

## APULIA | BIKING TOUR – Flavours and colours of the mediterranean - 6 Days

- Alberobello and its trulli – UNESCO listed
- Pasta cookery class with light lunch
- Wine tasting accompanied by local delicacies at a Masseria

### SUGGESTED ITINERARY - GET IN TOUCH FOR A CUSTOMIZED TOUR!

#### 1 Arrival in Apulia

#### 2 Alberobello and wine tasting - no coach required

- Today we cycle in the Valle d'Itria through impressive olive-groves
- Our destination is Alberobello where the curious trulli whitewashed houses with their conical roofs are an amazing sight
- Almonds and amaretti are just two of the characteristic products of this area which is rich in history, culture and traditions
- On the way back to the hotel stop at a winery to taste the local wines

Distance covered: 40 km

Vertical height difference: 300 m ☒☒

Degree of difficulty: easy

#### 3 Along the sea to Polignano

- Panoramic excursion along the beautiful coast with its inviting sandy beaches
- Our first stop is Monopoli, with its narrow streets and the Baroque Church of Santa Maria, which together with the lively atmosphere of the main square make this place a real pearl of Apulia
- After a well-deserved break to admire the panoramic view, we arrive in Polignano a Mare, a beautiful spot set on a deep gorge overlooking the crystal-clear sea
- We return to the hotel by coach

Distance covered: 55 km

Vertical height difference: 250 m ☒☒

Degree of difficulty: medium

#### 4 Ostuni and olive oil - no coach required

- Our third tour delights the eyes with a riot of colour. The red soil of Val d'Itria, contrasts the green of the olive groves and vineyards, while the whitewashed trullo houses complement the clear blue sky beautifully
- Stop at one of the several oil mills for a tasting of this local delicacy

### The tour includes:

- 5 x nights accommodation with buffet breakfast
  - 1 x welcome drink
  - 1 x 3-course dinner with set menu
  - 3 x 3-course dinners with choice of starter and main course
  - 1 x traditional 4-course dinner Salad buffet with all evening meals
  - 1 x wine tasting with snacks
  - 1 x visit of an oil mill and tasting
  - E-bike hire included throughout
  - Bike transfers as per programme
- REQUEST A QUOTE AND A COSTUMIZED ITINERARY!

### Prices:

04-30-2024 - 05-21-2024 - Hotel Lo Smeraldo \*\*\*\*

per person in double room WITH GROUNDED TRANSPORT INCLUDED	774 €
per person in double/twin room	664 €



- Ostuni, the "White City" par excellence, and the only one fronting the sea
- Back to the hotel by bike

Distance covered: 35 km

Vertical height difference: 460 m ☒☒

Degree of difficulty: medium

## 5 Matera

- Travel by coach to the small town of Altamura, famous for its locally produced bread and beautiful old centre
- The cycling tour begins on the Murgia plain through a bucolic terrain of rolling fields of "grano duro" (the wheat used for pasta) and shady oak groves
- Stop in Matera, the city of caves and one of the most extraordinary spots on Earth with its unique UNESCO listed "sassi" caves
- Guided tour of the fascinating historical centre before return back to the hotel by coach

Distance covered: 30 km

Vertical height difference: 350 m ☒☒

Degree of difficulty: medium

## 6 Departure

Hotel Lo Smeraldo \*\*\*\*



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