



 **LIFECYCLE
ADVENTURES**

Puglia

ITALY

Planning

About the Area

Overnight Towns

On Tour FAQ



Use this Guidebook
with the On-Tour App
(see inside cover)

Inside this book

Planning Your Tour

- ➔ Where to stay before tour
- ➔ Getting there
- ➔ Things to book
- ➔ What to pack

About the Area

- ➔ Routes & highlights
- ➔ Geography & history
- ➔ Food & drink
- ➔ Essentials

Overnight Towns

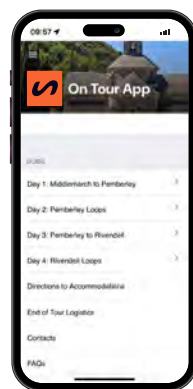
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

On Tour

- ➔ Using the On-Tour App
- ➔ Navigating the routes
- ➔ Our services
- ➔ Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to download your On-Tour App a few weeks before the start of your tour.



The app includes everything you need to explore each day during your tour including:

- ➔ Ride options
- ➔ Places for lunch
- ➔ Points of interest
- ➔ Directions to accommodations
- ➔ End of tour logistics
- ➔ Contacts
- ➔ FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



 **LIFECYCLE
ADVENTURES**

Puglia

ITALY

Written & Researched by

Victoria Craig & Gregory Craig



A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things do change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition.

You can reach us at info@lifecycleadventures.com

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Blue Arch of Strada Zonnelli, Bari

GETTING THERE

Tours typically start in Bari. Bari (BRI) is a medium-sized airport with flights to many European cities including Amsterdam, Frankfurt, London, Paris, and Rome. There are no direct flights from the U.S. If we are not collecting you at the airport, the easiest way to get into Bari from the airport is by taxi.

Bari also has a railway station (Bari Centrale) with direct services to and from Rome. The fast trains (Frecciargento) take about four hours.

The following sites are helpful when booking travel within Italy:

- Rome to Rio: <https://www.rome2rio.com/>
- The Train Line: <https://www.thetrainline.com/en-us>
- Local train company: <https://www.trenitalia.com/en.html>

WHERE TO STAY BEFORE YOUR TOUR

Guests typically stay in Bari before and/or after their tour. We have had good feedback for the following hotels.

Grande Albergo delle Nazioni

📍 Lungomare Nazario Sauro, 7, 70121 Bari

☎ +39 080 592 0111

🌐 <https://www.jr-hotels.com/it/collection/jr-hotels-grande-albergo-delle-nazioni-bari>

Hotel Oriente



Corso Cavour, 32, 70122 Bari



+39 080 525 5100



<https://www.jr-hotels.com/it/collection/jr-hotels-oriente-bari>

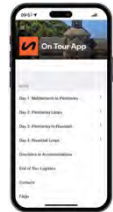
DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- WhatsApp
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.

Scan this code with your phone/tablet's camera. Then follow the instructions below, depending on your device.



On an iPhone or an iPad

- Open the PDF using the above QR code (this takes a few seconds with fast WiFi)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap Books

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Set Settings

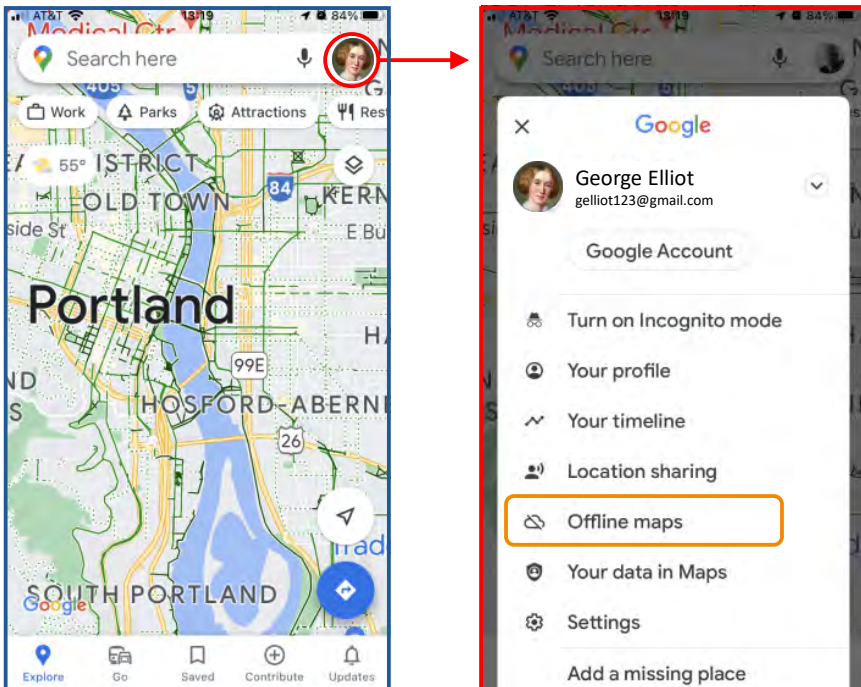
- On your device, open Google Play Books
- At the top right, tap your profile picture
- Tap Play Books settings
- Check the box next to Enable PDF uploading

Download the Book

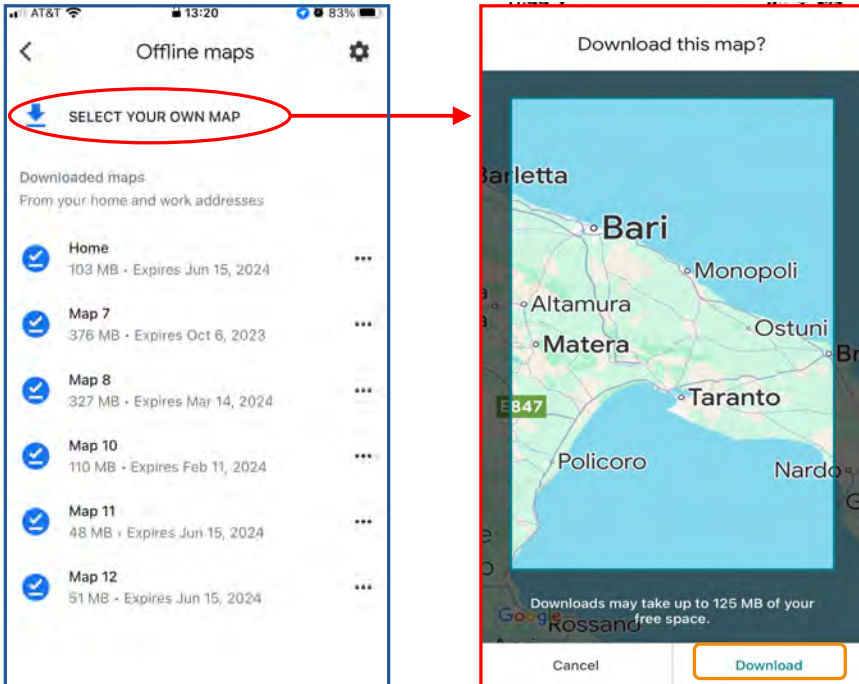
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.



In the Google Maps app, tap on your profile picture and then select Offline Maps



Zoom in on the map of Italy to include Bari, Matera, Ostuni, and Monopoli

WhatsApp

Most of our guides like to use WhatsApp for staying in contact with you during your tour. If you have downloaded the app and set up an account, that would be helpful. If not, don't worry, we can also use texts and phone calls.

Phone Plans

Having access to cellular data while on tour will make it easier to navigate your routes and access information via our On-Tour App (though with a little forethought you can manage without).

If travelling abroad, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination.

Note that not all devices support eSIM technology, so it is best to check before leaving home.

THINGS TO BOOK BEFORE YOU TRAVEL

Transfers from Bari Airport

Typically, we collect and drop off guests at their hotel in downtown Bari. We can also collect or drop off guests at Bari Airport for which there is an extra charge. These transfers are only available on the first and last days of the tour and are subject to availability.

Transfers on Tour

Leisure Route from Matera to Alberobello

If you plan to ride the Leisure route from Matera to Alberobello, let your guide know at the start of the tour. This will allow them to organize your van transfer to Gioia del Colle for that day.

Leisure Route from Alberobello to Ostuni

If you plan to ride the Leisure route from Alberobello to Ostuni, let your guide know at the start of the tour. This will allow them to organize your van transfer to Cisternino for that day.

Leisure Route from Ostuni to Monopoli

If you plan to ride the Leisure route from Ostuni to Monopoli, let your guide know at the start of the tour. This will allow them to organize your van transfer to Torre Canne for that day.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance. This is especially true during high season: July to September.

Cooking Class

The best overnight town for a cooking class is Ostuni. Green Tours Italy specializes in seafood classes, pizza or pasta-making classes. Enjoy what you have made for dinner with wine pairings and antipasto. Afternoon / evening courses start from €150 per person and includes transportation from your hotel. Cash on the day is preferred.

Green Italy Tours

 Via Francesco de Sanctis, 82-94, 72017 Ostuni

 +39 340 767 8256

 <https://greenitalytours.com/cooking-class>

Olive Oil Tours

There are a few good options for olive oil tours in the region and some of the wineries produce their own olive oils, see *Wineries* below.

Mozzone Masseria – Agriturismo Montalbano di Fasano

A perfect spot for a picnic or tasting under the olive trees. The Masseria itself on the hill has great view and it is "all white" and very Apulian. Located with a 4 km detour from the Ostuni to Monopoli routes. Reservations to be made by email, info@masseriamozzone.it (Fiorella) and costs are approximately €15 per person for an olive tasting or €30 per person for a tasting, a tour and a picnic.

 C.Da Speterrata S.N, 72016 Montalbano

 +39 338 964 5454

 <https://masseriamozzone.it/>

Masseria Maccarone

A very knowledgeable owner who can talk about extra-virgin olive oil for days with very nice products. A short detour from the Alberobello Loops, a longer detour from the Ostuni to Monopoli routes, and a medium detour from the Monopoli loops! Reservations and information by email, mass.maccarone@libero.it (Alessandro). Costs are approximately €15 per person for an olive tasting with a general group, or €25 per person for a private tour and tasting.

 Contrada Carbonelli, 29, 72015 Fasano

 +39 080 482 9300

 <https://www.masseriamaccarone.it/>

Agriturismo Masseria Salamina

A beautiful castle-turned-hotel with an olive oil farm. A 5 km detour from the Alberobello Loops, and a longer detour from the Ostuni to Monopoli routes, but one that can re-join the route further along instead of returning the way you came. Tours and tastings last for an hour and cost €25 per person. Reservations can be made on their website and the times are usually 10:30 AM and another later in the afternoon. This location also offers wine tastings – see below for more information.

 Via Case Sparse, 4, 72015 Pezze di Greco

 +39 080 489 7307

 <https://www.masseriasalamina.com/en/home/>

Boat Excursions – Polignano a Mare or Monopoli

There are many options to take a boat from Polignano a Mare or Monopoli and it is often best to make direct contact to see what is available on your desired day. You can either join a shared excursion or book a private outing.

The 'Sea Caves Tour' departing from Polignano a Mare shows the unique and fascinating scenery by the natural erosive action of sea water. Collective tours with a six-and-a-half-meter boat (Protagon 20, year 2023 or similar) last one hour 30 minutes. The cost is €35 per person (minimum 2 people per the shared tour).

Departures from Calaponte Marina, and times are approximately 9:30 AM / 11:30 AM / 2:00 PM / 4:00 PM / 6:00 PM.

Private outings start from €180 for 2 hours for up to 8 passengers. The boats are equipped with an awning for shade.

Reservations can be made on their website, but we first recommend sending an email to rentmonopoli@email.com for more information and to book an excursion to suit you.

Rent Me Charter – Polignano

 Cala Ponte Porto Turistico, 70044 Polignano a Mare

 +39 345 745 5253

 <https://www.noleggiobarchemonopoli.it/en>

Rent Me Charter – Monopoli

 Largo Castello, 3, 70043 Monopoli

 +39 345 745 5253

 <https://www.noleggiobarchemonopoli.it/en>

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Matera

- Vitantonio Lombardo Ristorante
- Ego
- Giù a Sud | Bistrot nei Sassi
- Baccanti

In Alberobello

- Ristorante La Cantina
- Trattoria Terra Madre
- Evo Ristorante

In Ostuni

- Cielo, Hotel Relais La Sommità
- Ristorante Taverna della Gelosia
- Osteria Monacelle

In Monopoli

- Il Guaz
- zetto
- Locanda Don Ferrante

Wineries

Reservations for tasting can often be made while on tour and walk-ins are sometimes (though not always) welcome. However, if you would like to eat at a winery or take a winery tour, we would recommend that you book in advance. You can find a list of wineries on this tour, with details of what route they are on, in the *About the Area* section of this guidebook.

Please note, although Puglia produces its fair share of excellent wines, the area you'll ride through is less popular for growing grapes. It is far more well-known for its olive oils, and you will see thousands of olive trees when you explore the area.

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery bank to recharge your phone en route are available on request¹ (subject to availability)

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

¹ Items available "on request" should be requested via email or the Booking Form at least two weeks before the start of your tour.

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Favorite or needed medication
- ☐ Insect repellent
- ☐ Medical & travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles and many riders prefer to use a saddle with which they are familiar. This is even more true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair kit
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike, we would also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



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A group of Trulli and olive trees on a lane in Puglia

INTRODUCTION

In the heel of Italy, Puglia is undiscovered and untouched relative to much of the country. The people are warm and authentic with life here fitting around slow, pastoral rhythms unique to Italy's deep south. The whitewashed villages and emerald waters of the Adriatic are reminiscent of Greece. Indeed, the Greeks, Romans, Venetians, Turks and Spanish have all left their mark on the region's architecture, culture and cuisine.

A network of quiet country lanes and gentle terrain make this a great destination for beginner and intermediate riders. Puglia is a region known for its charming towns and stunning coastline. Matera, a UNESCO World Heritage site, is renowned for its ancient cave dwellings known as the Sassi which have been continuously inhabited for over 9,000 years. Alberobello, another UNESCO World Heritage site, is famous for its *trulli*, whitewashed stone huts with conical roofs. Ostuni, often called the "White City," features a maze of narrow streets and whitewashed buildings perched on a hill with stunning views of the Adriatic Sea. Monopoli is a picturesque seaside town with a historic center, a bustling harbor, and beautiful beaches. Polignano a Mare is known for its dramatic cliffs, crystal-clear waters, and the scenic views from its cliffside terraces. These towns capture the essence of Puglia's rich history, architecture, and natural beauty.

ROUTES & HIGHLIGHTS

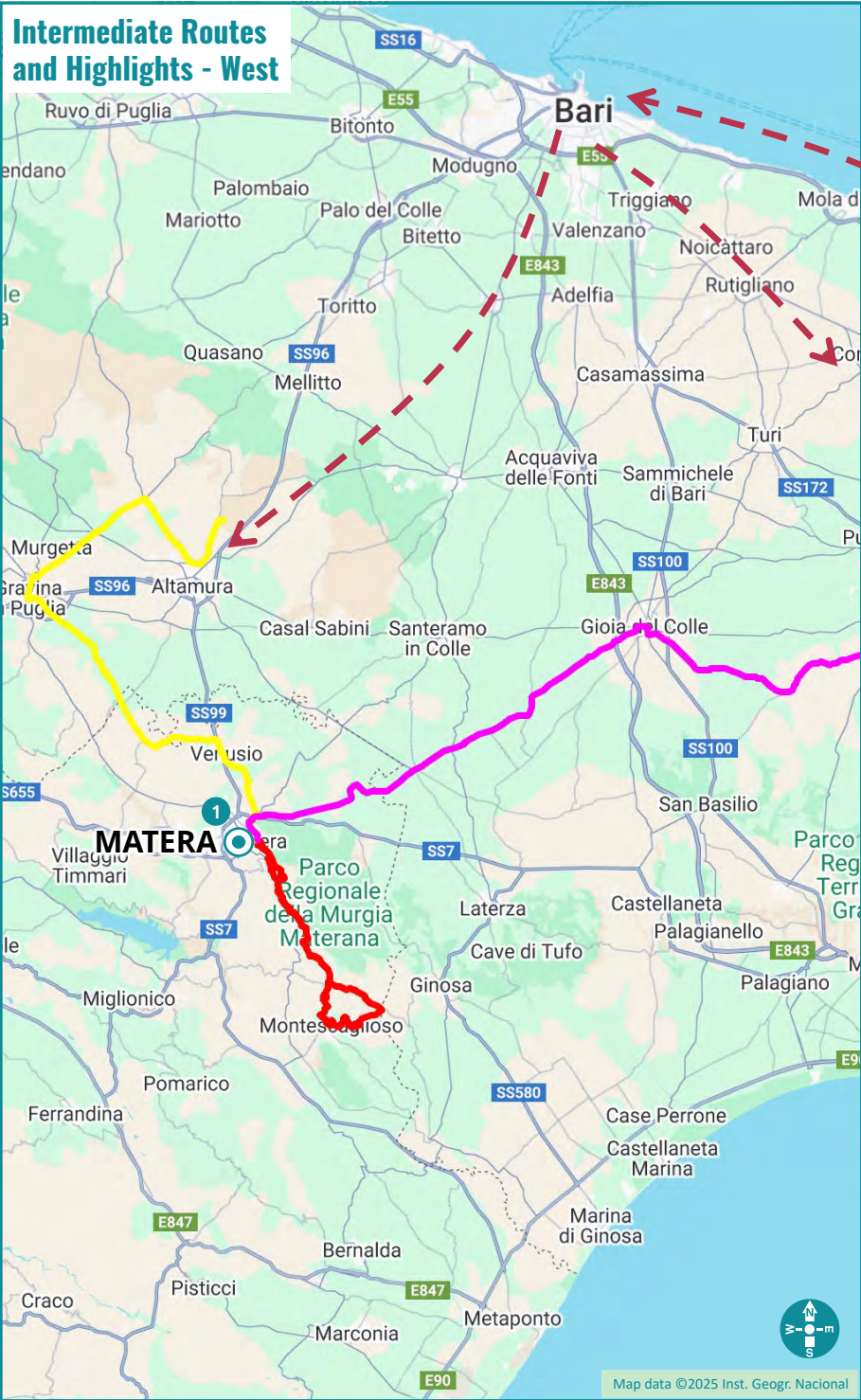
The map on the following page shows the *Intermediate* routes between the overnight towns (marked ). Easier and harder routes are also available. The map also shows some of the highlights in the area.

Each tour is customized to you and your tour may not include all these routes and overnight towns. Typically, Matera and Monopoli are only included on longer tours. Your customized routes are provided in the *On-Tour App* that accompanies this guidebook. The app includes:

- Detailed maps
- Leisure, Intermediate, Challenge and Epic route options¹
- Places to have lunch along the routes
- Points of interest along the routes
- Wineries along the routes²

¹ Not all days have all levels of riding.

² Where applicable





1 Sassi District in Matera

A UNESCO World Heritage site known for its ancient cave dwellings carved into limestone cliffs. One of the world's oldest continuously inhabited areas.

2 Zona di Trulli in Alberobello

Another UNESCO World Heritage site featuring clusters of trulli: iconic conical limestone structures constructed without mortar.

3 Ostuni Old Town

Ostuni is a stunning hilltop town characterized by its whitewashed buildings. The city's narrow winding streets lead to the impressive Ostuni Cathedral and offer panoramic views of the surrounding countryside.

4 Port of Monopoli

Known for its historic old town with narrow streets, whitewashed buildings, and a picturesque harbor. The waterfront features a 16th-century Charles V Castle.

5 Coast

Puglia boasts an extensive coastline spanning over 800 kilometers (about 500 miles), making it one of the longest coastlines of any Italian region. The coast offers a diverse landscape that includes white sandy beaches, rugged rocky coves, breathtaking cliffs, and mesmerizing caves and rock formations.

6 Wine and Olive Oil

The region is famous for producing high-quality extra virgin olive oil with some olive trees that are over 1,000 years old. The area also produces excellent wines such as the rich, bold red wines Primitivo and Negroamaro.

7 Ceglie Messapica and Puglian Cuisine

With Puglian cuisine the emphasis is on freshness and simplicity. Ceglie Messapica in particular is known as a "food lover's paradise," boasting numerous high-quality restaurants.

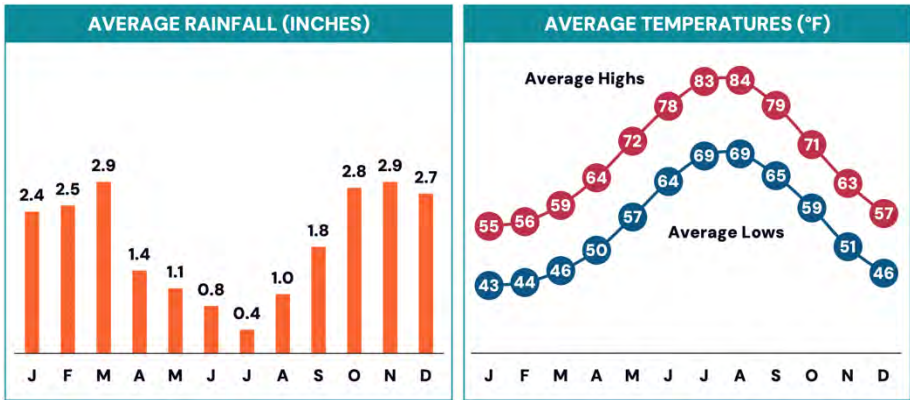
8 Polignano a Mare

Famous for its dramatic cliffs overlooking the Adriatic Sea, Polignano a Mare is known for its stunning sea caves, crystal-clear waters, and historic center. The town offers breathtaking views and charming narrow streets and is a popular destination for cliff diving and coastal exploration.

CLIMATE & GEOGRAPHY

The Southern-Mediterranean climate means that it is possible to ride in Puglia throughout the year. However, the best months to visit are April through mid-July and September through to the end of October, when the temperatures are pleasantly warm and the risk of rainfall lower. For some, August is a little too warm though there is usually a cooling sea breeze. Early spring and late fall are also great times to ride as there are few other tourists, but you do need to be prepared for some rain. Winter temperatures are similar to those in San Francisco.

The charts below show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Ostuni.



Data Source: www.intellicast.com

HISTORY

In Two Sentences

Puglia is one of the richest archaeological regions in Italy having been occupied by many ancient peoples with Turkish, Spanish and Greek settlements. In 1861, the region became part of the Kingdom of Italy, with the new capital city at Turin (Rome later became the capital in 1871).

Key Dates

- Pre-history

The human history of Puglia dates back to the Paleolithic period, with evidence of early human settlements in the region, particularly in the caves of Matera and the area of the Valle d'Itria.
- 1st Century BCE

The Romans conquer the region and establish it as part of the Roman Empire. Puglia becomes an important agricultural area, particularly known for its olive groves.
- 5th century CE

The fall of the Roman Empire leads to the invasion of various tribes, including the Goths, Ostrogoths, and the Vandals, followed by Byzantine control.

