





THROUGH OLIVE GROVES AND ALONG AN IDYLIC COAST

 self-guided tour

 Bike tour

 305-315 km

 Easy

Duration: 8 days / 7 nights

14 years and older



DESCRIPTION

Discover the southeast end of Italy. On this bicycle-tour you will not only experience the unique countryside between the Adriatic and the Ionic Sea, but also the friendliness and hospitality of the southern Italians. The countryside is rich in culture. The Greeks, Romans, Byzantines, Normans, Habsburger and the Bourbons have all left their marks in the region. 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.

PUGLIA, THE HEART OF THE MEDITERRANEAN

DETAILED ROUTES

📍 Day 1: Alberobello

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 – Ostuni

(approx. 35 km, longer option via Martina Franca approx. 45 km)

Enjoy a tour through the Valle d'Itria, one of the prettiest cultural landscapes of the south, with a stop at the famous wineries in Locorotondo to taste some local wine. The next stop is Ostuni, the "white town" offering breathtaking views of the sea.

📍 Day 3: Ostuni – Manduria/Avetrana

(approx. 60 km)

From Ostuni you continue through olive groves, vineyards and fruit crops to Avetrana, a historic small town on the Via Appia. This ancient Roman road led once from Rome via Taranto and Oria to Brindisi. Today only some parts of the ancient cobbled paths still exist and are called the "Via Appia Antica".

📍 Day 4: Manduria/Avetrana – Gallipoli

(approx. 60 km)

You leave Avetrana to reach the sea in the shortest possible time. After a short ride to "Torre Colimena" you continue along the coastal highway with its numerous defence towers to Porto Cesareo. Along the Ionic coast you carry on to Gallipoli. This originally greek „Kale Polis" (beautiful town) awaits you! The old town is situated at the end of what seems to be an impregnable rocky island that stretches far out into the sea. There is a fantastic view both from the north and the south. The town itself has many churches and interesting museums.

📍 Day 5: Gallipoli – Santa Maria di Leuca

(approx. 50 km)

Today you reach the southernmost point of Salento and at the same time the watershed at Santa Maria di Leuca. The place is especially known for its pilgrimage church. At the turn of the century, many splendid villas were created, which are an absolute architectural highlight due to their imaginative and absurd forms. Here eccentric end-of-the-world lovers settled down to enjoy the tranquility and the sea in the remoteness of the place.

📍 Day 6: Santa Maria di Leuca/surroundings – Otranto

(approx. 50 km)

Along the southern coast of the Adriatic Sea you will reach the Messapian city of Otranto. It is considered an art historical gem in the midst of a charming landscape. The old town is surrounded by a mighty city wall and impresses with the amazing Habsburg Castle. On the way to Otranto, you will have the opportunity to visit the famous Zinzulusa Cave, the only coastal grotto open to the public. Santa Cesarea Terme, known for its hydrotherapeutic treatments and radioactive mud therapies, also deserves a stopover.

📍 Day 7: Otranto – Lecce

(approx. 50 km)

First on the Adriatic coast, then it continues through countless olive groves towards Lecce. If you want to take a break on the way, do it best on the high limestone cliffs limited bay of Torre dell'Orso. Lecce, the capital of

PUGLIA, THE HEART OF THE MEDITERRANEAN

Salento, is a city of great charm, which is particularly inspired by the undoubted beauty of its buildings and churches. In addition to Naples, Lecce is the baroque metropolis of the South, not without reason they speak of the „Lecce Baroque“. Here, around 30 churches and countless palaces await your visit. Do not forget to pay a visit to the amphitheater and the Roman theater, both probably built by Emperor Augustus.

Day 8: Lecce

Individual departure from Lecce or possibility to extend your stay.

PUGLIA, THE HEART OF THE MEDITERRANEAN

GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 305-315 km
- **Starting point:** Alberobello
- **Arrival:**

By plane: airport Bari or Brindisi

By train: By train (train station Lecce, Monopoli/Fasano or Alberobello – see on: www.trenitalia.com).

By car: directly to Alberobello

- **Accommodation:**

Hotels 3*** and 4**** category or “Agritourist farm” in a room with bath/shower and WC.

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

- **Parking:** Parking at the starting hotel in Alberobello; cannot be booked at the moment of reservation of the tour; to be paid directly on the spot.
- **Rental bikes:**
 - 21 gear bicycle (woman and man model)
 - Rental bike TOP (unisex model – man model on request)
 - E-bike (UNISEX bike, 500 W battery, range up to 100 km)

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 review our Terms and Conditions.

- **Transfer:**

Transfer by shuttle bus on request (bicycle included – reservation and payment upon booking)

Transfer Monopoli/Fasano train station – Alberobello: € 35.00 per person, daily, minimum 2 pax

Transfer Bari/Brindisi airport/train station – Alberobello: € 60.00 per person, minimum 2 pax

Transfer Lecce – Bari airport: € 139.00 per person (minimum 2 pax)

Transfer Lecce – Brindisi airport: € 45.00 per person, minimum 2 pax

Transfer Lecce – Alberobello: € 75.00 per person + € 45.00 for each own bike, minimum 2 pax.

INCLUDED SERVICES

- Accommodation in hotels 3*** and 4**** category or “Agritourist farm” in a room with bath/shower and WC
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from place to place
- Well planned routes

NON INCLUDED SERVICES

- Arrival at 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

PUGLIA, THE HEART OF THE MEDITERRANEAN

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

- Navigation APP

- Telephone service hotline for the entire tour

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

PUGLIA, THE HEART OF THE MEDITERRANEAN

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	Arrive 28/03/2026	798 €
Package price in a double room	from 29/03/2026 to 11/10/2026	929 €
Package price high season	from 23/05/2026 to 08/09/2026	1.069 €

Single room surcharge	269 €
-----------------------	-------

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 €

PUGLIA, THE HEART OF THE MEDITERRANEAN

Rental electric bike 8,7

269 €

TOP bike (unisex) 8,7

169 €

Additional nights

See ebsite