

Cycling Safaris

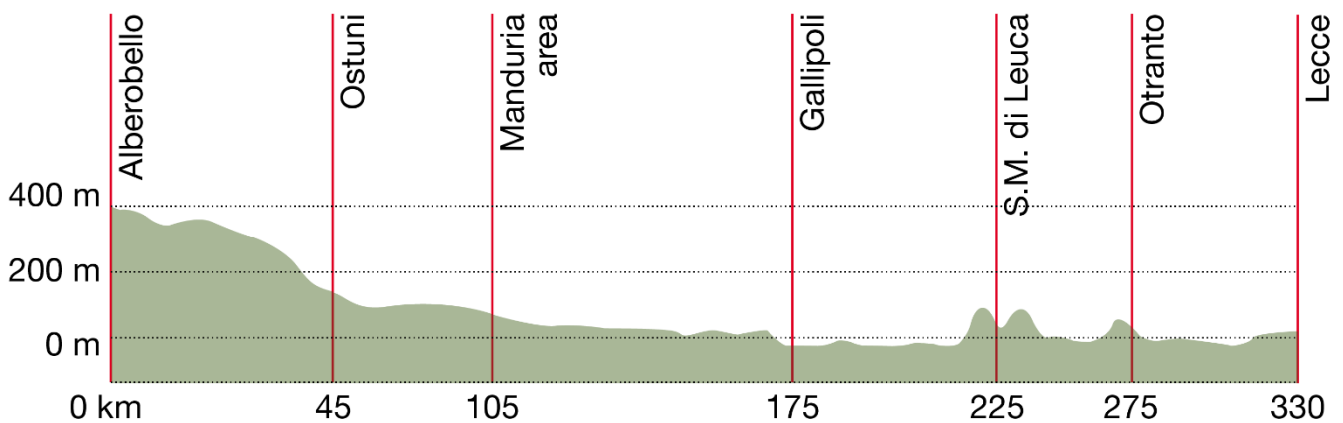
Apulia – The Heel of Italy Tour 2025

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

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 +250m -375m)

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

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.

2025 DEPARTURE DATES

Every Saturday from 15th March – 19th July & 30th August – 1st November
Every Sunday from 20th April – 8th June & 7th September – 5th October
Special departure dates can be organized for at least 6 people

Season 1: 15th March – 4th April & 25th October – 1st November

Season 2: 5th April – 18th April & 11th October – 24th October

Season 3: 19th April – 27th June & 13th September – 10th October

Season 4: 28th June – 19th July & 30th August – 12th September

2025 SELF GUIDED TOUR PRICE

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

Season 1 - €910 per person sharing / €1290 single room / €710 third person in triple room
Season 2 - €1060 per person sharing / €1440 single room / €860 third person in triple room
Season 3 - €1160 per person sharing / €1540 single room / €960 third person in triple room
Season 4 - €1260 per person sharing / €1640 single room / €1060 third person in triple room

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

Season 1 - €810 per person sharing / €1160 single room / €640 third person in triple room
Season 2 - €960 per person sharing / €1310 single room / €790 third person in triple room
Season 3 - €1060 per person sharing / €1410 single room / €890 third person in triple room
Season 4 - €1160 per person sharing / €1510 single room / €990 third person in triple room

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

€120 21 speed touring bike with water bottle cage, lock and a small pannier bag, repair kit
€285 Electric - bike with water bottle cage, lock and a small pannier bag, repair kit
€15 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

- 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:

€120 21 speed touring bike with water bottle cage, lock and a small pannier bag
€285 Electric - bike with water bottle cage, lock and a small pannier bag
€15 Helmets (58 – 61 cm) **Helmets need to be ordered at time of booking!**
€10-15 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 / €145 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 4th 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), €440 (7-8 people)
Lecce - Brindisi Airport:	€165 (1-3 people), €200 (4-6 people), €215 (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.

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