8th century	The Lombards take control of Puglia, and by the end of the century, the region is fully integrated into the Byzantine Empire.
11th century	Normans arrive in Puglia, establishing the Kingdom of Sicily, which unites southern Italy under one crown, including Puglia. The region becomes a powerful center for trade and culture.
12th century	The rise of the Swabian Kingdom under Emperor Frederick II brings significant political and cultural development to Puglia. He builds iconic castles like Castel del Monte.
15th century	After the fall of the Swabian dynasty, Puglia is contested between the Aragonese and the French. Finally, it becomes part of the Kingdom of Naples under Spanish rule.
16th century	The region experiences heavy Spanish influence and considerable economic growth, especially in agriculture, olive oil production, and wine.
18th century	The Bourbon dynasty takes control and Puglia is integrated into the Kingdom of Naples once again. During this period, the region experiences both growth and hardships, including banditry and social unrest.
19th century	With the unification of Italy in 1861, Puglia becomes part of the new Kingdom of Italy. The region's rural economy, focused on agriculture, faces challenges from industrialization in the north.
World War I	Puglia played a supporting role during World War I and faced economic struggles in the interwar years under Mussolini's fascist regime, which implemented agricultural reforms but also suppressed political unrest.
World War II	Puglia became a critical base for the Allies in 1943, with significant bombing, especially in Bari. The region was liberated, but post-war recovery was slow and it remained economically challenged.
1980s–2000s	Puglia becomes a popular tourist destination for its unique landscapes, <i>trulli</i> houses, and beautiful coast.
2000s–Present	Puglia has experienced a cultural renaissance, with investments in tourism, local wine, and food products, including olive oil, attracting visitors from around the world. Matera was named a European Capital of Culture in 2019, bringing additional global attention to the region.

FOOD & DRINK

Food from Puglia

Overview

Cuisine plays an important role throughout Puglia. Even other Italians (a country with strong regional pride) will typically praise the quality of the food and the cooking in Puglia.

Locally-produced ingredients include olive oil, artichokes, tomatoes, eggplants, asparagus, and nuts. Puglia also produces a significant proportion of Italy's wheat and therefore pasta. Local pasta to watch out for is *orecchiette* ("small ear"). Cheesemaking is also important with more sheep- and cow-milk cheeses than buffalo milk. Noci is famous for its mozzarella and burrata. At the coast, of course, the seafood is exceptionally good.

Restaurants in Puglia are justifiably proud of their antipasti – generous spreads of mixed starters. It is in the antipasti that you will often find the most flare and creativity in the cooking.

There is a great tradition of *fornello pronti* in the region where butcher shops will grill the meat you buy from them. Many have added seating areas and will also serve bread and wine accompaniments.

Olive Oil

Puglia boasts an impressive landscape adorned with over 50 million olive trees. Extra Virgin Olive Oil from Puglia, a cornerstone of the Mediterranean diet, is a staple ingredient in virtually every Puglian recipe. Beyond imparting a distinctive aroma to dishes, often enhanced by the peppery notes of hot pepper (*peperoncino*), extra virgin olive oil is prized for its numerous nutritional benefits. With an estimated abundance of over 50 olive varieties, Puglia contributes approximately 40% of Italy's olive oil production.



Mozzerella, Burrata and Stracciatella

Puglia is famous for its cheeses – especially mozzarella, burrata and stracciatella. In this region, cows' milk is more commonly used than buffalo milk. Noci is one of the local centers of production for this family of cheeses.

Mozzerella is the traditional, tennis-ball-sized, cheese that is used in pizzas and salads. Traditionalists would say that real mozzarella must be produced using buffalo milk. It is made by kneading and stretching the milk curds in hot water and shaping chunks of the cheese into balls the size of a fist or a little larger.

Stracciatella is made of small shreds of mozzarella curds – hence its name, which in Italian means "a little shred". The curds are stretched and shredded using the

pasta filata technique. As well as using it as the creamy center of burrata (see below), you will see it drizzled (cold) on the top of pizzas (with tomato and basil) as well as in soups and sauces.

Burrata is a fresh cheese made from mozzarella and cream. The outer shell is solid mozzarella, while the inside contains stracciatella and thick cream, giving it a soft, buttery texture. It is usually served fresh and at room temperature. The word “burrata” means “buttered” in Italian.

None of these cheeses keep well – even in a refrigerator – and are best consumed fresh while they are still soft and melty!

Orecchiette Pasta

Few pasta varieties in Italy are as deeply intertwined with a specific region as Orecchiette, the signature pasta of Puglia. Orecchiette holds a prominent place in Puglian cuisine and can be found wherever pasta is served. These small, cup-shaped noodles have become integral to the region's culinary heritage, their name directly translating to “little ears” in reference to their distinctive shape.



Fornello Pronti

While butcher's shops across Puglia will often grill the meat you buy from them, the butchers of Cisternino have made it something of a specialty and many have added seating areas that are as large as the original store.

If you see a butcher shop with a “Fornello Pronto” sign on the door, just go in and order some Fornello. The butcher will actually cook the meat for you on a (usually wood-fired) barbecue. Many butcher's shops have a side room where you can sit, bring your wine and enjoy the barbecue. The benches make for a friendly, informal atmosphere. In Cisternino the tables are a little more formal – controlled by waiters – but eating is relaxed and tasty.

Specialties of the area include *bombette* (little bombs), *spiedini* (mixed meats on skewers), *gnumireddi* (lamb liver and herbs), and chicken wings wrapped in smoked Pancetta.



Wines of the Puglia Region

Overview

Puglia produces more than 15% of Italy's wine. That is quite an achievement in a country that produces a lot of wine. Until recently, however, Puglia's wines did not attract a lot of attention outside of the region. Often the Puglian grapes were used to add body to wines produced in other regions. This is changing and Puglia now boasts 4 DOCGs and 29 DOCs and has some excellent vintages of its own.

NOTE: DOCG stands for Denominazione di Origine Controllata e Garantita and is the highest classification for Italian wines. It denotes controlled (controllata) production methods and guaranteed (garantita) wine quality. DOC stands for Denominazione di Origine Controllata and is a quality assurance label for Italian wines though typically denotes lower quality wines than DOCG.

Traditionally the area has produced red wines but white wines and rose wines are now growing in prominence as well as some sparkling wines.

Broadly, there are two distinctive viticultural sectors – the temperate, undulating north and the hot south.

North of Brindisi and Taranto (the area of our tours), wines tend to be fruity and fragrant with good acidity. Commonly used grapes include the red Bombino Nero, Montepulciano and Sangiovese, and the white Verdeca. Malvasia, Trebbiano, Bianco d'Alessano and Bombino Bianco also contribute to the white wines of the north. The north is better known for its reds from DOC appellations like Barletta, Rosso Canosa and Rosso di Cerignola. The best-known DOC is Castel del Monte. These red and rosé wines have gained internationally recognition. Indeed, Castel del Monte Bombino Nero, Castel del Monte Nero di Troia Riserva and Castel del Monte Rosso Riserva have now achieved DOCG status.

The area where our routes explore falls within the Valle d'Itria and Murgia regions, both known for producing high-quality wines:

- Valle d'Itria is especially famous for its white wines made from Verdeca and Bianco d'Alessano grapes, as well as Fiano and Minutolo. The rolling hills and calcareous soils in this region contribute to the distinctive freshness and minerality of its wines.
- Murgia is home to more structured wines, particularly reds like Primitivo and Nero di Troia, produced near the Castel del Monte wine area, which lies northwest of Bari.



Towards the center of the region there is more of a focus on white wines made from Verdeca and there are also some recent plantings of international varieties such as Chardonnay and Sauvignon Blanc.

Further south, you find some excellent red wines – primarily around Salento where the Negroamaro and Primitivo grapes dominate.

The commune of Martina Franca produces a white Denominazione di Origine Controllata (DOC) wine that can be made in a still or sparkling Spumante style. The wine has a tendency not to age well, often turning from a light white color to a darker amber color and losing its fresh fruit flavors after only 3 to 4 years in the bottle.

WINERIES ON YOUR ROUTES

The region around Alberobello, Ostuni, and Monopoli is home to several good wineries where visitors can enjoy wine tastings and tours. These wineries focus on local grape varieties like Primitivo, Negroamaro, and Fiano, often showcasing organic or sustainable practices. Guests can explore vineyards, learn about traditional winemaking techniques, and sample a variety of wines, sometimes paired with local treats like olive oil and cheeses.

The table that follows the map shows which wineries are accessible to which rides. Use this table and your itinerary to see which wineries you will pass on your customized tour. This will allow you to decide where it is practical to visit and where you might want to make reservations.

Detailed maps and directions to the wineries are provided in the On-Tour App that accompanies this guidebook.





The following table shows which wineries are on which routes and which level of ride – Leisure (L), Intermediate (I), or Challenge (C).

Route	Winery	Level		
		L	I	C
Altamura to Matera	24 Botromagno Agricultural Society	✓	✓	✓
In or near Matera	1 Matera DOC	-	-	-
Castellana to Alberobello	2 Colavecchio Wine (S.r.l)		✓	✓
	3 A Mano Wine	✓	✓	✓
Matera to Alberobello	4 Cantine Polvanera	✓	✓	✓
	3 A Mano Wine	✓	✓	✓
In or near Alberobello	5 Cantina Museo Albea	-	-	-
	6 Cantina Masseria Torricella	-	-	-
	7 Trulli e Puglia Wine Bar	-	-	-
Alberobello Loop	8 Cantina I Pàstini		✓	✓
	9 Tenute Girolamo		✓	✓
	10 Trulli il Castagno – Vigna il Castagno		✓	✓
	11 Petra Nevara Winery		✓	✓
	12 Tenute Rosato		✓	✓
	13 Agriturismo Masseria Salamina		✓	✓
Alberobello to Ostuni	14 Vineria del Borgo	✓	✓	✓
	15 Upal Cantina e Oleificio Sociale	✓	✓	✓
	16 Montemarcuccio – Azienda Agricola Faniglione Pietro	✓	✓	✓
	17 Cantine Semeraro	✓	✓	✓
	18 Cantine Amalberga	✓	✓	✓
In or near Ostuni	19 Coopir De Laurentis	-	-	-
	20 Vinicolo Wine Bar	-	-	-
	21 Az.Agr.L'Essenza di Puglia	-	-	-
Ostuni Loop	21 Az.Agr.L'Essenza di Puglia		✓	✓
Ostuni to Monopoli	13 Agriturismo Masseria Salamina		✓	✓

Monopoli Loops	22	Cantine D'Alessandro Conversano		✓	✓
	23	Terre di San Vito		✓	✓

The *Winery Listings* in the Appendices provide the following information about each winery:

- History and background
- Wines produced
- Food availability
- Tours and tastings available
- Reservations requirements
- Opening hours
- Contact details

FUN FACTS (AND OTHER THINGS OF INTEREST)

Ancient Olive Trees

The olive trees in the area have been dated back to the beginning of the common era (2,000 years ago). Locals tell us that there are trees near Ostuni that are 3,000 years old. When you look at their gnarled and twisted trunks the claims seem credible.

On the coastal rides from Ostuni, the route passes the “Olive Tree of the Crucifix”. There are several explanations for the name – some more confusing than others. A local tradition links this tree with the crucifix in the church at Serranova – just off the route. The crucifix was originally dedicated by sailors who had been saved from a storm; believing that it was praying to the ship’s crucifix that had saved them. It is said that the crucifix was hidden inside of the Olive Tree of the Crucifix until it was discovered there and placed in the church. Many still believe that the Serranova Crucifix has miraculous powers and there is an annual pilgrimage there each year on May 3rd. The ancient tree also has something of a shape of a cross to it.

To help protect ancient olive groves, the uprooting and selling of these ancient trees for ornamental purposes is now illegal – though not completely unknown.



Ancient Ruins of Scavi D'Egnazia

(also, Gnatia, Ignatia, or Egnatia)

Just south of modern-day Monopoli, the Greco-Roman city of Egnazia was an ancient city of the Messapii (Indo-European people that inhabited Puglia between the 8th and the 3rd century BCE). There is also evidence of some settlement here as early as the Bronze Age (15th century BCE).

The Messapic era of the town ended in the 3rd century BCE, with the Roman conquest. Under the Romans, the town grew and prospered as an important trading town; lying as it did on the sea at the point where the Trajan Way (Via Traiana) joined the coast road. It was also famed for its solar and fire cult.



An episcopal see in the early Christian era, the city was probably abandoned in the High Middle Ages due to the spread of malaria in the area, or it may have succumbed to Vandal and Saracen attacks.

Unfortunately, the ancient city walls were almost entirely destroyed over a century ago to provide building materials, but you can still clearly see the outline of the city. The site occupies 40 hectares and includes walls, a necropolis, ancient houses, roads and a cemetery. The on-site museum also has fine frescos.

ESSENTIALS

Hotel Services

Will hotels do laundry?

Yes, most hotels will do your laundry. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

Please ask us if you have a question about a particular place you are staying.

Can I use my charger and hair dryer in Puglia?

Standard sockets in Italy, as in the rest of Europe, supply electricity at 220 volts alternating at a 50 cycles per second (vs. the US where 110 volts, alternating at 60 cycles per second is standard).

The sockets are also different from the US sockets: Type F (also known as *Schuko*). This socket also works with Plugs C and E.

To use your North American appliances in Italy you will need to check they are rated for use with 220 volts and you will need a plug adapter.

Many phone charges and PC chargers are rated for use at 220 volts however most North American hairdryers are not.



Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Money

The currency of Italy is the Euro (€).

Are credit cards widely accepted?

Yes, Visa and MasterCard are widely accepted in restaurants and hotels in Italy. However, credit cards tend not to be used for small payments (unlike the United States). American Express is not as widely accepted outside of the big hotels and car rental agencies.

Stores generally accept credit cards though some of the smaller food stores may not.

Ask your credit card company about foreign transaction fees before you travel. These can vary from zero to over 3%. NOTE: Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs in the region, usually called “cash machines”. The coverage is similar to the United States and Canada with several ATM machine in each of the overnight towns we use as well as in many of the towns en route.

Typically, your bank will charge a fixed fee per transaction (around \$2) plus a variable fee of around 3%.

How many Euros should I bring/carry?

Cash is commonly used for everyday purchases throughout Italy. You will want to keep €100 to €200 on hand in case your lunch or dinner restaurant does not accept credit cards and people tend to use cash for small transactions (cups of coffee, etc.) and at smaller food stores. Taxis also prefer cash.

Communications

Is English widely spoken?

English is spoken, to some degree, in most hotels and restaurants and (much less so) in general stores. The further you get from the tourist centers; the less English is spoken. However, even in the remoter parts of Italy, people are used to dealing with people who do not speak Italian and are generally friendly and keen to help.

Will my cell phone work in Puglia?

If travelling from the United States or Canada, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Should I buy an Italian SIM card?

For longer trips – or if you need to make a lot of calls while abroad – this can be worthwhile. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your US or Canadian operator. If you are planning to buy an Italian SIM card, make sure your phone is unlocked before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts or WhatsApp messages are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone. See *Will My cellphone work in Puglia*, above.

Exploring

How is the traffic on the roads in Puglia?

On all our routes, we do our best to keep you on low-traffic roads but at times it is necessary to ride on busier roads. The good news is that there are plenty of other riders on the roads, so drivers are typically used to navigating around cyclists.

The Italians are, generally, very respectful of cyclists. That said, this is a destination best suited to those that are comfortable riding in some traffic; very few roads have a shoulder, and vehicles are often quite close as they pass you.

Which routes can I ride with an eBike?

Typically, you can ride the Leisure and Intermediate routes on an eBike but your eBike range may be insufficient for some harder routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are practical for you to ride on your eBike.

Is the guidebook in miles or kilometers?

Our guidebooks use kilometers. Kilometers are what the locals use and what are on the road signs. If you are bringing your own bike, we strongly recommend that you set your computer to measure in kilometers.

The good news is that there are 1.6 kilometers to the mile so what would be a 30-mile ride in the United States is a much more impressive 50-kilometer ride in Puglia!

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit en route – though we do try to list the major ones.

For a more general guidebook to the area, we would suggest either the *Rough Guide to Puglia* or the *Lonely Planet Guide to Puglia*. For more on architecture, history, and the arts, we would suggest the *Michelin Green Guide to Puglia*.

What map would you recommend?

If you would like to have a large, fold-out map of the area, we would suggest the 1:200,000 Road & Tourist Map for Puglia published by Touring Club Italiano. It is

widely available locally and on Amazon.com. Our only warning with this map is that most of the roads you will be riding are too small to appear on this map and it does not always distinguish between paved roads and gravel roads.

Local Customs

What are local dress codes?

Italian people tend to be relaxed and dress relatively casually. They are also used to having tourists from all parts of the world visit their towns and cities. It is quite acceptable and common to ride in Lycra or sportswear in Puglia. Obviously, if you stop for lunch, this is what you will be wearing, and restaurants will have no issue with it.

In the more upscale restaurants, people tend to dress a little more formally for dinner. This does not need to mean a jacket and tie, but you will probably feel more comfortable if you avoid shorts and T-shirts at the dinner table.

During the day, you will see plenty of people in shorts, T-shirts, and summery tops. However, it is considered respectful to be a little more modest if visiting a church, for example, by covering shoulders and men removing hats.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums, & monuments: 10:00 AM to 12:00 PM and 3:00 PM to 6:00 PM
- Churches: 9:00 AM to 7:00 PM
- Shops: 9:00 or 10:00 AM to 12:00 or 1:00 PM and 3:00 or 4:00 PM to 7:30 or 8:00 PM
- Restaurants for lunch: 12:00 PM to 2:30 PM
- Restaurants for dinner: 8:00 PM to 10:30 PM
- Other businesses: 9:00 AM to 6:00 PM

Many restaurants have at least one day a week when they are closed. This is noted, where relevant, in this guidebook.

Some tourist attractions are only open from Easter through to September or October.

When should I leave a tip?

Tipping in Italy is far less pervasive than in the United States; the Italians do tip, but modestly. Typically, a service charge is included in the price of the meal so a significant tip is not required – though a few Euros would be appreciated.

In the larger hotels, if someone has helped you with your bags it is common to tip a couple of Euros. In restaurants round up, or 5% to 10%. Taxi drivers are usually tipped 5% or 10%.

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 112. The operator will speak English.

The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and launderettes is common in Italy and the larger cities. However, the countryside in Puglia is relatively safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and **always lock up your bike if you cannot see it**.

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns.

How do I contact my embassy?

U.S. Embassy Rome

 via Vittorio Veneto 121 00187 Rome

 Telephone: +39 06 46741

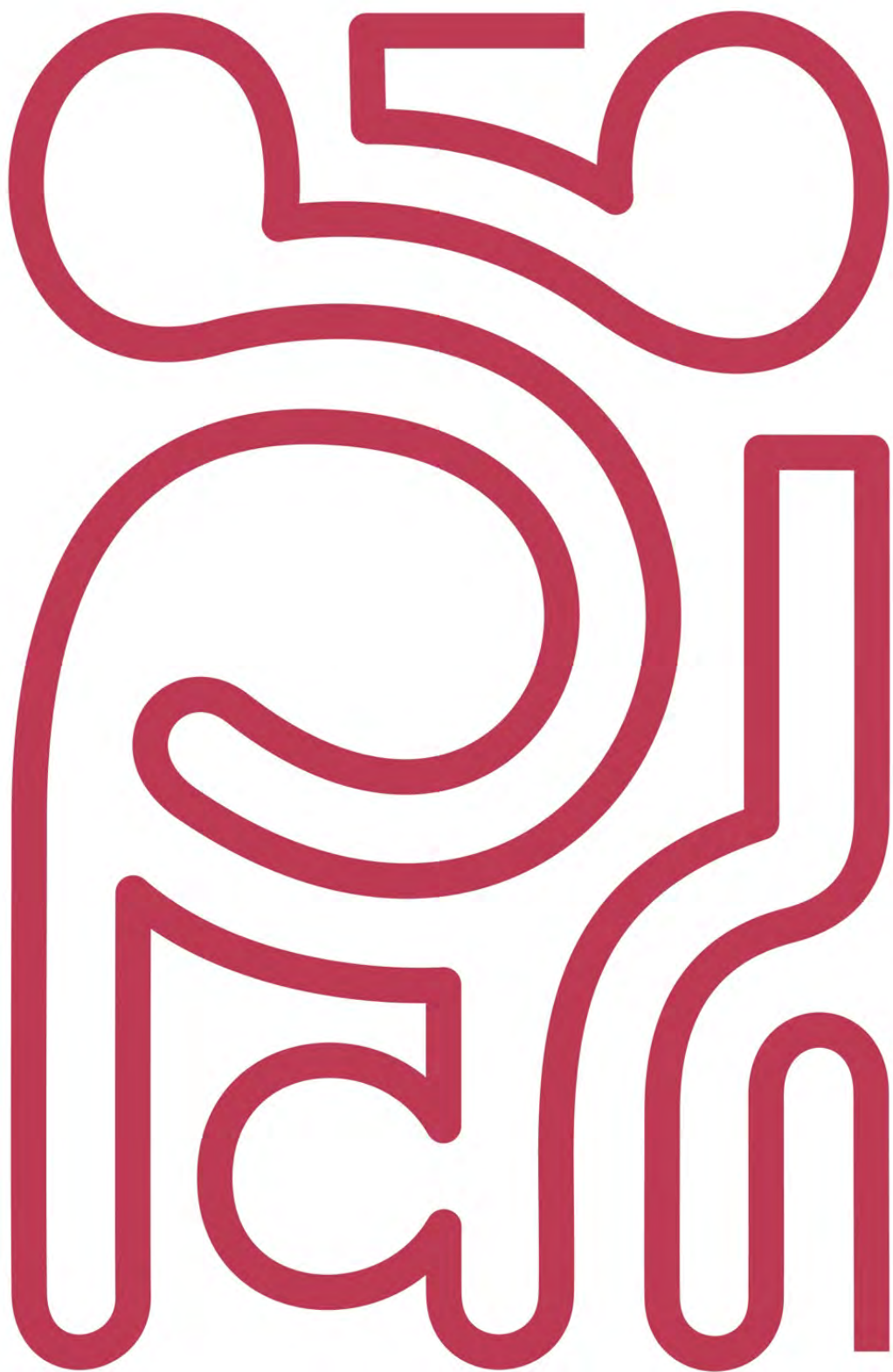
 <https://it.usembassy.gov/embassy-consulates/rome/>

Embassy of Canada

 Via Zara 30, Rome 00198, Italy

 Telephone: +39 06 85444 1

 <https://www.international.gc.ca/country-pays/italy-italie/index.aspx?lang=eng>



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Sassi Districts in Matera

MATERA

Overview

Matera, located in the Basilicata region close to Puglia, is an ancient city renowned for its stunning UNESCO World Heritage Sites: the Sassi Districts. These unique cave dwellings, carved into the soft limestone of the city's cliffs, have been inhabited since prehistoric times (9,000 years), making Matera one of the oldest continuously inhabited cities in the world. The Sassi are divided into two main areas: Sasso Caveoso and Sasso Barisano, which together create a dramatic landscape that is both historical and architecturally unique.

By the mid-20th century, these dwellings were inhabited by approximately 16,000 people, living in challenging conditions without modern amenities. In 1959, the Italian government relocated residents due to concerns over health and hygiene, leading to the Sassi being abandoned and falling into disrepair. However, in recent decades, these ancient dwellings have been carefully restored and repurposed as restaurants, boutique hotels, and museums, allowing visitors to experience the historical atmosphere alongside modern comforts.

The city's centerpiece is the Civita, a hill crowned by the Romanesque Matera Cathedral, which offers panoramic views over the Sassi Districts. Each year, Matera celebrates its heritage with cultural festivals, such as the Festa della Bruna, a traditional event held in honor of the city's patron saint, Madonna della Bruna. Matera's extraordinary blend of ancient architecture, unique landscapes, and vibrant culture earned it the designation of European Capital of Culture in 2019, further solidifying its status as a must-visit destination in Southern Italy.

Restaurants and Bars

Matera's cuisine is rooted in rustic, traditional flavors, featuring local ingredients like durum wheat bread, olive oil, and fresh vegetables. Signature dishes include cavatelli pasta with hearty sauces, peperoni cruschi (crispy dried peppers), and pecorino cheese. Known for its simplicity and depth, Matera's food reflects the agricultural heritage of the region and offers the chance to taste authentic Southern Italian fare.

