

# Cycling Safaris

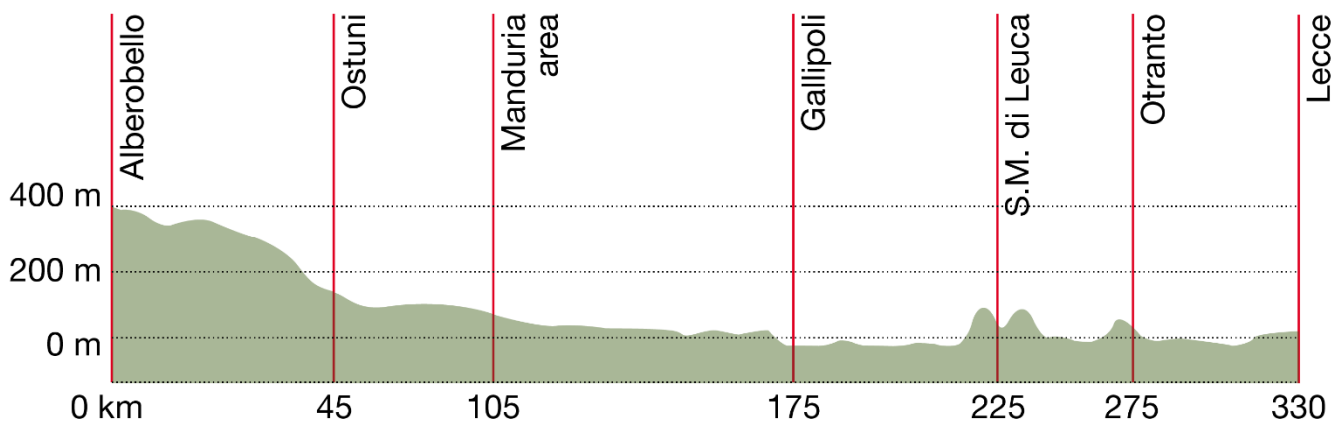
## Apulia – The Heel of Italy Tour 2026

SELF GUIDED TOUR

330 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

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### Day 1 Arrival in Alberobello.

Individual arrival. Alberobello is a unique and intimitable city as it is the only urban settlement of the so called trulli (cone buildings) in the whole world. It has been a UNESCO World Heritage Site since 1996.

### Day 2 Alberobello-Ostuni (45 km, elevation gain +355m - 560m)

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 3 Ostuni-Manduria area (60km, elevation gain +270m -400m)

Today you will leave Ostuni and the Murge hills behind you and will start cycling on the Salento plain, characterized by green and red colors, given by its live trees and its red soil. Along the way you will have the chance to visit Oria, with its beautiful historical centre and the castle built by emperor Federico II. Today's destination is the Manduria area, the capital of the Primitivo grapes.

### Day 4 Manduria area - Gallipoli (70 km, elevation gain +350m -425m)

From now on you will head towards the seaside, which will accompany your bike tour between ancient coastal towers and fine sand. You will now reach Porto Cesareo, where we suggest to enjoy a good fish-based lunch. Rolling south, our destination will be the Greek Kale Polis, today's Gallipoli, with one of the most beautiful historic centres of Salento. Enjoy a stroll in its street and the views of the sea that surrounds it.

### Day 5 Gallipoli - Santa Maria di Leuca (50 km, elevation gain +215m -215m)

Cycling further along the coast you will reach Santa Maria di Leuca. Its name 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. The town is now a famous seaside resort.

### Day 6 Santa Maria di Leuca-Otranto (50 km, elevation gain +615m -620m)

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 gain +220m -175m)

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

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Level: Medium

- Total Length: 330 km
- Terrain: 95% asphalt, 5% unpaved
- Train connection among the overnight stays: none
- Possibility to shorten the itinerary by taking the train: day 2.

