



Bike through Puglia: based in one Hotel

This itinerary allows you to discover fascinating places, equally divided between the sea and the forest around Ostuni, the white city, queen of the olive trees. At the end of the tour, this corner of Italy will remain in your heart for the peace that reigns in its countryside, for the cobalt blue, the breeze and the scent of the sea, for the beauty of the historical and naturalistic places, for the majesty of the millennial olive trees and naturally for the charm of Ostuni, which welcomes visitors in its whitewashed alleys and with its gastronomic delights, all from its territory. 5 days by bike, each different and unique in its own way, which, with the help of the train + bike, also allows you to visit places difficult to reach in a single day by bicycle, such as the Unesco site of Alberobello, Brindisi, and Polignano a Mare.

1st day Individual arrival in Ostuni

2nd day Ostuni – Montalbano Dolmen - Villanova - Costa Merlata – Ostuni. Approx. 42 km.

In the morning, individual visit of the city and possible collection of rental bicycle. You pass under the walls of Ostuni and observe to the right the plain of olive trees, to the left the city in all its grandeur with the Spanish walls painted white. The destination of this day is a prehistoric dolmen, dating back at least 4,000 years, almost a stone jewel set in the red earth and silvery olive trees. Then we cycle along the coast on a cycling path, lulled by the sound of the sea a short distance from the coastal dunes and along Costa Merlata.

3rd day Ostuni - aqueduct cycle path – Ceglie Messapica – Ostuni approx. 66 km.

In this stage you will cycle part of one of the most evocative and well-known cycle paths in Southern Italy, the aqueduct cycle path which in its original design should cross 500 km of the entire Puglia region on a cycle path built entirely along the service road of the Apulian Aqueduct. But for now, a stretch of about 25 km has been built, on excellent gravel, which we will cycle. You will pass by the sanctuary of Sant'Oronzo from which you will enjoy a wonderful view. Then to Cisternino, where every summer the "singing stones" festival is held. The cycle path is on excellent gravel, sometimes passing over viaducts. And then Ceglie, another typical village of the upper Murgia, with streets paved with smooth "chianche", the typical polished rectangular stones.

4th day Ostuni - Torre Guaceto - Brindisi - Ostuni approx. 54 km.

Today we return to the sea to cross the protected WWF oasis, the wetland of Torre Guaceto and the coast south of Ostuni to Brindisi. Nature reigns supreme here, with its apogee within the Torre Guaceto oasis under the imposing tower that dominates the entire protected area. Here you will also find the wild turtle recovery center. We approach Brindisi and return to Ostuni by train with bike transport, which is free in Puglia.

5th day Ostuni – Cisternino - Locorotondo – Alberobello – Polignano a Mare - Ostuni approx. 68 km.

Today we cross the Itria Valley visiting some of the most beautiful villages of the Murgia. The itinerary is a continuous gentle up and down in the hills of the upper Murgia. We head towards the hills of Sant'Oronzo, from where at a certain point you can enjoy a spectacular view as far as the eye can see over the plain of olive trees. The aqueduct cycle path allows us to reach another capital of the Itria Valley: Locorotondo. Then Alberobello, the city of trulli which, despite its many tourists, always exudes a magical and surreal aura. Then we arrive in Polignano, hometown of Domenico Modugno. Also today to return we take the train to Ostuni.

6th day Ostuni - Pascorosa village – Carovigno - Ostuni approx. 48 km.

Itinerary with little elevation gain up to the rural village of Pascorosa. The itinerary follows a loop through villages and districts within the Ostuni forest. Then you delve into the deep countryside through winding roads among trulli, lamie, olive groves and small cultivated plots. Today's destination is Carovigno, a pretty town, with the Dentice di Frasso castle, a fortified palace dating back to the Norman era (late 13th century).

7th day End of the tour after breakfast

Characteristics

Tour type self guided

Departure dates minimum 2 people; daily from March 1st to October 15th

Duration 7 days/6 nights

Tour level; medium

(the itineraries are mostly hilly, but with relatively short and manageable climbs. Approx. 2000 m of positive elevation gain in 5 days).



Km 275

Bicycle MTB or E-bike

Guided tour option yes (minimum 10 people)

Price 2026 per person in double room

Tour price per person

Cat. A € 915,--

Cat. B € 466,--

Included in the tour price

Overnight stays in **** hotels (Cat. A) or B&B (Cat. B) with shower/WC in the room
breakfast
Navigation app and GPS tracks
24-hour medical/luggage insurance
Emergency phone support
Registration fee

Not included in the price

Travel to and from Ostuni
Lunches and dinners
Visits and entrance fees
Tips
Personal extras
Everything not specified under "the price includes"

Additional options available

Half board (cat. A)	€ 290.— LS / 320.-- HS
Half board (cat. B)	Not Available
Single room (cat. A)	€ 144.--
Single room (cat. B)	Not Available
High season supplement (cat. A) from 2/8 to 30/8	€ 30.--
High season supplement (cat. B) from 1/8 to 30/8	€ 20.--
MTB rental	€ 120.--
E-bike rental	€ 250.--

On request

Travel cancellation insurance
Additional nights
Car parking
Guide on bicycle (minimum 10 people)

Reservations

To book, fill out and send us by mail the registration form; pay 25% of the quote; pay the balance one month before departure.