Vitantonio Lombardo Ristorante

This fine-dining establishment holds a prestigious Michelin star. The restaurant is recognized for its innovative cuisine and high-quality dishes, set within a unique cave environment in Matera. Many diners recommend the tasting menu, which features a variety of expertly crafted courses that highlight seasonal ingredients. Open Wednesday to Monday from 12:30 PM – 2:00 PM and 7:00 PM – 10:00 PM. Closed on Wednesday lunchtime and all-day Tuesday. Reservations necessary and can be made online. Dress code is smart.



Via Madonna delle Virtù, 13, 75100 Matera



+39 348 672 1239



<https://www.vlristorante.it/en/>

Giù a Sud | Bistrot nei Sassi

This charming bistro features a stunning arched grotto, where they serve delicious, high-quality dishes made from local ingredients, particularly the caponata and orecchiette. The cuisine is 'modern-Italian', the staff are friendly, and the prices are reasonable. The pleasant service and location make it a favorite in Matera. However, it is only a small restaurant so booking is essential (you can make reservations online). Open daily from 10:00 AM – 11:00 PM.



Via D'Addozio, 14, 75100 Matera



+39 083 525 6630



<https://giuasud.it/en/home-english/>

Baccanti

Another highly recommended Michelin-listed option. Dine in one of the caves or on their stone terrace with sublime views of the gorge opposite. The menu offers high-end Italian pasta, meat & seafood dishes. Open Thursday to Tuesday from 12:30 PM – 2:45 PM and 7:30 PM – 10:45 PM. Closed on Sunday evenings and all-day Monday. Reservations necessary.



Via Sant'Angelo, 58/61, 75100 Matera



+39 083 533 3704



<https://www.baccantiristorante.it/it/home/>

Il Fiore del Latte

A small, unpretentious deli with some simple outdoor seating, this option specializes in fresh cheeses, especially burrata and mozzarella. With a cozy ambiance, attentive staff, and carefully prepared local meat and cheese platters, it provides a genuine Italian experience. Well-liked among locals and tourists for a simple lunch, their sandwiches especially are very popular. Open Friday to Wednesday from 10:00 AM – 7:00 PM (closes at 3:00 PM on Sundays). Closed on Thursdays.

 Piazza Ascanio Persio, 14, 75100 Matera

 +39 388 489 1995

 No website

Trattoria del Caveoso

An experience offering a delightful journey through Southern Italian flavors. Some favorites are their creamy *Fave e Cicoria* (fava beans), and the masterful *Baccalà dell'Immacolata* (dried and salted cod), rich with tomatoes and olives. The fresh pasta is fantastic, the portion sizes are generous, and the service is very friendly. Open Thursday to Tuesday from 12:30 PM – 2:45 PM and 7:30 PM – 10:45 PM. Closed on Wednesdays. Reservations highly recommended.

 Via Bruno Buozzi, 21, 75100 Matera

 +39 083 531 2374

 <http://www.ristorantedelcaveoso.it/>

Osteria al Casale

Local and informal but with a nice twist. Located in the Sassi district. Open Thursday to Tuesday from 7:30 PM – 10:30 PM and from lunch on Sunday from 1:00 PM – 2:30 PM. Closed on Wednesdays. Reservations highly recommended.

 Via Madonna delle Virtù, 29, Matera

 +39 329 802 1190

 <https://www.osteriacasale.it/>

Trattoria Lucana

Less fine dining more simple Italian. More reasonably priced than other options in Matera. Open Monday to Saturday from 12:45 PM – 3:00 PM and from 8:00 PM – 10:00 PM. Closed on Sundays. Reservations highly recommended.

 Via Lucana, 48, Matera

 +39 083 533 6117

 <https://www.trattorialucana.it/>

La Pignata

A true local favorite, they serve authentic regional dishes in a warm, unpretentious setting. The menu often features sheep – a traditional local specialty – prepared in classic recipes that highlight the area's culinary heritage. Open Tuesday to Sunday

from 12:45 PM – 2:30 PM and Tuesday to Saturday from 7:45 PM – 10:30 PM.
Closed on Sunday evening and all day Monday.



Via Emanuele Duni, 20, Matera

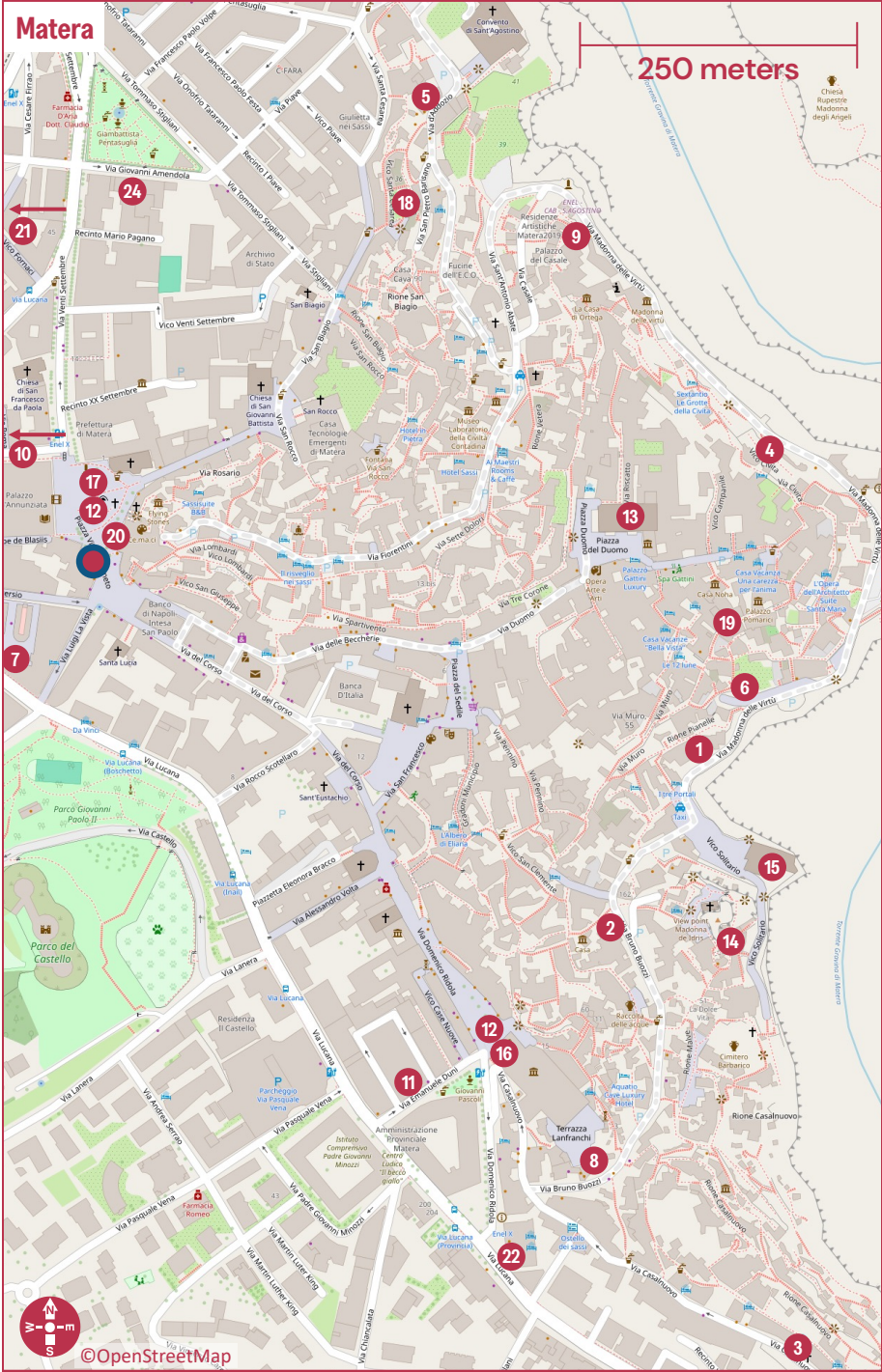


+39 366 318 7292



No website

Town Plan



Key

Hotels

1. Sant'Angelo Luxury Resort
2. Corte San Pietro
3. Belvedere

Restaurants & Bars

4. Vitantonio Lombardo Ristorante
5. Giù a Sud | Bistrot nei Sassi
6. Baccanti
7. Il Fiore del Latte
8. Trattoria del Caveoso
9. Osteria al Casale
10. Trattoria Lucana
11. La Pignata

Points of Interest

12. Sassi Districts
13. Matera Duomo
14. Casa Grotta
15. Chiesa di San Pietro Caveoso
16. Lanfranchi Palace Museum
17. Palombaro Lungo
18. Chiesa di San Pietro Barisano
19. MUSMA – Sculpture Museum

Other Locations

20. Tourist Information
21. Cooking class
22. Superemme supermarket
23. Pace Market

 Route Start / End

Sights and Activities

Sasso districts

Fodor (travelers guide) has hailed the "Sassi" of Matera as "one of the most unique landscapes in Europe". Sassi are ancient cave dwellings and there are two Sasso districts in Matera both of which are UNESCO-listed for their historical significance. Both are remarkable: there is the restored, northwest-facing **Sasso Barisano** and the more rugged, northeast-facing **Sasso Caveoso**. The two districts are separated by a ridge that seats Matera's gracious *duomo* (cathedral).

Both districts feature labyrinthine alleys, staircases, and ancient frescoed cave churches dating from the 8th to 13th centuries. Matera is home to approximately 3,000 livable caves, showcasing a unique blend of history and modern life.

The *sassi* can be accessed from several points:

- An entrance from Piazza Vittorio Veneto.
- Take Via delle Beccherie to Piazza del Duomo and follow the tourist itinerary signs to enter Barisano.
- Sasso Caveoso is accessible from Via Domenico Ridola, turn right after the *Palazzo Lanfranchi* art museum and follow the brown signs.

For a great photograph, go to **Belvedere Murgia Timone**, an observation deck offering breathtaking views of the dramatic ravine and Matera below.

Sasso Barisano

 Piazza Vittorio Veneto, Matera

 40.66676, 16.60655

 Piazza del Duomo

 40.66688, 16.61100

Sasso Caveoso

 Via Domenico Ridola, Matera

 40.663194, 16.610326

Belvedere Murgia Timone

 Contrada Murgia Timone, 75100 Matera

 40.66400, 16.61817

Matera Duomo (Cathedral)

The *Cattedrale di Maria Santissima della Bruna e Sant'Eustachio* was built in the 13th century in the Romanesque style and sits atop the Civitas hill between the two natural dips of the Sassi Districts. Its exterior is subdued compared to the neo-baroque decorations of the interior, but it does boast a stunning rose window and a bell tower visible from many points within the old town. Inside, visitors can admire impressive frescoes, an ornately decorated ceiling, and religious artifacts. The Duomo provides breathtaking panoramic views of the Sassi. Open Monday to Saturday from 9:00 AM – 6:30 PM and on Sunday from 9:00 AM – 10:30 AM and from 12:30 PM – 6:30 PM. Admission is free although donations are encouraged.

 Piazza Duomo, 75100 Matera

 +39 083 533 2908

 No website

Casa Grotta (House Museum)

A reconstructed cave dwelling that offers insight into how families lived in the Sassi before they were abandoned in the 1950s. The museum displays traditional furnishings and everyday objects that depict the challenging yet fascinating lifestyle of the time. Until the 1950s, entire families, often with their livestock, lived in these caves in close quarters. The government forcibly relocated residents, considering conditions unsanitary, which marked a significant turning point in Matera's history. The information is recorded in many languages, including English. Entry price is €5. Open from 9:30 AM – 7:00 PM (closes at 8:00 PM on weekends). Admission is €5.

 Vico Solitario, 11, 75100 Matera

 +39 083 531 0118

 <https://www.casagrotta.it/index.php?lang=en>

Chiesa di San Pietro Caveoso (Church)

This 13th-century freestanding church, built near the cliff's edge in Sasso Caveoso, features a blend of Romanesque and Baroque architectural styles. Its location overlooking the Gravina gorge provides striking views, and its exterior is characterized by a bell tower and a beautifully ornate stone facade. Inside, the church has several baroque altars and a variety of frescoes, reflecting its historical significance and religious heritage. The church has been used as a filming location for several movies, including Mel Gibson's *The Passion of the Christ*, due to its dramatic location and ancient appearance. Top tip: The church's scenic location makes it an ideal spot for photographs, especially during sunrise or sunset. Admission is free although donations are encouraged.



Piazza S. Pietro Caveoso, 75100 Matera



No phone number



No website

Lanfranchi Palace Museum (National Museum of Medieval and Modern Art of Basilicata)

Located in the historic Palazzo Lanfranchi, this museum features works from the medieval period to the contemporary era, with a focus on religious art and artifacts from the Basilicata region. Notable pieces include religious icons, frescoes, and works by Carlo Levi, an influential Italian painter and writer and also by Luigi Guerricchio (Matera 1932 – 1996). Carlo Levi was a political exile in Basilicata, and his experiences inspired the book *Christ Stopped at Eboli*, a poignant commentary on life in southern Italy during the Fascist regime. Open Wednesday to Monday from 9:00 AM – 8:00 PM, and Tuesday from 2:00 PM – 8:00 PM. Last admission 7:00 PM. Admission is €10 per adult.



Piazzetta Pascoli, 1, 75100 Matera



+39 083 531 0058



<https://www.museonazionaledimatera.it/>

Palombaro Lungo (Underground Cistern)

Beneath the bustling Piazza Vittorio Veneto lies the Palombaro Lungo, a vast, ancient water cistern built in the 16th century. It's one of the largest cisterns of its kind, with towering arches and impressive engineering that provided water to the city. The cistern was rediscovered only in the 1990s after being forgotten for centuries. It's now a testament to the innovative water storage techniques developed in this arid region. Open daily from 9:30 AM – 1:00 PM and 3:00 PM – 6:30 PM. Admission is €3 per adult.



Piazza Vittorio Veneto, 75100 Matera



+39 339 363 8332



<https://www.palombarolungo.it/>

Chiesa di San Pietro Barisano (Church of Saint Peter 'Barisano')

Nestled in the Sasso Barisano district, the Church of Saint Peter 'Barisano' is the largest rock-hewn church in Matera. Originally constructed in the 12th century, this church is carved directly into the limestone, with a distinct baroque facade added later. Inside, visitors descend into the cave to find a complex layout of tunnels, small chapels, and altars adorned with ancient frescoes. These faded frescoes depict various saints and the religious devotion of the local population over the centuries.

The church has an eerie yet fascinating feature—its subterranean crypts were once used for burials, and cavities in the walls reveal remnants of ancient burial niches. Unlike other churches in Matera, it has a two-level structure with one floor partially hidden underground, providing a unique atmosphere and acoustic quality. Open daily from 10:00 AM – 7:00 PM. Admission is €4.50 per adult.

 Via S. Pietro Barisano, 75100 Matera

 No phone number

 No website

MUSMA – Sculpture Museum

MUSMA is celebrated for the way it combines the traditional rock-cut architecture of Matera with avant-garde art, making it one of the most distinctive contemporary art spaces in Europe. The museum hosts work by prominent Italian and international artists and it frequently organizes temporary exhibitions, workshops, and events that invite viewers to explore contemporary themes within an ancient setting. The contrast between old and new highlights Matera's cultural evolution and artistic adaptability. Open daily in summer from 10:00 AM 8:00 PM. Admission is €7 per adult. They offer guided tours in English for €80, which need to be booked in advance.

 Via S. Giacomo, 75100 Matera

 +39 366 935 7768

 <https://www.musma.it/>

Cooking Classes

Taking a cooking class is a great way to understand and indulge in the diversity of food that this region has to offer.

Matera Cooking Class

This cooking school is set on a farm in a nature reserve to the southwest of Matera. It is approximately a 20-minute drive from Matera but the school can transfer you to and from the city. The class begins with a quick tour of the farm, before going to the kitchen to meet the chef, Silvia. You'll make fresh pasta, with a typical sauce, as well as two typical dishes from Matera. The duration of the class is 4 hours.

 Agriturismo L'Assiolo, km 560, SS 7 Appia, 75100 Matera

 +39 392 378 2510

 <https://www.materacookingclass.com/>

Festivals

Sagra della Madonna della Bruna

Matera's oldest and most celebrated festival, held annually on July 2nd. Honoring Matera's patron saint, Madonna della Bruna. The event is a vibrant blend of religious devotion, tradition, and community spirit. The day is marked by a grand procession through the city, with locals accompanying a richly decorated float, or "carro," bearing the Madonna's statue. The highlight comes when the float is symbolically destroyed by the crowd, symbolizing the triumph of good over evil. Festivities conclude with a spectacular fireworks display, illuminating the Sassi and creating an unforgettable atmosphere.

Gezziamoci

Matera's beloved jazz festival, bringing soulful rhythms and world-class performances to the historic city each year, usually the last week of August. Held across various venues, including the atmospheric Sassi caves, intimate courtyards, and open squares, Gezziamoci showcases an eclectic mix of jazz styles, from classic to avant-garde. The festival features both Italian and international artists, creating a vibrant cultural exchange and a unique ambiance as jazz fills the ancient streets. More than just concerts, Gezziamoci includes workshops, jam sessions, and community events, inviting locals and visitors alike to experience the creativity and improvisation that define jazz music in a remarkable setting.

Other Useful Information

Tourist Information

Info Matera Informazioni turistiche (Tourist Information Office). Staff at Italian tourist offices typically speak good English and can be a good source of local knowledge and town maps. Open daily from 9:00 AM – 8:00 PM.

 Piazza Vittorio Veneto, 39, 75100 Matera

 +39 083 568 0254

 <https://www.infosassidimatera.com/>

Taxi

Matera Taxi is a taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking.

 +39 338 250 0494

 <https://www.materataxi.com/>

Grocery Stores

There are a number of supermarkets including the following.

Superemme (Supermarket)

To the south of the city. Open Monday to Saturday from 8:30 AM – 1:30 PM and 5:00 PM – 8:30 PM. Closed on Sundays.

 Via Domenico Ridola, 77, 75100 Matera

 +39 083 531 0082

 No website

Pace Market

To the north of the city. Open daily from 8:30 AM until late.

 Via Giovanni Amendola, 17, 75100 Matera

 +39 333 223 4449

 No website



A street in the Zona di Trulli, Alberobello

ALBEROBELLO

Overview

Alberobello (in Italian literally "beautiful tree") was first mentioned in the early 16th century when the first 40 families got land to farm in the area. The abundance of calcareous sedimentary material in the area led to the building of houses with dry stone without the use of mortar. These houses were the first trulli: beehive-shaped cottages built from flat stones without mortar.

Alberobello is known as the Capital of the Trulli (singular: Trullo). Trulli are found throughout the region but are particularly concentrated in Alberobello – there are currently some 1,500 trulli mostly concentrated in the center of town in the Zona di Trulli. In 1996 the Zona di Trulli was declared a UNESCO World Heritage Site.

Some of the trulli are now used for stores, restaurants, and lodging but many are still inhabited by locals. There are a lot of tourists in the core of the trulli district, but you do not need to wander far to get away from the crowds and, outside of the trulli districts, Alberobello is a pleasant town in its own right.

There is a story that building the houses of dry stone was a requirement of the Count of Conversano (Giangirolamo II) to help him avoid paying duty to the Bourbons for them as they could easily be dismantled in case of a royal inspection. Over the years discontent grew as people did not like having to dismantle their homes and they still needed to pay taxes to the Count. On May 10th, 1797, seven citizens of Alberobello met King Ferdinand of Bourbon and asked for full

independence from the Counts of Conversano. Convinced by the citizens – and likely for his own ends – the king ended the subjugation of the town under the Count of Conversano and Alberobello became a royal city.

Restaurants and Bars

Italian food is world renowned, and the Puglia region is known for its seafood, burrata cheese, orecchiette pasta and focaccia bread. There are many good restaurants and bars within the historic center of town.

Ristorante Pizzeria Il Pinnacolo

Popular with both locals and tourists. Food is well prepared, and in the evenings, they have pizzas. The roof terrace overlooking the trulli is a bonus. The only downside is that it can get busy, and servers can be a little stretched. Located in the heart of the trulli district. Open Thursday to Tuesday from 12:00 PM – 2:45 PM and 8:00 PM – 11:00 PM. Closed on Wednesdays.

 Via Monte Nero 30, Alberobello

 +39 80 432 5799

 <https://ilpinnacolo.it/it/>

Ristorante La Cantina

Head here for one of the best meals in town. The chef says he “honors” local ingredients in dishes that are based on local recipes but with added innovations that let the food really shine. The cooking is great, and the service is attentive. The low, vaulted ceilings and the proximity of the kitchen add to the atmosphere. However, it is only a small restaurant so booking is essential. Open Wednesday to Monday for lunch from 12:30 PM – 3:00 PM and dinner from 8:00 PM – 11:30 PM. Closed on Tuesdays. Dress code is smart/casual.

 Vico Lippolis, 70011 Alberobello

 +39 080 432 3473

 No website

Trattoria "Casa Amatulli" di Gianvito Amatulli

A beloved Alberobello staple, this family-run trattoria serves classic regional dishes rooted in local tradition. The food is simple, authentic, and consistently delicious – especially given the excellent value. It's a welcoming spot to experience genuine Pugliese home cooking. Open Tuesday to Sunday for lunch from 12:00 PM – 2:30 PM and dinner Tuesday to Saturday from 7:30 PM – 10:00 PM. Closed on Sunday evening and all day Monday.

 Via Giuseppe Garibaldi, 13, Alberobello

 +39 080 432 2979

 No website

Trattoria “Terra Madre”

If you are staying at the Hotel Silva (and maybe even if you are not) Trattoria Terra Madre is a great choice, as it's nearby. This is a charming, small restaurant that serves vegetables from the garden you dine in. The atmosphere is casual and informal. The other dishes are competently prepared, but you really come for the tasty, expertly prepared vegetables. Reservation is highly recommended. The Trattoria is an old trulli house northwest of the town center. Open for lunch and dinner on Tuesday to Sunday 12:45 PM – 2:45 PM and 7:30 PM – 10:15 PM. Closed on Mondays. Reservations strongly advised. Dress code is smart/casual.

 Piazza Sacramento, 17, 70011 Alberobello

 +39 080 432 4326

 <https://www.trattoriaterramadre.it/>

Evo Ristorante

If you get to Trattoria Terra Madre and find it is full, the nearby Evo Ristorante over the road is also very good – some say better. While you don't sit in the garden where your vegetables were grown, the food is fancier and the service a little more predictable. Reservations are necessary. Open Thursday to Tuesday from 12:00 PM – 1:15 PM and 7:00 PM to 9:00 PM. Closed on Wednesdays and Sunday evenings. Reservations necessary and can be made on their website. Dress code is smart/casual.

 Via Giovanni XXIII, 1, 70011 Alberobello

 +39 320 848 1230

 <https://www.evoristorante.com/>

Gusto Salumi & Formaggi

This place makes incredible authentic sandwiches and can pack great lunches. Their Focaccia Barese is known from all around as the best in the area. Also, if you like spicy try some “Bomba”. It's a relish made from chilies, eggplant and tomatoes. Open Friday to Wednesday from 9:00 AM – 10:00 PM. Closed on Thursdays.

 Largo Trevisani, 5, 70011 Alberobello

 +39 348 672 1239

 No website

Ristorante Trullo D'Oro

Located between Palazzo Scotto and Le Alcove, this long-established restaurant is known for its traditional dishes and elegant trullo setting. It offers a refined yet authentic dining experience, with prices averaging around €40 per person. Open Tuesday to Sunday for lunch from 12:00 PM – 2:30 PM and dinner Tuesday to Saturday from 8:00 PM – 10:30 PM. Closed on Sunday evening and all day Monday.

