

South Puglia coast Tour



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Cycling Tour South Puglia. From March 23 until July 28 and from August 3 until November 3

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

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Cycling Tour South Puglia on E bike or Trekking bike

This bike tour is a perfect way to see all the best parts in the south of Puglia in the Salento region. During this self-guided bike tour you'll cycle along all the coastlines of South Puglia. Start your first day in the beautiful town of Lecce "Florence of the South". This cycling tour allows you to immerse the best of South Puglia. Experience the culture of Puglia, taste the local traditional regional food, breath-taking coastlines, the wonderful nature and much more! This cycle tour is perfect for those who like short distances.

On your first bike day you cycle through Lecce here you see old and new olive trees, ancient ruins and protected areas part of the Regional Natural Park also called "Woods and Marshes Rauccio". On your next day you go to Gallipoli here you reach the sea at the edge of the Reserve of Porto Selvaggio. From Gallipoli you cycle to Leuca don't miss the beautiful harbour of Leuca. The next day you cycle up to Otranto exploring hidden bays and caves. Day 6 is a day around beautiful Otranto with so many magical places. Finally your last cycle day will lead you all the way back to Lecce.

Cycle the South Puglia coast Tour and visit also these sights in Italy

- Regional Natural Park "Woods and Marshes Rauccio", the Megalithic and Park the Natural WWF Park "Le Cesine".
- visit of Santa Maria in Cerrate, a medieval settlement where monks lived, worked and prayed
- Pass vineyards, olive groves, crops and small villages.
- The "Beautiful City" of Gallipoli has been the most important Mediterranean olive oil trade centre in Italy
- Otranto, its castle, and its imposing Cathedral
- Legends, local stories and workplaces from the past.

Itinerary

Day 1

Check in

Check in around 14.00 at your charming hotel in Lecce. There will be a briefing, bike fitting and the tour organizer explains the coming itinerary of this road cycling trip. Airport transfers (on request).

Day 2

Lecce loopride 45 km

A day in the countryside between Lecce and the closest coast to the town, where locals can enjoy the sea even if there is no much time available. Frigole is probably not the most famous marine resort but the area around it deserves to be known for its hidden treasures. Cultivated fields and renewable energy plants coexist with old and new olive trees, ancient ruins and

protected areas part of the Regional Natural Park “Woods and Marshes Rauccio”. You will go back in time through the visit of Santa Maria in Cerrate, a Medieval settlement where monks lived, worked and prayed. It’s on the route of the old southern Via Francigena. A tasty stop will be at a surprising bakery in an old Masseria, a big agricultural centre during the Second World War, where you can buy hot specialities and fresh products from the farm.

Day 3

Lecce to Gallipoli 50 km

You'll leave the main city to go towards the sea on the Ionian coast. But first you have to pass vineyards, olive groves, crops and small villages. Copertino has a pretty small historic centre and a well-preserved Angevin castle: quick stop for a coffee with ice and almond milk in Lecce style! From here you will cross Nardò that deserves a look on its magnificent Baroque square, Piazza Salandra, maybe with a nice glass of wine of local production sitting at one of the numerous bars. You will reach the sea at the edge of the Reserve of Porto Selvaggio, a real green lung defended and wanted by the population. This coast is famous for its sunsets: arrived to Gallipoli enjoy it from the small bay of Purità, down from its walls.

Day 4

Gallipoli to Leuca 50 km

The “Beautiful City” of Gallipoli has been the most important Mediterranean olive oil trade center in the past: the underground oil mill at Palazzo Ganafei will tell you this piece of history. From Gallipoli you will cycle along the road parallel to the coastline passing Torre San Giovanni, a small harbour between volcanic low cliffs and fine white sand. Keep going straight to Punta Ristola, the extreme edge of Salento peninsula, a small rocky boss, place of legends and numerous finds dating to the Neolithic. From here a wonderful view of the harbour of Leuca and, even further, of Punta Melisso. Now it would be perfect a boat trip to discover the many sea caves...

