



Walking in Puglia, from Alberobello to Brindisi

8 days / 7 nights

Puglia is a warm region in Southern Italy. The eastern tip of Italy. Cape of Otranto in Salento lays about 80 km off the coast of Albania. The territory is a blend of hills and plains. From Peschici to Bari, from Otranto to Vieste, from Taranto to Tremiti Islands, Puglia is a region of a thousand faces to be discovered every day. A journey in Puglia is not only a holiday but a chance to learn the spirit, the traditions and soul of this land which is a cradle of ancient craftmanships and civilization.

YOUR PROGRAM

Day 1 - Arrival in Alberobello

Arrival in Alberobello, known as the 'Capital of Trulli', UNESCO World Heritage Site since 1996. Its old town is in fact entirely made up of these unique buildings.

Overnight in Alberobello.

Day 2 - Alberobello - Locorotondo

In the morning you will meet our representative for the briefing and delivery of your roadbook. Leaving Alberobello, you soon pass through the small village of Coreggia. A long path on the Apulian Aqueduct (partly a cycle path), which runs along the edge of a spectacular doline, goes through a natural oasis where an ancient oak grove survives. In the first half of the stage, you walk on country roads surrounded by trulli, authentic architectural masterpieces that make this archaic and charming landscape unique in the world. The itinerary ends in Locorotondo, which means 'round place', whose circular-shaped old town preserves its characteristic houses with 'cummerse', sloping roofs covered with limestone slabs.

Overnight in Locorotondo.

(Distance 23 km; elevation: 196 m; terrain:gravel/paved; time: 6 h)



Day 3 - Locorotondo - Cisternino

The stage starts from Locorotondo, one of the gems of the Valle d'Itria, a town perched on a hill covered with terraced native vineyards. Today you walk on small country roads and paths that wind through drystone walls and trulli. About half-way, you



take the Apulian Aqueduct cycle path, realized along the footsteps of the main channel of the aqueduct and surrounded by nature. Your destination is Cisternino, a pretty village made up of narrow lanes, small squares and tiny houses, which still preserves intact its old rural charm. Overnight in Cisternino.

(Distance 15,70 km; elevation: 209 m; terrain: gravel/paved; time: 4/5 h).



Day 4 - Cisternino - Ostuni

The silent countryside leads you through the typical landscape of the Valle d'Itria, characterized by the survival of old tratturi (sheep tracks), small woods, trulli and cultivated fields delimited by dry-stone walls, declared as an intangible element of World Heritage by UNESCO. Walking through a series of paths you arrive in a wonderful olive grove that characterises the coastal plain. Passing by the Archaeological Park of Santa Maria di Agnano, the place where the famous pregnant woman of Ostuni (died 25.000 years ago) was discovered, you reach Ostuni, 'the white town', today's destination. Overnight in Ostuni.

(Distance 19,60 km; elevation: 191 m; terrain: gravel/paved; time: 5 h)



Day 5 - Ostuni - Carovigno

In this stage you pass through the Plain of ancient olive trees, where you can see the oldest olive trees in Puglia. Some of



them are more than 2.000 years old! It's a sacred place of the Mediterranean civilization, marked by the presence of these living monuments that accompany you for the whole day up to Carovigno.
Overnight in Carovigno.

(Distance 19,60 km; elevation: 193 m; terrain: gravel/paved; time: 5 h)



Day 6 - Carovigno - Serranova

Leaving the town of Carovigno and its old town dominated by the Dentice di Frasso Castle, the hiking continues on a path surrounded by eucalyptus trees and Mediterranean scrub. Here you can enjoy the silence of the countryside and the cool breeze coming from the near Adriatic Sea. A plain of ancient olive trees, prickly pears and country villas leads you to Serranova, a small rural village. Here you cannot miss a stop at Tonino's, a typical grocery store.
Overnight in Serranova.

(Distance 13,30 km; elevation: 66 m; terrain: gravel/paved; time: 3 h)

Day 7 - Serranova - Brindisi

Through a dirt road among olive trees and prickly pears, you reach the Natural Reserve of Torre Guaceto. You walk along the Adriatic coast for about 10 km, heading south on a road that corresponds to the ancient Via Traiana and Via Francigena. Then, the route passes by the medieval church of Santa Maria del Casale just before entering Brindisi, which was in the past an important port for the Holy Land and that still preserves the ancient Roman column marking the end of the Via Appia.
Overnight in Brindisi.

(Distance 26,30 km; elevation: 72 m; terrain: gravel/ paved; time: 6/7 h)



Day 8 - End of trip in Brindisi

Depart after breakfast. End of services.

Additional information

TARIFFS

Price from 870 euros per person.

OPTIONS

Mid-season supplement: 01st Jun-14th Jul / 24th Aug - 22nd Sept : 70 euros per person.

High-season supplement: 23rd march - 01st of April / 15th Jul - 23rd Aug / 23rd Dec - 7th Jan : 145 euros per person.

INCLUDED

7 nights' accommodation

Bed & Breakfast service

Luggage transport service

1 Download per person to the app with information material, tracks and tips on what to see and restaurants

Eco-bag with: bottle of water, apulian snacks, energy drink

Health and luggage insurance

NOT INCLUDED

GPS rental

Transfer from/to airport

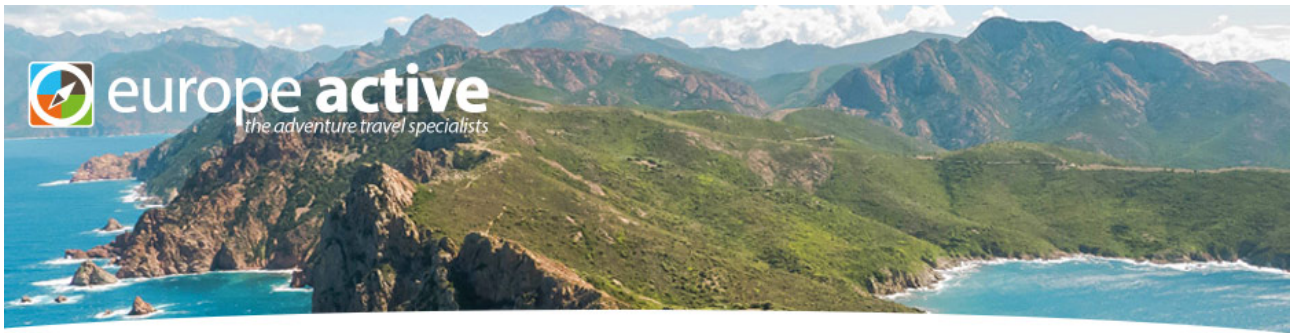
Lunch and dinner

Tourist taxes

Everything not mentioned as "Included".

LEVEL OF DIFFICULTY

Medium - Long stages with low elevation.



CARRYING

We will take care of your bags every day.

ACCOMMODATION

2 and 3-star hotels and guesthouses

SIZE OF GROUP

From 2

DEPARTURES

Every day, all year.

DEPARTURE

Alberobello

DISPERSION

Brindisi

HOW TO GET THERE

Brindisi airport is connected to most of the European capitals. Contact us if you need help to book your flights.

SAFETY INSTRUCTIONS

Summer months can be really hot, carry a lot of water and start early.