 Via F. Cavallotti, 27, Alberobello

 +39 080 432 1820

 <https://www.ristorantetrulldoro.com/>

CIBUM – Macelleria Ristogrill

About a 10-minute walk from the center of Alberobello, this meat-focused eatery combines a traditional butcher shop with a modern grill. Guests choose from high-quality cuts prepared simply and expertly, making it a great option for carnivores looking for something a bit different from the town's classic trattorias. Open Tuesday to Saturday from 10:00 AM – 1:30 PM and from Monday to Saturday from 5:00 PM – 12:30 AM. Closed on Sunday and Monday during the day.

 Vico G. Paisiello, 25, Alberobello

 +39 327 231 2327

 <https://social.quandoo.com/en/groups/cibum-macelleria-ristogrill-104272>

Intentionally Blank

Alberobello



Key

Hotels

1. Le Alcove
2. Palazzo Scotto
3. Hotel Silva

Restaurants & Bars

4. Ristorante Pizzeria Il Pinnacolo
5. Ristorante La Cantina
6. Trattoria "Casa Amatulli" di Gianvito Amatulli
7. Trattoria "Terra Madre"
8. Evo Ristorante
9. Gusto Salumi & Formaggi

10. Ristorante Trullo D'Oro

11. CIBUM – Macelleria Ristogrill

Points of Interest

12. Trulli
13. Chiesa Madre dei Santi Medici Cosma e Damiano
14. Trullo Sovrano

Other Locations

15. Tourist Information
16. Cooking Class
17. Todis Supermercato



Route Start / End

Sights and Activities

Trulli

There are two main areas for seeing trulli:

Rione Monti

On a hill on the southern side of the city, this photogenic area has more than 1,000 trulli that are a mix of restaurants, tourist shops and residential homes. Despite the number of visitors, it is not hard to get away from the crowds as you wander the small alleyways. Be sure to visit *Chiesa Parrocchiale di Sant'Antonio da Padova – Chiesa a Trullo* (Church of Saint Anthony), a charming trullo-shaped church.

Rione Aia Piccola

The quieter of the two trulli districts, this area is mostly residential but with a few nice restaurants. Most trulli here are not whitewashed but rather natural stone. You will see fewer tourists and, in the afternoon, it is very quiet.

Locals and shops often allow tourists to look inside their trulli and climb up onto the panoramic terraces. Many of these places have a basket for donations.

Chiesa dei Santi Medici Cosma e Damiano (Church of Saints Cosmas and Damian)

If you walk north along Corso Vittorio Emanuele and pass through the modern center of town, you reach the majestic *Chiesa dei Santi Medici Cosma e Damiano / Basilica Santi Medici*. Open daily from 6:30 AM – 9:00 PM

 Piazza Antonio Curri, 70011 Alberobello

 +39 080 432 1021

 <https://www.basilicalberobello.org/index.php/it/>

Trullo Sovrano

This is the largest and only two-story trullo, showcasing the unique architecture of this UNESCO World Heritage Site. Built in the 18th century, it offers a glimpse into traditional Puglian life with its carefully preserved interiors and fascinating history. Today, it serves as a museum, allowing visitors to explore its distinctive design and cultural significance. Open daily from 10:00 AM – 12:45 PM and 3:30 PM – 6:30 PM. Tickets are €2.50 per person.

 Piazza Sacramento, 10, 70011 Alberobello

 +39 080 432 6030

 <https://www.trullosovrano.eu/>

Cooking Classes

Cooking classes are a great way to immerse yourself in the food of the area and to get a better sense of the diversity of food that this region has to offer.

Cooking with Nonna Maria

This is a fantastic addition to any day in Alberobello. The course is of Apulian cuisine, and you prepare a real traditional lunch in a fun and friendly atmosphere. A suggested menu:

- Orecchiette the typical Apulian fresh pasta by hand,
- Classic focaccia of Bari with tomato,
- Alberobello's s stuffed focaccia.
- Dessert of taralli dolci

Everything is prepared from scratch, using seasonal products from their organic garden, and extra virgin olive oil made by them. At the end of the class, you are invited to enjoy the meal as well as other dishes like local cheese, salads and dessert. Also included: a good local Primitivo wine and water. Located just outside the town in Trulli del Bosco, a trulli village, surrounded by woods. It is a 3km cycle south (roughly 15 minutes), or a taxi transfer may be available. Duration of the class is 90 min to cook everything and then time for the lunch (about 2½ hours).

 Piazza Pirandello, 3, 70011 Alberobello

 +39 338 423 9369

 <http://www.trullidelbosco.com/en/attraction/cooking-class-puglia-alberobello/>

Festivals

The feast of the patron Saints Cosmas & Damian of Alberobello

Every year, from the 25th to 28th September, is the feast of the patron saints of Alberobello: the physicians Cosmas and Damian. The origins of the anniversary date back to almost four centuries ago, when, thanks to the strong devotion of the counts of Conversano, the small chapel was built in Alberobello in their honor. The celebration program now includes both religious and civil events. The city is brightly lit and packed with and the stalls and street artists.

Other Useful Information

Tourist Information

Pro Loco Alberobello (Tourist Information Office). Staff at Italian tourist offices typically speak good English and can be a good source of local knowledge and town maps. Open Monday, Thursday and Friday from 10:30 AM – 12:30 PM and 3:00 PM – 7:00 PM. Tuesday, Wednesday and Saturday from 9:00 AM – 1:00 PM and 3:00 PM – 6:00 PM. Sunday from 10:30 AM – 12:30 PM.

 Via Monte Nero, 1-3, 70011 Alberobello

 +39 379 298 7173

 <https://www.prolocoalberobello.it/>

Taxi

Vivi has a taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking.

 +39 333 753 2221

 <https://www.vivitour.eu/>

Grocery Stores

There are a number of supermarkets including the following.

Todis Supermercato

Open Monday to Saturday from 8:30 AM – 1:00 PM and 5:00 PM – 8:30 PM. Closed on Sundays.

 Via Dottor G. Glove Sindaco, 5, Alberobello

 +39 080 432 4129

 <https://www.todis.it/>



Ostuni at Sunset

OSTUNI

Overview

Ostuni is one of the most stunning cities in southern Italy. The city gleams on its hilltop as you approach it. Inside, the streets crisscross on multiple levels all linked together by staircases and cobbled alleyways. At every other turn, there are spectacular views down to the sparkling Adriatic.

Inhabited since the Stone Age and originally established by the Messapii, the town was later destroyed by Hannibal. Rebuilt by the Greeks, its name derives from "Astu néon" (new town). After being sacked post-Roman Empire, it became part of the Norman County of Lecce in 996 AD. The Normans built a medieval town with a castle and walls. From 1300 to 1463, it was part of the Principality of Taranto and later passed to Isabella, Duchess of Bari, who fostered a cultural Renaissance. Isabella protected humanists and people of art and letters, including bishop Giovanni Bovio. Under her daughter Bona Sforza, Ostuni flourished, with defensive towers built in 1539 to protect against Turkish invasions.

Today, Ostuni is a sparkling white city on a hill commonly referred to as La Città Bianca ("the White Town"). It is surrounded by ancient olive groves and has expansive views down to the Adriatic 8 kilometers away. The setting alone is enough to make it one of the most stunning cities in southern Italy. Inside the old city walls, however, it is just as impressive: the city is built on multiple levels all linked together by staircases and cobbled alleyways.

An impressive 15th Century cathedral sits at the center of the old town. The town's other prominent buildings are the Bishop's Palace and several palaces built for aristocratic families.

The town has a population of about 32,000 during the winter, but this increases threefold in the summer thanks to tourists and sun seekers from northern Italy and northern Europe. There are also many permanent expatriates from Britain and Germany. Indeed, Ostuni is the fifth city in Italy by percentage of British residents.

The olive groves surrounding Ostuni are some of the most ancient in the world. Some are claimed to be more than 2,000 years old. Unfortunately, these gnarled old trees are under threat from the *xylella fastidiosa* bacterium as well as from people who have them uprooted and transported to their homes – despite this practice now being illegal. As you would expect, the local olive oils are excellent.

Ostuni is also the city that marks the transition from the fertile trulli region to the hot dry south.

Restaurants and Bars

The local cuisine is inspired by products from its nearby sea and its countryside. The seafood cuisine is very rich and varied. From the countryside, local produce includes tomatoes, eggplants, zucchini, fennel, artichokes, peppers, and onions. All of this is complimented by local olive oil and wine.

Cielo

If you are anything of a foodie, we would highly recommend eating at Cielo the restaurant in the hotel Relais La Sommità. The food is outstanding, the service is great and, to cap it all, there are lovely views. The restaurant lacks the air-and-graces sometimes found in other Michelin starred restaurants however they do require an elegant / casual dress code, with closed toe shoes and long trousers for gentlemen. Reservations essential and can be made online. The restaurant is located in the old town. Open daily for dinner from 7:30 PM – 10:30 PM and lunch from 12:30 PM – 2:30 PM.

 La Sommità Relais, Via Scipione Petrarolo 7, 72017 Ostuni
 +39 0831 305925

 <https://www.lasommita.it/ristorante-cielo-ostuni-michelin>

Ristorante Taverna della Gelosia

Near to Cielo but at the other end of the spectrum is Taverna Della Gelosia. Good for something on the lighter side or if you fancy a beer as a change from all the wine. The small terrace has sea views if you're able to get a table there. Open from Friday to Wednesday for dinner from 7:30 PM – 10:00 PM and lunch from 12:30 PM – 2:00 PM. Closed on Thursday. Reservations strongly advised. Dress code is smart/casual.

 Vicolo Tommaso Andriola, 26, 72017 Ostuni
 +39 0831 334736

 <https://www.tavernadellagelosia.it/>

Osteria Monacelle

Somewhere between the two (though not physically) is Osteria Monacelle. The antipasti (mixed starter) are a great way to get a taste of the many flavors of Puglia. Other courses are great examples of Puglia home cooking. Aimed more at visitors than locals but still family run and makes great food. Located in the heart of the old town: as you walk uphill towards the cathedral on Via Cattedrale look for a small lane on your left just before a tunnel. Open daily for dinner from 7:00 PM – 11:00 PM and lunch from 12:00 PM – 3:00 PM. Reservations strongly advised. Dress code is smart/casual.

 Via Cattedrale, Via P. Vincenti, 72017 Ostuni

 +39 0831 334212

 No website

Casa San Giacomo Ostuni

Exceptional traditional Italian restaurant located in a renovated old building with vaulted arched ceilings, and carved out little niches that make it feel that each table is very private. Open daily from 7:00 PM – 11:30 PM.

 Via Nino Bixico, 4, 72017 Ostuni

 +39 328 258 8982

 No website

Ramunno Bistrot

This is a wonderful restaurant in Ostuni's historic center. It is focused on fish with an emphasis on quality ingredients and artisanal pizza, the "Scrocchiarella". Open Thursday to Tuesday from 12:00 PM – 3:00 PM and 6:30 PM – 10:00 PM. Closed on Wednesday. Reservations can be made online.

 Largo Giovanni Lanza 9 – 72017 Ostuni

 +39 083 136 6849

 <https://www.ramunnobistrot.it/>

Al Solito Posto – Ristorante Pizzeria

Our locals say it's the best pizza in town. Located slightly out of the center, to the west. Open Wednesday to Sunday from 12:30 PM – 3:00 PM and Wednesday to Monday from 7:00 PM – 11:00 PM. Closed on Tuesday. Reservations can be made online.

 Via Cesare Braico, 37, Ostuni

 +39 083 130 5850

 <https://www.alsolitopostoristorante.it/>

Passaporto Alchimia & Cucina

This stylish restaurant pairs creative Mediterranean dishes with excellent cocktails. The atmosphere is vibrant yet relaxed, making it ideal for a leisurely evening out. Opening hours vary, call ahead to see if they are open or check google hours.

 Via Roma, 7, Ostuni

 +39 083 136 6733

 No website

Operaprima – Ristorante Pizzeria

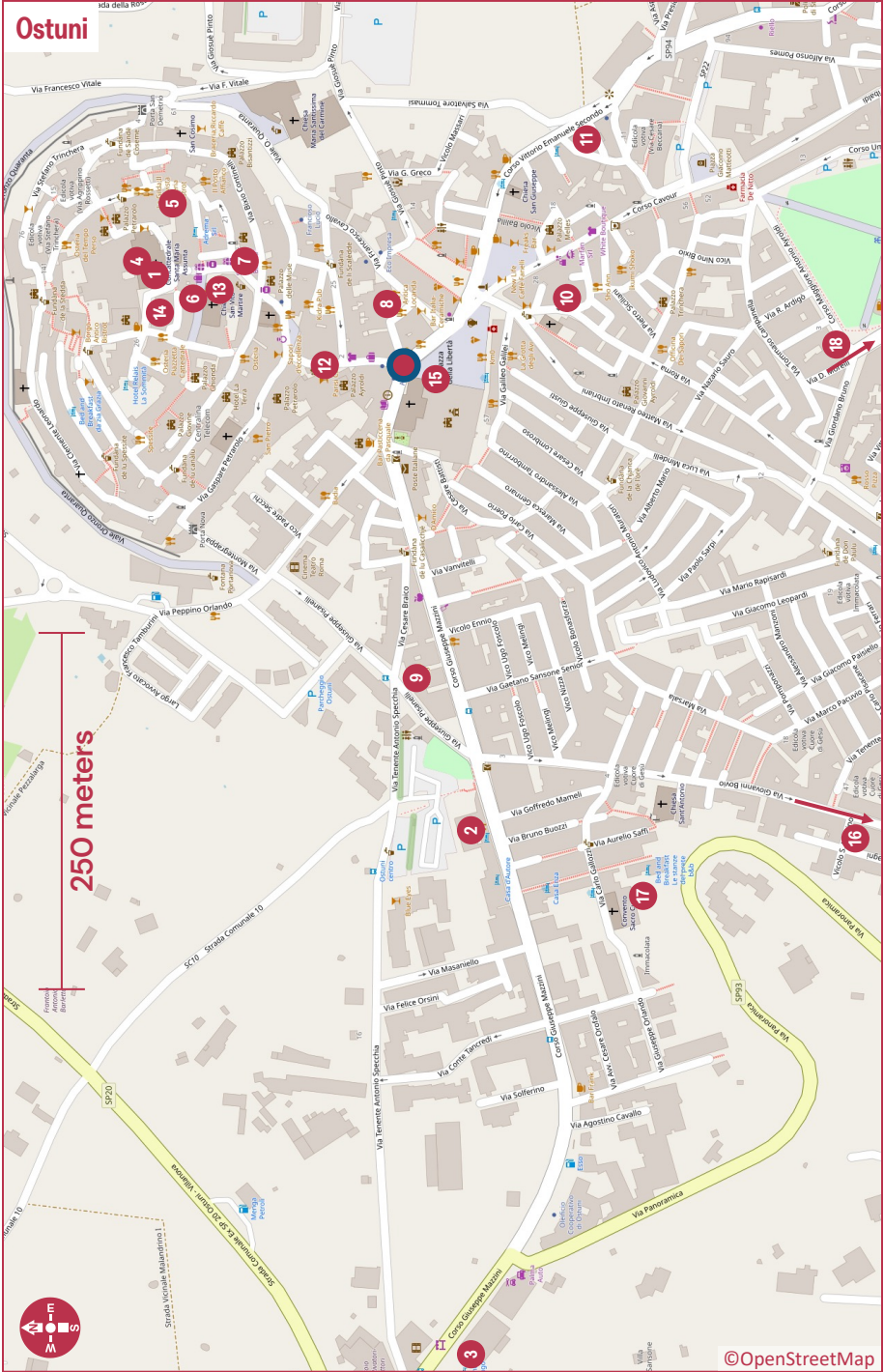
A refined Italian restaurant and pizzeria, this restaurant offers elegant outdoor dining with sweeping views of the coastline. The menu blends classic flavors with thoughtful presentation, complemented by a well-curated and robust wine list. Open Thursday to Wednesday from 12:30 PM – 2:30 PM and 7:00 PM – 10:30 PM. Closed on Wednesday.

 Corso Vittorio Emanuele II, 48, Ostuni

 +39 083 136 9455

 <https://www.operaprima-ristorantepizzeria.it/>

Town Plan



Key

Hotels

1. Relais La Sommità
2. Hotel Primo Ostuni
3. Hotel Monte Sarago

Restaurants & Bars

4. Cielo
5. Ristorante Taverna della Gelosia
6. Osteria Monacelle
7. Casa San Giacomo Ostuni
8. Ramunno Bistrot
9. Al Solito Posto – Ristorante Pizzeria
10. Passaporto Alchimia & Cucina
11. Operaprima – Ristorante Pizzeria

Points of Interest

12. Town Centre
13. Museo di Civiltà Preclassiche della Murgia Meridionale
14. Duomo di Santa Maria Assunta

Other Locations

15. Tourist Information
16. Cooking Class
17. Carrefour Express
18. Campagna Amica



Route Start / End

Sights and Activities

Town Centre

Piazza della Libertà is the vibrant heart of the town – just outside of the old town proper. It is lined with cafes and bars and a great place to sit and watch the world stroll by. It is also where our rides start and end.

Via Cattedrale is the main route from Piazza della Libertà to the cathedral at the center of the old town. The road is lined with souvenir stores and restaurants but is still charming. The highly polished stone is testament to the number of feet that have passed this way before you – they can also be perilously slippery, even when dry.

Museo di Civiltà Preclassiche della Murgia Meridionale (The Museum of Pre-Classical Civilization)

Towards the top of the Via Cattedrale, you pass *Museo di Civiltà Preclassiche della Murgia Meridionale* (The Museum of Pre-Classical Civilization). The museum is housed in a former 13th century convent. Its star exhibit is a 25,000-year-old skeleton, nicknamed Delia, but there are also other interesting exhibits from local excavations of Neolithic to bronze-age sites. Open Tuesday to Friday 10:00 AM – 1:00 PM and Saturday and Sunday 10:00 AM to 4:00 PM. Closed on Monday.



Via Cattedrale 15, Ostuni



+39 083 133 6383



<https://www.ostunimuseo.it/>

Duomo di Santa Maria Assunta (Cathedral)

At the top of Via Cattedrale is, unsurprisingly, the Cathedral (Assumption of the Virgin Mary). Prior to 1000 CE there was a church on the site practicing Orthodox rites. In 1228–1229, the present Romanesque church was erected by Frederick II of Swabia. Damaged in an earthquake in 1456 it was rebuilt in a Gothic style between 1469–1495. The rose window was added in the 15th century. The interior has several impressive artworks covering the ceiling and altars. The cathedral archives hold nearly 200 parchments dating to the 12th century. In 1986 it became a co-cathedral of the Archdiocese of Brindisi–Ostuni, and in 2011 was granted the status of a minor basilica. Open daily from 10:00 AM – 12:00 PM and 3:00 PM – 6:00 PM.

 Largo Arcid Teodoro Trinchera, 29, 72017 Ostuni

 +39 333 288 6021

 <https://www.diocesibrindisiostuni.it/wd-annuario-enti/san-biagio-9459/concattedrale-9446/>

Olive Oil Farms

Masseria Brancati

Located five kilometers from Ostuni, this masseria is a historic farmhouse surrounded by centuries-old olive groves within the Agrarian Reserve. This charming winery offers a glimpse into the region's rich agricultural heritage, with its ancient olive trees producing some of the finest extra virgin olive oil. The estate features traditional whitewashed architecture, underground oil mills, and guided tours that showcase its long-standing olive oil production techniques.

Reservations required and can be made directly by emailing them at info@masseriabrancati.com. Tours are from €28 per person or couple (+10% VAT) and include blind tastings of 4 olive oils with explanations of what are the positive and negative attributes of olive oil. Guests visit their monumental olive grove, the underground olive press and historical premises of the farm. Closed on Sunday.

 Contrada Brancati, snc, Ostuni

 +39 377 357 7188

 <https://www.masseriabrancati.com/>

Masseria Il Frantoio

A charming 16th-century farmhouse that has been transformed into an organic agriturismo-style hotel. Rich in history, this masseria was once a working olive farm, and today it still produces high-quality olive oil using traditional methods. They offer tastings of their olive oil (around 60 minutes, 4 different organic extra virgin olive oils). Visitors can explore the beautiful grounds, enjoy guided tours of the ancient olive groves, and savor authentic Puglian cuisine made from organic ingredients grown on the property.

This masseria is approximately 7.5 km northwest of Ostuni. Guests can either ride to it directly, take a taxi, or detour to it from either the route 'Alberobello to Ostuni'

or 'Ostuni to Monopoli'. Appointments can be made directly by emailing prodotti@masseriaifrantoio.it

 Strada Statale 16, km 874, 72017 Ostuni

 +39 083 133 0276

 <https://www.masseriaifrantoio.it/>

Agriturismo Masseria Salamina

A 17th-century fortress near Fasanos, surrounded by ancient olive groves. The masseria offers guests the chance to experience authentic olive oil tastings, learning about traditional production methods. Visitors can explore the estate, enjoy guided tours, and savor the rich flavors of locally produced oil. Tastings usually last for 1 hour and cost around €25 per person. They usually offer a morning tasting around 10:00 AM or a late afternoon tasting around 4:00 PM. This masseria is a detour from the 'Alberobello Loop' rides or from the 'Ostuni to Monopoli' routes. Appointments can be made directly on their website.

This masseria also offers wine tastings, for 3 wines with pairing, lasting around 60 – 90 minutes, and costing approximately €45 per person. Timings are usually 11:00 AM or 5:00 PM depending on the day. Again, these can be booked on their website.

 Via Case Sparse, 4, 72015 Pezze di Greco

 +39 080 489 7307

 <https://www.masseriasalamina.com/en/home/>

Masseria Mozzone

Located in Montalbano between Ostuni and Fasano, Masseria Mozzone is a traditional Puglian farmhouse known for its rich agricultural heritage and beautiful olive groves. Guests can experience authentic olive oil tastings, where you can learn about the production process and sample high-quality oil made on-site. The rustic charm of the estate, with its ancient stone buildings and scenic countryside views, creates a perfect setting for visitors looking to immerse themselves in Puglia's agricultural traditions and local flavors.

This farm is a short detour from the intermediate and challenge routes from Ostuni to Monopoli or guests can taxi / ride there directly from Ostuni (approximately 14 km). Tastings are €15 per person or €30 per person for a tasting, tour, and picnic.

To make a reservation email info@masseriamozzone.it

 C.DA SPETTERRATA S.N, 72016 Montalbano

 +39 338 964 5454

 <https://masseriamozzone.it/>

Masseria Maccarone

Nestled in the countryside between Fasano and the coast, this farm offers a unique glimpse into Puglia's rich agricultural heritage. This historic estate focuses on traditional olive oil production, and visitors can enjoy immersive tastings of their exceptional olive oils. The masseria's relaxed and authentic atmosphere, with its

ancient olive groves and rustic architecture, provides the perfect setting for learning about the art of olive cultivation.

