

Walking in Puglia, Italy



Overview:

Puglia is a land forged in history by a mixture of civilisations and cultures. This enriching walking trip combines archaeological and architectural treasures with hiking through valleys and along coastal paths surrounded by landscapes of red earth, olive groves and vineyards. See the unique dry stone cottages known as Trulli in intriguing Alberobello and the cave houses known as Sassi in Matera. Explore the enchanting maze of narrow streets in the 'white city' Ostuni, the seaside village of Otranto facing the Adriatic and visit the elegant Baroque city of Lecce.

Day One: Arrival in Lecce for sightseeing in Salento's Baroque style regional capital

Make your own way to Lecce. From the train station you can walk to your accommodation (approx. 800m) or take a taxi. A charming B&B located in the historical centre of the city will be your home for 2 nights. This afternoon you are free to discover the main monuments of the capital of the Salento region, which are Baroque style.

Meals: Nil

Day Two: Visit Otranto and hike along the Adriatic coastline, overnight in Lecce (4 hours)

The focus today is Otranto, a little seaside village facing the Adriatic sea. Take the bus or train this morning. Make sure you visit the Norman Cathedral to see the unique 'Tree of Life' mosaic floor. Hike along the coastline, discovering flowers and Mediterranean vegetation and the Saracen watchtowers. Bus or train back to Lecce to your B&B. Distance 11km, ascent +100m, descent -100m. Note: There are no public transport connections between Lecce and Otranto on Sundays and public holidays so private transfers are required. Additionally, if you prefer not to take the train/bus on other days, optional return transfers are available – please enquire.

Meals: Breakfast

Day Three: Transfer to the charming, whitewashed hilltop village of Ostuni, explore on foot (2 hours)

Private transfer to the station, then take a train to Ostuni. This striking hilltop village, a short distance from the seashore, is known as the “white city” due to its fortress of whitewashed buildings clustered together on the hillside. Private transfer from the station into town, with free time to discover the enchanting maze of Greek-style narrow streets and fine Mediterranean architecture. Dinner in a typical restaurant and overnight in a hotel in Ostuni.

Meals: Breakfast and Dinner

Day Four Explore the countryside of Ostuni, transfer to Alberobello, renowned for its ‘trulli’ (3 hours)

Hike to discover the unique countryside of Ostuni. Enjoy a nice walk-through millenary olive groves on red clay-like soil with wonderful views of the Adriatic. At 4pm, a private transfer takes you to UNESCO World Heritage listed Alberobello, with its intriguing dry-stone dwellings known as trulli, in the beautiful exotic Itria valley. Your accommodation is in the historical centre. Wine and typical product tasting, overnight in Alberobello in a trullo (subject to availability). Distance 9km, ascent +100m, descent -100m)

Meals: Breakfast

Day Five Discover the Itria Valley and Locorotondo (3,5 hours)

In the morning, transfer to Coreggia to discover the Itria Valley, walking along an old aqueduct to Locorotondo. Pass between olive trees, vineyard and trulli through this enchanting landscape. Return by train to Alberobello. Distance 13km, ascent +120m, descent -90m)

Meals: Breakfast

Day Six Transfer to Matera, guided visit of the ‘Sassi’ area (2 hours)

After breakfast, transfer to World Heritage listed Matera. Its fascinating ‘Sassi’, ancient cave dwellings that have been inhabited since Paleolithic times, have been excavated in the rocks facing a deep canyon. Upon arrival, after you check into your accommodation, enjoy a guided visit of the ‘Sassi’ area (approx. 2 hours). Overnight in Matera.

Meals: Breakfast

Day Seven Hike to discover the Murgia plateau and its 8th century rock churches (3 hours)

Enjoy a wonderful hike to discover the Murgia plateau facing Matera, with its rock churches painted with Byzantine frescoes. The landscape here is of pastures and stone farm houses, and there is the chance to watch the flight of different types of falcons. Dinner in a typical trattoria to experience flavour of the region and overnight in Matera. Distance 7km, ascent +150m, descent – 150m.

Meals: Breakfast and Dinner

Day Eight Trip concludes

The trip concludes after breakfast with your transfer to the bus or train station. We can arrange a private transfer from Matera to Bari, please enquire.

Meals: Breakfast

At a Glance:

- **Duration:** 8 Days
- **Type:** Self-Guided Walk
- **Grade:** Introductory to Moderate
- **Accommodation:** 7 Nights
- **Meals:** 2 Dinners and 7 Breakfasts 7
- **Number of People:** From 2

Included:

- 7 Breakfasts, 2 dinners
- 5 nights in charming B&B's or 3 star hotels and 2 nights in a typical Trullo (subject to availability) on a twin share basis with ensuite facilities (hotel taxes are extra, payable locally - allow EUR10-15)
- Information pack including route notes and maps per room booked (by email), GPS tracks are available
- Luggage transfer (max 20 kg pp) except on day 3 from Lecce to Ostuni, when you take your luggage with you on the train.
- Private transfers as noted (public transportation is not included)
- Wine and product tasting at Alberobella
- Sassi Matera entry and guided visit, tasting of typical products.
- Emergency hotline
- Travel Insurance
- E-Sim

Not Included:

- Travel to Lecce from Matera
- Meals not listed as included
- A supplement if you are booking a single room
- Entrance fees not noted as included
- Transfers not listed as included
- Optional arrival transfer: Brindisi airport to Lecce, optional return transfers between Lecce and Otranto
- Excess Luggage
- Printed documents (supplement applies)
- Hotel taxes
- Items of a personal nature.
- Flights
- Visas

Grading:

Introductory to Moderate - Grade 2. This walking is introductory to moderate level 2 grade with daily walks between 3 and 4 hours. The accent is on keeping a steady pace with time to stop and take photos (subject to weather conditions). you will need a reasonable level of fitness to participate fully in this adventure. We recommend that you have some previous experience of trekking. Way-marking - there are no official walking trails maintained by the government in Puglia nor way-marking. We have carefully constructed walking routes on mainly dirt paths and along rural trails but from time to time the farmers who also use these tracks may asphalt them. The maps are not of the same standard you would find in other walking destinations. However the countryside is wonderfully suited for walking and carefully reviewing the notes and visualizing the route before you set out will optimize your walking and navigational experience.

Departure Dates:

Daily except Saturday from 1 March to 30 June and 1 September to 29 November.

