

Self guided cycling tours Puglia



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Sassi di Matera to Salento South Italy.

Every day all year round.

For guided options from 4 persons or more send us an email.

Only need a bike for Puglia? Check: [BIKE RENTALS PUGLIA](#)

BIKE HOTELS EUROPE



Self guided cycling Trip Puglia - on E bike or Trekking bike

Immerse this unique self-guided Trip in Puglia in the “heel of Italy”. From its dramatic beaches along the Adriatic coast to World Heritage sites like Matera and the trulli of Alberobello. You'll discover two sites declared World Heritage Site by UNESCO: Matera, the city of the Sassi and Alberobello which is especially relevant because of its typical roofs of the houses cone-shaped. Furthermore is Puglia enjoying beautiful quiet country roads as you head down “the heel of the boot”.

You'll find amazing caves around Castellana's Grotte, Ostuni and la Città Bianca, a whitewashed village high on a hill with astonishing views over the Adriatic sea. There are many restaurants in the old town. Enjoy dinner at a typical Puglian trattoria of your choice. On day 6 you'll cycle from the Adriatic coast to the Ionian coast, passing due to the old towns of Melpignano, a typical town of Salento, home of the “Notte della Taranta”. A cycle holiday in Puglia is an of the beaten track!

Jump on your bike and discover this wonderful piece of nature!

- Soak up the Puglian sun on two wheels!
- Cycle from Sassi di Matera to Salento due to the typical Puglian countryside villages
- Fantastic scenery, perfect roads and fine food making Puglia a cycling paradise
- Wander through the old medieval towns of Lecce, Ostuni and Salento
- Discover the “Sassi di Matera”
- You stay in the World Heritage Town of Alberobello the "city of Trulli"
- You'll cross the Itria Valley with its typical whitewashed houses
- Salento is famous of its Baroque palaces, beautiful countryside and also their stunning beaches.

Itinerary

Day 1

Check in

Check in around 14.00 at your hotel. Transfer to Matera not included. This beautiful town will be your starting point for the upcoming week. Depending on your time of arrival you can visit the city Matera, an UNESCO World Heritage site. Don't forget to visit the beautiful old town of Matera. Overnight in Matera.

Day 2

Matera to Alberbello 76km

Early morning there will be a briefing and bike fitting for this Sassi of Matera -Salento self guided cycling trip. First Today you will cycle through the southern part of the Murgia to reach one of the most beautiful cities in Italy, Alberobello, universally-known as the capital of the Trulli. The village of Alberobello is famous for its Trulli constructions that are part of the World Heritage of UNESCO. A trulli (Trullo) is a Type of stone often white and you see them frequently in the province of Puglia & Basilicata. Overnight stay in Alberobello.

Day 3

Alberbello to Ostuni 50km

Today you will ride the Itria Valley. The Itria Valley is red soil, green groves and vineyards, and white trullo houses under a serene blue sky. You will cycle through the beautiful white villages. Your first stop is in LOCOROTONDO for a typical Italian aperitif tasting the white wine produced in this region. The second stop is in MARTINA FRANCA, for a short visit to its marvellously intact historic centre, the beautiful square, and stunning Palazzi and last but not least you visit CISTERNINO for a lunch break, maybe in one of its typical butcher shops, where you can choose the meat you want to eat and they cook it for you. Finally you'll cycle to OSTUNI, the White City, whose whitewashed arches and houses shine like a pearly white tiara, extending across three hills with the magnificent cathedral as its sparkling centrepiece. Overnight stay in Ostuni.

Day 4

Ostuni to Lecce

Today you will travel by train from Ostuni to Lecce (55 minutes, 0 changes, ticket Eur 5.50 not included). You can carry your bike for free on regional rails. You can spend the day visiting this wonderful city, walking around its streets and alleys. Explore the beautiful Baroque city, losing yourself among its baroque palaces. Do not forget to visit the cathedral and its square, the Church of Santa Croce and the old Amphitheater. Overnight stay in Lecce.

