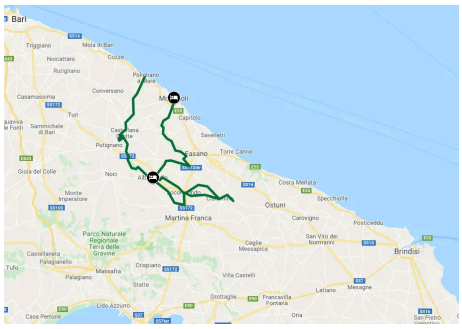
Puglia: Alberobello and the Coast

5 days, ***€ 647***



ITALIAN **BIKE TOURS**
Bike, Breathe & Discover

Introduction



The south-eastern region of **Apulia** has quite a story to tell, with eras of prosperity under the **Greeks**, Romans, **Ottomans** and Spaniards, just to name a few. This criss-crossing of cultures over time contributed to the region's dialects, **flavourful cuisine** and distinctive architecture. Today, Apulia is one of Italy's best-kept secrets for cycling, and these Puglia cycling tours reveal the region at its most authentic.
From the crossroads of **Monopoli** to enchanting Alberobello, the route offers superlative rides through sparsely inhabited landscapes. Ancient **olive groves**, Mediterranean flora and invigorating **coastal roads** provide stunning views and unforgettable riding experiences. Here, cycling becomes a way to slow down, connect with the land and, inevitably, fall in love with southern Italy.

Day to Day

Day 1 **Arrive in Monopoli**

Arrive in Monopoli, a glorious coastal town overlooking the Adriatic. Get lost in a labyrinth of lanes among white-washed houses. Stumble upon the main church and traipse over to the stunning fortress for views to the sea.

Day 2 **From Monopoli to Alberobello** **41 km**

Head inland into a picture-perfect landscape, stopping to visit to the enchanting Castellana Caves. Continue onward to Alberobello, the "trulli" capital of the world, where white-washed stone houses and conical roofs are the order of the day. So spend the night in one! And feel you truly have been transported into another world.

41 km, 500m ascent, 100m descent

Day 3 **Loop ride via Locorotondo and Cisternino** **53 km**

Pedal along quiet country lanes through rolling hills carpeted in olive groves. As you near Locorotondo, vineyards suddenly begin to dominate the landscape, a testament to the sublime white wines produced here. Stretch your legs and wander through this 'round place' with its perfectly circular old town. Listed as one of Italy's most beautiful hamlets, the local treasures include several beautiful churches and a bright-white maze of narrow streets.

53 km, 600m ascent, 600m descent

Day 4 **Ride from Alberobello to Monopoli** **34 km**

From Alberobello, roll on out to the Adriatic Coast. Your route is a patchwork of ochre-coloured fields, dotted with gnarly olive trees and “trulli” in all shapes and sizes. Cycle the panoramic coast road, a natural balcony against the deep blue, and enjoy the sea breeze as you wind downhill to Conversano. Here, the coastal plains are home to a variety of crops and dotted with elegant 'masserie' farmsteads. Ride onward to reach Monopoli, a bustling fishing village where narrow lanes twist among brilliant white facades.

34 km, 290m ascent, 705m descent

Day 5 **Arrivederci Monopoli!**

Your cycling trip comes to an end this morning after breakfast. Airport transfers may be arranged in advance and extra nights in Lecce can be booked to extend your visit.

Prices, Data, Booking

Price pp		**€**
Double room, breakfast	price from	647.00
Rental bike		**€**
Hybrid		55.00
E-bike		120.00
Extra services		**€**
Bike helmet	per piece	10.00
Giving back to nature	per piece	5.00

Accommodation

Nights in 3-star hotels with breakfast

Practical Info


4 nights included


3 Star Hotels


Breakfast included


Tourist information on all the places of interest


Bike rental available


7-days a week service-hotline


Luggage transport included


Monopoli Train station


GPS-tracks available