

# Cycling Europe

## SOUTHERN ITALY - BASILICATA & APULIA

Self-guided cycling - 8 days/7 nights/280kms, 2020



***A week of biking between the two wonderful UNESCO sites of Alberobello and Matera. Explore Matera's Sassi, a town of rock cave dwellings, numerous cave churches and stone houses. Then ride to the Itria Valley, known as the Valley of the Trullos due to the thousands of white-washed "trulli". These limestone dwellings, unique to Apulia, are remarkable examples of drywall constructions using a prehistoric building technique which is still in use today. They dot countryside awash with colour, ancient olive trees and small farmhouses. The circuit leads you back to Basilicata, one of Italy's less populated natural regions. Its dramatic landscape of high mountains, rolling countryside and beautiful coastline is a haven for outdoor pursuits. There are mountain villages untouched for centuries where you can experience the "Italy of old". The route goes from the rolling hills of the Bradano Valley, to the natural oasis of San Giuliano Lake and back to Matera. The South of Italy's natural beauty, ancient culture, deeply-rooted local traditions, genuine Mediterranean food and above all the warmth and hospitality of its people, will capture you and leave you with unforgettable memories.***

**GRADE: EASY TO MODERATE:** Hilly terrain. Daily distances between 25 to 64km

### ITINERARY

#### Day 1: Matera

Arrival in Matera and check in at your hotel. This afternoon enjoy a guided tour (2 hours - included) around the Sassi – a UNESCO World Heritage site since 1993 - with its small streets and squares, caves, rock churches and cellars. Two districts built from the Medieval age through to the last century. We suggest you have dinner at one of the Sassi's typical restaurants.

**Overnight stay in Matera.**



## Day 2: Matera to Alberobello

Briefing and bike handover: Departure for Alberobello. You will pass through the small villages of Gioia del Colle and Noci and on to Alberobello, the capital town of "trulloes" and a UNESCO World Heritage site. Your



accommodation is in the historical centre in a trullo dating from 1600.

**Easy to moderate cycling: 69km**

## Day 3: Alberobello loops

**Option 1:** - the Itria Valley loop will take you through a karst depression filled with thousands of olive trees, passing through the two whitewashed villages of Locorotondo (voted one of the most beautiful villages in Italy) and Cisternino. Locorotondo is also famous for its D.O.C white wine. Cycle back to Alberobello and overnight stay again in your trullo.

**Easy cycling: 45km**

**Option 2:** A trip to the stunning underground world of the Castellana Caves.

**Easy cycling: 40km**

## Day 4: The Land of the Ravines to Castellaneta Marina

Heading south into the Taranto province, you will cycle along deserted roads and among vineyards. You will pass through the Land of the Ravines and the villages of Mottola and Palagianello. The Ravines are deep precipices, often more than 100

metres deep, similar to canyons. Stay overnight in Castellaneta Marina, on the Ionian Sea or on a farm along the Bradano River. **Easy to moderate cycling: 70 km**

## Day 5: The Bradano Valley & Montescaglioso

Today you will continue to cycle along the Bradano River, through vineyards and orange trees. After a light ascent up the Montescaglioso hill, a visit to the Benedictine Abbey is a must. Then back to the valley to stay at an 'agriturismo (working farm)' that specialises in producing vegetables. Relax in the swimming pool after your ride.

**Easy to moderate cycling: 55km**

## Day 6 Rest day OR The Ancient Via Appia

Today you can take a rest day and relax by the pool or enjoy a cycle in the valley.

**Cycle: Via Appia.** Riding along the ancient "Via Appia" (an old Roman road), you will pass through the charming village of Miglionico with its stunning view of the valley before returning for another night staying at the 'agriturismo'.

**Easy to moderate cycling: 35 km**

## Day 7: Montescaglioso to Matera.

Today's route takes you back to Matera skirting the Park of Rock Churches. On a guided tour after 12kms you will leave your bikes and go on foot to the Gravina canyon and the caves of Cristo La Selva, an amazing Rupestrian village in the heart of the Park. Head on to your hotel in Matera. The afternoon is free.

**Easy - Moderate cycling: 25km**

## Day 8:

Arrangements end after breakfast this morning.

### 2020 DATES SELF-GUIDED

Start any day March, April, May, June, September and October.

July and August upon request (subject to availability) - these two months are very hot and very busy

### 2020 DATES GUIDED

Start any Saturday in May, September and October with a minimum of 2 people

### 2020 SELF GUIDED TOUR COST IN EUROS PER PERSON

Double / Twin Share B&B	€ 835	standard rooms
Double / Twin Share B&B	€1310	deluxe rooms
Single Supplement	€ 195	standard rooms
Single Supplement	€ 265	deluxe rooms
Bike Hire-27speed hybrid	€ 80	includes rear side saddle bags
Electric Bike or Road Bike	€ 170	
Carbon Road Bike	€ 210	
Cycle Helmet	€ 5	
Transfer Bari Airport to Matera or Matera to Bari Airport	€ 40	one way (minimum of 2 people)
GPS	€ 45	
Half Board (7 dinners, drinks excluded)		price on request
GPS TRACKS FOR YOUR OWN DEVICE CAN BE SUPPLIED ON REQUEST		



### INCLUDED IN SELF-GUIDED TOUR COST

- 7 nights in double/twin rooms including cave hotels, trulli and farm stays
- Breakfast daily
- Luggage transfers
- Guided walking tour in the Sassi of Matera on Day 1
- Technical and emergency assistance
- Road book

### NOT INCLUDED IN TOUR COST

- Medical or Luggage Insurance
- Minivan assistance (on demand with charges)
- Drinks, Lunches & Dinners
- Entrance fees
- Tips
- Personal extras
- Local city hotel tax, usually €2-4 per person per night paid direct to hotel

### 2020 GUIDED TOUR COST IN EUROS PER PERSON

Double / Twin Share-deluxe rooms	€1250 (8 min)	€1450 (4 min)	€1850 (2 min)
Single Supplement	€ 265		
Bike Hire-27speed hybrid	€ 80	includes rear side saddle bags	
Electric Bike or Road Bike	€ 150		
Carbon Road Bike	€ 210		

### **INCLUDED IN GUIDED TOUR COST**

- 7 nights in double rooms including cave hotels, trulli & farm stays
- Breakfast & dinner daily
- Transfers from/to Bari Airport to Matera
- Luggage transfers
- Cycling Guide
- Guided walking tour in the Sassi of Matera
- Technical and emergency assistance
- Road book

### **NOT INCLUDED IN TOUR COST**

- Medical/Luggage Insurance
- Minivan assistance (on demand with charges)
- Lunches
- Drinks at dinners
- Entrance fees
- Tips
- Personal extras
- Local city hotel tax usually €2-4 per person per night paid direct to hotel.

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