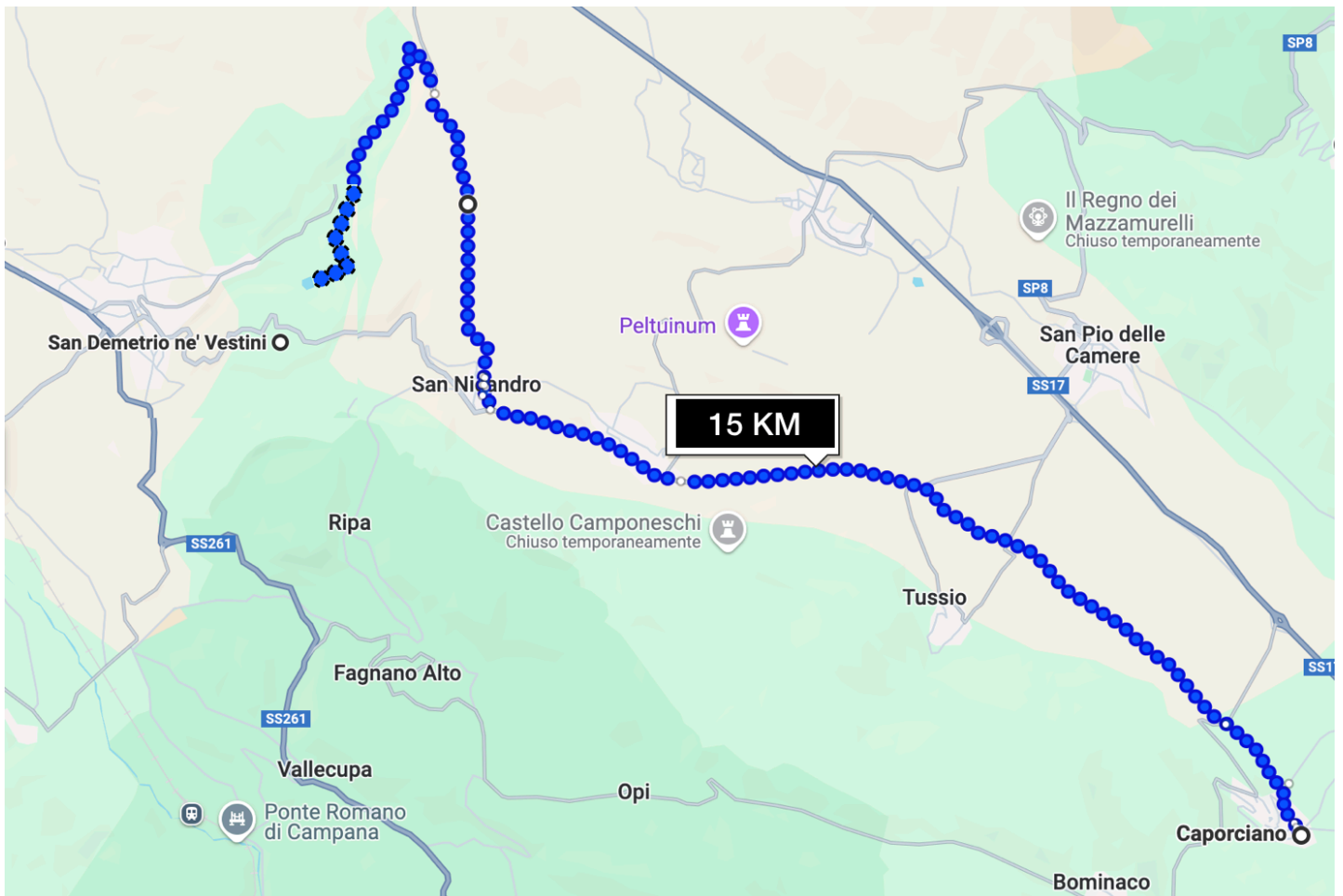
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The lake can also be reached with a nice mountain bike excursion, passing along the dirt road that runs along the Navelli plain towards Tussio, passing Prata d'Ansidonia and San Nicandro and here taking the small road which, bordering the Nursery of the State Forestry Corps, comes out at the Barisciano crossroads. Shortly

before the junction, there is access to a downhill path on the left. You need to basically do a U turn beyond the guard-rail to take it. Initially it is a little steep, but then becomes comfortable, as descends towards San Demetrio nei Vestini. After passing a very small country chapel on the left, take the path that, on the left, enters the

woods and, after a bit of descent, it will lead you to the lake. From there, for the return, you can follow the provincial road, with little traffic, which from San Demetrio leads back to San Nicandro and from here to Caporciano



