



★★★★★ (22)

Apulia

CYCLING IN THE HEART OF THE MEDITERRANEAN SEA.

You wish to experience the totality of Italy in just one trip? Then we have found the perfect region for you – Apulia, or as the Italians call it, Puglia. The southernmost region of Italy geographically forms the heel of the famous boot on the map. Along impressive stretches of coast and through beautiful olive groves and cypresses, you cycle between the Adriatic and the Ionian Sea from Alberobello to Lecce. Discover not only the fascinating scenery, but also the hospitality of the Southern Italians. But there is also plenty of culture here: Greeks, Romans, Byzantines, Normans, Staufers, Aragonese, Habsburgs and Bourbons have all left their mark here.

All details about the cycle holiday in Apulia

Apulia is the south-eastern part of Italy. Our cycle holiday starts in Alberobello and leads from Ostuni, Avetrana, Gallipoli, S. Maria di Leuca via Otranto to Lecce. There you can enjoy 'Bella Italia' to the fullest and soak up the Italian zest for life. In addition to the delicious cuisine, the friendliness of the locals and the impressive architecture, one cultural highlight follows the next in this region.

The highlights of the cycle holiday in Southern Italy

- **The Trulli of Apulia:** A UNESCO World Heritage Site awaits you as soon as you arrive in Alberobello: the well-known Trulli. The simple white farmhouses stick out of the olive groves like little pointed hats and thus inspire all tourists.
- **Ostuni:** It is also known as the 'white city' because all the houses are whitewashed except for the church. Ostuni is clearly visible from afar as it is situated on a hill and built extending upwards. The small alleys, stacked houses and numerous steps give the town an oriental flair.
- **Grotta Zinzulusa:** The grotto situated north of the city of Castro is the only coastal cave that is open to the public. Since the sea reaches right up to the entrance of the grotto, you can observe a wonderful play of colours in the water there.

- **Lecce:** Thanks to its impressive Baroque style, the city of Lecce is also known as the 'Florence of the South'. There you will find numerous churches, palaces, a beautiful town centre and the amphitheatre. The Baroque architecture and the Italian flair make this place something very special.

Things to know about the cycle holiday in Apulia

Even if Apulia has hilly places with centuries-old farmland, it is still the flattest region in Italy. Therefore, you can expect undulating terrain in some sections, but otherwise the route is flat. A leisurely cycle holiday where enjoyment and nature are definitely in the foreground.

- We also offer an 8-day cycle tour in Apulia, based in one hotel.
- Find all the information and tour tips for our cycle holidays in Italy here.

Medium



8 Days / 7 Nights



Self-guided Tour

To the online version



Itinerary

DAY
1

Arrival at Alberobello

Alberobello is part of the UNESCO world cultural heritage.

DAY
2

Alberobello – Ostuni | approx. 35-40 km

Bicycle tour through the valley Valle d'Itria, which belongs to one of the most beautiful cultured landscapes of the south. The next destination stage is Ostuni, the "white town" with beautiful view to the Sea.

DAY
3

Ostuni – Avetrana/surroundings | approx. 60 km

From Ostuni you cycle through olive groves, vineyards and fruit orchards to Avetrana, one of most historic small towns along the old Via Appia. This old roman road lead from Rome, via Taranto and Oria to Brindisi in former times. Today only a few parts are still preserved as Via Appia Antica.

DAY
4

Avetrana/surroundings – Gallipoli | approx. 60 km

You leave Avetrana and after a short while you reach the sea. After a detour to the "Torre Colimena" you continue along the coastal road with its numerous defence towers to Porto Cesareo. Your tour brings you along the Ionian coast to Gallipoli.

This "Kale Polis" (beautiful town) of Greek origin is a real urban surprise on the Ionian Sea. Discover a maze of small streets and thoroughfares in this town, where also a number of churches and an ancient museum wait for your visit. Very interesting to see also the omnipresent fishermen, thus completing the scenery of a town, that belonged to Europe's most important exporter of lamp-oil in the 17th and 18th century.