This masseria is a short detour from the 'Alberobello Loop' rides, from the 'Ostuni to Monopoli' routes, as well as from the 'Monopoli Loop' rides. Tastings are €15 per person or €25 per person for an exclusive tour and tasting. To make a reservation email mass.maccarone@libero.it

 Contrada Carbonelli, 29, 72015 Fasano

 +39 08 04 82 9300

 <https://www.masseriamaccarone.it/>

Az.Agr.L'Essenza di Puglia

This is a winery and olive oil farm. They offer small, personal tours of their ancient olive grove and vineyard and tastings in a modern studio. They have olive trees up to 1000 years old on the farm. This farm is on both the challenge and epic Ostuni loop rides or guests can taxi / ride there directly from Ostuni (approximately 12 km). Open Monday to Saturday from 9:00 AM – 12:00 PM and 3:00 PM – 7:00 PM. Closed Saturday afternoons and Sundays. You can make appointments directly by emailing info@essenzadipuglia.it

 Contrada Belvedere, V, 1, 72012 Carovigno

 + 39 335 109 4136

 <https://www.essenzadipuglia.it/en/>

Cooking Classes

Green Italy Tours

A wonderful cooking class right in the center of Ostuni. "Learn first-hand from our passionate cooks the traditional methods of much-loved local recipes using fresh seasonal ingredients." The classes are held in English and can be tailor-made to different dietary requirements. Evening classes begin at 4:30 PM lasting through dinner.

Price is approximately €150 per person depending on the number of participants and includes transportation from your hotel. Occasionally, if their location in Ostuni is full, guests are transferred to a country house near Cisternino, about a 15-minute drive. Ask us for help with booking or contact Gio on WhatsApp on the number below.

 Via Francesco de Sanctis 88, Ostuni

 +39 340 767 8256

 <https://greenitalytours.com/cooking-class>

Festivals

La Cavalcata di Santo Oronzo

La Cavalcata is a horse parade that follows the procession of Saint Oronzo, the protector of the city on the 26th of August. A silver statue of the saint is carried in

memory of the knights who protected the pilgrims on the way to the sanctuary from the attacks of bandits. Horses and riders have mantillas and costumes in gold or silver embroidery.

Other Useful Information

Tourist Information

Info Point Turistico (Tourist Information Office). Open daily from 10:00 AM – 9:00 PM

 Piazza della Libertà, 69, 72017 Ostuni

 +39 0831 198 2471

 <https://www.viaggiareinpuglia.it/it/dettaglio-infopoint/info-point-ostuni>

Taxi

Taxi NCC Ostuni is a taxi service which can be useful to get to restaurants or points of interest slightly further afield. Book by phone and we recommend getting a quote on booking.

 +39 334 781 3370

 <https://www.taxinccostuni.com/>

Grocery Stores

There are a number of supermarkets including the following.

Carrefour Express

Open Monday to Saturday from 8:00 AM – 8:00 PM and 8:00 AM – 1:30 PM on Sunday.

 Piazza Italia, 38, 72017 Ostuni

 +39 0831 341 488

 No website

Campagna Amica

Open Monday to Saturday from 8:30 AM – 1:00 PM and 5:00 PM – 8:00 PM. Closed on Sunday.

 Via Martiri di Kindu, 100, 72017 Ostuni

 +39 333 884 3131

 No website



The Old Port in Monopoli

MONOPOLI

Overview

Monopoli is a charming walled port city. The old town is a maze of alleyways and there is an interesting cathedral which dates back to the 12th century. The name of the city derives from the Greek "monos polis" which means "the only city".

The city was established around 500 BC as a fortified Messapian city (though archaeological finds have dated settlement back as far as 20,000 years). In 108 CE, Emperor Trajan's Via Trajan connected Rome to the East, with Monopoli as a key stop. After Enazia's destruction in 545, its inhabitants moved to Monopoli, giving the city its modern name. Over the centuries, it was controlled by the Byzantines, Normans, and Hohenstaufen, becoming a starting point for naval Crusades. Under Venetian control from 1484, the city prospered as a seaport and trading hub but faced pirate attacks. It withstood a siege by Charles V's Armada in 1529. It later became part of Spain and then Italy in 1860. The city's economy developed in the 1960s with the Tognana ceramics factory but declined after its closure. Recently, industries like MerMec (which produces railway material) and tourism have spurred recovery.

Today Monopoli is a medium-sized city with a population of 50,000 and is important mostly as an agricultural, industrial and tourist center. The bustling port town has broadly three parts. The old town by the harbor is a dense network of small lanes opening occasionally into ancient piazzas with a mix of palaces and

more simple whitewashed houses. The smell of the sea mixes with that of the laundry hanging above the lanes and the food cooking in the houses. The main sight is the cathedral: *Cattedrale Maria Santissima della Madias*. Originally built in the 12th century, it is now mostly rebuilt in more a flamboyant style of the 18th century. On the waterfront, there is also the Castle of Charles V.

Circling the old town is the 18th-century “new town” with its grid system centered on the pleasant Piazza Vittorio Emanuele II. This is the modern-day heart of the town and makes for a pleasant visit in its own right.

As with many cities, the outer layer of Monopoli is a little more prosaic – a mix of residential neighborhoods and commercial areas. There is not much to see here but it is hard to avoid as you leave and enter the city. The most pleasant approach is along the coast, from the south.

There is still an active fishing fleet in Monopoli – part of which still use the traditional wooden boats painted in bright colors. The catch from the fleet can be found in many of the restaurants in town. By contrast, the land around Monopoli is relatively arid: dotted with olive trees, fortified farmhouses and isolated churches.

Unusually for this part of Italy, Monopoli has a bike-share scheme called MonopoliBike. Your rides start at one of their main stands in Piazza Vittorio Emanuele II.

Restaurants and Bars

There are many trattorias and restaurants serving typical Apulian cuisine: fresh seafood, meat and vegetables, subtly flavored. Here again you can go from Michelin star to humble meals, the choice is yours.

Il Guazzetto

A great choice for seafood (and other dishes). Nothing overly fancy but the food is great and prepared with a little more of a modern twist (creativity) than Il Cavaliere. Open Thursday to Tuesday from 12:30 PM – 2:30 PM and 7:30 PM – 10:30 AM. Sunday hours are 12:30 PM – 3:30 PM. Closed on Wednesdays. Reservations strongly advised and can be made online. Dress code is smart/casual.



Via dell'Erba, 39, 70043 Monopoli



+39 080 410 7175



<https://www.ristoranteilguazzetto.it/>

Trattoria Il Brigante

An exceptionally good seafood restaurant. The menu is varied, the service is fantastic and the location in the old town, with its domed ceiling gives a great, cozy atmosphere. We recommend trying their homemade licorice (liquorice) liquor. Open Saturday to Wednesday from 12:30 PM – 3:00 PM and 7:30 PM – 12:00 AM. Closed on Thursday and Friday.



Via Cavaliere, 17, 70043, Monopoli

 +39 333 542 2888

 No website

Locanda Don Ferrante

For those staying at Hotel Don Ferrante, and even those not, this restaurant is a great option. This restaurant is perfectly situated on a terrace overlooking the sea. The menu is simple but is made up of quality food, very seafood focused but there are other options. Sometime the service is slow, but our guests often say the setting makes up for it. You can email for a reservation info@donferrante.it or book online. In season they advertise being open every day but that isn't always the case, and it is advised to make an enquiry in advance.

 Via S.Vito, 27, 70043 Monopoli

 +39 393 365 4652

 <https://donferrante.it/en/il-ristorante>

Hostaria de Don Juan

A Spanish restaurant in Italy may not sound like the best choice, but if you want a change from Italian or you are more interested in meat than seafood, Hostaria de Don Juan is a nice option. Meat is something of their specialty, but they also have great seafood and vegetable tapas dishes. Service is friendly and there is seating outside as well as inside in a vaulted dining room. Deep in the lanes of the old town. Open Monday to Saturday 7:45 PM – 12:00 AM. Sunday 12:45 PM – 3:00 PM.

 Via Sallustio, 15, 70043 Monopoli

 +39 080 747 470

 <https://menudonjuan.it/>

Vini e Panini

For something hipper and more casual in the heart of the old town (right on Piazza Giuseppe Garibaldi) try Vini & Panini for nice sandwiches and snacks. Not high cuisine but friendly and tasty. Open daily from 11:00 AM – 11:30 PM, opens slightly later Thursdays, at 12:45 PM.

 Piazza Giuseppe Garibaldi, 34, 70043 Monopoli

 +39 080 967 3612

 No website

The King Street Food

A casual favorite in Monopoli, they specialize in puccia and panini made fresh and packed with flavor. It's a quick, tasty, and budget-friendly stop – perfect for a relaxed lunch or a bite on the go. Open daily from 8:00 AM – 11:00 PM.

 Via Orazio Comes, 31, Monopoli

 +39 080 237 0270

 <https://www.thekingstreetfood.it/>

Ristorante il Cavaliere

Down the coast and popular with locals and tourists, Il Cavaliere is a solid, good value choice for seafood. Consequently, lunchtimes in this cozy restaurant with vaulted ceilings are busy and the service is efficient and perfunctory rather than overly friendly. Located in Capitolo approximately 6 km down the coast. Open Tuesday to Sunday from 12:30 PM – 3:00 PM and 7:30 PM – 11:00 PM, from 8:00 PM on Sunday. Closed on Mondays. Reservations for dinner are recommended.



Contrada Lamandia, 15, 70043 Capitolo



+39 080 930 3106



No website

[illegible]

Key

Hotels

1. Don Ferrante Dimore di Charme
2. Palazzo Indelli

Restaurants & Bars

3. Il Guazzetto
4. Trattoria Il Brigante
5. Locanda Don Ferrante
6. Hostaria de Don Juan
7. Vini e Panini
8. The King Street Food
9. Ristorante il Cavaliere

Points of Interest

10. Cattedrale Maria Santissima della Madia

11. Boating, Porto di Monopoli

Other Locations

12. Tourist Information
13. Alimentari Piazza xx Settembre supermarket
14. Numeri Primi Supermercato



Route Start / End

Sights and Activities

Cattedrale Maria Santissima della Madia (Cathedral)

The principal sight in town is the cathedral. It was erected near the site of a Roman temple and burial site. Work began on the cathedral as early as 1107 but was halted for the lack of roof beams. The story goes that a miracle occurred in 1117 when a raft carrying an icon of the Madonna drifted into the harbor. The beams from this raft were used to construct the roof and a series of four paintings (1732) in the Chapel of the Martyrs by Michelangelo Signorile recount the Miracle of the Raft. The Romanesque structure was not complete until 1442. Two of the three belltowers were damaged during the siege of the Marquis Del Vasto in 1528, and the remaining tower collapsed in 1686, killing forty townspeople. By 1693, a new campanile had been erected and in 1738, an endowment by Bishop Giulio Sacchi called for a refurbishment. The old church was razed, and a new church begun in 1742. The new church is in the neoclassical style and was completed in 1772. In 1986, the dioceses of Monopoli and Conversano were joined, making this a co-cathedral. Open daily from 8:00 AM – 12:00 PM and 4:00 PM – 8:00 PM. Located at the southwest corner of the old town.

 Largo Cattedrale, 70043 Monopoli

 +39 080 742 253

 <https://www.cattedralemonopoli.net/cattedralemonopoli/>

Boating

There are many options to take a boat from Monopoli and is often best to make direct contact to see what is available on your desired day. Simply put, you can join a shared excursion or book a private outing. There are options to sail up the coast to Polignano a Mare and see the caves. Boat options are Catamaran, Motor Yacht,

and Motorboat and usually the options include opportunities to stop and swim. Prices start from €35 per person for a shared excursion. Private outings start from €180 for 2 hours. We recommend sending an email to rentmonopoli@email.com for more information and to book an excursion to suit you. This company offers more departures from Polignano a Mare so it can make sense to cycle (or taxi) there for your boating excursion.

 Porto di Monopoli, Monopoli

 +39 345 745 5253

 <https://www.noleggiobarchemonopoli.it/en/>

Other Useful Information

Tourist Information

Info Point Monopoli – "Sala dei Pescatori" (Tourist Information Office). Open daily from 9:00 AM – 7:00 PM but hours do vary.

 Largo Giuseppe Garibaldi, 24, 70043 Monopoli

 +39 080 414 0264

 None

Taxi

Taxi Monopoli Eurotaxi NCC is a taxi service which can be useful to get to restaurants slightly further afield. Book by phone. We recommend getting a quote on booking.

 +39 080 748 060

 <https://www.euro-taxi.it/>

Grocery Stores

There are a number of supermarkets including the following.

Alimentari Piazza xx Settembre (supermarket)

Open Monday to Saturday from 8:30 AM – 2:00 PM and 4:30 PM – 8:00 PM. Closed on Sunday.

 Piazza Alessandro Manzoni, 3, 70043, Monopoli

 +39 393 641 5141

 No website

Numeri Primi Supermercato

Open Monday to Friday from 8:00 AM – 1:30 PM and 5:00 PM – 9:00 PM, Saturday from 8:00 AM – 9:00 PM, and Sunday from 9:00 AM – 1:30 PM.

 Piazza Vittorio Emanuele II, 25, 70043, Monopoli

 +39 080 897 3750

 <https://www.numeriprimisrl.it/home>

Intentionally Blank



ON TOUR

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LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 (Europe) or 911 (North America) – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

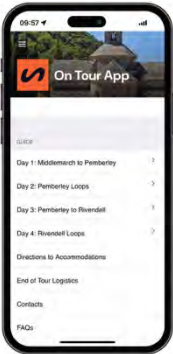
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



App Contents



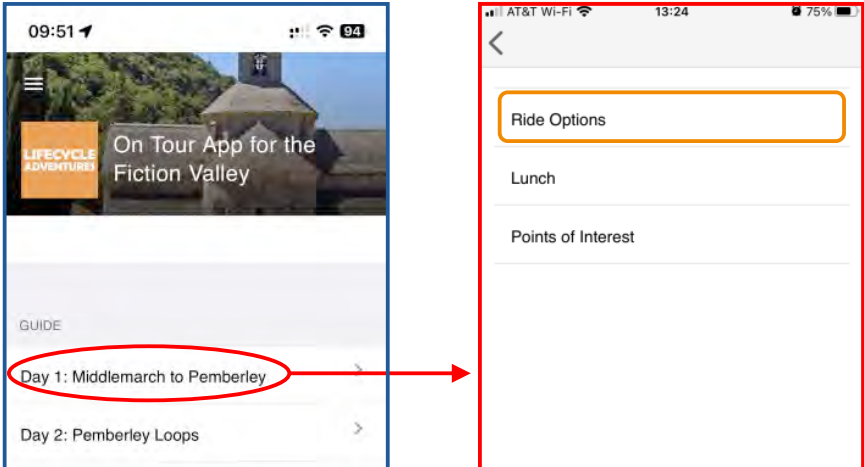
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

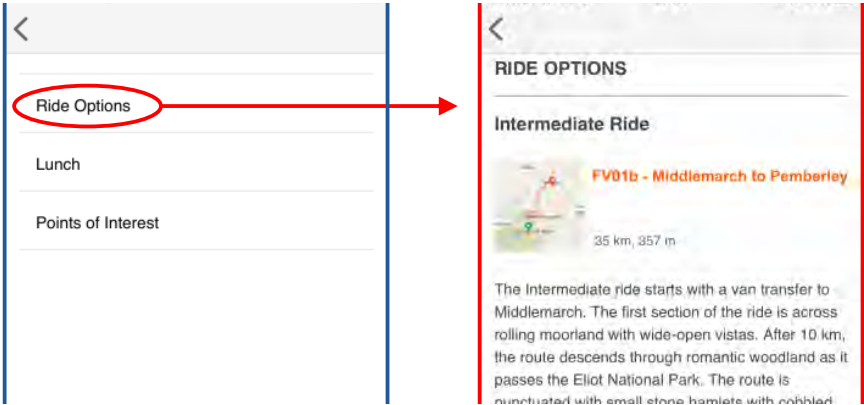
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

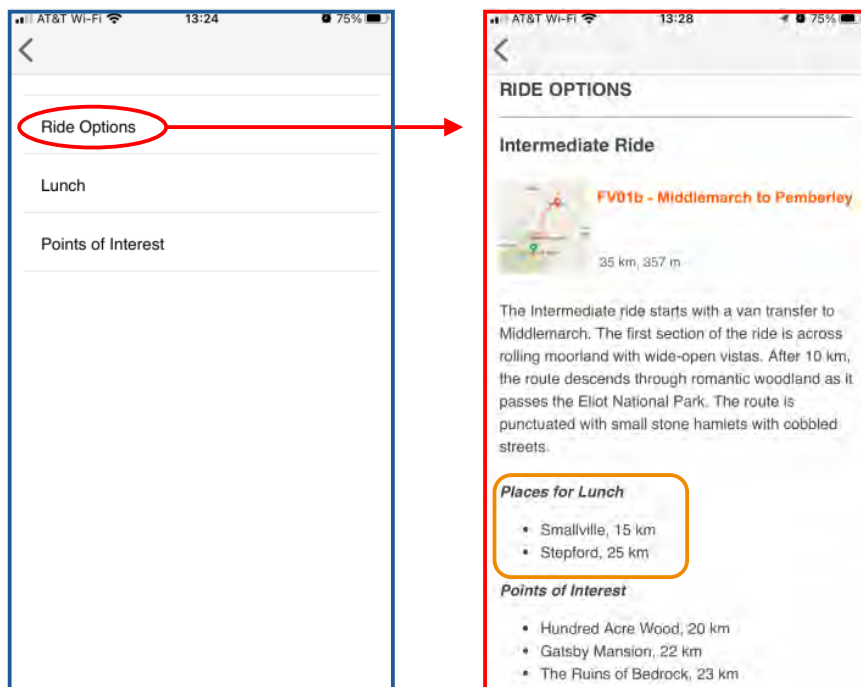


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

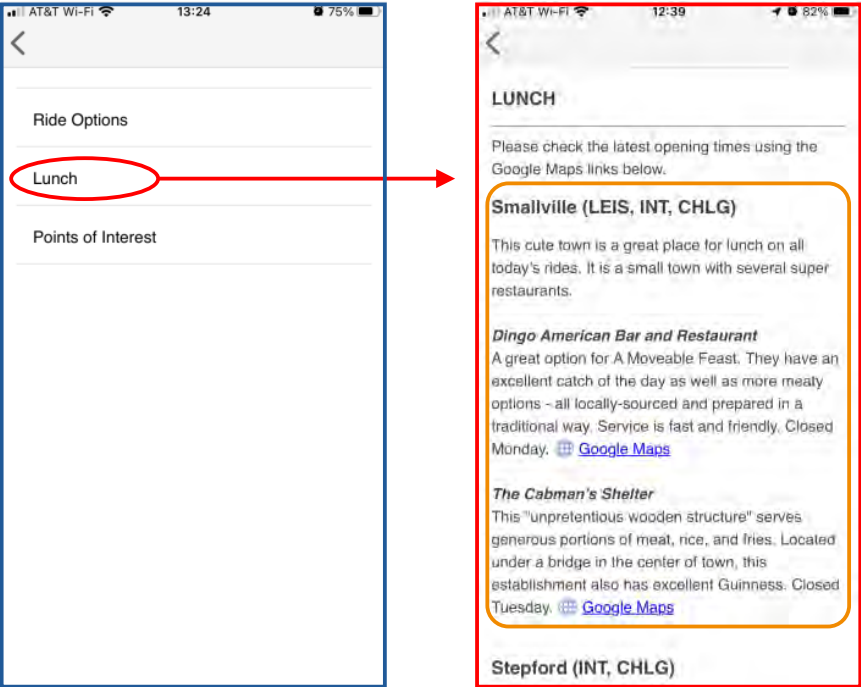
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



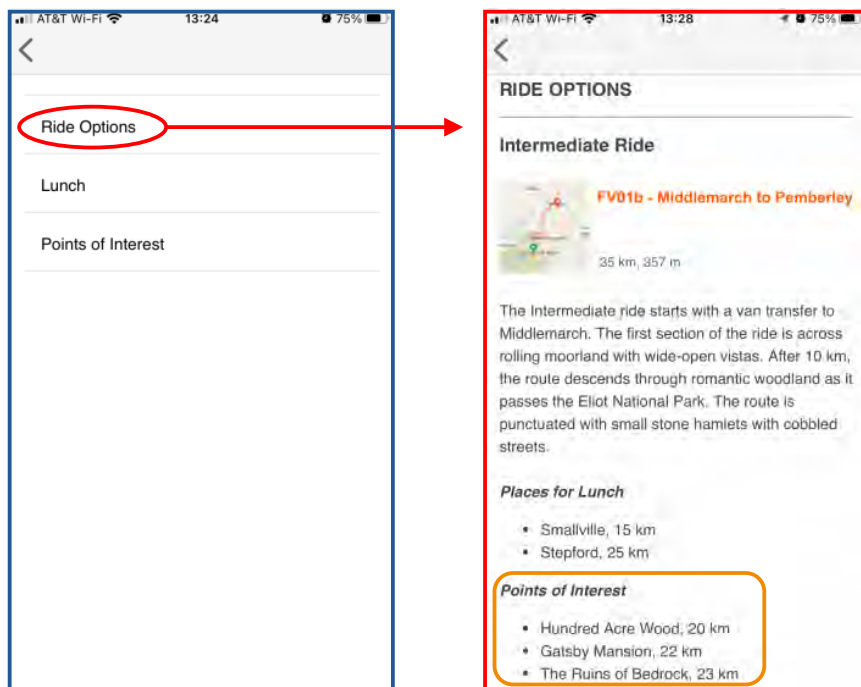
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

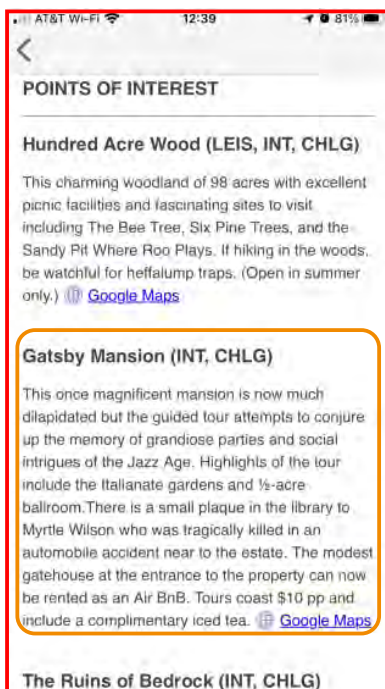
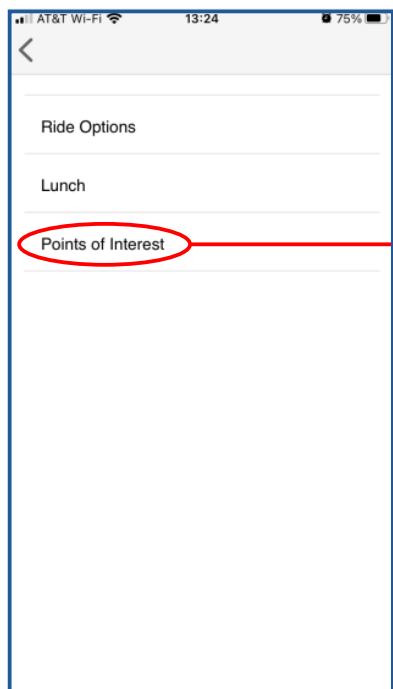
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

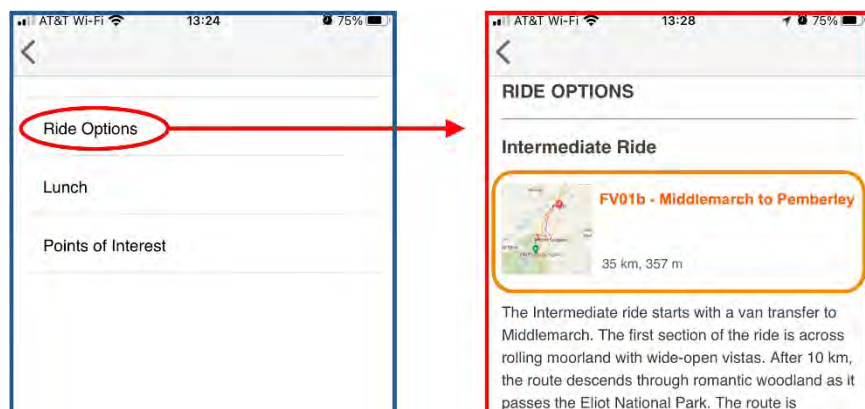
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints

are marked with a  on your routes.

