

## Self Guided Puglia Itria Valley



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Best periods for cycling is From March half July and September until November  
For guided options from 4 persons or more send an email to [info@cycleclassictours.com](mailto:info@cycleclassictours.com)

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## Self guided Puglia - Trulli & Itria Valley bike Trip on E bike or Trekking bike

Starting from Alberobello, Unesco World Heritage for its mysterious Trulli houses. You will cycle in the green hearth of Puglia, a few kilometers from enchanting little towns and hidden wonders. Art, nature and the gorgeous flavours of the Itria Valley will fill your body and soul! This bike trip will allows you to cycle Puglia by bike in a week. Cycle the most beloved lands and visit some of the most wonderful "Pearls" of this region. Cycle through the Itia Valley of Trulli. This classic cycle trip brings the best of the provinces like Alberobello, Locorotondo, Martina Franca and the famous Itria Valley! You will experience the history, architecture, legends and coastal landscapes of Puglia.

On your first cycle day you'll start in Alberobello and cross olive and vineyards. The next day follow the signs to Lorocotondo, famous for its wonderful balcony overlooking the Itria Valley. On day 4 and 5 you will immerse Martina Franca and the Itria Valley as well you cycle trough Cisternino probaly one of the most beautiful villages of Italy. The last two days you will cycle from Martina Franca to Ceglie Messapica up to Ostuni. Unmissable Ostuni with its whitewashing houses, baroque decoration, beautiful palaces and churches.

### Get an unforgettable holiday in Puglia and cycle in the " Heel of Italy"

- The green Itria Valley
- Trulli land of Alberobello
- The nature of Puglia between land and see
- Food and wine and local specialties
- Unmissable Ostuni with its whitewashing houses

### Itinerary

Day 1

Check in

Check in around 14.00 at your charming hotel in Alberobello. Alberobello will welcome you in this beautiful valley with its thousand cones upside down toward the sky. The history of these ancient rural buildings with conical shape, each distinguished by strange symbols and pinnacles of various forms mingle easily with local myths and legends. Some late studies associate

Alberobello to the Turkish town of Harran, in Kurdistan, where similar houses are made with blocks of soil baked in the sun. Piazza Martellotta divides the city between the more touristic and suggestive part in Rione Monti, and the most authentic and calm in Aia Piccola

## Day 2

Alberobello – Putignano – Grotte di Castellana – Alberobello 35km

Today you will know one of the principal phenomena of this territory, the karst with its rock formations. Following gentle undulations, oak forests, vineyards and olive trees you will cycle up to the largest karst caves in Italy. The magnificent caves of Castellana are a truly unique experience: they run underground for over three kilometers in an atmosphere between evocative power and magic, reflections with stalagmites and stalactites grown with ancestral rhythms. Before reaching them, you can have a detour to Putignano, elegant town well-known for its ancient Carnival with incredible floats, dated more than 600 years ago. Another night in a trullo is awaiting you.

## Day 3

Alberobello – Locorotondo – Alberobello 20km loop ride

Few kilometres of gentle ups and downs to reach Locorotondo, small white village whose wonderful balcony overlooks the heart of the Itria Valley. The lands here are devoted to the cultivation of vines, which with the help of the sun produce a light and fresh white wine of high-quality: the Locorotondo Doc. Have a walk in its old town and take your time for a careful and tasting “food&wine research” in one of the small restaurants that the centre hides. Going back to Alberobello for your last night here, try to don't miss the amazing sunset over the Trulli from one of its panoramic terraces.

## Day 4

Alberobello – Martina Franca 20km

The route will be almost completely flat; the only ascent will be the one that will take you to the town of Martina Franca. The town takes its name from its patron saint, San Martino. The name “Franca” is given by Philip of Anjou in the 14th century, to exempt the town from the payment of taxes in perpetuity. That's how the centre, attracting many people from the surrounding hills, develops quickly turning it into a well-fortified city. Besides the arch entrance of the old town, along the main street a rich and elegant scenery of striking buildings and churches will open up. Here the typical Baroque becomes almost Rococò and combining with the white lime creates an entirely unique style full of exotic charm. To satisfy eyes and palate, don't miss the famous local products: the Capocollo, Puglia appreciated cold cut, Slow Food Presidium since 2007, and the Bocconotto, sweet shortbread with a cream and black cherry heart, to taste strictly at Café Nuova Tripoli.

## Day 5

Martina Franca – Cisternino – Martina Franca 30km

Cycling in this fairytale land surrounded by gentle undulations full of vineyards and cultivated fields you will reach Cisternino, one of the “Most Beautiful Villages of Italy”. This small town is well known in the Itria Valley for its mazy oriental charm, reflected in the alleys, arches, courtyards and stairways of its four old districts. This spontaneous and unique architecture branches around the Clock Tower Square. A truly local eating experience here is the Fornello, the barbecuing butcher: you choose your meat, take a seat and wait with a carafe of local wine! Before returning to Martina for your last night there, you will cycle along a stretch of the new Greenway of the Puglia aqueduct, the longest in Europe.

