





FROM TRANI TO OSTUNI

 self-guided tour

 Bike tour

 300-300 km

●●○ Medium

Duration: 8 days / 7 nights



DESCRIPTION

Cycling by the sea and through the hills of the Alta Murgia, among the UNESCO world heritage sites of Apulia and Basilicata. Visit Trani, with its port and splendid cathedral and Castel del Monte, with its mysterious, octagonal-shaped castle built by Frederick II. After crossing the Bradano Valley, on roads surrounded by hills of corn, head for Matera, with its ancient Sassi, dwellings dug out of the rock. The journey ends in the Itria Valley, among the trulli of Alberobello and Ostuni, well known as the "white town". The tour unwinds largely on secondary roads with little traffic. Mainly on asphalt that is suitable for road bikes. The area is predominantly hilly with short, easy climbs near some of the towns. Pleasant in autumn, ideal in spring. Not recommended in August.

CYCLE THROUGH PUGLIA AND BASILICATA

DETAILED ROUTES

📍 Day 1: Trani

Individual arrival in Trani and get settled in at your Hotel. Free time for visiting this old city with its beautiful historical centre, splendid Romanesque Cathedral on the sea, Swabian Castle, historical buildings, gardens and port, where we recommend you to taste some fish for dinner in one of the many restaurants.

📍 Day 2: Trani - Castel del Monte/surroundings (approx. 45 km)

Your trip begins crossing the Alta Murgia countryside, not far from Castel del Monte, surrounded by olive grooves and vineyards. Before the end of your ride you will visit the Castle of Frederick II, an amazing site, in the list of UNESCO heritage sites, which is unique of its kind.

📍 Day 3: Castel del Monte/surroundings - Gravina di Puglia (approx. 47 km)

Leave the marvellous meadowlands in the park and head on to the valley until you come to the town of Gravina di Puglia, along semi-deserted roads where time seems to stand still. The town, which dates back to the 8th century B.C., unfolds over the centuries with amazing evidence of the various civilizations. Don't miss a visit to the underground town and historical centre.

📍 Day 4: Gravina di Puglia - Altamura and Matera (approx. 46 km)

Cycle to Altamura, famous for its splendid cathedral and bread. Discover the streets in the historical centre, beneath the cathedral bell-tower and taste some fresh focaccia baked in an old wood-burning oven. Set off again for the countryside towards the built-up town of Matera, which is just a few kilometres away. Arrival in the old part of the town called the "Sassi" and accommodation in a hotel in the historical centre. Don't miss a visit to the rock churches and city's museums.

📍 Day 5: Enjoy a rest day...or enjoy a bike trip (approx. 36-40 km)

Enjoy a relaxing day visiting the city of Matera. A leisurely walk will enable you to visit: museums, rock churches. Alternatively, you have the choice of two routes that give you the chance to explore the surrounding area.

LOOP 1: San Giuliano Lake, the Matera hills and the Crypt of Original Sin: Follow the beautiful, deserted road around the San Giuliano Lake, a peaceful wildlife reserve for migratory species from Africa. Stop to watch the herons, cormorants, storks and ospreys. A stop-off at the lake is recommended for a picnic. Don't miss a visit to the Crypt of Original Sin. To reach the crypt, a natural cavern that falls sheer to the "Gravina di Picciano", cross the silent path of Pietrapenta, through cornfields and vineyards. This fascinating rock oratory represents one of the oldest examples of rock art in the South of Italy. Moderate option.

LOOP 2: the Murgia and view over the Sassi; Liking to go to the other side of the gorge? That's an easy loop to make in the morning that will leave you great memories of this town. From the Murgia plateau the view over the Sassi is amazing. You can also visit some rock churches and a Neolithic village over there. Return to Matera and overnight stay. Easy option.

📍 Day 6: Matera - Alberobello (approx. 69 km)

CYCLE THROUGH PUGLIA AND BASILICATA

Breakfast and departure for Alberobello. Go through the towns of Gioia del Colle and Noci until you reach Alberobello. Accommodation in aTrulli complex dating back to 1600, in the historical centre of Alberobello, which is included among UNESCO's world heritage sites.

Day 7: Alberobello - Ostuni

(approx. 45 km)

Cycling through the Selva (forest) near Fasano, you follow the Adriatic coast and reach Ostuni, which is reputed an architectural jewel, and is commonly referred to as "the White Town" for its white walls and its typically white-painted architecture.

Day 8: Ostuni

Individual departure or possibility to extend your stay.

CYCLE THROUGH PUGLIA AND BASILICATA

GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 300-300 km
- **Starting point:** Trani
- **Arrival:**

By plane: low cost flights available to the airport Bari (approx. 50 km away)

By train: Trani and Ostuni are well connected to the national railway service, timetable on: www.trenitalia.com, ferrovie locali Apullo Lucane <https://ferrovieappulolucane.it/>

- **Accommodation:**

Cat. standard: 3 and 4**** hotels and B&B

Cat. comfort: 4**** hotels and farm holidays

Attention: Tourist tax – if requested – has to be paid on the spot.

- **Rental bikes:**

27-gears women´s or men´s hybrid bicycle

E- bike (unisex bike)

Gravelbike

- **Transfer:**

Transfer on request and as there are limited places, a reservation is necessary

Transfer airport Bari – Trani, minimum 2 pax , € 50.00 p. p.

Transfer Ostuni – airport Bari , minimum 2 pax, € 80.00 p. p.

INCLUDED SERVICES

- Accommodation in the chosen category
- Breakfast buffet or full breakfast
- Luggage transfer from place to place
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Rental bikes and Travel insurance
- All not expressly mentioned under the item „Included services“

CYCLE THROUGH PUGLIA AND BASILICATA

See ebsite

Komfort

Package price in a double room	from 01/03/2026 to 31/10/2026	1.305 €
--------------------------------	-------------------------------	---------

Package price high season	from 01/03/2026 to 31/10/2026	1.305 €
---------------------------	-------------------------------	---------

Single room surcharge		380 €
-----------------------	--	-------

Additional services

own bike		0 €
----------	--	-----

hybrid bike (Ferula)		120 €
----------------------	--	-------

electric bicycle (Ferula)		240 €
---------------------------	--	-------

gravel road bike (Ferula)		240 €
---------------------------	--	-------

Additional nights

See ebsite