

Cycling Tour in Puglia

8 DAYS / 7 NIGHTS, APPROX. 305 – 315 KM
BOOKING CODE: IT-APUL7

DAILY ROUTE LENGTH ●●●●●
TOPOGRAPHY ●●●●●



Olives and wine on the heel of Italy's boot

From Eur 799,-



Your tour

The Salento peninsula, the boot heel in the south of Italy, has so far been largely spared from mass tourism. Surrounded by two seas, the Ionian and the Adriatic, you cycle through seemingly endless olive groves, grain fields and vineyards. Illyrians, Greeks, Romans, Byzantines, Saracens, Normans and Hohenstaufen left their numerous traces. These include the trulli, the typically round white houses with their stone roofs.

Itinerary

Day 1	Individual arrival in Alberobello
Day 2	Alberobello – Ostuni, approx. 35 / 45 km
Day 3	Ostuni – Manduria / Avetrana, approx. 60 km
Day 4	Avetrana – Gallipoli, approx. 60 km
Day 5	Gallipoli – Santa Maria di Leuca region, approx. 50 km
Day 6	Santa Maria di Leuca – Otranto, approx. 50 km
Day 7	Otranto – Lecce, approx. 55 km
Day 8	Individual departure

Travel time

Season A	28.03.	
Season B	29.03. – 19.05.	12.09. – 11.10.
Season C	23.05. – 23.06.	25.08. – 08.09.

Arrival on Tuesdays, Saturdays, and Sundays 28.03. – 11.10.2026
The season is dictated by the arrival date.

Services

- 7 nights with breakfast, national 3* / 4*-level or in agriturismo
- Luggage transport from hotel to hotel to Lecce, 1 piece of luggage per person, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Route navigation via app
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Citys or visitors tax, if payable

Basic price per person

Doubleroom, Season A	799,-
Doubleroom, Season B	929,-
Doubleroom, Season C	1069,-
Additional fee single room	269,-

Additional night prices per person

Alberobello DBL / BB	99,-
Alberobello SGL / BB	129,-
Lecce DBL / BB	95,-
Lecce SGL / BB	125,-

Additional services per person

E-bike / Pedelec*	319,-
Rental bike (21-gear)*	125,-
Return transfer excl. bike (from 2 persons)	75,-
Return transfer incl. bike (from 2 persons)	125,-

*including rental bike insurance

Exemplary hotel list

Alberobello	Hotel Astoria Alberobello	http://www.astoriaweb.it/en/index.htm
Ostuni	Relais Sant'Eligio Ostuni	https://www.santeligiorelais.it/
Manduria / Avetrana	Masseria Bosco Avetrana	https://www.masseriabosco.it/it/
Gallipoli	Hotel Palazzo Mosco Inn Gallipoli	https://www.palazzomoscoinn.it/
Santa Maria di Leuca / Umgebung	Hotel L'Approdo St. Maria di Leuca	https://www.hotelapprodo.com/
Otranto	Hotel Valle dell'Idro Otranto	https://www.valledellidro.com/it
Lecce	Grand Hotel di Lecce	https://www.grandhoteldilecce.it/

Child reduction on basic price

Due to the challenging stages, we do not recommend this trip for children.

Languages Travel documents

→ German, English, Italian

Additional note

- All bookings are on request.
- Return to Alberobello: Optional by minibus (daily), from 2 persons, price per person 65 € (incl. own bike 95 €).
- Alternatively from Lecce to Bari / Brindisi airport (daily), from 2 people, price per person 135 € / 40 €.
- All transfers must be included in the booking.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

Equipment of our rental bikes

- Replacement tube (1 x per room)
- Bike lock (1 x per room)
- handlebar bag (1 x per room)
- Air pump (1 x per room)
- Waterproof pannier

Journey to Alberobello

- Nearest airports: Bari, Brindisi
- Train station: Alberobello

Parking in Alberobello

- Paid parking at the arrival hotel in Alberobello, payable locally. No reservation possible through Radweg-Reisen.

Travel documents

- Travel document dispatch to the arrival hotel, hotel list and arrival information in advance by e-mail
-

Stages description

Day 1: Individual arrival in Alberobello

Your journey starts in the small town of Alberobello, founded in the 15th century amidst oak forests and famous for its trulli. These white-washed stone ashlar dwellings with a conical roof were built without mortar. This meant they could be quickly dismantled to avoid paying taxes for the foundation of new settlements.

Day 2: Alberobello – Ostuni, approx. 35 / 45 km

This cycling stage leads through the Itria Valley to Locorotondo. The landscape is characterised by flat hills with numerous wine terraces. In Locorotondo, one of the best wines in Apulia is made from the Verdeca grape. We continue to Ostuni, also called Citta Bianca, White City. The old town is well preserved and worth a visit with its maze of small alleys and stairways.

Day 3: Ostuni – Manduria / Avetrana, approx. 60 km

We travel through olive groves and orchards from Ostuni to Avetrana. This small town, steeped in history, is located on the ancient Via Appia. The old Roman road once led from Rome via Taranto and Oria to Brindisi. As one of the most important trade routes of the Roman Empire, it was given the nickname Regina Viarum, Queen of the Roads. The historic buildings bear witness to Avetrana's long history of settlement.

Day 4: Avetrana – Gallipoli, approx. 60 km

Today's stage takes you to the sea. You pass the medieval tower Torre Colimena along the coastal road to Porto Cesareo. Continuing along the Ionian coast, you cycle to Gallipoli. The city was founded as Kale Polis, beautiful city, by Greek colonists. In its more than 2500 years of history, Gallipoli has seen numerous rulers come and go.

Day 5: Gallipoli – Santa Maria di Leuca region, approx. 50 km

The towns on today's stage are all Marina or Torre and aptly mark the route along the sea and the fortress remains of the Greeks, Romans and Normans. Bathing is almost obligatory and many a culinary delicacy awaits you. With your overnight stop, you have reached the southernmost point of your cycle tour, which is an important place of pilgrimage.

Day 6: Santa Maria di Leuca – Otranto, approx. 50 km

The sea has a different name, but remains the same blue. From now on, you cycle along the coast of the Adriatic Sea, which presents itself here as a rocky coast with sandy bays. In Andrano and Zinzulusa you will find impressive caves and stalactite caverns, while Santa Cesarea Terme has become a spa centre thanks to its sulphur springs. Your destination, Otranto, has a Byzantine old town and is nicknamed the City of Martyrs.

Day 7: Otranto – Lecce, approx. 55 km

Shortly after the start, you will pass the Alimini lakes, one sweet, the other salty. In Roca Vecchia you will find the Poetry Cave, a cult site from Messapic times with thousands of inscriptions in various languages. Through nature reserves and pine forests you reach Lecce. Enjoy your last evening in Apulia and on the Salento peninsula with a good glass of wine in the Florence of the South.

Day 8: Individual departure

After breakfast you start your individual return journey home or extend your stay.