

Puglia 4-Day Bike Tour

LUXURY | 4 DAYS, 3 NIGHTS

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PUGLIA 4-DAY BIKE TOUR

THE HEEL OF ITALY ON THE ADRIATIC COAST

The “heel of Italy’s boot” will captivate you with its wild beauty and culinary secrets. On our 4-day Puglia cycling tour, discover dramatic beaches and quiet roads lined by majestic olive trees, as this largely undiscovered region rewards you at every turn. From the ancient trulli dotting the landscape to the spectacular white sand beaches of both the Adriatic and Ionian coastlines, this destination offers so much more than just cycling. Indulge yourself in a luxurious tour of Puglia overflowing with discovery. Enjoy private olive oil and wine tastings, ancient architectural marvels, and private historic walking tours, all complemented by simple and delicious cuisine, magnificent local wines, and luxurious accommodations. [Book your trip with confidence »](#)

From
\$3299

Rider Type
Recreational

Hotel Style
Luxury

Duration
4 days | 3 nights

Start | End
Bari, Italy | Lecce, Italy

Dates
2021/May

TRIP WOWS

Enjoy unforgettable riding along the Adriatic coast

Savor Puglia's remarkable wines with a private wine tasting

Marvel at the centuries-old Trulli - the iconic conical stone houses in Puglia

Stay at the sumptuous Borgo Egnazia, voted “Best hotel in Italy” in 2018

Savor the cultural landscape of this largely un-touristed region, including genuine hospitality, fresh, excellent food, and regional olive oils and wines



DAILY ITINERARY

2021

Day

1

TODAY'S RIDE:

Masseria Garrappa to Savelettri

Approximately 19 miles with 500 feet of climbing

DESCRIPTION:

Welcome to your Puglia cycling tour! Your Trek Travel guides will give you a warm welcome at the Bari train station at 11:30 AM. After a 45-minute private shuttle, you'll arrive at Masseria Garrappa, an ancient masseria close to the Adriatic Sea, to enjoy a homemade gourmet lunch prepared by the owner's mother. Afterward, your guides will provide a comfortable fit on your Trek bike before we wind our way through quiet roads surrounded by olive trees to our hotel, Borgo Egnazia. Take some time to wander its beautiful grounds before gathering for an aperitivo on the hotel terrace. This evening, you'll learn how to spin your own pizza dough and make the pie of your choice with a trained pizzaiolo.

HOTEL:

Borgo Egnazia

[VISIT WEBSITE](#)

HOTEL VARIATION ON SELECT DATES:

Masseria Torre Cocco

[VISIT WEBSITE](#)

INCLUDED MEALS:

Lunch | Social Hour | Dinner

[VIEW MEETING AND DEPARTING INFORMATION»](#)

Day

2

TODAY'S RIDE:

Savelettri to Alberobello

Approximately 23 miles with 1,950 feet of climbing

SHORT OPTION:

Savelettri to Alberobello with Shuttle

Approximately 17 miles with 400 feet of climbing

AVID OPTION:

Savelettri to Alberobello Loop

Approximately 40 miles with 2,400 feet of climbing

DESCRIPTION:

After a hearty breakfast, you'll head out into the Italian countryside surrounded by vineyards, olive trees, and the ubiquitous trulli. Take a moment to get an up-close look at one of these ancient stone structures. Back on the bike, you will cycle to Alberobello, home to over a thousand trulli and a UNESCO World Heritage Site. Here you will delight in a farm-to-table lunch at Trattoria Terra Madre. We'll get the chance to eat in an old Trullo with the majority of our meal coming from their own garden. Afterwards, we'll meet a local tour guide that will walk us through the narrow streets and explain the history of this unique city. After, choose to shuttle back to the hotel to enjoy the pool or the spa, or enjoy a scenic ride back to the hotel. Tonight, explore charming old city of Monopoli for dinner.