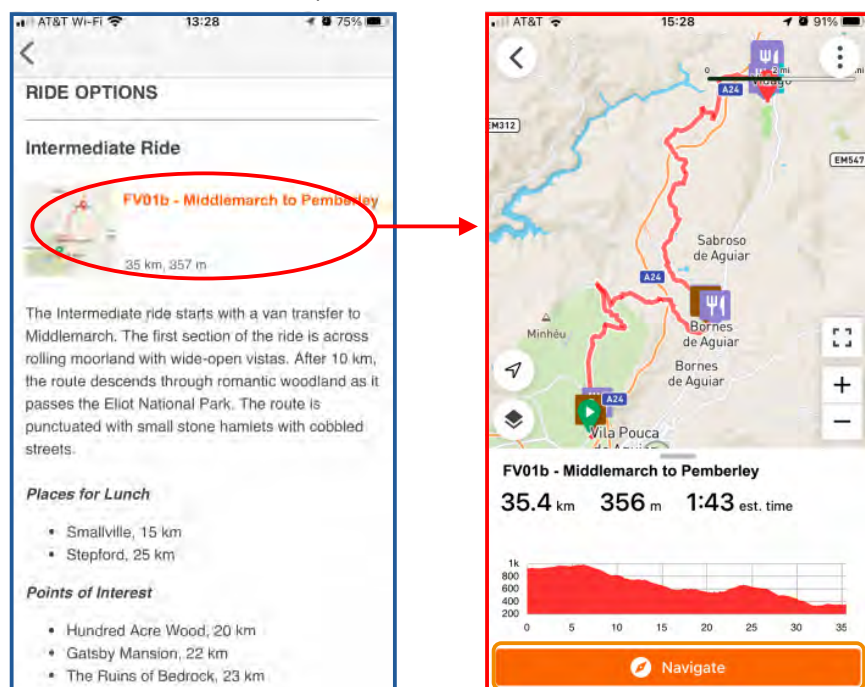
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



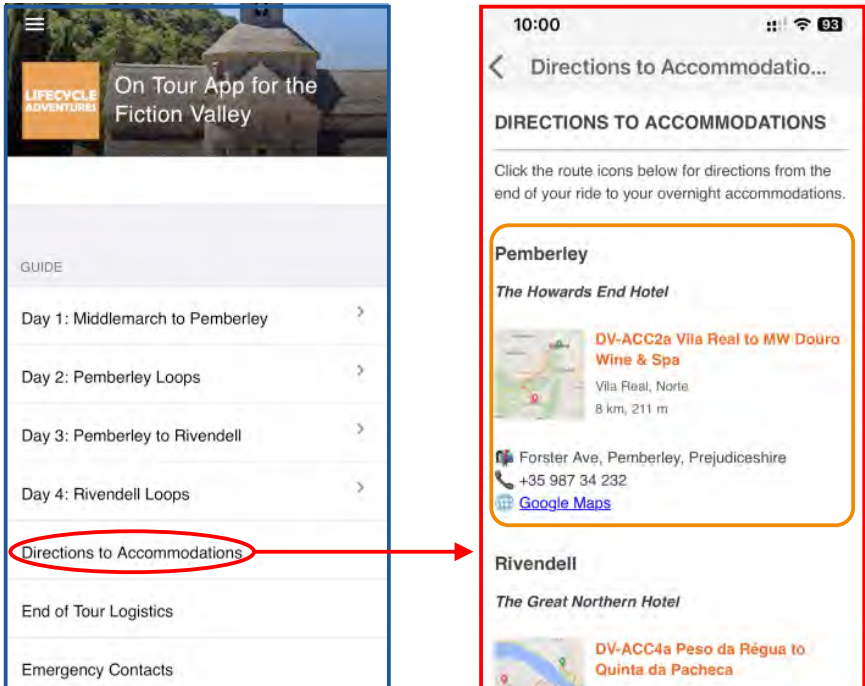
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



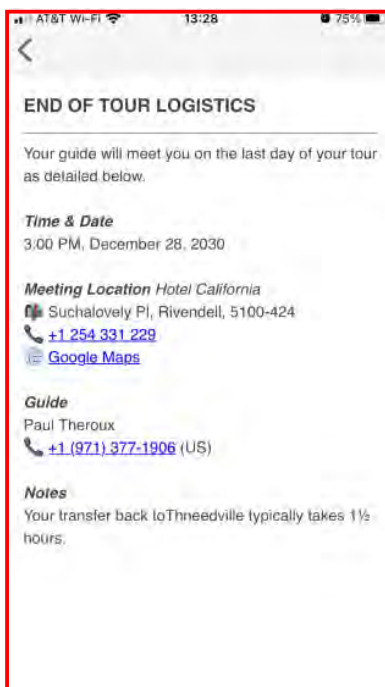
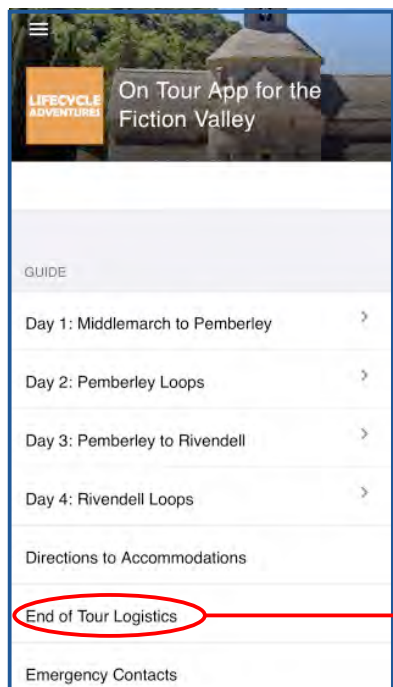
For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

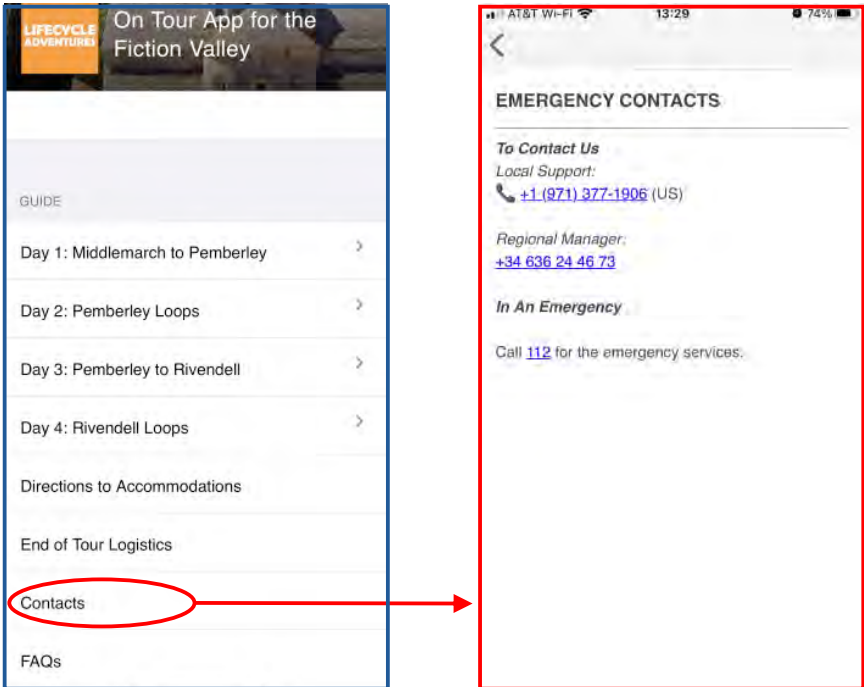
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

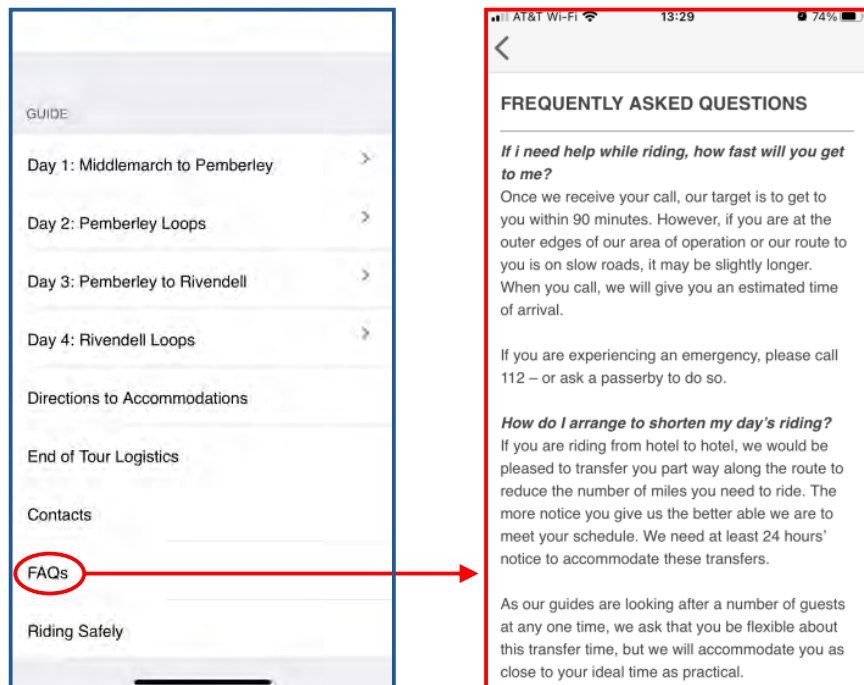
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

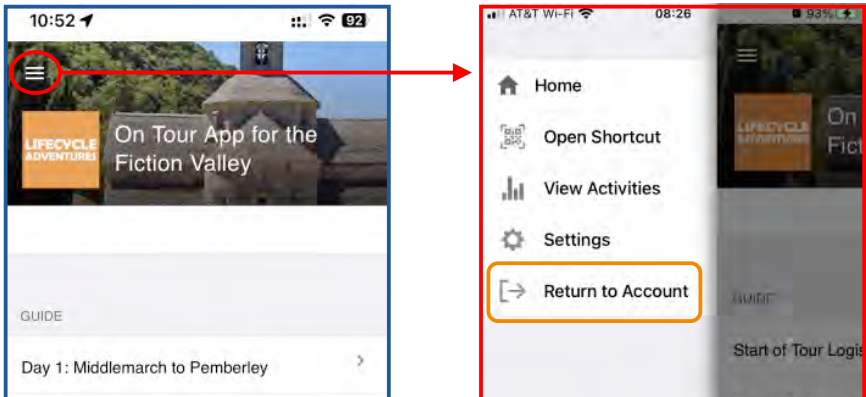


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

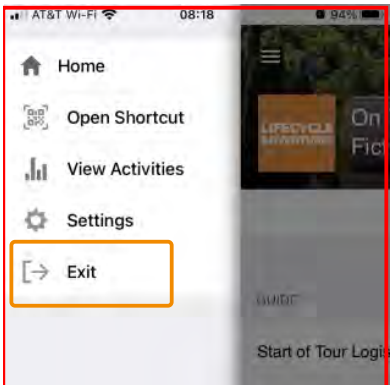
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

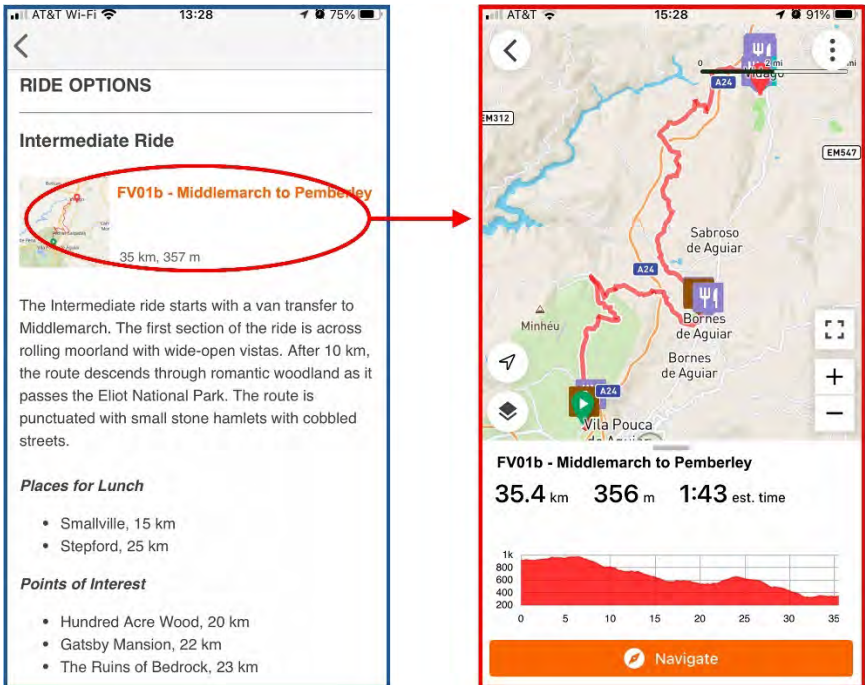
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

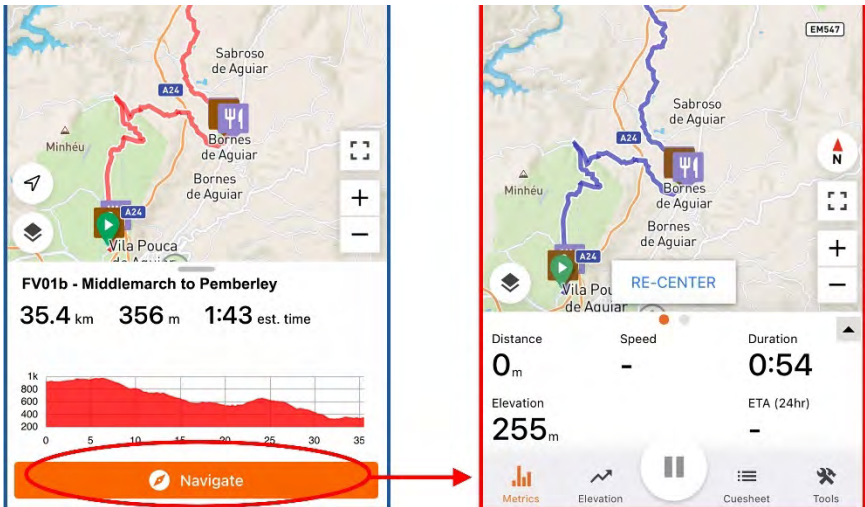
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In *Ride Options* for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



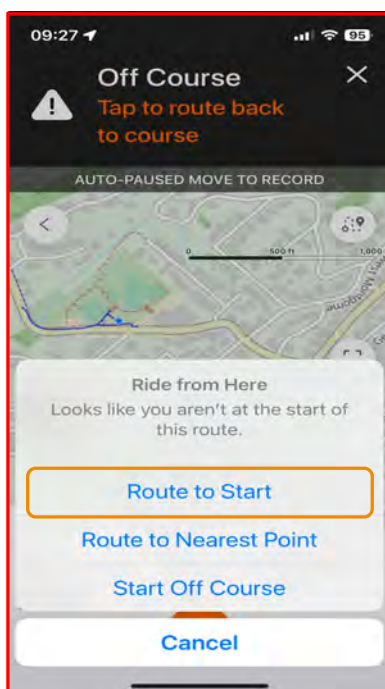
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using *Route to Nearest Point* on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, exit navigation and tap the three-dot menu circle and select *Directions to Start*. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



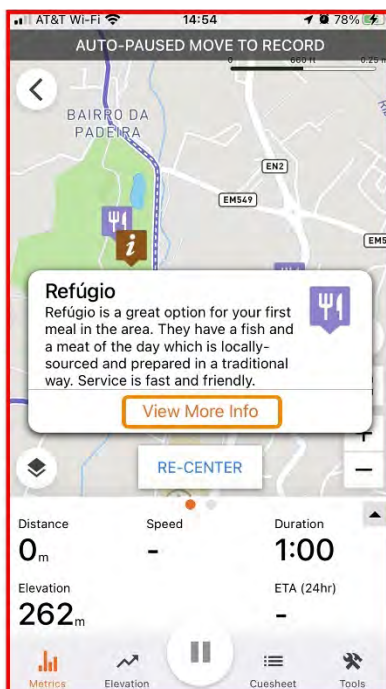
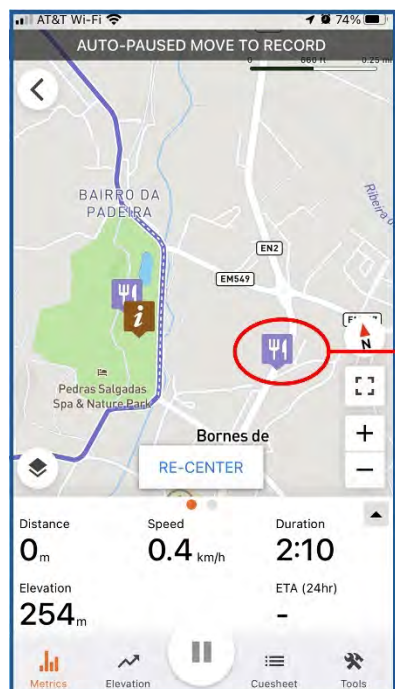
... Point of interest



... Viewpoint



... Winery (not all areas)

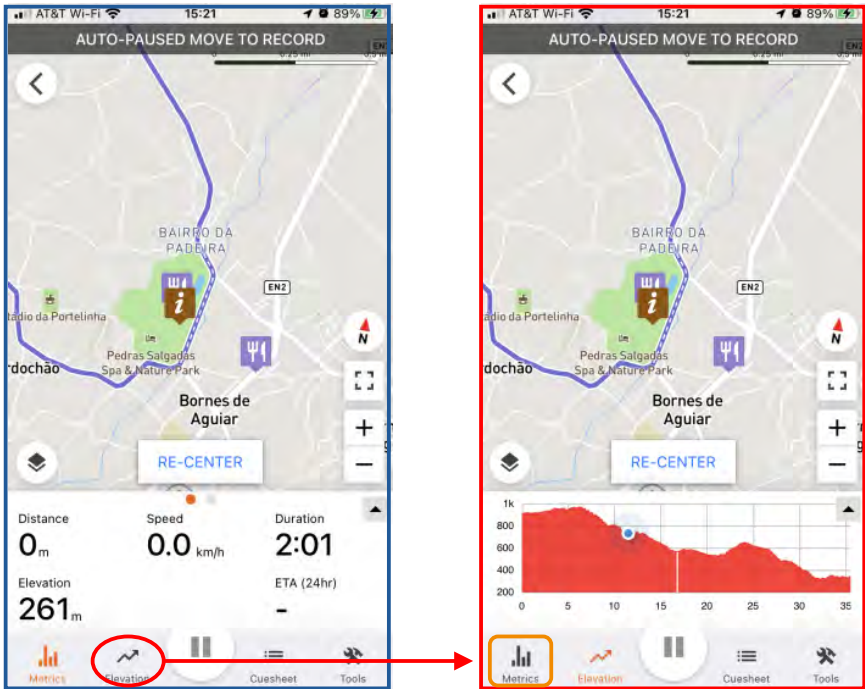


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

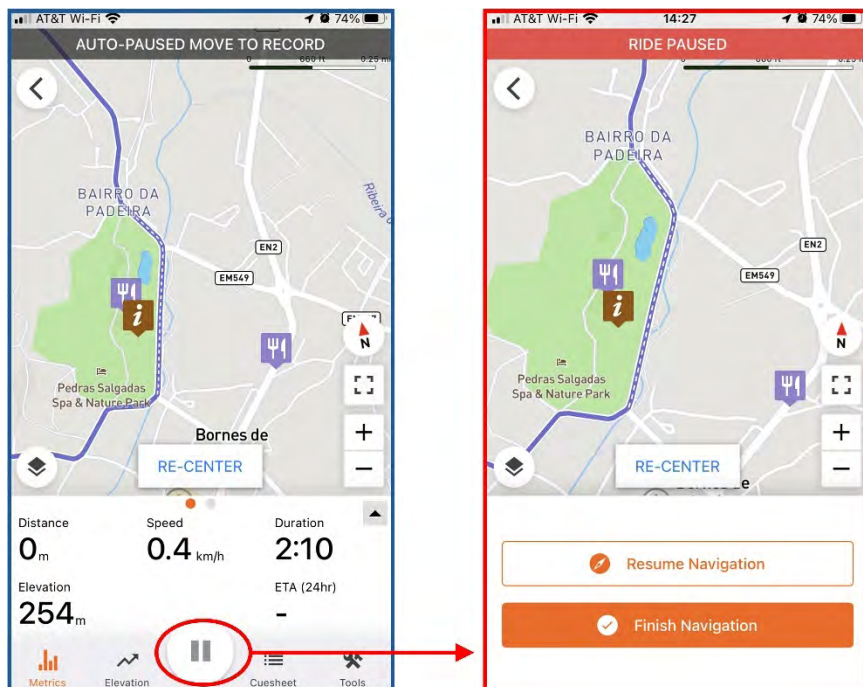
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

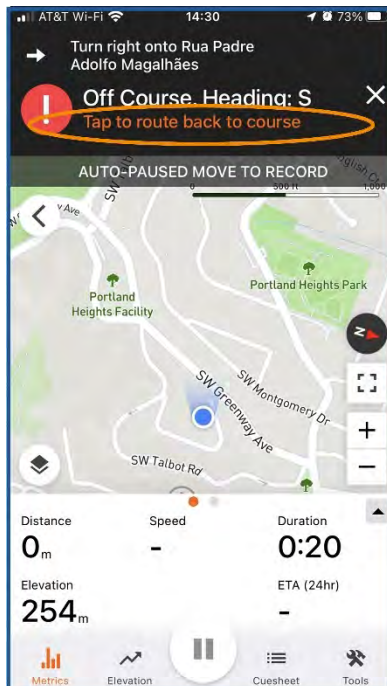


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

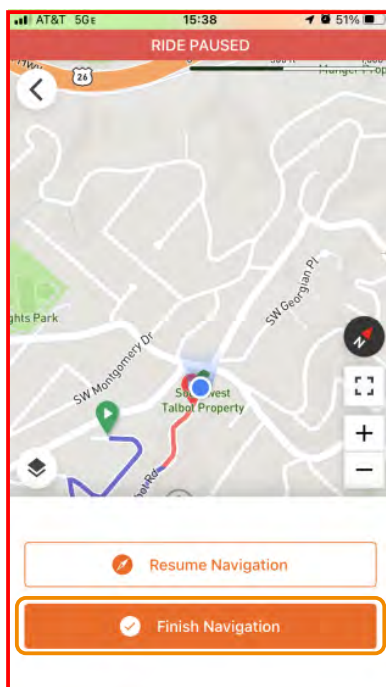
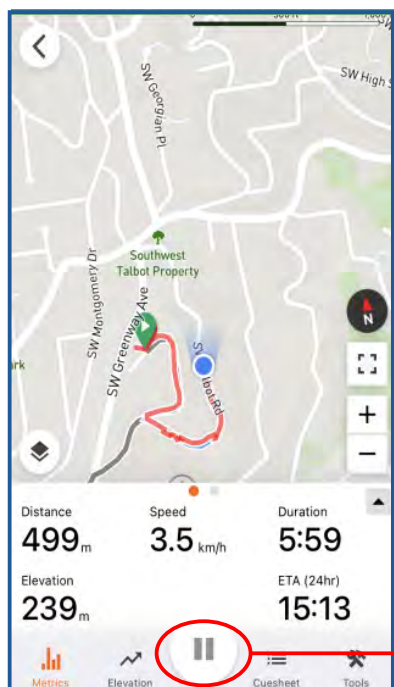
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

