

## Bike Trip South Puglia



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**Cycling Trip South Puglia and Salento. From March 1 until November 30  
For guided options from 4 persons or more send us an email.**

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**Cycling Trip South Puglia on E bike or Trekking bike**

Cycle around Lecce: the city of hundred churches and with its historic centre in the South of Italy. Lecce is the capital of Puglia and is a vibrant city, which downtown street lights up at sunset to animate the pleasant and warm evenings. In 6 days you'll cycle the most hidden corners around Lecce. You'll discover the beautiful hinterland inhabited by the ancient Messapians. Enjoy Lecce and beyond on two wheels.

Your first bike day starts in Lecce from here you go to the west coast of Gallipoli. Here you'll immerse the history of this town which is famous for its "green gold" you will discover it in one of the many oil mills. Your next day will lead you to Acaya here you reach the sea. On day 4 you cycle the Francigena way, before reaching the Adriatic coast. Your last cycle day will be the east coast of Otranto, from here you go all the way back to Lecce. In Otranto you will visit beautiful creeks like "The Bay of the Turks" and its cliffs; old Roca and its Cave of Poetry; St. Andrea and its stacks.

On your way around Puglia there are plenty possibilities of a refreshing swim in the clear sea of Puglia.

## Jump on your bicycle and discover South Puglia

- Gallipoli famous for its "green gold" with many oil mills that the old town still preserves
- Le Cesine nature Reserve and the fortified village of Acaya.
- Beautiful creeks: The Bay of the Turks and its cliffs; old Roca and its Cave of Poetry; St. Andrea and its stacks.
- The medieval Abbey of Cerrate on the Francigena Way
- The most beautiful coasts of Puglia
- The "Lecce Stone"
- The medieval Abbey of Cerrate on the Francigena Way
- And Salento with its great street food

## 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

#### Gallipoli and the west coast 50 km

Early in the morning you will reach Gallipoli with private transfer. Its old town is enclosed in a rocky island that is accessed by an 18th century bridge. The village is a real "gallery" in Baroque style adorned with Neapolitan and Apulian paintings. Hence the use of local stone, carparo, did not allow the same decorations that the stonecutters were able to make in Lecce. So Gallipoli has its own Baroque, whitewashed and painted gold on precious wood in Rococo

style. Clean facades of the many churches hide sumptuous and magnificent interiors. The history of this town is tied to its “green gold” and you will discover it in one of the many oil mills that the old town still preserves under its palaces. Left Gallipoli you will drive along a stretch of coast up to Porto Selvaggio Reserve; from here you will ride in the hinterland discovering the city of Copertino, home of the Holy Flying, and Nardò, popular due to its wine cellars and its beautiful historic center. Back in Lecce we advise you to try a delicious ice cream at the “Gelateria Natale” near Sant’Oronzo Square, really famous in Lecce.

### Day 3

#### Lands of Acaya 40 km

Today’s itinerary is dedicated to Le Cesine nature Reserve and the fortified village of Acaya. You will drive along the “Fondone”, a long road leading up to Le Cesine. Within the reserve there is a provincial highway now become a long cycle path surrounded by olive trees and reeds. You will then reach the sea, where it will be easy to find a shack near the shore for a break before or after a dip in the beautiful sea adjacent to the reserve. Again on the bike to return to the city. The route includes a stop almost mandatory in the small and enchanting village of Acaya. Here if you are lucky you will find open a tiny bar/grocery where you can find almost everything. After visiting the Castle which houses a Byzantine fresco still being studied, you will take the road to Lecce. Sun, sea and ... Rustico! If you want to taste a typical Slow Street Food, we recommend the traditional Rustico Leccese. The historical origins of this goodness are uncertain, but the recipe is well known by many bakeries, bars or takeaways in town, so it will be easy to find it everywhere, even in the early hours of the morning. Enjoy your meal!

### Day 4

#### On the Francigena way 45 km

After breakfast you will leave Lecce following Via Vecchia Frigole. First stop will be at “Lu Furnu” in Masseria Giammatteo, big agricultural centre during the Second World War. Here you can have excellent bread, sweet and spicy lace, cakes and, above all, the unbeatable “pittule”, very good especially if still hot. After having enriched the palate, continue towards sea and reach the Adriatic coast. The last stage today, purely historical, will be dedicated to Santa Maria in Cerrate, Medieval abbey commissioned by Count Tancredi and now reassessed by the Italian Environment Fund-FAI. After the visit you will back off Lecce trying to follow the roads once traveled by pilgrims heading to the ports of Otranto and Leuca, from where they embarked to the Holy Land.

### Day 5

#### Otranto and the East coast 55 km

After breakfast by private transfer you will get to the Blue Lake, an incredible place that preserves an emerald pond in bright red soil. From here you will begin to pedal backwards along the coast. In the blink of an eye you will reach Otranto, a city always stretched between East and West, that you cannot fail to visit. Left Otranto behind you will cycle on a coastal road from which it will be easy to see and reach beautiful creeks: the Bay of the Turks and its cliffs;

old Roca and its Cave of Poetry; St. Andrea and its stacks. Sun, sea and...Pasticciotto! If you have not already done so, just returned to Lecce taste the delicious local sweet, a single-portion pie made with pastry and stuffed with custard.

Day 6

Departure day

Departure day.....Time to say goodbye, a good flight back home or a pleasant stay in Italy. Transfers upon 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 from 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](mailto:info@cycleclassictours.com)

### **Technical details**

- This tour is suitable to anyone with a minimum of training to the bicycle. The daily mileage goes from 40 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**

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**

- 5 nights with breakfast
- Private transfer day 2 & 5
- Roadbook and information material
- Phone assistance h24
- Pannier and helmet included by all road bikes

### **Not Included**

- Lunches
- Dinners
- Transfer to/from the airport
- Single room supplement + € 160
- Solo traveller + € 100
- High season + € 140
- E bike Lady-Men Models € 150
- Trekking bike € 50
- All road bike € 85
- Entrance fees and tips
- Hotel tourist taxes (about € 10,00)
- Insurance and everything not listed as Included