## Day 6

Martina Franca – Ceglie Messapica – Ostuni 35km

Day dedicated to the town of Ceglie Messapica, a small town where art and food coexist harmoniously... In the centre a Norman Tower over 30m high overlooks the entire complex. All around an ancient and surreal atmosphere that ranges from the time of Messapians ancestors to Medieval times. Ceglie is considered the **gastronomic capital** of the Itria valley: stop for lunch at one of its restaurants and check it for yourself! From the *mashed Fava-beans* accompanied by wild vegetables to the special *Cookie of Ceglie*, a Slow Food product, you will **eat like locals** do everyday. Great help for digestion, a ride towards Ostuni, the White City par excellence. The custom of whitewashing the walls with lime dates back to the Middle Ages, to make brighter and fresher the narrow alleys. Besides being a natural disinfectant lime prevented the spread of the plague when an epidemic broke out in the 17th century.

## Day 7

Ostuni – Parco Dune Costiere – Ostuni 30km

Ostuni – Parco Dune Costiere – Ostuni (about 30km) Nature will relax you today thanks to the beauty of the Natural Park of Coastal Dunes. Slice of heaven between the land and the sea, here the dunes preserve many natural habitats. Not only fossil dunes, but also long and beautiful beaches, a fragrant Mediterranean vegetation, ponds and wetlands, archaeological sites of historical and cultural significance, historic farms and oil mills, rock settlements and more. On the way back you will find an authentic Masseria among century-old olive trees for a surprising guide tour with Extra Virgin Olive oil tasting. On the road uphill you will reach Ostuni again.

## Day 8

Departure day

Departure day.....Time to say goodbye, a good flight back home or a pleasant stay in Italy. Transfers upon request.

**How to arrive Alberobello** Alberobello is easily reachable by car, train and by air.

- BY CAR. The main highways are the A14 Bologna-Taranto and the A16 Napoli-Canosa. We recommend you to exit the motorway in Bari Nord and continue along the SS16 to Monopoli and continue on the SP113 towards Alberobello. [maps.google.com](https://maps.google.com) can help you with the directions.
- BY TRAIN. The Southeast Railways ([www.fseonline.it](http://www.fseonline.it)) connects Alberobello with the train stations of Bari, Taranto and Lecce. The Southeast Railways service is replaced by bus rides on Sundays and public holidays.
- BY AIR. The closest airports are Bari and Brindisi, both connected with the most important Italian and foreign cities. From both airports, you should get to Bari train station by shuttle bus service or train, and catch the Southeast Railways train to Alberobello.

## Booking Information

### *Add your start date*

- All prices are based on double rooms
- For bookings and inquiries contact us [info@cycleclassictours.com](mailto:info@cycleclassictours.com)

## Support

- The morning of the second day, after breakfast, you will have a welcome meeting. In case of need you can call an emergency number ON h24. Anytime,

## Technical details:

- Mostly flat with wavy lines. This Puglia tour is suitable to anyone with a minimum of training to the bicycle. The daily mileage goes from 20 to 35 daily kilometers, with programmed pauses for visits and refreshments. The bike will be a way to work off the good food and enjoy the many landscapes offered by this land. There will also be strictly cultural moments and the possibility of a refreshing swim in the clear sea of Puglia.

## Extra Information

1. Fill out and submit the online booking request or send an email to [info@cycleclassictours.com](mailto: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**

All prices are based on double rooms. All day departures! For bookings and inquiries contact us : [Info@cycleclassictours.com](mailto:Info@cycleclassictours.com)

- 7 nights with breakfast
- Roadbook and information material
- Luggage transportation hotel to hotel
- Phone assistance h24
- Pannier and helmet included by all road bikes

## **B&B - Hotel and meals**

- 3 nights in Alberobello
- 2 nights in Martina Franca
- 2 nights in Ostuni
- The Standardtour offers accommodation in pretty B&B and 3\* hotel.
- The Superior tour offers accommodation in charming 4\* hotel and Trullo house.
- All rooms are ensuite.

## **Supplements per person (Standard/Superior)**

- € 180,00/290,00 single room
- € 80,00 solo traveller
- € 70,00 trek bike rental (pannier and helmet included)
- € 125,00 all road bike rental (pannier and helmet included)
- € 60,00 transfer Brindisi or Brindisi airport-Alberobello (min. 2 people)
- € 65,00 transfer Ostuni-Bari or Brindisi airport (min. 2 people)

## **Extra nights in double/single room with breakfast (per person)**

- € 70,00/95,00 in Alberobello and Ostuni (Standard)
- € 90,00/120,00 in Alberobello and Ostuni (Superior)

## **Departure dates**

- Every day from 24.03 to 13.07 and from 03.09 to 03.11.2018

## Duration

- 8 days / 7 nights / 6 days of activities

## Not Included

- Lunches
- Dinners
- Transfers to/from the airport
- Entrance fees and tips
- Hotel tourist taxes (about € 14,00)
- E bike Lady-Men Models € 125
- Trekking bike € 125
- All road bikes € 125
- Solo traveller + € 140
- Single room supplement + € 195
- Insurance and everything not listed as Included