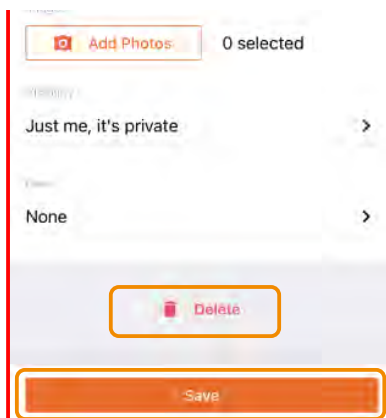
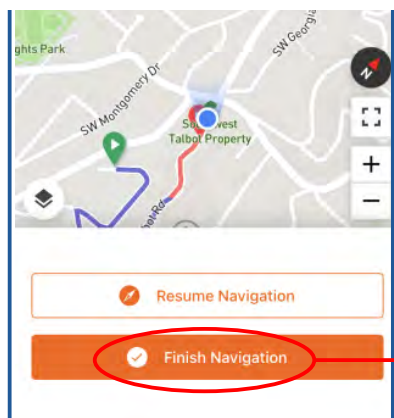


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

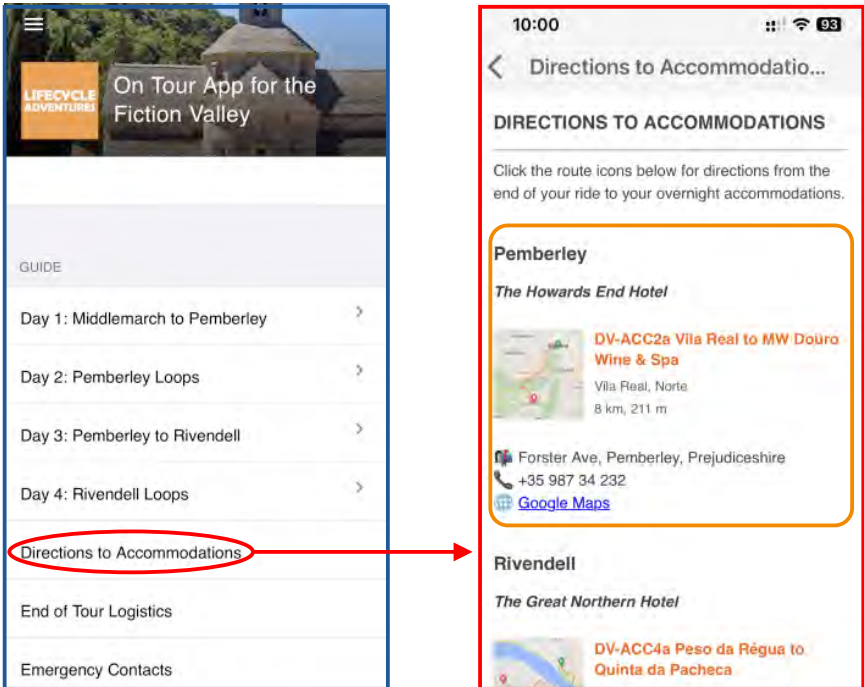


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then OK) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



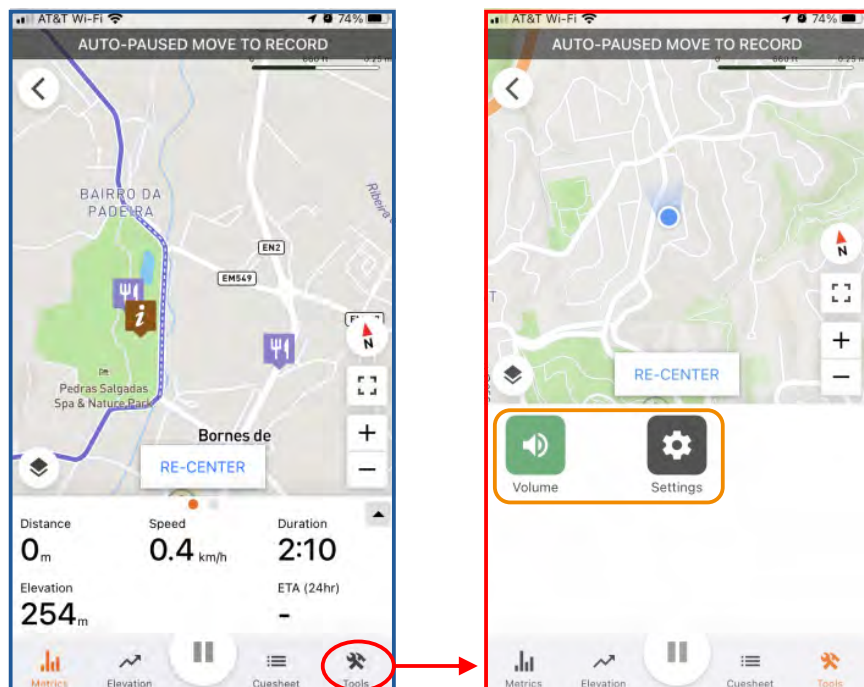
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



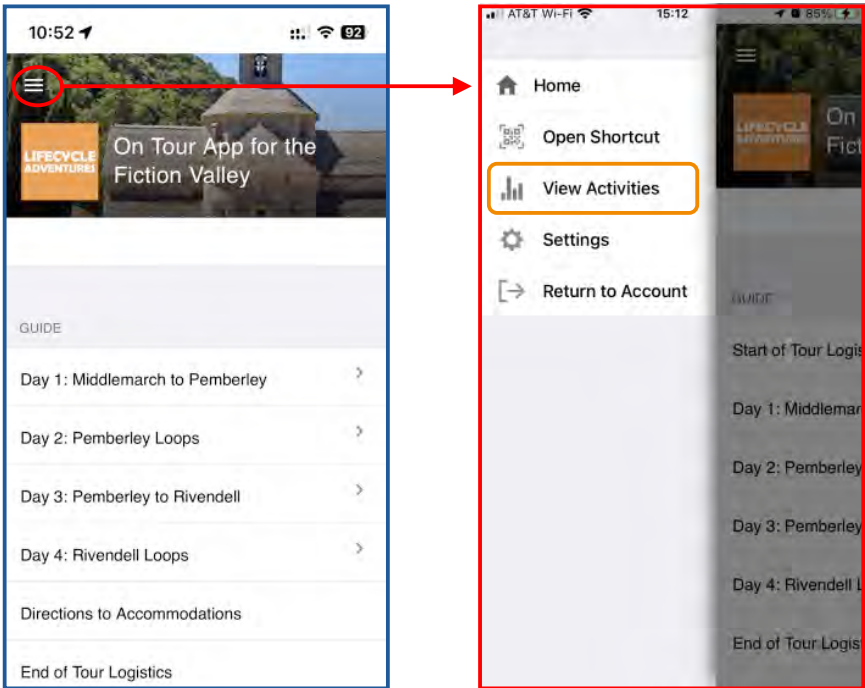
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

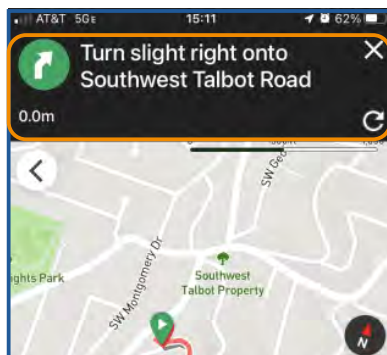
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



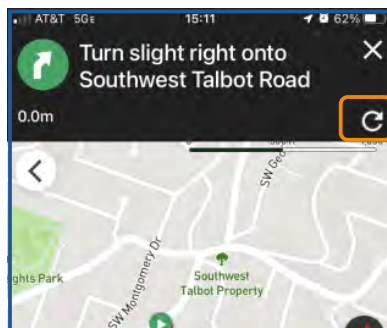
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10–15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

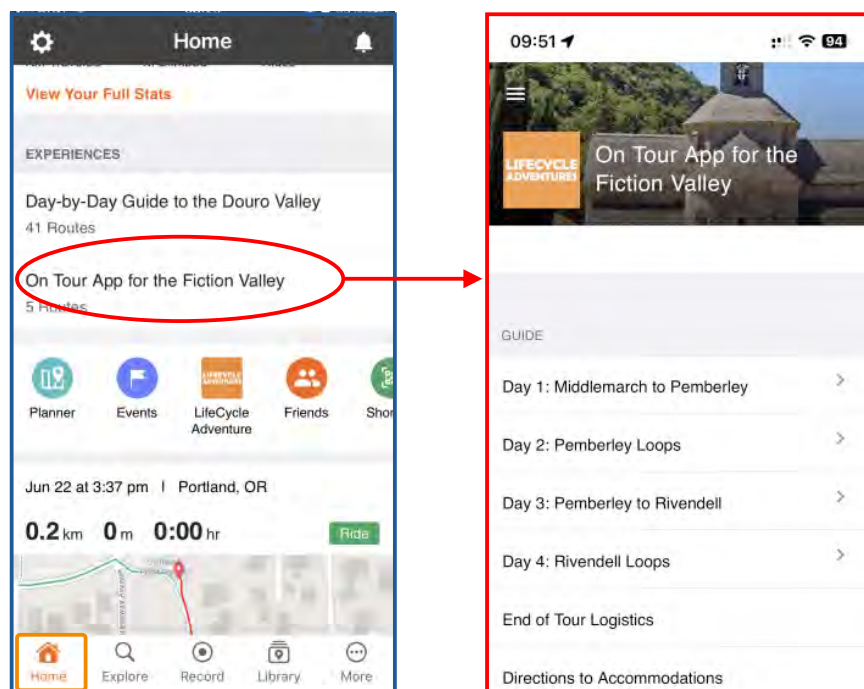
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under your *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open* Shortcut from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a fluorescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving

your body enough time to process the food before the fuel gauge reaches empty.

2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.
3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally, abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

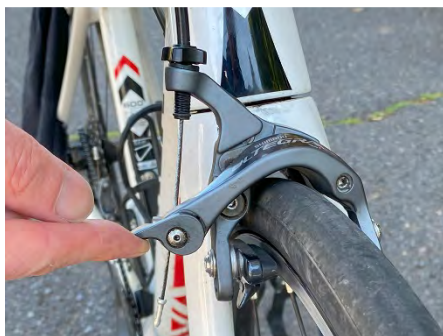
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

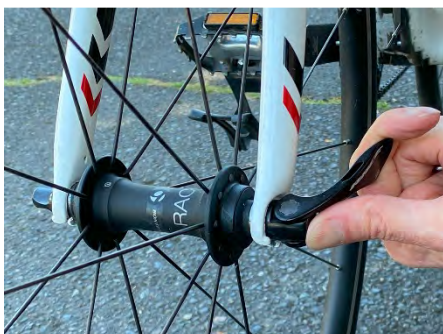
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

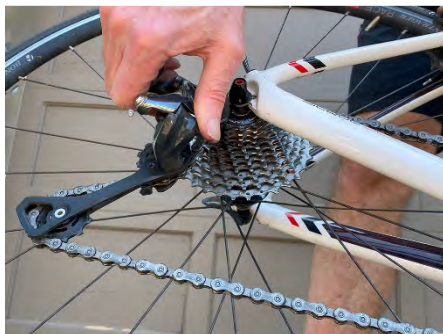
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have disc brakes, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a thru axle (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the flat. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



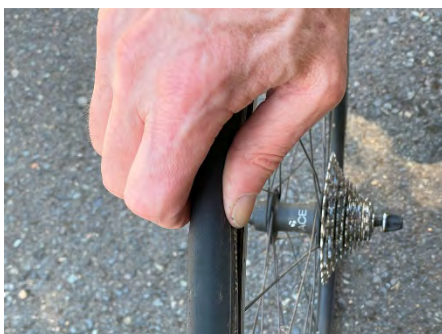
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

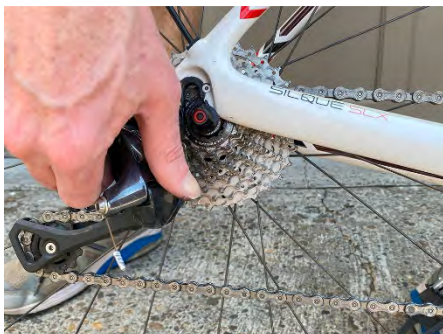
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

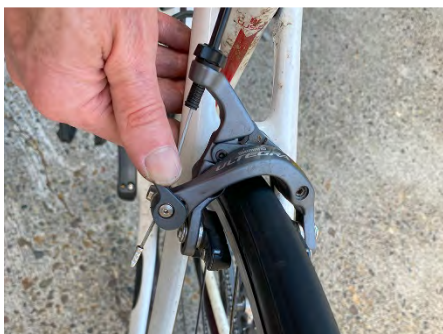


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



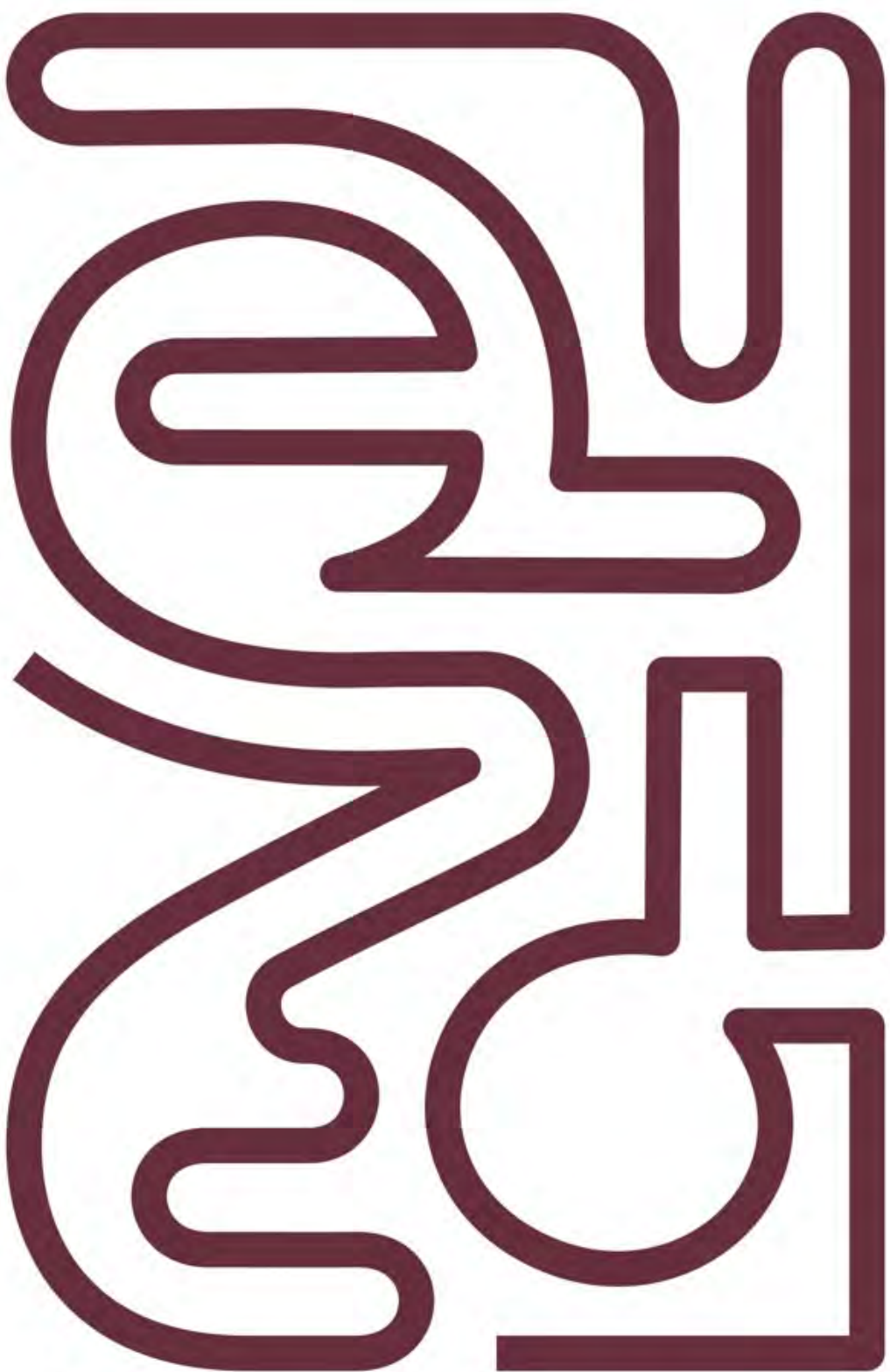
If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have rim brakes, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_HOOKEjs.



APPENDICES

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APPENDIX 1 – WINERY LISTINGS

The following listings provide details about each winery along the routes. The numbers cross reference with the maps and tables in the *About the Area – Wineries on Your Route* section of this guidebook.

Please note we have had multiple issues with guests ordering wine to be shipped back to North America. We recommend enjoying the wine in Puglia but not shipping it home.

1 **Matera DOC**

A wine bar located just outside the Sassi Districts, the establishment offers a selection of Italian and Southern-Italian cuisine, with a focus on wines from the Matera DOC region. Guests can enjoy lunch with an assortment of local foods in a cozy atmosphere. The wine list features a variety of local and regional wines, providing an authentic taste of the area.

Wines	Red, white, rosé
Food	Lunch available.
Tours & Tastings	Tastings are usually priced per glass.
Reservations	Not necessary.
Hours	Friday to Wednesday from 10:00 AM – 1:00 PM and 5:00 PM – 8:00 PM (10:00 AM – 7:00 PM on Sunday). Closed on Thursday.
Contact	 Via Vincenzo Cappelluti, 1, 75100 Matera  +39 339 333 9609  No website

2 **Colavecchio Wine (S.r.l)**

A distinguished winery located slightly to the west of Putignano, with a rich history dating back to its founding in 1795. The winery, built from local stone, stands on a lush hill offering beautiful views of the surrounding landscape. Colavecchio specializes in wines made from indigenous grape varieties.

Wines	Red, white, rosé
Food	Wine tastings are paired with local delicacies.
Tours & Tastings	Tastings of 3 wines (1 red, 1 white, and 1 rosé) with a variety of local delicacies and includes a guided visit of the winery. Cost €28 per person and they require an additional cost of €50 for an English translator.
Reservations	Required.
Hours	Monday to Saturday from 8:00 AM – 5:30 PM (Tastings are until 4:00 PM). Closed on Sunday.
Contact	 Strada Provinciale per Gioia Del Colle, N° 9, 70017 Putignano  +39 080 405 2328

 <https://cantinecolavecchio.com/>

3 A Mano Wine

Located in Noci, A Mano Wine is a boutique winery founded by Mark Shannon, a Californian winemaker, and Elvezia Spalchiero, a marketing expert from Friuli. They specialize in crafting wines from indigenous Apulian grape varieties, emphasizing authenticity and respect for local traditions. Their tasting room is situated in a beautifully restored palazzo in Noci's historic center. Visitors can enjoy guided tastings of their wines, including the A Mano line, Imprint of Mark Shannon, Prima Mano, and Naturali, each reflecting the unique terroir of the region. The winery's commitment to quality and tradition has earned it recognition in wine reviews, such as Decanter's 2021 review of their Imprint Susumaniello.

Wines	Red, white, rosé
Food	Some local snacks provided with the tasting
Tours & Tastings	Tastings of 4 of wines, with some typical snacks, and a full presentation of the history and philosophy. Duration, 90 minutes.
Reservations	Required, we recommend emailing at a.mano@amanowine.com
Hours	Monday to Friday from 9:30 AM – 5:30 PM. (Closed on weekends)
Contact	 Via S. Giovanni, 41, 70015 Noci  +39 080 3434 872  https://www.amanowine.com/en/

4 Cantine Polvanera

A notable winery renowned for its exceptional Primitivo di Gioia del Colle wines. The winery is situated in the heart of Puglia, between Acquaviva delle Fonti and Gioia del Colle, in a landscape characterized by vineyards, dry stone walls, and downy oaks. The cellar, excavated 8 meters into limestone rock, maintains a constant temperature ideal for wine aging. Visitors can explore the winery through guided tours, which include tastings of their award-winning wines. The winery offers various experiences, such as the "Simple Wine Tasting," "Light Lunch," and "Discover the Murgia".

Wines	Red, white, rosé, sparkling, sweet
Food	Some of the tasting options come with local snacks. There is also a lunch option.
Tours & Tastings	"Sirocco": 3 wines and taralli. 45 minutes, €15 per person. "Simple Wine Tasting": guided tour of the cellar, 5 wines, taralli. 90 minutes, €25 per person. "Light Lunch": guided tour of the cellar, 5 wines, 4 tastings of local food products. 90 minutes, €40 per person.
Reservations	Recommended and can be made on their website.

Hours	Monday to Saturday from 9:00 AM – 7:30 PM and 10:00 AM – 2:00 PM on Sunday.
Contact	 Strada Vicinale Lamie Marchesana, 601, 70023 Gioia del Colle  +39 08 075 8900  https://www.cantinepolvanera.it/en/home-2/

5 Cantina Museo Albea

Alberobello has a winery / wine museum, “Cantina Museo Negozio 'Albea” which is a fun way to spend an hour in Alberobello. The winery is simple but charming and the staff are very friendly and knowledgeable. Established in the early 20th century, the winery is housed in a historic building featuring stone architecture and wine storage tanks carved deep into the rock, reminiscent of ancient cisterns.

Visitors can explore the Wine Museum situated on the upper floor, which pays homage to the region's rich agricultural and oenological heritage. The museum showcases a collection of ancient agricultural tools and photographs, offering a journey through the evolution of winemaking from ancient times to the sophisticated techniques of today.

Wines	Red, white, and rosé wines, including Primitivo, Negroamaro, and Rosè IGP
Food	Not provided.
Tours & Tastings	1 hour tasting that includes a guided tour of the winery and museum. Many of the members of staff are English speaking or you can book in advance and let them know you'd like a tour with an English speaker.
Reservations	Required for tastings, and to specify an English speaker.
Hours	Monday to Friday from 9:00 AM – 12:30 PM and 3:30 PM – 6:30 PM. Saturday and Sunday by reservation only.
Contact	 Via Due Macelli, 8, 70011 Alberobello  +39 080 432 3548  https://albeavini.com/

6 Cantina Masseria Torricella

Established in 1946 and located approximately 4 kilometers north of Alberobello in the Murge Meridionali region of Puglia, this winery offers visitors an authentic experience of the Valle d'Itria's rich viticultural heritage. Visitors can enjoy guided tours of the vineyards and cellar, followed by tastings of their wines paired with local delicacies. The winery's commitment to quality and tradition provides an immersive experience for wine enthusiasts.