Day 5

Lecce to Otranto 50km

Leaving Lecce, after a short ride you'll reach Acaya, a very small fortified town. The rest of today's stage runs along the Adriatic coast: you will cycle to the seaside village of Torre Dell'Orso where you have the opportunity to swim in the suggestive Grotta della Poesia, to relax. Cycling along the Alimini Lakes. You finally reach Otranto. If you want you can have a delicious seafood dinner and take a walk through the historic centre. Overnight stay in Otranto.

Day 6

Otranto to Gallipoli 60km

Today your tour will lead you from the Adriatic coast to the Ionian coast. On your way you will cycle through the town of Melpignano. crowded with more than 100.000 visitors during the Night of the Taranta, which takes place in August, and Corigliano D'oranto with its wonderful castle. From here you will cycle to your destination: Gallipoli. Don't miss the chance to spend your evening strolling around the beautiful streets of the old town and to have a drink with a great view on the sea. Overnight stay in Gallipoli.

Day 7

Gallipoli to Lecce 50km

Today's first stop is Galatone, where you can visit the Sanctuary of the Crucifix, and Galatina. Take time to visit the Mother-Church and the Basilica of Santa Caterina d'Alessandria with its 15th-century frescoes. Then you'll cycle back to Lecce. Use your time to wander among the numerous alleys of the historic centre where the Baroque art shows itself also in the decorated balconies and terraces of private homes. Overnight stay in Lecce.

Day 8

Departure day

Departure day...a good flight back home or else a pleasant stay in South Italy. Transfers to the airport (on request) according to the time of your flight!

Airport

- Brindisi airport is one of the most important hubs to Puglia, it was established in the 1930s with the construction of a military runway. The airport is about 6 km from the city center and there is a regular bus service with the center.
- Bari airport (Karol Wojtyla Airport) the airport owes its name to the 264th Pope of the Roman Catholic Church, John Paul II.

Train

- There are trains departing from many cities in Italy to Brindisi and Bari. An express train

runs to Naples, Roma and other destinations in Italy. In Brindisi trains leave to places such as Lecce and Bari from the train station at the Via Bastion Carlo V.

Booking Information

Add your start date

- All prices are based on double rooms
- CATEGORY A: B&B / ECONOMY 3*** Low Season EUR 770 - Mid-Season EUR 925 - High Season EUR 1120
- CATEGORY B: DE LUXE or 4****/5***** Hotels or MASSERIE Low Season EUR 1.100 - Mid-Season EUR 1.425 - High Season EUR 1.750
- LOW SEASON: 08th Jan - 31st May / 23rd Sept - 20th Dec
- MID SEASON: 01st Jun-14th Jul / 24th Aug - 22nd Sept
- HIGH SEASON: 15th Jul - 23rd Aug / Bank Holidays
- For bookings & inquires: send an email to info@cycleclassictours.com

Extra Information

1. Fill out and submit the online booking request or send an email to info@cycleclassictours.com
2. Once we receive your request we contact our local tour operator if the tour is available.
3. When the tour operator confirms to us. We confirm to you and send you over to our tour operator
4. We tend and try to send all over within 48 hours.
5. You will receive an invoice, the tour program and the terms and conditions of the tour operator.
6. Please do not make travel plans until you receive our confirmation.
7. Please be advised that we make every effort to ensure that all the information given on this site is accurate. All statements and information has been researched and supplied by third parties.
8. The information given is accurate and reliable, to the best of our knowledge. Should errors be found, we will rectify them as quickly as possible. However, we accept no responsibility for errors or inaccuracies.

Included

- Standard package Bed & Breakfast - 3 * hotels
- Luggage transport service
- Information material and route description with maps
- Trekking bike
- Gps with the needed tracks
- Minimum of two persons

Not Included

- Lunch
- Dinners
- Transfers to/from the airport
- Luggage insurance
- € 150 E bike hire Lady-Men Models
- Tourist taxes
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