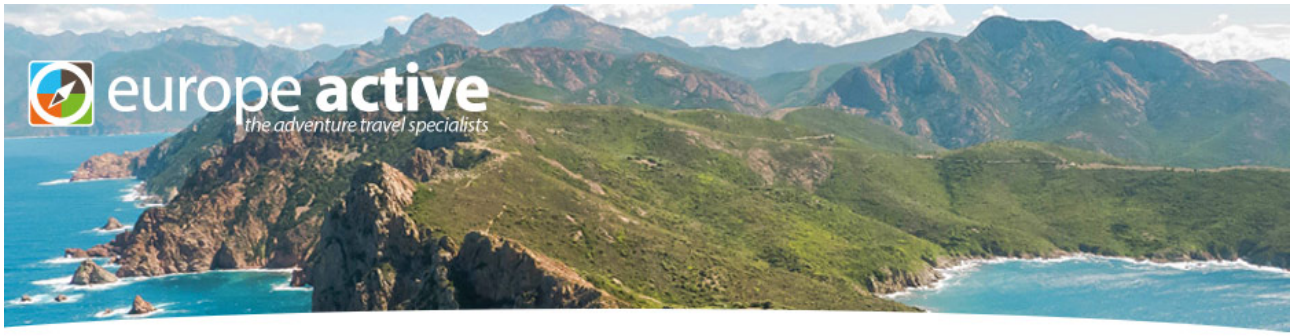

Apulia by bike, from Sassi to Salento

9 days/ 8 nights

Enjoy your favorite activity while admiring the most beautiful landscapes of Apulia, starting from the center. Visit the UNESCO sites of Apulia by bike, which have kept the memory of the different civilizations that inhabited it. Then, along the Salentine coast, go down the heel of the boot and enjoy the mild Mediterranean climate, its cuisine, and breathtaking landscapes.

Prepare your trip

YOUR PROGRAMME

Day 1 - Individual arrival in MATERA

Famous for its Sassi and stunning landscapes, Matera, located on the border of Basilicata and Puglia, is not only breathtaking, but fascinating: Its history goes back more than 30,000 years. There are several rupestrian churches open to the public, a reproduction of a typical cave house that you can visit, and refurbished caves made into hotels and restaurants. The sassi districts are a UNESCO World Heritage Site. (If you arrive late at night, we suggest you an extra stay in this wonderful and unique city). Overnight stay in Matera.

Day 2 - The reliefs of central Apulia. Towards Alberobello

Bike and road map delivery, route description. Today you will cycle through the
southern part of the Murgia to reach one of the most peculiar city in Italy,
ALBEROBELLO, universally-known as the capital of the Trulli, distictive, small,
dry-stone buildings with a conical roof. There are about 1500 trulli scattered in Monti and Aia Piccola districts, both listed as World Heritage by UNESCO in
1996. (About 76 km). Overnight stay in Alberobello.

Day 3 - The Itria Valley and charming villages up to Ostuni

Today you will ride over the hills dominating the Itria Valley. Nature lovers will not be disappointed: With its still expanses of olive trees as far as the eye can see, the Itria Valley is red soil, green groves and vineyards, and white trullo houses under a serene blue sky – essentially, a marvelous chromatic effect that repeats itself several times over. Before reaching your final destination, we suggest you to stop first in LOCOROTONDO for a typical Italian aperitif and tasting the white wine produced in this region, second in MARTINA FRANCA, for a short visit to its marvellously intact historic centre, its beautiful square, and stunning Palazzi, and last but not least in CISTERNINO for a lunch break, maybe in one of its typical butcher shops, where you can choose the meat you want to eat and they cook it for you. Finally you'll cycle to OSTUNI, the White City, whose whitewashed arches and houses shine like a pearly white tiara, extending across three hills with the magnificent gem of a cathedral as its sparkling centrepiece. (About 50 km). Overnight stay in Ostuni.

