

Self-Guided Bicycle Tours in Italy: By Bicycle in Puglia - The Best of Southern Italy Plus! the Heel of the Boot

Tour Facts Sheet

On the Adriatic Coast, Puglia occupies the "heel" of Italy's boot. Here, ancient Greek and Italian culture mingle in hillside vineyards, olive groves, and whitewashed villages nestled against the blue of the Mediterranean. Pedal through a landscape filled with unique conical shaped dwellings known as *trulli*, and enjoy meals prepared with Italian, Greek, and Middle Eastern influences. Discover the warmth and hospitality of Southern Italy's friendliest people as you ride as far southeast as possible on Italy's mainland.

Highlights	Byzantine and Norman towns, Karst Cave in Zinzulusa, Coastal towns, views, sandy beaches for swimming and bike rides on the Adriatic coast, the splendid Baroque architecture of Lecce, the white city of Ostuni, Sleep in the UNESCO World Heritage Site of Alberobello and its "trulli" (conical limestone homes)
Price	€1620 Single supplement: €550
Includes	10 days, 9 nights lodging in 3-4 star hotels, all breakfasts; use of a quality 24-27 speed racing or hybrid bicycle; bike delivery and collection; bike fitting and briefing; roadbook and map; GPS tracks; luggage transfers
Begin/End	Monopoli / Lecce
Arrive/Depart	Bari Airport (BRI) or Brindisi Airport (BDS)
Total Distance	411 - 612 km (255.5 - 380.5 miles)
Daily Distance	30 - 100 km (19 - 62 miles)
What to Expect	Easy terrain with some low hills and low daily mileage; genuine experiences of southern Italian culture.
Rating	3 – View Tour Rating Descriptions Some days have shorter/longer options.
Terms	Terms & Conditions



Visit our website for tour dates, price and full itinerary description at Cycleeurope.com

Read our Self Guided Tour FAQ Sheet [here](#).

Tour's Dates:

Tour begins any day except Sundays in March, April, May, June, September, October and November.
City taxes not included.

Your Itinerary

<p style="text-align: center;">Day 1: Arrive in Monopoli and test ride to ruins of Egnazia</p> <p><i>Highlights: Byzantine and Norman towns; Castle of Charles V; Egnazia Roman ruins</i></p> <p>Arrive in Monopoli this afternoon at our Masseria, a typical Apulian farm with lodging just outside town. Your host meets you to fit your bikes and to discuss your tour. They'll suggest an orientation ride along the Adriatic coast to Egnazia, with some of the best Roman ruins in the region. Enjoy Monopoli with its charming mix of Norman, Venetian-Byzantine and Arabic architecture. Dinner is included tonight.</p>	<p>Mileage: optional 35 km (22 miles)</p> <p>Accommodation: Palazzo Indelli</p>
<p style="text-align: center;">Day 2: Cycle to Conversano</p> <p><i>Highlights: Charming coastal town of Polignano, including dry gorges and beaches (the Lama, Grotta Palazzese and Rondinelle); the town of Conversano</i></p> <p>Before you leave Monopoli be sure to visit the main food market with its fresh fish, fruit and vegetables. You bike north-west following the coast towards Polignano this morning, a small and vibrant fishing village surrounded by clear blue waters. This is a good stop for lunch or for ice cream. The small little hamlet of San Vito is another great stop along the sea with plenty of great picture opportunities. Your destination tonight is inland in the small town of Conversano, where you'll enjoy your resort hotel. We'll provide a list of several restaurants in town.</p>	<p>Mileage: 29 km (18 miles)</p> <p>Accommodation: Hotel Corte Altavilla</p>
<p style="text-align: center;">Day 3: Ride to Alberobello - the city of trulli</p> <p><i>Highlights: Small villages, beautiful riding, and a final view on the trulli (limestone conical houses)</i></p> <p>This morning you bicycle to beautiful Alberobello and its unique <i>trulli</i>. Trulli are cone-shaped dwellings made of dry limestone, traditionally stacked without mortar. Trulli are the most widely recognized symbol of Puglia and are unique to a small area around Alberobello. This ride is one of the most spectacular of the trip. You pedal through small villages, past fairy-tale landscapes with finely trimmed vineyards and conical trulli. Stop anywhere in this enchanting landscape for a picnic. Your destination is Alberobello, the heart of the trulli region!</p>	<p>Mileage: 38 km (24 miles)</p> <p>Accommodation: Trulli e Puglia</p>