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

## 2026 DEPARTURE DATES

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Every Saturday from 14<sup>th</sup> March – 18<sup>th</sup> July & 29<sup>th</sup> August – 31<sup>st</sup> October  
Every Sunday from 19<sup>th</sup> April – 7<sup>th</sup> June & 6<sup>th</sup> September – 11<sup>th</sup> October  
Special departure dates can be organized for at least 6 people

**Season 1:** 14<sup>th</sup> March – 3<sup>rd</sup> April & 24<sup>th</sup> October – 31<sup>st</sup> October

**Season 2:** 4<sup>th</sup> April – 17<sup>th</sup> April & 10<sup>th</sup> October – 23<sup>rd</sup> October

**Season 3:** 18<sup>th</sup> April – 26<sup>th</sup> June & 12<sup>th</sup> September – 9<sup>th</sup> October

**Season 4:** 27<sup>th</sup> June – 18<sup>th</sup> July & 29<sup>th</sup> August – 11<sup>th</sup> September

## 2026 SELF GUIDED TOUR PRICE

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**Season 1:** 14<sup>th</sup> March – 3<sup>rd</sup> April & 24<sup>th</sup> October – 31<sup>st</sup> October:

**Category A (mainly 4\* hotels with some 3\* hotels):**

€940 per person sharing in twin/double

€1345 single room occupancy

€795 third person in triple room

**Category B (3\* hotels and B&Bs):**

€825 per person sharing

€1175 single room occupancy

€695 third person in triple room

Season 2: €150 per person supplement on tour price

Season 3: €250 per person supplement on tour price

Season 4: €350 per person supplement on tour price

**Bike hire is separated out / not included in the tour price**

€115 21 speed touring bike with water bottle cage, lock and a small pannier bag, repair kit

€275 Electric - bike with water bottle cage, lock and a small pannier bag, repair kit

€20 Helmet (ø 58 – 61 cm)

There is also a short break (5 night)tour option, please email us for more details.

## WHAT THE TOUR PRICE INCLUDES

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- 7 nights hotel ensuite accommodation in chosen category
- 7x Breakfast (hotels usually serve continental breakfast. However, in smaller hotels you may find the typical Italian breakfast, consisting of a hot drink such as cappuccino or coffee, with fresh pastries such as cake, croissants or toast and jam)
- Luggage transportation (1 piece per person with max. 20kg)
- Route descriptions & maps, digital tour information
- App including maps and points of interest and GPS tracks
- Digital tour information
- 7-days Hotline service

### **Not included:**

Bikes are not included in the tour price:

€115 21 speed touring bike with water bottle cage, lock and a small pannier bag

€275 Electric - bike with water bottle cage, lock and a small pannier bag

€20 Helmets (58 – 61 cm) **Helmets need to be ordered at time of booking!**

€15-20 in total for local hotel taxes (to be paid on the spot)

Dinners and lunches are not included, travel to / from start and finish point not included

On request we can book additional accommodation for you:

Prices on request for accommodation in Alberobello (Cat A+B)

Accommodation in Lecce (Cat A+B) €85 per person sharing / €140 single room with breakfast in Lecce

## **BIKE / FITNESS**

**Bike hire is not included in the tour package.**



### **27-gear unisex Citybike**

A unisex frame, ideal for an upright but relaxed riding position.



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



### **E-Bike**

Bosch motor Active Line Plus

Unisex low-entry frame.

Bosch motor Active Line Plus, located centrally (250 Watt, engine torque 50 Nm).

Bosch battery PowerPack Frame, top safety and long life (36 V - 13,4 Ah capacity - 500 Wh available power).

Range: approx 90 km (flat terrain, average speed).

Grip: ergonomic.

Saddle: Touring Gel.

Pedals: flat.

Gears: Shimano Deore 9-speed.

Brake: mechanical V-brakes.

28" wheel.

Tyre: Schwalbe Marathon Plus, the most puncture resistant tyre.

### Details:

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

### Also Provided:

1 Ortlieb one-sided saddlebag  
1 front bar bag per room  
1 repair kit per room (spare tube, glue, patch, pump, alan keys & tyre levers)  
1 combination bike lock  
Water-bottle  
Helmet (on request)

**Note: In order to cycle smoothly following our App, we recommend you to bring a holder for your mobile phone to be fixed on the handlebar, as well as a power bank**

## 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.

## 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 4<sup>th</sup> day from Venice to Chioggia
- Casual clothes for evening. You may be grateful for something warm with long sleeves.
- Holder for mobile phone while biking

## TRAVEL INFORMATION

The closest major airport 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 (rate per party, not per person):

Bari/Brindisi airport – Alberobello*:	€200 (1-3 people), €240 (4-6 people), €260 (7-8 people)
Lecce – Bari Airport:	€340 (1-3 people), €400 (4-6 people), €430 (7-8 people)
Lecce – Brindisi Airport:	€165 (1-3 people), €210 (4-6 people), €230 (7-8 people)

*\*Alberobello is a traffic free city, so the transfer will take you to approx 250-500m from the hotel.*

### 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](http://www.trenitalia.com).

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