Day 4 - Ostuni - Manduria

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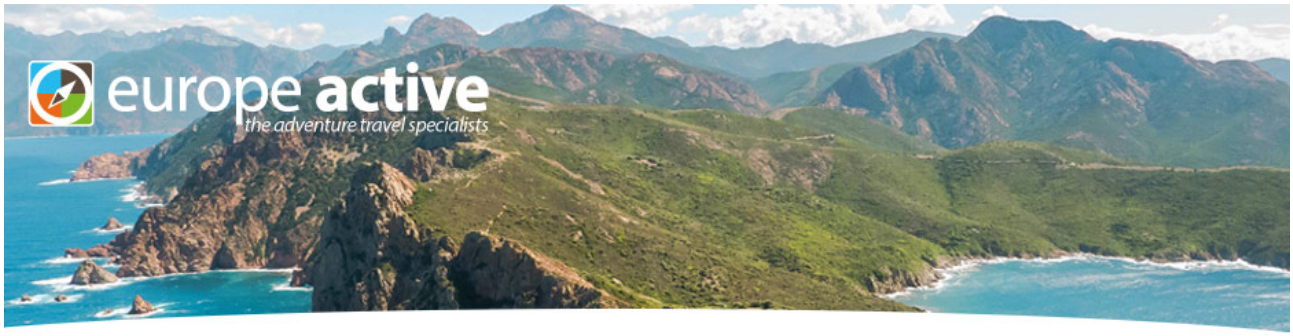

Leaving Ostuni and cycling through its beautiful countryside, you will come cross small towns such as SAN VITO DEI NORMANNI, MESAGNE, and ORIA where you will be enchanted by their marvellous Frederick's castles. Then the tour w i l l take you to your final destination of the day: MANDURIA . Don't miss the possibility to taste the red wine produced in this area: Primitivo. (About 60 Km). Overnight stay in Manduria.

Day 5 - The West coast from Salento up to Gallipoli

This stage is dedicated to the west coast of Salento, where you'll cycle towards Campo Marino, Porto Cesareo, up to GALLIPOLI. The island heart of Gallipoli is home to numerous impressive Baroque churches and aristocratic palazzi, testament to the town's former wealth as a trading port. A labyrinthine weave of narrow streets all eventually lead to the broader sea-front promenade with its wonderful views. (About 60 km). Overnight stay in Gallipoli.

Day 6 - Gallipoli surroundings towards Santa Maria di Leuca

Leaving behind Gallipoli you'll cycle along the Ionian coast headed to Torre San Giovanni. Here the crystal clear sea will tempt you…but it’s time to get back on your bike! A short detour will take you inland to see the small towns of UGENTO and SPECCHIA, one of the most beautiful 'BORGHI' of Italy. Then you will continue your ride for another 35 km reaching SANTA MARIA DI LEUCA, where the Ionian and the Adriatic Sea meet; this is the southernmost point in Salento, striking the visitor’s eye for its colors and unreal silence. (About 60 km). Overnight stay in Santa Maria di Leuca.

Day 7 - North road towards Otranto

Today you'll start riding northward along the beautiful coastline of the Adriatic Sea. Crossing the marinas of Tricase Porto and Castro Marina, you'll finally get to one of the most amazing city of Salento: OTRANTO. If you want you can have a delicious seafood dinner and take a walk throughout the historic centre and maybe buy some souvenirs from the local little shops. (About 55 km).
Overnight stay in Otranto.

Day 8 - Last stage towards the town of Lecce

In the morning, if you want, there's time to visit the city. Otranto is best appreciated in its amazing cathedral, where the bones of 813 martyrs are displayed in a glass case behind the altar. Less macabre is the cathedral’s other jaw-dropper, its medieval mosaic floor, which rivals the famous early Christian mosaics of Ravenna in its richness and historical significance. Cycling along the Alimini Lakes, you’ll finally reach the seaside village of TORRE DELL’ORSO: don't miss the opportunity to swim in the suggestive Grotta della Poesia. Before arriving in LECCE you will meet ACAYA, a perfect stop for an authentic Italian espresso or for a drink at sunset in front of the castle. (about 45 km). Overnight stay in Lecce.

Day 9 - Departure time

End of services and goodbye. (If you leave early in the morning, we suggest you an extra stay in Lecce, one of the most interesting cities in the region for its baroque architecture, typical of the 17th Century).

