



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

**Italy – Apulia - from Matera to Lecce Bike Tour 2018**  
**Individual Self-Guided**  
**8 days/ 7 nights**  
**TORONTO BICYCLE NETWORK PROMOTION**



Cycling along the Apulia region also means getting to know a land nurturing a deep bond with its people. Agriculture and breeding are still a primary activity: olive groves, vineyards, tomato fields are largely spread on the territory and sublime typical products such as ‘burrata’ cheese are sought after all over the world. All along the trip, you'll have multiple occasions to taste the simple yet mouth-watering food specialties of this region, combining together the full flavor of sun and nature. In the second half of the tour, you will reach the sea. Be warned: it is hard not to fall head over heels for this stunning coastal area. Some of the most beautiful Italian beaches and seaside spots are to be found here and you will cross them at the slow pace of your pedaling. All along, you'll cross also villages with typical white stone houses, the ‘trulli’, and castles overhanging the sea, all contrasting with the deep blue shades of the sky and the sea. Impossible not to mention the ‘Sassi’ of Matera, ancient cave dwellings constituting the old town centre of the city. It is in this suggestive scenery that Mel Gibson decided to film “The Passion of Jesus Christ”. Moreover, Matera was appointed European Capital of Culture for 2019 and the program of activities ahead is extremely rich. So, do not hesitate to stroll with your bike from north to south along this region so rich in history, nature, food and colors.

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### **Day 1: Matera**

Individual arrival in Matera. Recognized by UNESCO as a World Heritage Site, the Sassi di Matera do not identify with a monument, but, instead, with a way of life and a model of development lasted for millennia. The Sassi represent a unique urban settlement; the village rises on a limestone plateau, showing a magnificent abnormality: a central fissure, as a real 70-80 meters high canyon, crossed by the Gravina torrent. The area of Matera was continuously inhabited since the Paleolithic era. The specific districts of the Sassi were built in the late 5th century and the alternation of populations over time has left an intricate urban system, where the buildings overlap the natural cavities. The uniqueness of this scenery led Mel Gibson to choose to film his movie "The Passion of Jesus Christ" here, as the old town seems frozen in time. However, Matera is also a lively city, and was also awarded the title of European Capital of Culture for 2019.



### **Day 2: Matera - Alberobello 79 km**

After breakfast, presentation of the itinerary and delivery of rental bikes. The first stage is a gentle cycling across the countryside between Basilicata and Puglia. Our destination is Alberobello, universally-known as the capital of the Trulli: "trulli" are houses of different shape and size, made of dry stone, with a cone roof covered with stone tiles platforms. There are about 1500 trulli scattered in Monti and Aia Piccola districts, both listed as World Heritage by UNESCO. They are the hallmark of this unique urban center in the world. Night in Alberobello in a typical « trullo » converted in hotel.

### **Day 3: Alberobello - Locorotondo - Ostuni 35 km**

Today you cross the Itria Valley, in a bright landscape of vineyards, olive groves and vast gentle slopes. We recommend you stop in Locorotondo, where you can enjoy the white wine produced in this region. Your cycling day ends in Ostuni which appears as a mirage, standing splendidly on a hillside rising from a green plateau that is covered with olive trees and that eventually dives into the blue of the Adriatic Sea. Take a stroll down the narrow streets and admire the beautiful courtyards and piazzas crowned with small white houses, artisans' workshops and restaurants.



### **Day 4: Ostuni - Lecce by train Lecce - Gallipoli by bike 60 km**

This morning you join Lecce by train (appr. 50 minutes). If you want, you can take a walk in the city before starting to cycle (you have time to make a second visit to the city at the end of the tour). Today's destination is Gallipoli and its blue sea! You are in the land of the Baroque Puglia, and this will be especially clear to you in Galatina and in Galatone. The stage ends in Gallipoli (the "beautiful city" in Greek), old fishing port, now a very charming and lively holiday destination.



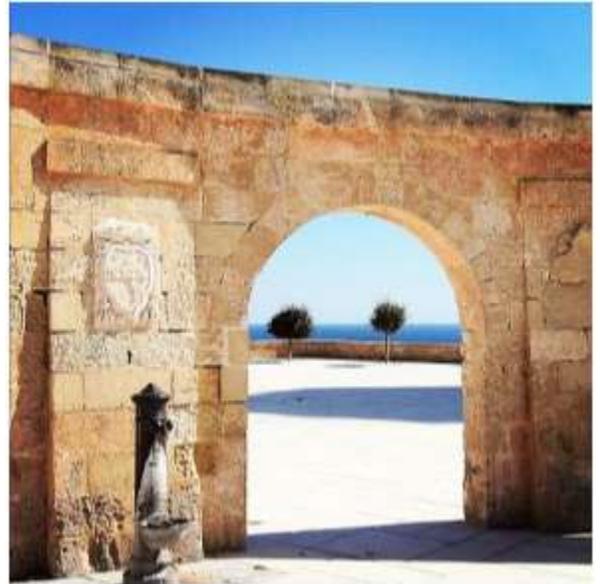
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**Day 5: Gallipoli - Ugento - Santa Maria di Leuca 55 km**