<p>Day 4: Loop ride around Alberobello to Locorotondo <i>Highlights: Locorotondo (wine town), Trulli landscape, Medieval town of Martina Franca</i></p> <p>Sleep in today or get up early for a long ride as you'll be back in your same lodging tonight. Our routes follow winding roads among almond and olive trees. Your first stop is the village of Locorotondo perched as if a natural balcony overlooking the Itria Valley with its trulli and carefully kept vineyards. Locorotondo is like a typical town in the Greek Islands with its whitewashed houses, cul-de-sacs and small squares. Your next stop is the rich, 16th century baroque town of Martina Franca, also overlooking the Itria Valley. We suggest lunch in Martina Franca. You are back in Alberobello tonight.</p>	<p>Mileage: 49 km (31 miles)</p> <p><i>Accommodation:</i> Trulli e Puglia</p>
<p>Day 5: From Alberobello to Pezze di Greco <i>Highlights: Stone lined country roads, olive oil tasting and olive grove stroll, eat and sleep in a traditional farmhouse</i></p> <p>Country lanes lined by weathered stone walls take you off the <i>Murgia</i> plateau you've been on for three days. Coast downhill while enjoying the breathtaking view of the surrounding countryside. This incredible descent will bring you down to Capitolo and south along an ancient farming road, finishing through a patchwork of almond orchards, olive groves, vineyards and gloriously colored fields of fresh tomatoes and peppers. Your destination is a Masseria which still harvests olives and produces its own olive oil. Enjoy a walk through centuries-old olive groves. Dinner is included tonight.</p>	<p>Mileage: 43 km (27 miles)</p> <p><i>Accommodation:</i> Masseria Salamina</p>
<p>Day 6: Loop ride to Ostuni <i>Highlights: Cisternino and Ostuni, the "white town"</i></p> <p>If it's not too early or late in the season relax and enjoy the pool this day if you are not up for a loop ride! Today's ride takes you back to the <i>Murgia</i> on a slow ascent before taking you into the village of Cisternino. This is a good lunch spot as you can stroll along the promenade with superb views of the valley and glimpses of the Adriatic coast. Your route from here continues along a beautiful ridge road to Ostuni, an impressive "white city" spanning three hilltops. Take a stroll in the center to admire the cobblestone streets and picture-perfect whitewashed houses before heading back to your hotel.</p>	<p>Mileage: 65 km (40 miles)</p> <p><i>Accommodation:</i> Masseria Salamina</p>

<p style="text-align: center;">Day 7: Train and bike the heel of Italy</p> <p style="text-align: center;"><i>Highlights: Train ride with your bike, bicycle along the coast, the gem town of Otranto</i></p> <p>You'll have a late start this morning with a one-hour train ride with your bike to avoid the traffic surrounding the port-city of Brindisi. Get off the train and you're now in the Salentine peninsula, the so-called "heel" of Italy. Start your ride through the interior before emerging onto the coastal roads, where white sandy beaches call you into the waters for a leisurely swim. Along the way you can have a lovely local lunch in the Castle town of Acaya. Stop along any of these beaches for a picnic before pedaling into the gem of the peninsula: the city of Otranto. Here you will lodge in the gorgeous Relais Valle dell'Idro and enjoy lovely evening walks along the giant piazza and the pristine beach. Thanks to its peculiar location, you have a panoramic view of all of Otranto, from the sea to the old town centre. Visit the architectural beauties of the Otranto martyrs' Cathedral, the Byzantine Church of Saint Peter, the old city centre, and much more. There are numerous lovely suggestions for dinner as well as one of the best pizza places in Puglia is right in the main Piazza. Welcome to Otranto!</p>	<p>Mileage: 68 km (42 miles)</p> <p style="text-align: right;"><i>Accommodation:</i> Relais Valle dell'Idro</p>
<p style="text-align: center;">Day 8: Bike to the southern-most point of the heel</p> <p style="text-align: center;"><i>Highlights: Reach the tip of Italy's heel, visit the winery Castel di Salve winery thermal waters of Santa Cesarea Terme, karstic cave in Zinzulusa</i></p> <p>We have saved the best ride for last! Pedal along the coast south and west of Otranto where you will see the easternmost and southernmost points of Puglia both on the same day. You'll also visit the winery Castel di Salve winery on your way to Santa Maria di Leuca, a city noted for gleaming white as you arrive from the sea and its position as De Finibus Terrae, the end of the earth). You can make today as challenging as you like, as your route notes will provide cycling options up to 110km, but will also make it easy for you to pick a point to turn around and head back at any time. And, of course, whatever route(s) you choose to take, it will be easy to find places to stop for food and sightseeing along the way!</p>	<p>Mileage: 55 - 110 km (34 - 68 miles)</p> <p style="text-align: right;"><i>Accommodation:</i> Relais Valle dell'Idro</p>

