

Cycling Safaris

Apulia - The Heel of Italy Tour 2018

Self Guided

320 km | 7 nights / 8 days



Apulia (Italian name: Puglia) is a region in south-eastern Italy that includes the heel part of Italy's boot. It is bordered by the sea on two sides (the Adriatic Sea in the east and the Ionian Sea to the southeast). The region is characterized by endless olive groves, long fields of grain and vineyards. The charm of this tour is that it leads you into a region of scenic beauty, which is, by today's standards, still unspoiled by the unattractive aspects of tourism and still retains testimony of its great and ancient culture.

TOUR ITINERARY

Day 1 Arrival in Matera.

For millennia, inhabitants of this region have carved dwellings directly into ravines and gullies made of tuff (or tufa), a characteristic honeycoloured soft stone. These houses are called "Sassi" and are today a World Heritage site.

Day 2 Matera-Alberobello (70 km, elevation up 400 m)

You cycle to the famous trulli of Alberobello and Locorotondo. Trulli were generally constructed as dwellings or storehouses. Alberobello is situated upon two hills, once separated by a riverbed. On the eastern hill is the new town, with modern architectural features. On the western hill, the trulli are lined up in an urban conglomeration, subdivided into two districts: Monti and Aia Piccola, both National Monuments from 1930, and today World Heritage sites.

Day 3 Alberobello-Ostuni (45 km, elevation up 280 m)

You cycle through the countryside to Ostuni, which is reputed as an architectural jewel, and is commonly referred to as “the White Town” for its white walls and its typically white-painted architecture.

Day 4 Ostuni-Lecce-Gallipoli (70 km train+50 km by bike, elevation up 70m)

A train transfer brings you to Lecce. After a few Kilometers through this amazing Baroque town, you go deep into “salentinian countryside”, before approaching the Ionian coast and your days destination, Gallipoli.

Day 5 Gallipoli-Santa Maria di Leuca (50 km, elevation up 50 m)

Cycling further along the coast you will reach Santa Maria di Leuca. The name Santa Maria di Leuca was given by the ancient Greek sailors who came from the East. They saw this place lightened by the sun and therefore called it “leukos”, meaning white. Santa Maria di Leuca is a famous seaside resort and a fishing area.

Day 6 Santa Maria di Leuca-Otranto (50 km, elevation up 550 m)

Today you will cycle northwards along the Adriatic coast to Otranto, the most eastern point of Italy where you can visit the beautiful Cathedral and the great Aragonese Castle.

Day 7 Otranto-Lecce (55 km, elevation up 100 m)

Riding along the Alimini Lakes and their unique Mediterranean bush you will enter Lecce. Thanks to its Baroque style, it has earned the nickname of Florence of the South. You will come to appreciate the rich sculpted motives done in the 17th-century with the tender stone from Lecce. The old town enclosed by what is left of the ancient walls, bears the impression of that exuberant period.

Day 8 Lecce

Departure after breakfast. Possibility to book extra nights.

TOUR PROFILE

Level: Medium

- Total Length: 320 km
- Total vertical up: 1,450 m
- Terrain: 99% asphalt, 1% unpaved
- Train connection among the overnight stays: day 4.
- Possibility to shorten the itinerary by taking the train: day 3.

Mostly in the lowlands, sometimes hilly. Traffic is almost non existent in Apulia except during the high holiday season. The route includes very beautiful stretches on the coast.

2018 DEPARTURE DATES

Every Saturday from 24th March to 16th June & from 25th August to 20th October

Every Friday from 11th May – 8th June & 7th Sept – 28th Sept

Special departure dates can be organized for at least 5 persons!

2018 SELF GUIDED TOUR PRICE (3 SEASONS)

Season 1: 24th March and 20th October

€610 per person sharing

€810 single occupancy

Season 2: 25th March to 29th April and 30th September to 19th October

€750 per person sharing

€950 single occupancy

Season 3: 30th April to 16th June and 25th August to 29th September

€810 per person sharing

€1010 single occupancy

E-Bikes are available at a supplement of +€110

Reduction:

- €100 for 3rd person in room

WHAT THE TOUR PRICE INCLUDES

- 7 nights hotel accommodation
- Rental bikes
- Breakfast buffet
- Welcome briefing
- Train transfer Ostuni-Lecce (approx 60 min.,)
- Luggage transportation
- Route descriptions & maps
- 7-days Hotline service

Not included:

- Helmets are not included in the price, but can be booked for an additional €15
Helmets need to be ordered at time of booking!
- Local hotel taxes to be paid on the spot (approx €10-€15)

TOUR ACCOMMODATION

The accommodation is in 3/4 * Hotels (in Alberobello Trulli, B&B or residence).

We ensure private facilities and air conditioning.

On request we can book additional accommodation for you:

€70 pps / €100 single room with breakfast in Matera

€70 pps / €100 single room with breakfast in Lecce

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WHAT TO BRING

- Waterproof windbreaker or poncho (recommended in spring time)
- Sunglasses and Hat
- High protection sun cream and after sun cream
- Insect repellent
- Swimming costume for 4th day from Venice to Chioggia
- Casual clothes for evening. You may be grateful for something warm with long sleeves.

BIKE / FITNESS

Bike hire is included in the tour package.



27-gear unisex Citybike
A unisex frame, ideal for an upright but relaxed riding position.
This is the bike automatically given to ladies and gents unless otherwise specified.



Citybike with men's frame with 21/24 gears (on request only)



E-Bike : Kalkhoff, Agattu model
Motor: 36 volts, 540W/H Impulse, located centrally.
The high-capacity battery is secured to the seat tube.
Gears: Nexus 8-speed. Range: approx. 90 km (flat terrain, average speed).

Flyer T8.1 Model, Low-entry frame
Panasonic or Bosch batteries of top safety and long life.
Panasonic motor (36 V, 15 AH Capacity, 540 WH available power)
Gears: Nexus 7-speed.. Range: approx 90 km (flat terrain, average speed)

Details:

Gel saddle
Shimano Deore 27 gear
Grip shift gear
28" tyre
Shimano v-brake
Anti-slip pedal

Also Provided:

Handlebar bag (female bikes)
Back panniers
Padlock
Water-bottle
Helmet (on request)

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BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

TRAVEL INFORMATION

The closest major airport to Matera, Italy is **Bari Karol Wojtyła Airport** (BRI / LIBD). This airport is in Bari, Italy and is 64 km from the center of Matera, Italy. If you're looking for international or domestic flights to BRI, check the [airlines that fly to BRI](#).

Option to book transfers:

Bari – Matera:	€50 per person (min. 2 pax)
Lecce – Matera:	on request
Lecce – Bari:	on request

Trains

In Italy there is a good train service offering bicycle transport. This low-cost option will allow you to reach the next city if you prefer to visit a city at your own pace instead of cycling. Train with **bicycle compartments** are in all regional trains and are indicated with a bicycle symbol on the carriage and also on the timetables on display in the station.

The **cost of the ticket** for a passenger varies according to the distance covered, whereas for the bike it is always €3.50 (valid for 24 hours on the entire Italian network). Tickets can be bought directly at the railway stations or at a “Tabacchi” stop, asking for a “fascia chilometrica” (per kilometre) ticket, plus a ticket for the bike. For further information on timetables and prices you can consult www.trenitalia.com.

Please note the prices of public transfer tickets and timetables can change through the year.