Today's stage runs along the coast of Salento, and you will have the chance to stop in some of the most beautiful beaches in southern Italy, near Ugento. Today's destination is Santa Maria di Leuca where the Ionian and the Adriatic Sea meet; this is the southernmost tip of Puglia, whose lighthouse and sanctuary welcome you at the end of the day.

**Day 6: Santa Maria di Leuca – Castro – Santa Cesarea Terme – Otranto 58 km**

Today you leave Santa Maria di Leuca and the extreme heel of Italy and Salento; you ride your bike northward along the beautiful coastline of the Adriatic Sea up to Castro, well-known for its cliffs falling into a clear blue sea. Here you can admire the medieval village and cave Zinzulusa, one of the largest in the world, inhabited by Neanderthals about 60,000 years ago. After the visit, do not miss a short stop to taste good and expressly fried fish, sitting in front of a breathtaking panorama. Continuing your journey, you will follow the rocky coast through Santa Cesarea Terme in a blaze of light and color. The stage ends at Otranto, lying on a rocky outcrop overlooking the sea, a city that was for centuries the meeting point of different cultures and the crossroads between the Mediterranean and the Orient. You can visit the Aragonese Castle and the beautiful cathedral, enriched by its magnificent rose window.



**Day 7: Otranto – Torre dell'Orso – Acaya – Lecce 53 km**

The final step will take you up to Torre dell'Orso, which offers visitors a crystal clear sea and a golden sand beach. Halfway you will meet Acaya, a charming town characterized by massive and impressive walls, towers and walls built in the first half of the 500 in order to protect the coast and the hinterland against the incursions of the Ottoman Empire. Finally, Lecce awaits you, a beautiful city dominated by the Baroque art that manifests itself not only in the complex of Piazza del Duomo (Cathedral and bell tower), but all around the center where the balconies and terraces of private homes are decorated with beautiful ornaments.

**Day 8: Lecce**

End of services after breakfast



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### Route



### Technical Characteristics:

**Route Profile:** Moderate. Flat to hilly terrain with some gentle climbs and descents. Average length of steps: 45 to 69 km per day. Roads are 90% asphalted, few country roads not asphalted.

**Distance:** 340 km

**Travel Dates:** Departures daily from January 8 to December 20, 2018

Low season: January 8 – May 31 and September 23 – December 20

Medium season: June 1 – July 14 and August 24 – September 22

High season: July 15 – August 23 and Holidays (March 31, April 1, 2 April 21, May 1, 2, 3 and June 3)



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## Price per Person:

### Standard Category

### Deluxe Category

	Standard Category	Deluxe Category
Basic double room Low Season	\$1096.50	\$1734.00
Basic double room Medium Season	\$1307.30	\$1912.50
Basic double room High Season	\$1700.00	\$2533.00
Single Supplement All Seasons	\$479.40	\$663.00
3 <sup>rd</sup> Bed in room Low Season	\$935.00	\$1470.50
3 <sup>rd</sup> Bed in room Medium Season	\$1118.60	\$1632.00
3 <sup>rd</sup> Bed in room High Season	\$1445.00	\$2150.50
Bike Rental		\$193.80
E-Bike Rental		\$404.60

***5% discount for TBN members off the package price of the tour, all departure dates. Please mention Promo Code TBN103 for all booking inquiries***

## Accommodation:

**Standard category:** 6 nights in B&B + 1 night in Trullo

**Deluxe category:** 6 nights in hotel, Relais and manor houses 4\* + 1 night in Trullo 4\*

## Included:

- Accommodation according to the chosen category, in double room with private facilities
- B&B basis
- Luggage transfer
- Tour description, road book and maps of the itinerary
- GPS data available

## Not included:

- Meals
- Drinks
- Bike rental
- Train transfer from Ostuni to Lecce (5,50€)
- Tourist taxes
- Tickets
- Entrances
- Everything not mentioned as "Included"



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**Bike rental:**

Aluminum bikes (men and women) with 21 speeds, free wheel, 1 big pannier bag, water bottle, GPS with tracks of the itinerary.



*Assisting people in realizing their touring dreams worldwide is our passion.*

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