<p style="text-align: center;">Day 9: Cycle Otranto to Lecce</p> <p style="text-align: center;"><i>Highlights: Flat ride, olive tree orchards, Baroque architecture of Lecce</i></p> <p>Today, you will head to the wonderful town of Lecce, cycling the last 38km. You will find the terrain mostly flat and in between endless olive orchards. Your ride will lead you through the small enchanting villages of Borgagne, Melendugno, Castri' di Lecce e Lizzanello.... all villages in which time seems to have stopped, so be sure to stop and smell the olives. After arrival in Lecce, we will provide you a walking map to reach your final hotel destination, the Palazzo Rollo. This Palace is a charming bed and breakfast located in a 17th century palace in the heart of the historical centre of Lecce. The beautiful structure offers the opportunity to appreciate Lecce's baroque masterpieces in just a few steps. No matter how you choose to spend the day, be sure to stop for a coffee and the amazing local pastry known as Pasticciotto Leccese (filled with yummy custard cream). Take in all that Lecce has to offer on this last day of your Italian Holiday!</p>	<p>Mileage: 37 km (23 miles)</p> <p style="text-align: center;"><i>Accommodation:</i> Suite Hotel Santa Chiara</p>
<p style="text-align: center;">Day 10: End of your Bike Tour in Puglia</p> <p style="text-align: center;"><i>Highlights: Explore Lecce, Continue traveling or return home</i></p> <p>Your bike tour of Puglia finishes today. You can spend more time in Southern Italy, or take the train to Bari or Brindisi for your homebound flight. Buon viaggio!</p>	

NOTE: This hotel itinerary is subjected to changes according to availability. City taxes are not included.

LODGING UPGRADE: Room upgrades are possible in some hotels. Ask for availability.

GTA: How to get there and away

Starting point: Palazzo Indelli in Monopoli

We recommend flying into Bari or Rome and from there you can take a train to Monopoli.

We offer a private transfer from Bari's Airport to your hotel (see next page for prices)

Ending point: Hotel Suite Hotel Santa Chiara in Lecce

We recommend flying out from Brindisi (the closest airport to Lecce) or Bari, or Rome.

You can get a bus from Lecce to Brindisi airport, train is an option to reach all the airports.

We offer a private transfer from your hotel to Brindisi or Bari's Airport (see next page for prices)

Once you book the tour we will send you detailed information and different options on how to get to the starting point and away from the ending point of the tour.

Luggage Transfers

Luggage transfer is included in your package. Normally, the luggage is collected from 09.00 at the reception of the hotel and is delivered at the following hotel by 16.30.

Every luggage must be marked with a visible luggage tag. Please make sure yours have correct tags.

If your luggage is not ready by the time the driver comes to collect it, you may need to have to pay directly a local taxi for the service.

Please consider that the luggage is not insured during the transport. You need to have your own insurance. Do not leave valuables or fragile items in your luggage.

Normally you cannot use the luggage transport service to skip the stage. In case you need help to skip the stage, please contact our emergency number.

Services available at an additional cost (ask for availability)

Carbon bike: 20€/bike/day

Ebike: 15€/bike/day

Walking tour in Alberobello with a native guide: 110€

Mozzarella Making Demo and tasting in a Caseificio (Cheese Shop): 110€

Private transfers from and to the airport (see table below)

From	To	2-3 pax	4-8 pax
Bari	Monopoli	90€	110€
Brindisi	Monopoli	90€	110€
Pezze di Greco	Bari	100€	120€
Pezze di Greco	Brindisi	80€	100€
Otranto	Brindisi	100€	150€
Otranto	Bari	250€	300€
Lecce	Brindisi	70€	95€
Lecce	Bari	220€	280€
Lecce	Monopoli	130€	170€

Bicycle Specification

All bikes come with a water bottle, a small pump, a lock, and an under-seat pack that contains a spare tube, tire irons and patch kit. We can provide flat pedals or with cage, we don't provide clipless pedals as there are different kinds, so you'll have to bring your own pedals with you and we'll mount them on your rented bike. The bikes come also with a front bag and an approved helmet.

