

Cycling Puglia and Basilicata



Bike Puglia and Basilicata

Cycling tour Basilicata Puglia - Self guided cycling Trip Puglia and Basilicata.

Every day all year long

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

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



Cycling tour Basilicata Puglia on E bike or Trekking bike

In the south of Italy you will find Puglia and Basilicata. Two unique regions right between the Ionian Sea and the Adriatic Sea. Cycling through the "heel of Italy" is a very special experience. You will cycle over rolling hills, through typical Italian villages. You'll pass also vineyards and olive groves on your way through charming beautiful towns like Trani, Altamura, Massi or Alberobello. Would you rather see more culture? Puglia is especially relevant for its architecture, scenic squares and museums. Puglia is known as the garden of Italy for its food, olive oil and wine production so don't hesitate and taste the Italian wines of Puglia.

Your first day of the trip starts in Bari. From this old town you cycle through South of Italy. You will see the World Heritage site of Matera and you see the "Sassi of Matera". You will also see the "Trulli of Alberobello". Combine physical action with culture and the charming Mediterranean architecture of Puglia and Basilicata. Furthermore a cycle holiday in Puglia and Basilicata is an of the beaten track. Jump on your E bike or Trekking bike and discover these regions of thousand faces. Soak up the Puglian sun on two wheels!

Cycling "The Heel of Italy" is a once in your lifetime experience!

- Cycle through typical Puglian countryside villages and the historic centers
- Fantastic scenery, perfect roads and fine food making Puglia & Basilicata a cycling paradise.
- Wander through the old medieval town of Bari
- Don't miss guided wine cellar tour
- Sassi of Matera and discover the ancient cave dwellings
- Two unique UNESCO world heritage sites Matera and Alberobello
- You stay in the World Heritage Town of Alberollo the "city of Trulli"
- Visit the cathedral of Ruvo di Puglia and Trani
- And visit the stones of Matera (Sassi di Matera)

Itinerary

Day 1

Check in

Check in around 14.00 at your hotel in Bari. This beautiful city will be your starting point for the upcoming week. Depending on your time of arrival you can visit the city of Bari. Don't forget to visit the beautiful old town and the famous Cathedral Basilica of St. Nicola. Overnight stay in Bari.

Day 2

Bari to Trani 68 km

Today you'll cycle up to old medieval places like: Bitonto, Terlizzi, Ruvo di Puglia. Here you will find the typical Romanesque cathedrals of Puglia. Soon you will reach Trani with its wonderful and unique cathedral that seems to come out from the blue Adriatic sea. Overnight stay in Trani.

Day 3

Trani to Minervino Murge/Area 55 km

Today you'll cycle across the Apulian inland. Your first stop is Andria, where you can enjoy the famous Burrata. Then you'll continue for about 10 km reaching the Alta Murgia National Park. Among hills, pastures, olive trees and vineyards, on a hill of the Murge Plateau, you'll finally get to the most important example of Swabian architecture: Castel del Monte (UNESCO World heritage site). Overnight stay in Minervino Murge/Area.

Day 4

Minervino Murge/Area to Gravina 65 km

Today you will have a calm biking day. You will follow the routes of the Murgia. The Murgia area rises up from the Adriatic coast, Le Murge is a low limestone plateau and dominates the scenery to the south and west of Bari. From here you reach the town of Gravina. The village is on the list to become a UNESCO world heritage site. In the centre you'll find its magnificent cathedral and its spectacular Roman bridge suspended over the canyon. Overnight stay in Gravina.

Day 5

Gravina to Matera 45 km

Leaving Gravina. You will ride up to Altamura. The town can be spotted on a spur overlooking the plateau, with the Cathedral towers standing out against the sky. Don't miss the chance to taste the famous Altamura bread and Focaccia. At the end of the stage your tour will lead you to another famous UNESCO world heritage site: MATERA. Famous for its Sassi and stunning landscapes, Matera, located on the border of Basilicata and Puglia, is not only breath taking, but fascinating. Overnight stay in Matera.

Day 6

Matera to Alberobello 79 km

Heading out of Basilicata, you will enter Apulia again. Crossing Gioia Del Colle, home of the mozzarella, and NOCI, you will reach Alberobello, universally-known as the capital of the Trulli, distinctive, small, dry-stone buildings with a conical roof. There are about 1500 trulli scattered in Monti and Aia Piccola districts, both listed as World Heritage by UNESCO in 1996. Overnight stay in Alberobello.

Day 7

Alberobello to Bari 82 km

Today you will discover on your bike the stunning beauty of the Apulian countryside and not only that. You'll ride towards Castellana Grotte, known for its intriguing underground caves. Then you'll start the downhill run towards the sea, until you'll reach Polignano a Mare, a shining gem on the coast of the Valle d'Itria, perched atop a 20 metre-high limestone cliff above the crystal clear waters of the Adriatic. At this point you can choose to reach Bari by train (Ticket price is not included; your bike travels for FREE on regional rails) or by bike. (up to Polignano 35 km). Overnight stay in Bari.

Day 8

Departure day

Departure day.....Time to say goodbye, 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
- All day departures
- CATEGORY A: B&B - ECONOMY 3*** Low Season EUR 770 - Mid-Season EUR 925 - High Season EUR 1.120
- ?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 and inquiries contact us 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

- Bed & Breakfast service
- Trekking bike rental - ebike rental plus € 90
- Luggage transport service
- information material and route description with maps
- Gps with the needed tracks

Not Included

- Lunches
- Dinners
- Airport transfers (on request)
- € 150 extra charge E bike Lady-Men Models
- Luggage insurance
- Tourist taxes
- CATEGORY A: B&B - ECONOMY 3***Low Season EUR 770 - Mid-Season EUR 925 - High Season EUR 1.120
- ?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
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