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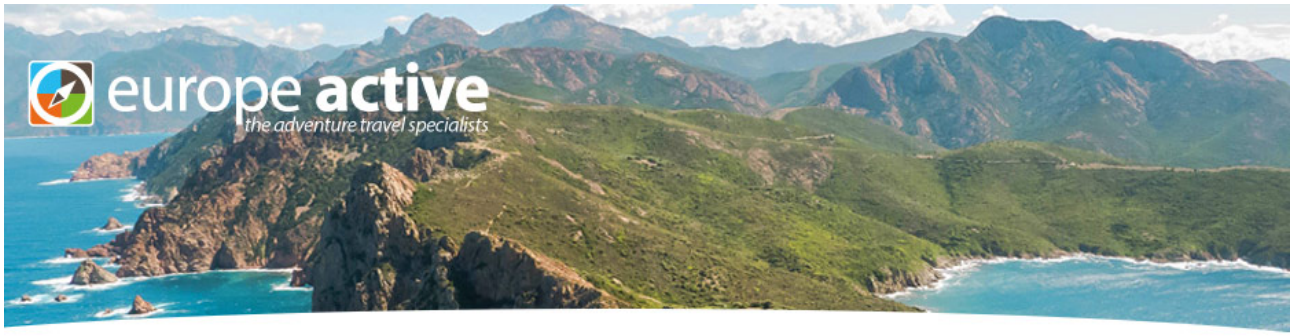

Additional information

TARIFFS
Price from 1150 euros per person.

OPTIONS
Departures from 01 June to 14 July and from 24 August to 22 September. : 220 euros per person.
Departures from 14 to 18 April, from 15 July to 23 August and from 23 December to 07 January. : 430 euros per person.
Departures from 8 to 22 August : 250 euros per person.
E-bike rental : 305 euros per person.
Roadbike rental : 230 euros per person.
Hybrid bike rental : 120 euros per person.
Transfer Bari>Matera (1 or 2 people) : 140 euros per person.
Transfer Brindisi>Matera (1 or 2 people) : 295 euros per person.
Transfer Lecce> Bari (1 or 2 people) : 245 euros per person.
Transfer Lecce>Brindisi (1 or 2 people) : 105 euros per person.

INCLUDED
Bed & Breakfast service, Luggage transport service, Information material and route description with maps, GPS with the needed tracks.

NOT INCLUDED
Transfers Airport / hotel - Hotel / Airport, Health / Luggage
insurance, Tourist taxes, and everything not mentioned as "Included".
Bike rental.

LEVEL OF DIFFICULTY
Salento is mostly flat, everyone can cross it by bike. However the stages are between 45 and 76 kms per day along secondary roads and some reliefs of central Apulia at the beginning of stay.

LUGGAGE
Luggage transfers by vehicle. You will only need to carry items that you wish to have available during the ride (camera, wallet etc).

ACCOMMODATION
Lodgings in hotels/B&B during the whole tour.

SIZE OF GROUP
From 2 people

DEPARTURES
Departure every day, from April to October.

DEPARTURE

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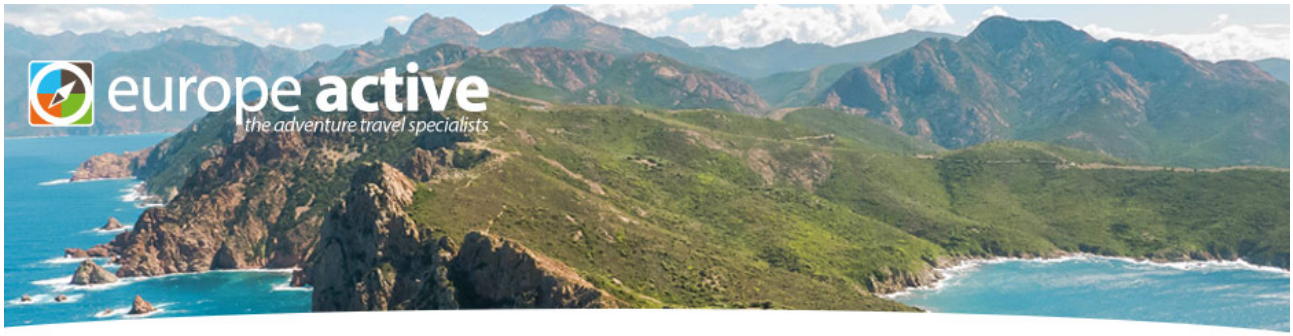

See you in Matera for your first night in the region. Before starting your journey the next morning.

DISPERSION

In the morning of day 9. After breakfast in your hotel in Lecce.

HOW TO GET THERE

Lecce is easily accessible by the airports in Brindisi (30 minutes by train) and Bari (2hours by train). There are discount flights available from London, Rome, Milan…

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