ROAD



Product name	Via Nirone 7 Shimano Sora 9sp Compact	Rear derailleur	Reparto Corse AS007N Alloy
Brakes	Reparto Corse RC-471 Alloy - Brake levers included	Front derailleur	Shimano Sora 9sp
Color	RA - Red/White/Silver	Handlebar	Reparto Corse JD-RA35A Compact, alloy
Wheels	Reparto Corse R-500, alloy	Tape	handlebar Ribbon cork
Frame	VIA NIRONE 7 Alu 7000	Crankset	Shimano FC-R345-L 50-34T
Fork	Alu Carbon-Kevlar C2C-1.1/8"	Sprocket	Shimano Tiagra 9sp, 12-27T
Rear hub	Formula RB-556	Seatpost	Reparto Corse SP-620 alloy
Front hub	Formula RB-72	BB	BB-ES25, BSA 68mm-113
Headset	Fsa NO.8B/ZS4D 1.1/8"	Saddle	San Marco Era Start Power
Tire	Vittoria Zafiro Slick 700x25	Chain	Shimano CN-HG53, 9sp
Shifters	Shimano Sora 9sp		
Stem	Shimano Sora 9sp		

Carbon Road



FRAME: Carbon Monostay UD
Fork: Carbon UD
Handlebar: Ritchey Comp
Piega: Deda - RHM 01 BLK
Attacco: Deda - 01 White
Crankset: 105 Compact
Wheels: Mavic Aksium
Tyres: Vittoria Zaffiro Pro Slick
Saddle: Selle Italia XR flow white
Weight Frame : 1210 g
Weight Bike : 8,400 Kg

HYBRID



Product name: Camaleonte Sport 4 Shimano Claris compact V-Brake
Brakes: "Tec Sport Edition" Mini V-Brake
Brake levers: XL-136A V-Brake
Frame: Camaleonte SPORT ALU 6061, Size: 43cm/47cm/51cm/55cm/59cm
Wheels TEC Sport Edition, alloy
Fork: 1-1/8" alloy, 700C
Rear hub: Alloy, 28h, for 8/9sp
Headset: 1-1/8" Semi-integrated
Front hub: Alloy, 28h
Shifters: Shimano Claris, 8sp
Tire: "Tec Sport Edition" UNDA 28-622
Rear derailleur: Shimano Claris 8sp
Stem: Adjustable alloy ahead stem
Front derailleur: Shimano Claris 31.8mm
Handlebar: "Tec Sport Edition", Alloy PG, 620mm
Crankset: Shimano Claris 50X34T
Sprocket: Shimano 8sp, 11-28T
Seatpost: "Tec Sport Edition", alloy 6061
BB: Shimano BB-ES25, BSA 68MM-113 Octalink
Saddle: "Tec Sport Edition", Steel rail
Chain: KMC Z72 8sp
Pedals: Choice

TANDEM



Frame	Alluminium 7005 db frame - 2900 gr
Fork	Steel UDF 1 1/8"
Rear Shock	N/A
Rims	Wheels Mavic, 36 hole
Hubs	Wheels Mavic, 36 hole
Spokes	Wheels Mavic, 36 hole
Tires	Vittoria Zaffiro, 700 x 25c Kevlar
Pedals	Flat or with cage
Crank	Shimano Ultegra 29-39-52
Chain	Shimano
Rear Cogs	Shimano 11-32
Front Derailleur	Shimano
Rear Derailleur	Shimano Sora
Shifters	Shimano Flat 9 Speed Sora
Handlebars	Zoom Aluminium
Stem	Aluminium (adjustable stem)
Headset	Tec 8mm
Brakeset	VKT
Brakelevers	Shimano Sora
Saddle	Selle Italia FLX
Seat Post	Aluminium PROMAX 27, 2
Colors	Orange and brown
Size	M, L
Weight	15,0 KG

E-BIKE (Atala B-Free)



Gears: Make and how many	Bosch engine with 6 speed rear cassette
Brakes: Make and type	Disk brakes
Suspension	Gas shock
Size of bike provided	M - male frame; Unisex - female frame
Rear Panniers or bike bag?	Yes
Water bottle holder?	No
Water bottle provided?	yes
Adjustable handlebars?	Adjustable stem
Female saddles provided?	Yes
Do you provide gel saddles?	Yes
Can Client fit his own Saddle	No
Can client fit his own pedals GIVE measurement for pedals	Flat only
Km counter	Yes
Lock	Yes
Bike bought in year:	2016