DAY
5*Gallipoli – Santa Maria di Leuca/surroundings*

approx. 50 km

Today we reach the southernmost point of the Salento and the watershed to the Ionian Sea at Santa Maria di Leuca. Being a well-known place of pilgrimage the church is quite famous. Around the centennial a number of villas were built, which form an interesting architectonic highlight because of their absurd and fantastic stiles. Here eccentric “fin-de-siècle” lovers settled, to enjoy the remoteness of this area.

DAY
6*Santa Maria de Leuca/surroundings – Otranto*

approx. 50 km

The next part of our tour follows the southern coast of the Adriatic Sea unto the Messapian town Otranto. This place has a reputation of being an art-historical jewel in between a lovely landscape. The old town is surrounded by a mighty wall, remarkable here the castle Habsburg. On the way to Otranto you can visit the famous Grotta Zinzulusa – the only one of a number of coastal grottos, which is open to public. Also an interesting stop-over forms the thermal resort Santa Cesarea, known for hydro-therapeutics and radioactive moor therapeutics.

DAY
7*Otranto – Lecce*

approx. 50 km

Further on you follow the Adriatic coast; through uncountable olive-groves you reach Lecce. Lecce, the capital of the Salento, is a picturesque town, overwhelming with the beauty of buildings and churches. Next to Naples, Lecce is a baroque metropolis of the South, even creating the own terminus of “Lecce-Baroque”. Here about 30 churches and an uncountable number of palaces are waiting to be discovered. Not to forget the amphitheatre and the roman theatre, both constructed under Caesar Augustus, and worth a visit.

DAY
8*Departure or extension*

Tour character

Mostly this tour is following flat, asphalt side roads, apart from some slightly hilly parts. As Apulia is not a transit country and you travel outside of the high season, the streets almost are free from traffic.

Prices and events

Place of arrival: Alberobello

	Season 1 01.04.2023 Saturday & Sunday	Season 2 02.04.2023 - 26.05.2023 05.09.2023 - 15.10.2023 Saturday & Sunday	Season 3 27.05.2023 - 18.06.2023 19.08.2023 - 04.09.2023 Saturday & Sunday
Apulia, 8 days, IT-APRAL-08X			
Base price	698.00	829.00	949.00
Surcharge single room	219.00	219.00	219.00

Category: 3*** and 4**** hotels or Agriturismo

Additional nights

Place of arrival: Alberobello

	Season 1 Apr 1, 2023 Saturday & Sunday	Season 2 Apr 2, 2023 - May 26, 2023 Sep 5, 2023 - Oct 15, 2023 Saturday & Sunday	Season 3 May 27, 2023 - Jun 18, 2023 Aug 19, 2023 - Sep 4, 2023 Saturday & Sunday
Alberobello			
Double room p. P.	89.00	89.00	89.00
Surcharge single room	29.00	29.00	29.00
Lecce			
Double room p. P.	84.00	84.00	84.00
Surcharge single room	29.00	29.00	29.00

Our rental bikes

Filter

21-gear unisex	99.00
Rental Bike PLUS	159.00
Electric bike	229.00

Prices per person in EUR

Services and infos

Service

Included:

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- Best developed route
- Detailed travel documents 1x per room (German, English, Italian)
- GPS-data available
- Service hotline

Optional extras:

- Transfers by minibus daily: reservation is necessary, payable in advance, min. 2 persons:
- Monopoli train station – Alberobello, EUR 30 per person
- Bari/Brindisi airport/train station – Alberobello, EUR 50 per person
- Lecce – Bari airport, EUR 125 per person
- Lecce – Brindisi airport, EUR 40 per person
- Lecce – Alberobello, EUR 65 per person, for your own bike additional EUR 29

Infos

Arrival / Parking / Departure:

- Monopoli, Brindisi or Lecce train station
- Bari or Brindisi airport
- Car park at the hotel, no reservation possible

Things to note:

- Tourist tax, if due, is not included in the price!
- Further important information according to the package travel law can be found [here!](#)

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



Sarah Salzlechner, Travel specialist



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Book now

