APULIA - BASED IN ONE HOTEL

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self-guided tour

Bike tour

285-285 km

Easy

Duration: 8 days / 7 nights

14 years and older

DESCRIPTION

Apulia, the heel of the boot, is an enchanting region, a strip of land in the sea with a large selection of enchanting coasts for every taste. If you want to immerse yourself in the past, Puglia offers a multitude of historical sites that tell of its ancient culture: from prehistory to the Magna Graecia and the Roman Empire to the Renaissance and the splendour of the Baroque. The starting point of the journey is Alberobello, home of the „Trulli", ancient stone houses built without mortar and with a conical roof. They are so unique that they were added to the UNESCO World Heritage List in 1996. For fish lovers, this region with its 800 km of coastline on two seas offers a rich choice. You are spoilt for choice because there is something for everyone here: raw, marinated, as delicious fish soups and also with cheese. Easy touring, apart from a few slight ascents and descents along the route, most of this tour is along flat, tarred roads. As you are travelling out of the main season, most of the roads are mainly free of traffic.The tour is suitable for children over 14 years.

DETAILED ROUTES

Day 1: Arrival

Individual arrival at the hotel in Alberobello. This small town in the province of Bari is famous for Trulli stone constructions. The Trulli of Alberobello are part of the UNESCO World Heritage sites list since 1996.

Day 2: Alberobello and surroundings

(approx. 50 km)

Starting from the famous town of Trullis, you will explore the surrounding area by bike. Through wide olive groves, vineyards, fruit and almond trees you cycle to Noci, a small town with a historic centre. Return to Alberobello.

Day 3: Grotte di Castellana

(approx. 45 km)

Today takes you on a beautiful circuit to the spectacular caves of Castellana. The stalactite cave with a labyrinth of caves is the largest underground tourist attraction in Italy and can be visited with a guided tour. The wide halls offer wondrous rock formations, stalagmites and stalactites can be seen everywhere, the creation of which took nature thousands of years. On the way back you can enjoy the view of the Adriatic Sea.

Day 4: Locorotondo - Cisternino - Ostuni

(approx. 35 km)

You start from Alberobello and cycle through the Valle d'Itria valley to Locorotondo. The fertile valley is one of the most beautiful cultural landscapes in the south. Curved walls of raised field stones tame nature. The name Locorotondo literally means round place. The town is also known as „La Città del Vino Bianco" (white wine town). Further you cycle to Cisternino and Ostuni. The light-coloured wreath of houses that adorns the tops of the three hills of the „Città Bianca" can already be seen from afar. Enjoy the magnificent view of the nearby sea. In the afternoon there will be a transfer by shuttle bus to Alberobello.

Day 5: Rest day or cycling tour to Martina Franca

(approx. 45 km)

As an alternative to the rest day, a bicycle tour to the baroque town of Martina Franca is available too. The town is located right in the middle between the Ionian and Adriatic Seas in the southeast of the Murgia. Worth seeing are the Palazzo Ducale and the Basilica di San Martino.

Day 6: Monopoli – Polignano a Mare

(approx. 45 km)

From Alberobello you cycle to Monopoli, the most important port between Bari and Brindisi. Continue to Polignano a Mare. The pearl on the southern Costa di Bari is captivating because of its extraordinary location: it clings picturesquely to the edges of a steep coast and offers fantastic views of the emerald green sea. Stroll through the narrow streets of the old town or enjoy a day's bath before taking the shuttle bus back to Alberobello.

Day 7: Matera, Capital of Culture 2019 and UNESCO World Heritage Site

(approx. 65 km)

Transfer in the morning to the cultural capital Matera 2019 in the Basilicata region, also known as the „City of the

Sassi". The old town consists partly of cave settlements and has been a UNESCO World Heritage Site since 1993. The impressive collections of cave dwellings form independent quarters that are unique in Europe.

Day 8: Departure

Individual departure from Alberobello or extension of your stay.

BIKE THROUGH APULIA – BASED IN ONE HOTEL

GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 285-285 km
- **Starting point:** Alberobello
- **Arrival:**

  By car: directly to Alberobello.
  By train: train station Lecce, Monopoli/Fasano or Alberobello; Timetables on: www.trenitalia.com.
  By plane: airport Bari or Brindisi.

- **Accomodation:**

  Masseria, a large farm complex typical of the Puglia region, now transformed in comfortable hotel with swimming pool, wide garden where relax and restaurant where taste the local dishes or hotel 4****category
  Attention: Tourist tax – if requested – has to be paid on the spot!

- **Parking:**

  Parking at the starting hotel in Alberobello. No reservation possible upon booking; to be paid on the spot.

- **Rental bikes:**

  • 21-gears bicycle (woman and men)
  • TOP bike (unisex bike - men on request)
  • E-bike (unisex bike, 500 W battery, range up to 100 km, limited availability)

  It is possible to add a rental bike disclaimer to your booking. Price is € 24/ per trekking bike and € 49/ per TOP bike/ e-bike /mountain bike. For more information we recommend to rewiew our Terms and Conditions.

- **Transfer:**

  By shuttle bus on request (bicycle included – reservation and payment upon booking).
  Transfer Monopoli/Fasano train station–Alberobello and back: € 35.00 per person, daily, minimum 2 pax.
  Transfer Bari/Brindisi airport/train station – Alberobello and back: € 60.00 per person, daily, minimum 2 pax.
  Transfer Lecce – Alberobello: € 75.00 per person + € 45.00 for each own bike, daily, minimum 2 pax.

INCLUDED SERVICES

• Accommodation in a Masseria or hotel 4****category

• Breakfast buffet or full breakfast

• Dinner (3 course evening meal)

• Videobriefing

• All transfers according to the programme

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

• Not mentioned entries

(before or after the stage)

• Well planned routes

• Detailed documents (maps, route description, places to visit, important telephone numbers)

• Navigation APP

• Telephone service hotline for the entire tour

• Rental bikes and travel insurance

• All not expressly mentioned under the item „Included services“

BIKE THROUGH APULIA – BASED IN ONE HOTEL

STARTING DATES

Available - arrival possible | Not Available | Available for groups from 6 persons and on request

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

PRICES

Standard

Package price in a double room with half board	from 28/03/2026 to 10/10/2026	1.029 €
Package price high season	from 23/05/2026 to 09/09/2026	1.099 €
Single room surcharge		225 €

Additional services

Rental bike 21-gear (men) 8,7	99 €
Rental bike 21-gear (women) 8,7	99 €
own bike	0 €
Rental bike TOP (men) 8,7	169 €
Rental electric bike 8,7	269 €

TOP bike (unisex) 8,7	169 €

Additional nights

See ebsite