Day 5

Leuca to Otranto 55 km

Up to the Sanctuary of Santa Maria di Leuca, white and blue are the colours all around: you can breathe calm and spirituality looking at this infinitive horizon made of the various shades of blue from sky and sea. Prepare yourself to get surprised many times today along the path. A panoramic stretch of road overlooking the sea will take you until the end to the beautiful Otranto, but before hidden bays and caves, breathtaking cliffs and canyons, enchanting villages full of history will give you many chances to get a break. Among gentle ups and downs you will reach your final goal of the day, your “home” for the next two days.

Day 6

Day around Otranto 30 km

A day around Otranto, an important little town always been, thanks to its position, a connection

point for trades, cultural exchanges, invasions between the western and the eastern world. You will explore magical places such as the Megalithic Park near the village of Giurdignano, that preserves an evocative atmosphere of rituals and legends, myths and pagan cults related to the peoples who over the millennia have inhabited and traversed these lands. Then a farm in the middle of nature, that promotes social activities ranging from biodynamic agriculture to handicraft production of rare fabrics. Before returning to Otranto, you can decide to visit La Cutura Botanical Garden, born from the love of a man for travels and... succulents!

Day 7

Otranto to Lecce 55 km

One last greeting to Otranto, its castle, and its imposing Cathedral, an incredible but especially free museum. You can see the largest and most complex paved Mosaic in southern Italy, realised by a monk, Pantaleon, today considered a true encyclopedia of images of the time and culture of the Middle Ages. You will cycle close to the two Alimini lakes before riding again along the coast. Admire the wonders of the bay of St. Andrea and of the Cave of Poetry near the archaeological site of Roca Vecchia, maybe trying the experience of a jump in the sea. A regenerate ride through the Natural WWF Park "Le Cesine", along with the discovery of Acaya, a fortified town where time seems motionless, will make gradual your return to the modern civilization and the charming Lecce.

Day 8

Departure day

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

Airport

- The Salento airport of Brindisi is about 40 km from Lecce and is well connected to the city by a shuttle bus service or private transfer.
- The airport of Bari-Palese is about 160 km from Lecce. From Bari and Brindisi you can also reach Lecce by train or taxi service.

Train

- Train station Bari-Paleise is 1h 45 min away from Lecce
- Train station Brindisi is only 25 min away from Lecce

Bus

- Lecce is also accessible by bus every 30 min their leaves a bus from Bari-Paleise and Brindisi

Booking Information

Add your start date

- All prices are per person in double rooms
- For bookings & inquiries info@cycleclassictours.com

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 30 to 55 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.

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

Extra Information

Accommodation & Meals

- 2+1 nights in Lecce
- 1 night in Gallipoli
- 1 night in Leuca
- 1 night in Otranto
- The Standard tour offers accommodation in pretty B&B and 3* hotel.
- The Superior tour offers accommodation in charming 4* hotel.
- All rooms are ensuite.
- 7 breakfasts included. All other meals are not included.

Supplements per person (Standard/Superior)

- € 185,00/320,00 single room
- € 150,00 solo traveller
- € 70,00 trek bike rental (pannier and helmet included)
- € 125,00 all road bike rental (pannier and helmet included)
- € 180,00 E-bike rental (pannier and helmet included)
- € 45,00 transfer Brindisi airport-Lecce (min. 2 people)
- € 90,00 transfer Bari airport-Lecce (min. 2 people)

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

- € 70,00/95,00 in Lecce (Standard)
- € 90,00/120,00 in Lecce (Superior)

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

All prices are per person in double rooms. For bookings & inquiries
info@cycleclassictours.com

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

Not Included

- Lunches
- Dinners
- Transfer to/from the airport
- Entrance fees and tips
- Hotel tourist taxes (about € 14,00)
- E bike Lady-Men Models € 150
- Trekking bike € 80
- All road bike € 130
- Single room supplement 3* Hotel + € 160 low season Mid €190 - High € 220
- Single room supplement 4* Hotel + € 280 low season Mid € 320 High € 360
- Solo traveller + € 150
- Insurance and everything not listed as Included