HOTEL:

Borgo Egnazia

[VISIT WEBSITE](#)

HOTEL VARIATION ON SELECT

DATES:

Masseria Torre Coccaro

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Social Hour | Dinner

Day

3

TODAY'S RIDE:

Egnazia to Ostuni

Approximately 19 miles with 800 feet of climbing

AVID OPTION:

Egnazia to Ostuni with afternoon climb

Approximately 29 miles with 1,800 feet of climbing

TODAY'S ACTIVITY:

Tasting of Apulian wines at Palazzo Ducale Venturi

DESCRIPTION:

Today on your Puglia cycling tour, you'll ride into the stunning region of Salento, enjoying the scenic coastal roads as you head down the "heel of the boot." Our destination is Ostuni, la Città Bianca, a whitewashed village high on a hill with astonishing views of the Adriatic sea. There are great shops in the old town and narrow, winding streets that are enticing to explore. Enjoy lunch at the trattoria of your choice and afterward take a private shuttle to our hotel, a historic 16th-century palazzo: the 5-star Palazzo Ducale Venturi. This afternoon you can relax and unwind by the pool or enjoy the spa. Tonight, we'll be joined by our own sommelier, who will lead us through a journey tasting the wines of Apulia before a delicious dinner highlighting the best of Puglia's deeply rooted *cucina povera*.

HOTEL:

Palazzo Ducale Venturi

INCLUDED MEALS:

Breakfast | Social Hour | Dinner

Day

4

TODAY'S ACTIVITY:

Farewell

DESCRIPTION:

On the final day of your Puglia cycling holiday, linger over a hot cappuccino and soak in the gorgeous views from the breakfast terrace. Your Trek Travel guides will say farewell at the hotel before you board a private shuttle to Lecce Train Station to arrive around 10:30 AM. Until next time!

INCLUDED MEALS:

Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- Three nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, two lunches, and three dinners

- Two social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle, and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts, and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photobook of your trip
- Entrance fees for all activities, private tours, and events

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek Electric-Assist Verve+, available in a limited quantity
- Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+\$200)
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in the price of your Puglia cycling holiday. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care, and service.

What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS



BORGO EGNAZIA

SAVELLETRI DI FASANO, ITALY



member of the prestigious "Leading Hotels of the World" group, this stunning 5-star hotel offers an array of activities and exquisite attention to detail. Enjoy a round of golf, indulge your senses at the VAIR

Voted "Best hotel in Italy" in 2018 by Travel and Leisure and a



PALAZZO DUCALE VENTURI

MINERVINO DI LECCE, ITALY

Built in 1500 and once called 'Castello Nuovo,' Palazzo Ducale Venturi was firstly a settlement for the Templari and then a medieval fortress. Beautifully renovated to maintain its historic charm, this 5-star hotel boasts stunning gardens, a salt water pool, and a gourmet kitchen garden restaurant.

spa, or simply relax with a sunset cocktail at the beach club overlooking the azure blue Mediterranean Sea.



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Bari Airport (BRI), which will involve a transfer at a major European airport, or flying into Rome (FCO) and then taking the train to Bari.

Before: Bari, Italy

Bari is Puglia's capital and is now one of the south's most prosperous cities. Once a haven for gangsters and ne'er-do-wells, the city today is surprisingly chic and upscale. Be sure to wander through "Bari Vecchia," the captivating medieval old town. Here the tiny streets are bustling with cafes, restaurants, and boutiques, and beautifully restored churches line inviting piazzas. Or, take a few minutes stroll into "new town" and check out the designer boutiques on Via Sparano da Bari. We recommend the following accommodations for your pre-trip hotel:

Meeting Time And Location

Your Trek Travel guides will meet you at the Bari Train Station (Piazza Aldo Moro 51, Bari, Italy) at 11:30 AM on the first day of your Puglia cycling holiday. We'll then shuttle 45 minutes to our scenic starting point. Please have your first day cycling clothes and riding gear easily accessible, packed separate from your main luggage. We'll enjoy an Italian style bistro lunch together. Then we'll fit you to your bike and begin our day's ride through the countryside.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Borgo Egnazia (+39 080 225 5000), and leave a message with your expected arrival time and contact details. Taxis from the Bari airport or train station are readily available. The ride to our trip start will take approximately 45 minutes and will cost between 80 euros and 120 euros.

