

Cycling Tour In The South Of Italy

Unique routes, daily adventures, great food and wine tasting!
September 2016



Our tour stretches along the regions of Apulia and Basilicata for 9 days. We cycle from the Salento region and visit the cities of Lecce, Matera and Alberobello.

If you are looking for a standard Italian cycling tour .. this isn't it!
We focus on riding like locals, touring like locals and eating like locals!

Contact us for information about price, accommodations and logistics of the tour:

Absolutely Amazing Travel
Main office: +1 (714) 963 5281
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Our Italy Specialist
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Add-ons available:

- **Training program** - both locals and remote. With coaching and training plans provided by "The Unlikely Cyclist", OC's premiere road cycling boutique.
- **Italian Language classes** offered by a native speaker teacher in Costa Mesa, starting anytime you sign up.



Trip Description

(details of each day can be changed)

The tour begins in Brindisi, Salento - **Monday afternoon.** Transfer to Lecce will be provided. Check-in at 5 star accommodation, welcome drink, dinner, tour nearby Lecce's historic center.

Tuesday - Morning city tour followed by bike preparation and cycling information session. Dinner with briefing about the tour.

Wednesday morning - We start to ride! In 7.5 miles we reach the fortified citadel of Acaya for a coffee break. Then down to the sea through the centuries-old olive groves. Pause in Otranto (30 miles) then we'll cycle for other 8 miles to reach the small bay of Porto Badisco. Here we can dive in the water, swim and have a Puglia-based "cheese and mortazza" snack. Climb to the 3 star accommodation for the night. Visit "Cantine Menhir" winery and local restaurant, with Salento wine tasting. Total distance of stage is 41 miles, about 650 ft elevation.

Thursday - We bike to Capo Santa Maria di Leuca (Italy's heel) along the beautiful coastal roads with an average elevation of 230-260 ft above sea level. We then continue to Gallipoli, always along the coast. Arrival at Punta Pizzo and the famous Baia Verde (Green Bay, the long beach south of Gallipoli). Stop for "bath & beer" at the Lido Sottovento. After a refreshing swim, we reach a 4 star accommodation in the heart of the Old Gallipoli. Dinner at local restaurant close to the sea. Total distance of the day 61 miles, about 1470 ft elevation.

Friday - We bike to Maruggio - Campomarino, along the northern coast of Gallipoli towards Taranto. We pass through Santa Maria al Bagno, Porto Selvaggio and Palude del Capitano, then Torre Colimena to reach Campomarino; possible "bath & beer" on the way! Then we will reach and stay at a 4 star farm hotel for the night. Total distance today is 44 miles.

Saturday - Transfer from Maruggio to Matera by van, in about 75 miles. We arrive in Matera and enjoy a guided tour of the downtown including the Sassi, followed by a technical briefing on the Gran Fondo planned for the following day, dinner. Night at 4 star hotel downtown.

Sunday, at 9:00 am "Nove Colli Lucani" Gran Fondo starts (itinerary and mileage to be determined by the organizers). Second night in Matera.

Monday - Transfer to Alberobello, with optional ride for those who want more cycling. Visit to the Trullis, and stay in Alberobello for the night

Tuesday - We bike to Polignano and Monopoli, with optional tour of Castellana Caves or visit to Ostuni, depending on weather and daylight.

Wednesday - Shuttle van transfer to Brindisi - Airport of Salento. End of services.

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