Wines	Red, white, rosé
Food	Local snacks served with tastings

Tours & Tastings	Guided tour of the vineyard, tastings of 6 of their organic wines paired with a selection of typical local delicacies, including cheeses, cold cuts, vegetables, everything sourced directly from their organic farm. €55 per person. Tasting only, €40 per person.
Reservations	Recommended. Possible times for guided tours are: 11:00 AM, 1.00 PM, 3:00 PM or 5.00 PM
Hours	Wednesday to Monday from 11:00 AM – 6:00 PM. Closed on Tuesday.
Contact	 Canale di Pirro, SP81, km 3, 70011 Alberobello  +39 333 396 8173  https://website_address

7

Trulli e Puglia Wine Bar

Located at Piazza Gabriele d'Annunzio 3 in the center of Alberobello, they offer an authentic Apulian experience. Housed in a traditional trullo, the wine bar provides a cozy atmosphere to enjoy local wines and regional delicacies. Guests can indulge in a selection of wines from Puglia, complemented by platters of local cheeses, cured meats, and freshly baked focaccia. The establishment is known for its knowledgeable and friendly staff, who offer personalized recommendations and insights.

Wines	Red, white, rosé, sparkling
Food	Food is not included in tastings but they have a menu to order local snacks or platters.
Tours & Tastings	Tastings are usually a price per glass.
Reservations	Recommended
Hours	Monday to Saturday from 11:00 AM – 6:00 PM. Closed on Sunday.
Contact	 P.za Gabriele D'Annunzio, 3, 70011 Alberobello  +39 338 533 7864  https://www.trulliepuglia.com/

8

Cantina I Pàstini

A family-owned winery established in 1996. Situated in the heart of the Valle d'Itria, the winery spans 18 hectares and specializes in indigenous grape varieties such as Verdeca, Bianco d'Alessano, Minutolo, Primitivo, and Susumaniello. Visitors can explore the winery through guided tours that include a walk through the vineyards, a visit to the cellar, and tastings of their wines paired with local delicacies. The winery emphasizes sustainable practices, using organic treatments and natural fertilizers to maintain the health of the vines.

Wines	Red, rosé, white, sparkling, grappa
Food	Wine tastings are paired with local delicacies.

Tours & Tastings	60-minute wine tasting which includes a tour of the estate, and local snacks. €15 per person.
Reservations	Required
Hours	Monday to Saturday from 9:00 AM – 1:00 PM and 3:30 PM – 6:30 PM. Closed Saturday afternoon and Sunday all day.
Contact	 Strada Cupa Rampone Zona A, 74015 Martina Franca  +39 080 384 7149  https://www.ipastini.it/en/

9 Tenute Girolamo

Located 10 km west of Martina Franca, this celebrated winery was founded by the Girolamo family. The estate spans 50 hectares and cultivates a blend of native Pugliese grape varieties and international favorites. The winery emphasizes sustainable practices, using organic treatments and natural fertilizers to maintain the health of the vines.

Wines	Red, white, rosé
Food	Wine tastings are paired with local delicacies.
Tours & Tastings	3 wines: tasting with apulian taralli, olives and focaccia, €20 per person 4 wines: tasting accompanied by a light lunch: taralli, olives, focaccia, local cheese, cold cuts and other local food, €30 per person 6 wines: tasting accompanied by a paired tasting lunch or aperitivo, €50 per person
Reservations	Preferred but if the group is small appointments can be made by phone call the same day. Reservations in advance can be made by emailing family@tenutegirolamo.it
Hours	Monday to Friday from 8:00 AM – 5:00 PM. Closed on weekends
Contact	 Via Noci Zona, 314, 74015 Martina Franca  +39 080 440 2142  https://www.tenutegirolamo.it/?lang=en

10 Trulli il Castagno – Vigna il Castagno

Trulli il Castagno, also known as Vigna il Castagno, is a family-owned winery situated in the heart of Puglia's Itria Valley, near Martina Franca. The Spalluto family has been cultivating vineyards in this region for generations, preserving traditional winemaking practices while embracing modern techniques. Established in the early 1800s, Trulli il Castagno has evolved from producing modest wines to crafting esteemed selections that reflect the history and traditions of the Itria Valley. The winery's commitment to quality and authenticity has solidified its reputation as a cherished destination for wine enthusiasts seeking an authentic Apulian experience.

Wines	Red, white, rosé, sparkling, olive oil
Food	Wine tastings are paired with local delicacies.
Tours & Tastings	Four local wines, each paired with typical Apulian products
Reservations	Required
Hours	Open by reservation only
Contact	 Strada Noci 315 Zona D, 74015 Martina Franca  +39 340 373 5379  https://www.pugliadeitrulli.com/en/experiences/

11 Petra Nevara Winery

Set in a restored 17th-century icehouse ("neviera") near Martina Franca, it offers tours showcasing its unique architecture and winemaking process. Specializing in indigenous varieties like Primitivo and Negroamaro, the winery provides tastings paired with local delicacies, highlighting the region's flavors. Visitors can explore the ancient snow cellar, ideal for aging wines, and learn about the blend of traditional and modern techniques.

Wines	Red, white, rosé, olive oil
Food	Tastings of typical Apulian products such as taralli olives friselle with pomodorini cheeses focaccia pugliese and capocollo di Martina Franca.
Tours & Tastings	Tasting is of 3 wines with local products.
Reservations	Required
Hours	Open daily but by appointment only
Contact	 Via Madonna dell'Arco 180, Martina Franca  +39 389 553 1853  https://masseriapavone.it/en/home-en/

12 Tenute Rosato

Located between the towns of Locorotondo, Martina Franca, and Cisternino, this family-owned winery has a rich tradition spanning generations. Since 2012, Giuseppe Antonio Rosato has been dedicated to cultivating vineyards using methods passed down from his ancestors, focusing on local grape varieties such as Verdeca, Minutolo, Moresco, Susumaniello, and Primitivo.

Wines	Red, white, rosé
Food	Lunch is possible with a tasting. Menu includes an appetizer with typical tastings, handmade orecchiette (made in front of guests) and then cooked, with a homemade sauce, meat in sauce or roasted, dessert and coffee. Lunch is €60 a person.
Tours & Tastings	Tours of the vineyard, explanations of the machinery used, and the processes and finally a tasting of 2 wines. Cost is €30 per person.

Reservations	Required
Hours	Monday to Saturday from 9:00 AM – 5:00 PM (close at 2:00 PM on Saturday). Closed on Sunday.
Contact	 Strada Difesa Zona M n. 117, 74015 Martina Franca  +39 393 326 6608  https://www.tenuterosato.it/

13 Agriturismo Masseria Salamina

A historic farmhouse located in Pezze di Greco, within the municipality of Fasano. Dating back to the late 1600s, this masseria (fortified farmhouse) has been meticulously restored to offer guests an authentic experience of rural Puglia. This Masseria is a working vineyard, farm, an *agriturismo*, and they have a popular restaurant.

Wines	Red, white, rosé, sparkling, olive oil
Food	Wine tastings can be paired with local delicacies.
Tours & Tastings	Experience includes a tour of the historic Masseria, the grounds, tasting of 3 local wines paired with local foods. Duration is 1 hour and costs €45 per person. Tours are usually mid-morning or late afternoon.
Reservations	Required
Hours	Open daily but reservations required for tours and tastings
Contact	 Via Case Sparse, 4, 72015 Pezze di Greco  +39 080 489 7307  https://www.masseriasalamina.com/en/home/

14 Vineria del Borgo

Located in Cisternino, this wine bar or *enoteca* offers a curated selection of Apulian and national wines, complemented by local delicacies from the Valle d'Itria. The establishment provides a cozy atmosphere for wine enthusiasts to taste and purchase wines, accompanied by platters of cheeses, cured meats, and other regional specialties. Visitors can enjoy guided tastings that highlight the unique flavors of the area.

Wines	Red, white, rosé, sparkling
Food	Wine tastings can be paired with local delicacies.
Tours & Tastings	Tastings are usually a price per glass.
Reservations	Recommended (or not needed)
Hours	Thursday to Tuesday from 11:00 AM – late. Closed on Wednesday.
Contact	 Area pedonale del Borgo, Corso Umberto I, 78, 72014 Cisternino  +39 080 972 1866  https://www.vineriadelborgocisternino.it/en/

15 Upal Cantina e Oleificio Sociale

Situated in Cisternino, this is a cooperative winery and olive oil mill established in 1959 by 22 local wine producers. Over the decades, it has grown to include over 1,000 members, all dedicated to producing high-quality wines and extra virgin olive oil that reflect the unique terroir of the Valle d'Itria.

Wines	Red, white, rosé, sparkling, and olive oil
Food	Wine tastings can be paired with local delicacies.
Tours & Tastings	Tastings are usually a price per glass.
Reservations	Required
Hours	Monday to Saturday from 8:00 AM – 1:00 PM and from 3:00 PM – 7:00 PM. Sunday from 8:30 AM – 12:30 PM.
Contact	 Via Fasano, 150, 72014 Cisternino  +39 080 444 8150  https://cantineupal.it/en/home-en/

16 Montemarcuccio – Azienda Agricola Faniglione Pietro

Founded by Pietro Faniglione this is a family-owned winery situated north of Cisternino. The winery spans approximately four hectares and specializes in cultivating indigenous grape varieties such as Verdeca, Bianco d'Alessano, Minutolo, and Ottavianello.

Wines	Red, white, rosé, sparkling
Food	Wine tastings can be paired with local delicacies.
Tours & Tastings	Tasting of 5 wines, €15 per person Tasting of 5 wines accompanied by typical Apulian food (local cheese, capocollo, salami), €20 per person.
Reservations	Required
Hours	Monday to Saturday from 9:00 AM – 1:00 PM and from 4:00 PM – 8:30 PM. Closed on Sunday.
Contact	 SP Gravina di Castro, 89, 72014 Cisternino  +39 333 919 2616  https://www.montemarcuccio.it/en/

17 Cantine Semeraro

This is a family-owned winery, located between Cisternino and Ostuni, renowned for its commitment to traditional winemaking practices. The Semeraro family has been dedicated to the art of winemaking for decades, maintaining a balance between past, present, and future. Their philosophy emphasizes respect for the environment and the preservation of ancient techniques in vineyard care.

Wines	Red, white, rosé, sparkling
Food	Wine tastings are paired with local products

Tours & Tastings	The Wine Tour Experience: Guided tour of vineyard, cellar visit, six wines, including two reserves, paired with local products. Duration is 2 hours, €50 per person.
Reservations	Required
Hours	Monday to Saturday from 9:00 AM – 1:00 PM and from 5:00 PM – 8:00 PM. Closed on Sunday.
Contact	 Via Brindisi, 97, 72014 Cisternino  +39 348 279 7370  https://www.cantinesemeraro.it/

18 Cantine Amalberga

Located near Ostuni, this winery is dedicated to preserving and celebrating the unique flavors of the Itria Valley. Founded with a vision to revitalize the region's traditional wine heritage, it focuses on indigenous grape varieties like Francavilla, Ottavianello, and Minutolo. The winery emphasizes sustainable farming and innovative production techniques to bring out the distinct characteristics of the local terroir.

Visitors to Cantine Amalberga can explore the vineyards, learn about the winery's history, and enjoy wine tastings in a modern yet rustic setting, with wines paired with local Apulian specialties.

Wines	Red, white, rosé, sparkling
Food	Wine tastings can be paired with local delicacies. They also offer two cooking classes, "Homemade Pasta Making" – €50 per person" and "Traditional 4 course lunch" €100 per person. Both classes end with eating the food you have made.
Tours & Tastings	"Garden and Wine": 1 glass of wine, €15 per person. "Underground Cellar": A guided tour, 3 wines with local delicacies, €35 per person. "Complete Experience": A guided tour of garden and cellar, multiple wines with local delicacies, €50 per person.
Reservations	Required for English speakers
Hours	Open daily from 10:30 AM
Contact	 SP17, km 6, 72017 Ostuni  +39 328 316 0853  https://amalberga.it/

19 Coopir De Laurentis

A historic cooperative winery and olive oil mill located in Ostuni. Established in 1977 through the merger of a social winery founded in the late 1950s and an olive oil mill from 1966, it stands as one of the oldest cooperatives in Ostuni. Coopir De Laurentis produces extra virgin olive oil from olives harvested in the Ostuni area. The oil is known for its high quality and distinctive flavor, achieved through traditional pressing methods combined with modern technology.

Wines	Red, white, rosé, sparkling
Food	Wine tastings can be paired with local delicacies.
Tours & Tastings	Tastings are usually a price per glass.
Reservations	Not required for a simple tasting
Hours	Monday to Saturday from 9:00 AM – 1:00 PM and from 5:00 PM – 8:30 PM. Closed on Sunday.
Contact	 Via Pietro de Laurentis, 72017 Ostuni  +39 083 133 9026  No website

20 Vinicolo Wine Bar

A cozy and inviting atmosphere for wine enthusiasts. The bar features a curated selection of local and regional wines, providing an authentic taste of Puglia's rich viticultural heritage. There is often live music.

Wines	Red, white, rosé, sparkling
Food	Charcuterie boards available
Tours & Tastings	Tastings are usually a price per glass.
Reservations	Not required but recommend on the weekends
Hours	Wednesday to Sunday from 7:00 PM to 1:00 AM. Closed Sunday to Tuesday.
Contact	 Via Francant Arc Zaccaria, 37, 72017 Ostuni  No phone number  No website

21 Az.Agr.L'Essenza di Puglia

A family-owned boutique farm located east of Carovigno. Established in the 1600s, the estate has been in the Pietrasanta family since the late 1800s. Situated just 5 km from the Adriatic coast and at the foot of the Torre Guaceto Nature Reserve, the farm spans approximately 50 hectares, with 15 hectares dedicated to vineyards and olive groves.

They offer small, personal tours of their ancient olive grove and vineyard (some of their olive trees up to 1000 years old) and tastings in a modern studio.

Wines	Red, white, rosé, olive oil
Food	The tasting is accompanied by traditional Pugliese <i>frisa</i> bread.
Tours & Tastings	Five wines: a white, rosé, sparkling white blanc de noir, and two reds—Negroamaro and Primitivo. Each wine is thoughtfully paired with one of their naturally infused olive oils and accompanied by traditional Pugliese <i>frisa</i> bread. The tasting lasts approximately 1 hour, and the cost is €40.00 per person.
Reservations	Required. You can email info@essenzadipuglia.it

Hours	Monday to Saturday from 9:00 AM – 12:00 PM and from 3:00 PM – 7:00 PM. Closed Saturday afternoon and all-day Sunday.
Contact	 Contrada Belvedere, V, 1, 72012 Carovigno  +39 335 109 4136  https://www.essenzadipuglia.it/en/

22 Cantine D'Alessandro Conversano

Located in Conversano, this is a family-owned winery with a rich history in winemaking. The D'Alessandro family has been producing wines since the early 1900s, with significant expansion in 1953 when Giovanni D'Alessandro established an industrial facility in the center of Conversano. Currently, the company is managed by the fourth generation – Giovanni, Angela, and Arianna – and boasts 55 hectares of vineyards, all featuring indigenous varieties such as Primitivo, Negroamaro, Uva di Troia, Verdeca, Malvasia, and Fiano, showcasing a strong bond with their land.

Wines	Red, white, rosé
Food	Wine tastings can be paired with local delicacies.
Tours & Tastings	Tasting of 3 wines with local snacks. Duration: 1 hour.
Reservations	Required a minimum of 2 days in advance
Hours	Open Monday to Saturday from 7:00 AM – 1:00 PM and from 3:30 PM – 6:00 PM (Saturday 4:00 PM – 6:30 PM). Closed on Sunday.
Contact	 Strada Provinciale per Cozze, 70014 Conversano  +39 080 859 9223  https://www.cantinedalessandro.com/home-english/

23 Terre di San Vito

A family-owned estate located in Polignano a Mare, just a few kilometers from the Adriatic Sea. The estate spans approximately 45 hectares, with 15 hectares dedicated to vineyards and olive groves. The family has a deep-rooted passion for the land, with generations working together to cultivate and produce high-quality wines and olive oil. The estate's extra virgin olive oil is produced from Coratina olives, a robust and immediately recognizable variety. The oil is housed in colorful, hand-painted large jars, reflecting the traditional Apulian culture.

Wines	Red, white, rosé, sparkling, olive oil, jams, and carrots (!)
Food	Wine tastings are paired with homemade delicacies.
Tours & Tastings	Guided tour of the estate, vineyards and cellars, a tasting of 5 wines with an aperitif with the following gastronomic specialties from Puglia: Extra virgin olive oil Terre di San Vito, Organic sundried tomatoes and artichokes in oil, Cheeses with Malbec jam and Carrot

jam (slow food), Olives from the countryside, Focaccia and friselle (typical Puglia baked products), Burrata cheese. Tours of the farm last 2 hours and cost €100 per person. Children not allowed.

Reservations	Required. Tours are at 10:30 AM or 3:00 PM (fixed slots)
Hours	Monday to Saturday. Closed for lunch and all day Sunday.
Contact	 Tenuta Terre di San Vito, contrada Rascinuso, 70044 Polignano a Mare  +39 335 704 2601  https://www.terredisanvito.it/en/

24 Botromagno Agricultural Society

Botromagno Agricultural Society, near Gravina in Puglia, is a family-run winery celebrated for its sustainable practices and focus on native grape varieties like Greco, Primitivo, and Nero di Troia. Visitors can book guided tours to explore the vineyards and cellars, learning about the winemaking process and the unique volcanic soils of the Murgia region. Tastings feature a selection of their white, red, and rosé wines, including the renowned Gravina DOC, paired with local delicacies.

Wines	Red, white, rosé
Food	They offer a 4-course lunch with 4-wine pairings.
Tours & Tastings	Multiple options with either 3 or 4 wines and tours of their cellars and / or vineyards. Length around 2 hours and prices are from €25 per person to €40 per person. They also offer a 4-course lunch with wine-tasting – €65 per person, ½ day.
Reservations	Required, can request on their website.
Hours	Open Monday to Saturday from 9:00 AM – 1:00 PM and from 3:00 PM – 7:00 PM. Closed on Saturday afternoon and all-day Sunday.
Contact	 Via Archimede, 24, 70024 P.i.p.-zona Artigianale  +39 080 326 5865  https://www.botromagno.it/

APPENDIX 2 – QUIZ QUESTIONS

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers at the end of the section.

Planning Your Tour

1. What is the most useful tool to help you navigate your tour?

- ☐ A piece of string and a loadstone
- ☐ LifeCycle Adventures On-Tour App
- ☐ Garmin GMR xHD2 Open Array Radar
- ☐ All of the above

2. The LifeCycle Adventures On-Tour App can be downloaded to:

- ☐ Your smartphone
- ☐ Your tablet
- ☐ All of the above

3. It can be helpful to download Google Maps for the area for use offline:

- ☐ True
- ☐ False

4. Companies that provide cheap data plans via eSIMs are:

- ☐ Snowman and Pharaoh
- ☐ Nomad and Airalo
- ☐ Roman and Hairglo
- ☐ None of the above

5. Things to consider booking before you travel include:

- ☐ Cooking classes
- ☐ Wine tours
- ☐ Olive Oil tours
- ☐ Hard-to-book restaurants
- ☐ All of the above

6. Useful things to pack include:

- ☐ Floor pump
- ☐ Your bike helmet
- ☐ Kitchen sink
- ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
- ☐ All of the above

7. We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount for your phone
- ☐ All of the above

About the Area

8. Approximately how long have people been living in the Sassi in Matera?

- ☐ 9 years
- ☐ 90 years
- ☐ 900 years
- ☐ 9,000 years
- ☐ No one lives in Matera

9. Matera and Alberobello are both listed as UNESCO World Heritage Sites:

- ☐ True
- ☐ False

10. What does the word “burrata” mean in Italian?

- ☐ Battered
- ☐ Buttered
- ☐ Blathered
- ☐ Bothered

11. Which town was named a European Capital of Culture in 2019?

- ☐ Polignano a Mare
- ☐ Alberobello
- ☐ Matera
- ☐ Memphis

12. Locals claim that the oldest olive trees in Puglia (around Ostuni) are:

- ☐ 300 years old
- ☐ 3,000 years old
- ☐ 30,000 years old
- ☐ Olive trees don't grow in Puglia

13. Polignano a Mare is famous for its:

- ☐ Sea caves
- ☐ Cliff diving
- ☐ Boating excursions
- ☐ Historic center
- ☐ All of the above

14. Taralli are:

- ☐ A derogatory name for Parisians in Italian
- ☐ Ring-shaped crackers made with flour, olive oil, and white wine
- ☐ Typical Puglian fishing boats
- ☐ Cone-shaped houses in Alberobello

15. It is said that the trulli houses in Alberobello were originally built for tax-avoidance:

- ☐ True
- ☐ False

Overnight Towns

16. How many Sassi Districts are there in Matera?

- ☐ One
- ☐ Two
- ☐ Three
- ☐ Four
- ☐ All of the above

17. The Sagra della Madonna della Bruna festival in Matera takes place in:

- ☐ July
- ☐ August
- ☐ A large wine barrel
- ☐ September

18. The singular form of Trulli is:

- ☐ Trullio
- ☐ Trullo
- ☐ Tru-la-la
- ☐ True

19. The Trattoria "Terra Madre" restaurant serves:

- ☐ Wood-fired pizzas
- ☐ Vegetables grown in their own garden
- ☐ Only cheese
- ☐ Only people who arrive on foot

20. Ostuni is commonly referred to as:

- ☐ The "lost city"
- ☐ The "white town"
- ☐ The "gelato capital of Italy"
- ☐ Ostuni

21. Cielo is the restaurant in which hotel?

- ☐ I7 archi
- ☐ Relais La Sommità
- ☐ An unnamed motel on the outskirts of town
- ☐ None of the above

22. Monopoli is:

- ☐ A port city on the coast
- ☐ Perched at the top of a hill
- ☐ The olive oil capital of Puglia
- ☐ A ruthless, family-destroying simulator disguised as a board game about real estate
- ☐ All of the above

On Tour

23. List all the works of fiction mentioned or alluded to in the section *Using the On-Tour App*

APPENDIX 3 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. Nomad and Airalo
5. All of the above
6. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
7. All of the above

About the Area

8. 9,000 years
9. True
10. Buttered
11. Matera
12. 3,000 years old
13. All of the above
14. Ring-shaped crackers made with flour, olive oil, and white wine
15. True

Overnight Towns

16. Two
17. July
18. Trullo
19. Vegetables grown in their own garden
20. The “white town” (though give yourself a pedantic point for Ostuni)
21. Relais La Sommità
22. A port city on the coast

On Tour (Qu. 23)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman’s Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)

- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 23 questions in total. How did you do?

- 10 well done.
- 15 brilliant!
- 20 genius!!
- 23 really!?

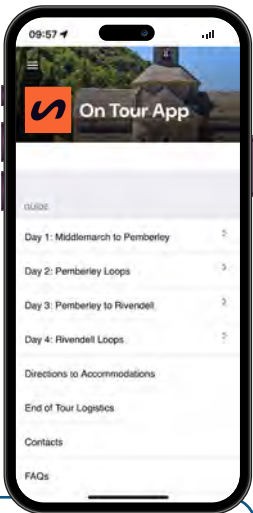
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.



App Contents

DAY 1: FROM A TO B	RIDE OPTIONS	LEISURE
DAY 2: FROM B TO C	LUNCH A description of the day's restaurants and cafes by town	Route Navigation Maps and GPS-guided directions
DIRECTIONS TO ACCOMMODATIONS Details of, and directions to, your overnight accommodations	POINTS OF INTEREST A description of the day's sights, museums & activities	Places for lunch A list of towns where you can eat lunch along this route
END OF TOUR LOGISTICS Where and when to meet your guide at the end of your tour	WINERIES A description of the day's wineries	Points of Interest A list of the sights, museums and activities along this route
CONTACTS How to contact us or the emergency services		Wineries A list of wineries along this route
FAQs Answers to common questions guests have while on tour		INTERMEDIATE ...
		CHALLENGE ...
		EPIC ...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark Island

Loire Valley, France

Provence, France

Pyrenees, France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



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