Departing Time And Location

You will say farewell to your guides at 9:30 AM at your hotel. You'll then take a private shuttle to the train station in Lecce, arriving at 10:30 AM. Please do not book seats before 11:30 AM, allowing adequate connection time for any ongoing travel or possible traffic delays.

MERCURE VILLA ROMANZZI CARDUCCI BARI

This large hotel, complete with pool and gardens, is near the train station. Modern amenities and a welcoming staff make this an ideal base from which to explore Bari.

www.villaromanazzi.it | ~\$125

PARCO DEI PRINCIPI HOTEL CONGRESS & SPA

The large hotel in the central district features a green area that incorporates a historic fortified farmhouse that borders the building. Clean rooms, accommodating staff, and full amenities make this a welcoming place to stay in Bari.

www.ParcoDeiPrincipiBari.it | ~\$120

THE NICOLAUS HOTEL

The personal touches, attention to detail, and customer service of this Sheraton hotel give it the feeling of a small, boutique hotel. Enjoy its central location and its exclusive roof garden restaurant.

www.thenicolaushotel.com | ~\$125

After: Lecce, Italy

Lecce is the crown jewel of Puglia. It's a graceful, cosmopolitan, and high-spirited university town, packed with upscale cafes, boutiques, and antique shops. There's a well-preserved historic center, and the local stone used to construct the flamboyant, intricate baroque architecture dazzles you with its cream and gold tints. Lecce's got it all—warm, welcoming locals, great shopping, lively bars, and the most magical evening "passeggiata," where the entire town seems to empty onto the streets to greet neighbors and friends. We recommend the following accommodations for your post-trip hotel:

HOTEL PATRIA PALACE

Each of the 67 rooms in this 5-star hotel is personalized and unique, featuring traditional frescoes and modern comforts. This 18th-century palace, centrally located in Lecce, is truly a special place to stay and is recognized as one of the top hotels in the region (pictured above).

www.patriapalace.com/en/ | ~\$200

MIRAGE BED AND BREAKFAST

Located in the heart of the historical district of Lecce is the Mirage. If you enjoy intimate surroundings and a focus on welcoming environments, this will be a good choice for you. The historic building was originally constructed as a palace in the 10th century.

www.BBMirage.com | ~\$425

HOTEL DELLE PALME

The hotel offers spacious, elegant rooms with all amenities. The 96-room hotel is a short distance from the historical center and the train station.

www.HotelDellePalmeLecce.it | ~\$95

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

- Rider Type | 2 - Recreational
- Average Daily Mileage | 20
- Terrain | Hilly
- Average Daily Elevation | 1,020 feet
- Total Miles | 60
- Total Elevation | 3,060 feet

Averages and totals are calculated from our "Today's Ride" options.

The terrain is varied with rolling hills. Hills are short, but can be occasionally steep. We typically cycle along narrow, quiet roads, but surfaces vary, from somewhat rough country roads to smooth, newly paved larger roads. Our Puglia cycling tour is best suited for our Type 2 Riders. Our Trek Travel guides can also easily accommodate Type 1 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on our Puglia cycling tour are:

- Play tennis or golf or relax poolside at the hotel
- Explore "la citta bianca," the white city of Ostuni with its narrow passageways and enticing shops
- Spend a day at the beach and swim in the crystal clear waters of the Adriatic sea
- Spend a day in one of the hotels' luxurious spas

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.

even the strongest rider. Type 3+ Riders will enjoy the extra mileage the avid route options offer.