

Kat's Great Adventures

Italy - Apulia The Heart of The Mediterranean Bicycle Tour 2023
Self-Guided Tour
8 Days / 7 Nights



Discover the southeast end of Italy. On this bicycle tour you will not only experience the unique countryside between the Adriatic and the Ionic Sea, but also the friendliness and hospitality of the southern Italians. The countryside is rich in culture. The Greeks, Romans, Byzantines, Normans, Habsburger and the Bourbons have all left their marks in the region.

Itinerary Day to Day

Day 1: Arrival at Alberobello

Individual arrival at the hotel in Alberobello. This small town in the province of Bari is famous for Trulli stone constructions. The Trulli of Alberobello are part of the UNESCO World Heritage sites list since 1996.



Day 2: Alberobello – Ostuni 35 km, longer option via Martina Franca 45 km

Enjoy a tour through the Valle d'Itria, one of the prettiest cultural landscapes of the south, with a stop at the famous wineries in Locorotondo to taste some local wine. The next stop is Ostuni, the “white town” offering breathtaking views of the sea.

Day 3: Ostuni – Avetrana/surroundings 60 km

From Ostuni you continue through olive groves, vineyards and fruit crops to Avetrana, and a historic small town on the Via Appia. This ancient Roman road led once from Rome via Taranto and Oria to Brindisi. Today only some parts of the ancient cobbled paths remain and are called the “Via Appia Antica”.

Day 4: Avetrana/surroundings – Gallipoli 60 km

You leave Avetrana to reach the sea in the shortest possible time. After a short ride to “Torre Colimena” you continue along the coastal highway with its numerous defense towers to Porto Cesareo. Along the Ionic coast you carry on to Gallipoli. This originally Greek “Kale Polis” (beautiful town) awaits you! The old town is situated at the end of what seems to be an impregnable rocky island that stretches far out into the sea. There is a fantastic view both from the north and the south. The town itself has many churches and interesting museums.





Day 5: Gallipoli – Santa Maria di Leuca/surroundings 50 km

Today you reach the southernmost point of Salento and at the same time the watershed at Santa Maria di Leuca. The place is especially known for its pilgrimage church. At the turn of the century, many splendid villas were created, which are an absolute architectural highlight due to their imaginative and absurd forms. Here eccentric end of the world lovers settled down to enjoy the tranquility and the sea in the remoteness of the place.

Day 6: Santa Maria di Leuca/surroundings – Otranto 50 km

Along the southern coast of the Adriatic Sea you will reach the Messapian city of Otranto. It is considered an art historical gem in the midst of a charming landscape. The old town is surrounded by a mighty city wall and impresses with the impressive Habsburg Castle. On the way to Otranto, you will have the opportunity to visit the famous Zinzulusa Cave, the only coastal grotto open to the public. Santa Cesarea Terme, known for its hydrotherapeutic treatments and radioactive mud therapies, also deserves a stopover.

Day 7: Otranto – Lecce 50 km

First on the Adriatic coast, then it continues through countless olive groves towards Lecce. If you want to take a break on the way, do it best on the high limestone cliffs limited bay of Torre dell'Orso. Lecce, the capital of Salento, is a city of great charm, which is particularly inspired by the undoubted beauty of its buildings and churches. In addition to Naples, Lecce is the baroque metropolis of the South, not without reason they speak of the "Lecce Baroque". Here, around 30 churches and countless palaces await your visit. Do not forget to pay a visit to the amphitheater and the Roman Theater, both probably built by Emperor Augustus.



Day 8: Departure

Individual departure or extension of your stay

Route



Technical Characteristics:

Route Profile: Easy. Easy touring, apart from a few slight ascents and descents along the route, most of this tour is along flat, tarred roads. As you are travelling out of the main season, most of the roads are mainly free of traffic. The tour is suitable for children over 14 years.

Distance: 305-315 km

Travel Season: Departures Saturdays and Sundays from April 1 - June 18 and August 19 - October 15, 2023

Season 1: April 1

Season 2: April 2 – May 26 and September 5 – October 15

Season 3: May 27 – June 18 and August 19 – September 4



Price per Person:

Double Occupancy B&B Season 1	€ 698.00
Double Occupancy B&B Season 2	€ 829.00
Double Occupancy B&B Season 3	€ 949.00
Surcharge Single Occupancy	€ 219.00
Rental Bike (21 gear)	€ 99.00
Rental TOP bike (21 gear)	€ 159.00
Rental Electric Bike	€ 229.00
Extra Nights Alberobello Double Occupancy B&B	€ 89.00
Extra Nights Alberobello Single Occupancy B&B	€ 118.00
Extra Nights Lecce Double Occupancy B&B	€ 84.00
Extra Nights Lecce Single Occupancy B&B	€ 114.00

Accommodation:

3* and 4* hotels or “Agritourist farm” in a room with bath/shower and WC

Included:

- 7 nights’ accommodation
- Breakfast buffet or a full breakfast
- Personal tour information
- Luggage transport from place to place
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for during the entire tour
- Navigation app

Not Included:

- Visitor’s tax payable locally
- Transfer: Transfer by shuttle bus on request (bicycle included – reservation and payment upon booking):
Transfer Monopoli train station – Alberobello: € 30.00 per person, daily, minimum 2 pax.; Transfer Bari/Brindisi airport/train station – Alberobello: € 50.00 per person, daily, minimum 2 pax.; Transfer Lecce – Bari airport: € 125.00 per person (minimum 2 pax); Transfer Lecce – Brindisi airport: € 40.00 per person, daily, minimum 2 pax.; Transfer Lecce – Alberobello: € 65.00 per person, daily, minimum 2 pax.

Bikes

Hybrid Bike

Mens Trekking Aluminum, with water bottle holder, Shimano Alivio/Deore 21 gear freewheel, Royal saddle, size S-XL
Women's Trekking Shimano Alivio/Deore, 21 gear freewheel, Royal saddle, step-through frame, size S-XL



TOP Bike



Aluminum frame with bottle holder, with shock absorbing forks, Shimano Deore XT 10x3 gears and Shimano oil disk XT breaks, size S-XL

Electric Bike



Step through frame, Bosch Performance Line Motor, 8 gear, range performance: approx. 200 km (using middle/constant speed)