

Cycling Europe

ITALY 2020

APULIA – THE LAND BETWEEN TWO SEAS

Self-Guided Cycling Tour - Alberobello to Lecce

8 days/7 nights, 305-315 kms by bike



This is as far south as you can get in Italy. On this tour you not only experience the unique landscape between the two seas, but also the friendliness, food and hospitality of the people of Southern Italy. Even the cultural side is unique. The Greeks, Romans, Byzantines, Normans, Aragonians, Habsburgers and Bourbons have all left their mark making this area a fascinating one to explore.

GRADE/ TERRAIN

Easy touring, apart from a few slight ascents and descents along the route. Most of this tour is along flat, tarred roads. As the tour departure dates are out of the main season, most of the roads are mainly free of traffic.

ITINERARY

DAY 1: Arrival in Alberobello

Arrive at the hotel in Alberobello. This small town in the province of Bari is famous for Trulli stone buildings. The town is part of the UNESCO World Heritage Site.

DAY 2. Alberobello – Ostuni: Approx. 35 km or longer option via Martina Franca approx. 45km

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

DAY 3. Ostuni – Avetrana/ surroundings: approx. 60 km

From Ostuni, you continue on through olive groves, wine growing areas and orchards to Avetrana, a small historic town on the Via Appia. This ancient Roman road once led from Rome via Taranto and Oria to Brindisi. You can still see some of the preserved cobbled streets known as the Via Appia Antica.





DAY 4. Avetrana/ surroundings -Gallipoli: approx. 60 km

After breakfast and a very short ride to the ocean, you continue along the coastal road and visit the numerous defence towers en route to Porto Cesareo. Continue along the Ionic coast until you reach Gallipoli or in Greek known as "Kale Polis" meaning 'beautiful town'. Gallipoli is situated at the end of what seems to be an impregnable rocky island that stretches way out into the sea. There is a fantastic view both from the north and the south. The town itself has many churches, lanes and interesting museums. Watch the fishermen at work.

DAY 5. Gallipoli – Santa Maria de Leuca/surroundings: approx. 50 km

Today you reach the most southerly point on the Salento Peninsula, Santa Maria di Leuca. The town is well known for its church and pilgrimages. At the turn of the century, many opulent villas were built and their fantastic and sometimes absurd forms are now an architectural highlight. The people who lived here were eccentric people who loved the peace and quiet and remoteness.



DAY 6. Santa Maria de Leuca/surroundings - Otranto: approx. 50 km

The tour takes you along the south coast of the Adriatic Sea, and up to the Messapian town of Otranto, one of the gems in the region. The old part of the town is surrounded by a mighty wall and contains the impressive Habsburger Castle. On the way to Otranto, you have the chance to visit the famous Grotta Zinzulusa, the only coastal grotto that is open to the public. The Santa Cesarea Thermal Spa is well known for its hydrotherapeutic cures and radioactive mud therapy, and is well worth a visit.

DAY 7: Otranto - Lecce: approx. 50 km

Carry on along the coast through innumerable olive groves to Lecce. If you want to stop on the way, the best place is at Torre dell'Orso beach which is surrounded by limestone cliffs. Lecce, the capital of Salento, is a town with lots of appeal mainly due to its buildings and churches. The cities of Naples and Lecce are the Baroque metropolises of the south. There are over 30 churches and innumerable palaces. Don't forget to visit the amphitheatre and the Roman theatre, both built under Kaiser Augustus.

DAY 8: Tour ends in Lecce after breakfast (or extend your stay)

The airports at Bari and Brindisi are easily reached by train. We can provide a transfer service if necessary.

HIGHLIGHTS OF THE TOUR

- Idyllic coastal regions along the Adriatic and Ionic Seas
- Olive groves and old, gnarled olive trees
- Excavated old cities, deserted medieval villages
- Alberobello, the capital of the Trulli
- Ostuni, the "white town"
- Gallipoli, a pearl of a town with a lively fisherman's atmosphere
- Santa Maria di Leuca, the most southerly point of Italy
- Santa Cesarea Terme, spa centre
- Otranto, one of the prettiest places in Salento
- Lecce, the capital of the same named province in southern Italy

2020 SCHEDULE

Every **Wednesday and Sunday** from 12 April - 21 June and from 23 August to 11 October 2020 (last available departure date) **PLUS**

Every Saturday in May, June and September

With 5 people or more we can organise a start on your day of choice (dependent on accommodation availability)

Public transport from Bari to Alberobello does not run on Sundays. We can book a shuttle bus from Bari Airport or Bari train station for additional cost – see below.

2020 COST PER PERSON IN EURO – SELF-GUIDED TOUR

Twin/double room incl. breakfast €798

Single room supplement €189

High Season Surcharge 31 May - 21 Jun, 23 Aug-06 Sep € 69

Rental Bike: 21-speed unisex € 85

Electric Bike (battery range up to 100km -limited availability) €190

Bike helmet (limited number- reserve when booking) € 15

Extra night costs including breakfast

Alberobello €62 share twin/double €80 per person Single

Lecce €72 per person share twin €100 per person single

Bari On request

SHUTTLE BUS TRANSFERS – there are limited places so a reservation is necessary

- Monopoli train station – Alberobello €25 per person (min 2 persons)
- Bari/Brindisi Airport/Train station–Alberobello €40 per person (min 2 persons)
- Lecce - Bari Airport €95 per person (min 2persons)
€50 per person (4+ persons)
- Lecce – Brindisi Airport €40 per person (min 2 persons)
- Lecce – Alberobello €55 per person (min 2 persons)

2020 COST INCLUDES

- Accommodation in 3-star and one 4-star hotels, or an 'agriturismo' farm in a room with private facilities.
- Breakfast buffet or full breakfast
- Personal tour information
- Luggage transfers between accommodation
- Well planned routes



Detailed 'infopack' with maps, route description, places to visit, important telephone numbers

- Telephone service hotline (English speaking)

2020 COST DOES NOT INCLUDE

- Tips and all other personal expenses
- Entrance fees to churches and museums.
- Lunches and dinners
- Tourist tax, if applicable must be paid directly to hotels

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