



Cycling week across Salento

9 jours / 8 nuits

Salento is in the most southern eastern region of Italy lying in the so-called "heel of the boot". Situated in the centre of the Mediterranean Sea, this region is filled with memories of the different civilizations that inhabited it, from the Messapii, to the Greeks, followed by the Romans and then the Normans. Crossing Salento with a bicycle is like cycling through an open-air museum. Prehistoric Dolmen, Byzantine shrines hidden in the caves, Baroque cathedrals, secluded corners of the coast etc. are all but a few of the things you can see when visiting this area. Salento is also internationally renowned for its characteristic cuisine which combines flavours from the sea and the earth and the fantastic rhythm of its folk music: most notably the Pizzica.

[Prepare your trip](#)

YOUR PROGRAM

Day 1 - Arrival in Matera

Arrive at your hotel in Matera. We advise you to use your free time to visit the city, listed as World Heritage by UNESCO and named European Capital of Culture for 2019! You will discover a remarkable example of rock habitat of more than two millennia, perfectly adapted to its geo-morphological situation and its ecosystem. The culture of this city has maintained, over time, a harmonious relationship with its natural environment.

Night at the hotel

Day 2 - The reliefs of Central Apulia. To Alberobello

Delivery of the bikes and your road map, explanation of the route, departure to the southern part of Murgia with the highest reliefs of central Apulia, with impressive colors. You will arrive at a second UNESCO World Heritage Site, Alberobello, known worldwide for its famous white cone-shaped houses: the Trulli.

Itinerary: 76km

Night in a Trullo

Day 3 - The Itria Valley and charming villages to Ostuni

Your starting point will be the Itria Valley. You will travel through the beautiful villages of Locorotondo and Cisterino. You can stop for lunch in a typical brewery "Fornello pronto". The last destination of this day will be Ostuni, known as Cité Blanche, whose brightness of its white houses is reflected at night. You can also visit the Parish Church of St. Mary Mother of the



Church located on the highest point of the city.

Itinerary: 50km

Night in B&B

Day 4 - Ostuni - Manduria

From Ostuni, you will cycle on a beautiful country road heading towards San Vito dei Normanni, where you can admire the magnificent Frederica Castle and its large square, built according to the will of King Frederick II. You can admire other castles of King Frédérique in Mesagne and Oria. Then you will reach the town of Manduria.

Itinerary: 60km

Night at the hotel

Day 5 - The west coast of Salento to Gallipoli

You will travel on the west coast of Salento where you can admire typical and charming villages such as Campo Marino or Porto Cesareo. The west coast of Salento is a very pleasant region where the rocky coast is often preserved and which thus offers many beaches and coves, advice to bathers! Arrival at the end of the day in the city and port of Gallipoli.

Itinerary: 60km

Night in B&B

Day 6 - The outskirts of Gallipoli to Santa Maria di Leuca

After a bike ride through the old town, you will leave Gallipoli along the Ionian Sea which will guide you to the town of Ugento and its coastline. You will pass by Torre San Giovanni, Torre Mozza, Lido Marini. You can relax on the white sand beach and. In the afternoon you will continue along the coast to the southernmost part of the Puglia, the heel of the boot Santa Maria Di Leuca.

Itinerary: 60km

Night at the hotel

Day 7 - Road north to Otranto

You will leave the southern part towards the North, with the Adriatic Sea on your right. You will drive to the city of Otranto, crossing the villages of Tricase, Porto and Castro Marina. After a seafood dinner, enjoy a walk in the old town of Otranto, the easternmost city in Italy.

Itinerary: 55km

Night at the hotel

Day 8 - Last step towards the city of Lecce

In the morning, take a bike tour of the city, to visit its Cathedral and admire its mosaic and interior windows, as well as the Aragonese Castle and its defensive walls. Walking along the Almini River, you will reach the town of Torre Dell'Orso. In the afternoon you will stop in the city of Acaya to admire the sunset. Then you will reach your final destination: Lecce.



Itinerary: 45km
Night at the hotel

Day 9 - End of the trip

Breakfast at your hotel in Lecce and end of the trip.

Additional information

TARIFFS

Price from 1476 euros per person.

OPTIONS

Renting an electric bike : 264 euros per person.

Renting a road bike : 165 euros per person.

Renting a hybrid bicycle : 80 euros per person.

Renting a trailer : 77 euros per person.

Departure high season (07/04 - 14/04 / 15/07 - 23/08 / 23/12 - 07/01) : 360 euros per person.

Departure low season (8/01 - 31/05 / 23/09 - 22/12) : -372 euros per person.

Single room (low season) : 335 euros per person.

Single room (mid season) : 445 euros per person.

Single room (high season) : 550 euros per person.

INCLUDED

Nights in hotels

Breakfasts

Baggage transfer from hotel to hotel (1 piece of luggage per person)

GPS for two people with the pre-recorded route

NOT INCLUDED

Taxes imposed in cities (can be baid directly on spot)

Medical insurance / luggage

Lunches and dinners

The bike rental

LEVEL OF DIFFICULTY

The Salento is mostly flat, everyone can cross it by bike. However, the stages are between 45 and 76 kms per day along secondary roads and some reliefs of Central Apulia at the beginning of the stay.

CARRYING

Baggage transfer from hotel to hotel (1 piece of luggage per person).



ACCOMMODATION

Accommodation in hotel / B&B during the trip

SIZE OF GROUP

From 2.

DEPARTURES

From April to October.

DEPARTURE

See you in Matera for your first night in the region. Before starting your trip the next morning.

DISPERSION

In the morning of day 9. After breakfast in your hotel in Lecce.

HOW TO GET THERE

Lecce is easily accessible by the airports in Brindisi (30 minutes by train) and Bari (2hours by train). There are discount flights available from London, Rome, Milan...

EQUIPMENT TO TAKE

ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive checklist) :

As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

BIKES

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike...

REPAIR MATERIAL

To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recommended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench



- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :

- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

EQUIPMENT

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

DAY BACKPACK

Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:

- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

PICNIC

In order to avoid unnecessary waste at picnic time, remember to take with you :

- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag



contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.

However, it is essential to bring your own first aid kit.

Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.