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GOOD TO KNOW

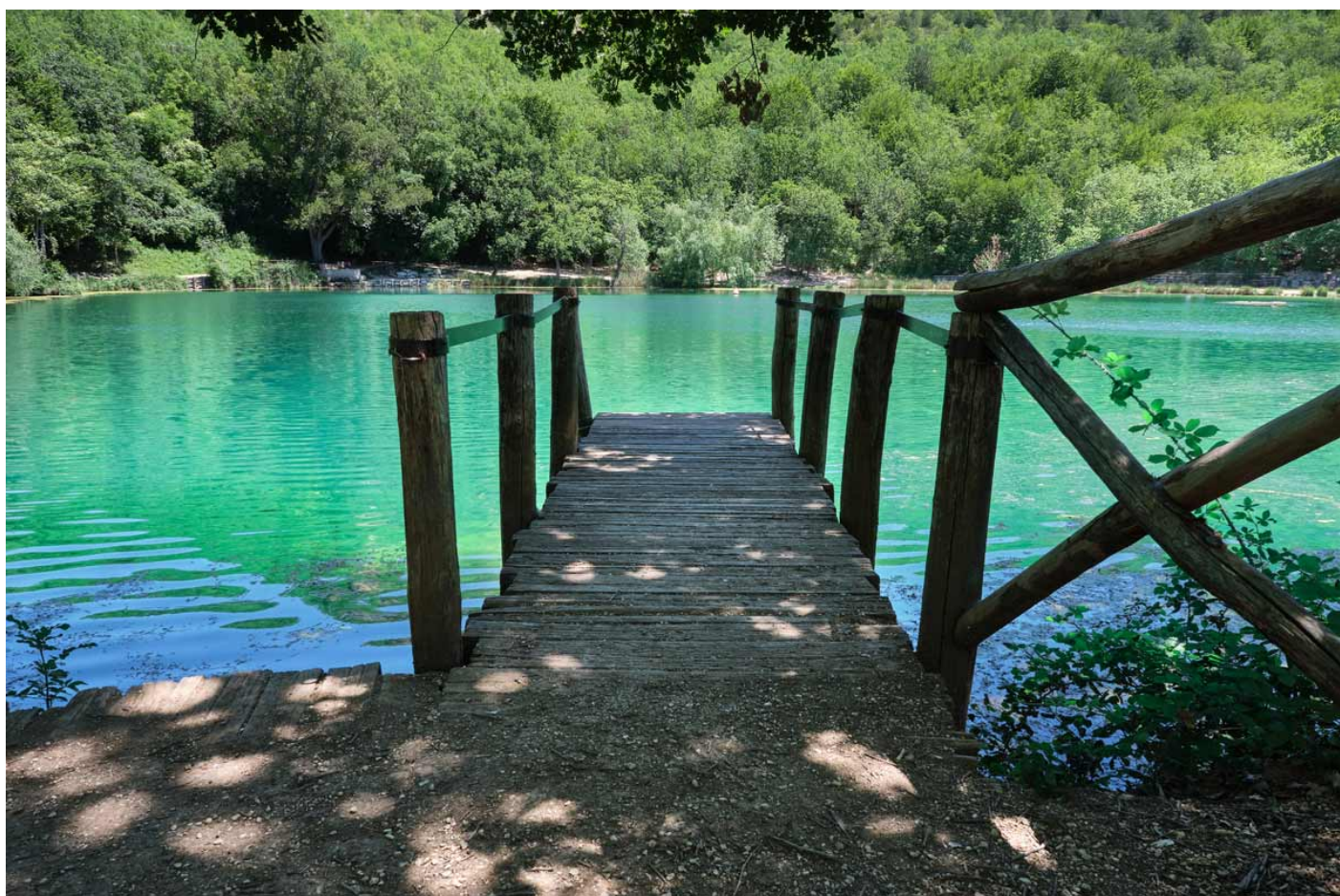
- a) For the lake, a payment of 5 euros per vehicle is expected in the summer season
- b) Depending on the time, returning to Caporciano you can stop in Peltuinum, possibly for an aperitif at sunset (which you must bring with you in picnic mode)
- c) Palazzo D'Alessandro provides folding beach chairs and picnic equipment on request, up to a complete food and drink kit.

CONTACTS

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