

## PUGLIA, ITALY BIKING ADVENTURE

This adventure is your opportunity to cycle through some of the most beautiful country on Earth.

We selected Puglia as a destination for its gorgeous rolling topography, unique cities and architecture, and of course – its excellent wine selection.

We offer routes for all ability levels, each of which is scenic and wondrous in its own right. You'll have the opportunity to cycle past Roman ruins, walled fortresses, olive farms, and Italy's picture-perfect Adriatic coastline. Our sun-drenched days include incredible historic sites, extraordinary food and Italian wine that some would argue is the best in the country.

If you enjoy European culture, have a love for biking, and want to experience a truly unique vacation, Puglia is waiting for you.

## DAILY ITINERARY

**DAY 1:** We meet you in Bari, the main transit center of Puglia. You can choose to arrive the night before and stay in our recommended Bari hotel, or, you can take the train down from Rome that morning. You can even fly into Bari that morning from your overseas flight, although you'll be tired! After introductions and a quick explanation of the week that lies ahead, we shuttle to our first hotel in the town of Conversano. One benefit of this is that we shuttle up to the plateau where most of our cycling takes place. We'll do an introductory ride to six small lakes in the Conversano countryside before heading back to shower and eat dinner in the medieval center of town.

**Activity:** Biking 15 or 30 kilometers.

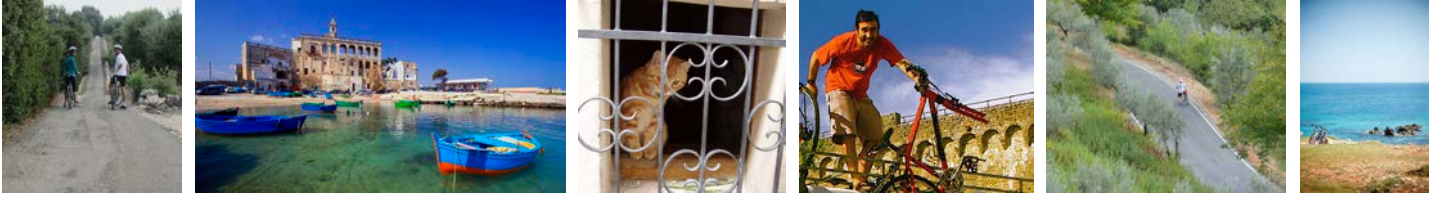
**Accommodation:** *Hotel Corte Altavilla*, Conversano

**DAY 2:** On this day, we depart on our bikes for the heart of the Itria Valley, which has made the region so famous. En route, we stop at the Grotte di Castellana, one of the largest and most impressive limestone caves in Italy. We'll then go on to Alberobello, the town made famous for its trulli dwellings and now a UNESCO World Heritage site. Trulli are made of the local stones in conical formations, possibly created years ago to avoid taxation on permanent structures, but also certainly to give a purpose to the many stones removed from nearby fields. Our lodging for the night will be a four-star luxury resort in a small village made from original trulli structures.

**Activity:** Biking 20, 35, or 55 kilometers.

**Accommodation:** *Il Palmento*, Cupa

**DAY 3:** We visit another famous town in the area, Locorotondo, known for its circular shape. The ancient streets wind with no apparent order and on the edge of town you'll be rewarded with beautiful views of the entire valley. The short route then heads down from the plateau we have been on since the beginning, across the flat olive tree-filled plains, to our converted farmhouse, yet luxurious, lodging. The medium route adds an extension to the hilltop town of Cisternino, a beautiful old town with whitewashed buildings and incredible views. Lastly, the long route adds an extra loop to the town of Martina Franca, a



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stately small city with marbled tiles in its central square. All the routes are excellent, and, you'll be rewarded with an outdoor swimming pool and fresh produce for dinner that night.

**Activity:** Biking 25, 30, and 40 kilometers

**Accommodation:** *Masseria San Martino*, Pezze di Greco

**DAY 4:** You don't have to pack up this morning, as we'll stay for a second night at our masseria. Today will be some of the best riding of the week, as we'll cycle on the Via Traiana bike path. The Via Traiana was the Roman road connecting Rome with Brindisi, and it is now a series of connected small roads signposted for biking. After the Via Traina, we'll continue on to Ostuni, which is considered an architectural gem and is known as the "white town" because of its whitewashed walls. Established by the Messapii, hundreds of years BC, the town was later conquered by the Greeks and, consequently, is in some ways more Greek than Italian. It's a perfect place for lunch! In the afternoon, the medium route continues back to our countryside abode; the long route includes an extra loop out to a seaside town.

**Activity:** Biking 20, 45, and 60 kilometers

**Accommodation:** *Masseria San Martino*, Pezze di Greco

**DAY 5:** Unless you do the long route on this day, the biking is almost entirely flat. We'll head to the coast and cycle through the small fishing village of Savelletri, where you'll see a harbor full of boats in the aquamarine-colored sea. We'll then head along the coastal road to the Roman ruins in the town of Egnazia, which has an impressive wall and an underground cellar among the widespread remains. After a visit, we continue along the coast to the town of Monòpoli, an ancient Greek city that has a walled fortress overlooking the water. Monòpoli achieved its pinnacle of fame during the Crusades as the launching points for boats to the Promised Land. The short route ends here while the medium and long routes continue to our hotel in Polignano a Mare, another ancient Greek town that is impressively built on a small cliff overlooking the ocean. Our hotel is located right in the center of town, overlooking the sea.

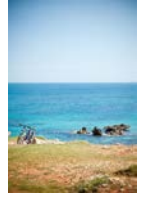
**Activity:** Biking 23, 32, and 40 kilometers

**Accommodation:** *Hotel Covo dei Saraceni*, Polignano a Mare

**DAY 6:** Our final morning has us continuing up the coast to the small village of San Vito, also with an old fortress, and further to the village of Cozze. Finally, we'll head back to our hotel to shower and check out. You will then be free to catch the train to Bari (only 30 minutes away) and from there to your destinations beyond.

**Activity:** Biking 20 kilometers





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### TRIP DETAILS

DATE May 2 - 7, 2012

COST \$2,200 USD per person

#### OPTIONAL COSTS

- Bike rental of 25 euros per day for 6 days
- Single supplement of \$750 (*single supplement is always optional; otherwise we will find you a roommate of the same gender*)

#### HIGHLIGHTS

- Stunning landscapes that are also rich with history and culture
- Cycling to the largest limestone caves in Italy
- Visiting a UNESCO World Heritage site & ancient Roman ruins
- Divine local cuisine
- Beautiful weather averaging 79 degrees

ARRIVAL & DEPARTURE Zephyr guides meet you in the town of Bari (the main transit hub of Puglia) at 1:00 PM on the first day of the trip. On the last day of our adventure, we will get you to the train station in Polignano a Mare, where you can catch the train to Bari to continue your travels or return home. You will be able to fly from Bari to Rome (and onward), or continue traveling by train. We highly recommend arriving at least a day early and also extending your vacation in Italy if possible!

TRANSPORTATION We recommended you book your ticket directly into Bari (airport code BRI). The extra leg from Rome is usually not expensive. We will provide more specific travel information upon your booking.

#### WHAT'S INCLUDED

- Our local guide joins at least one other Zephyr guide, with a third guide added if necessary.
- Double occupancy lodging is included. If you are traveling solo, we will match you with another traveler of the same gender. However, you may pay a single supplement to have your own room.
- All of your dinners and breakfasts are included. Gratuity for these meals is also included. We leave lunches open so that you have time to explore and enjoy the local flavors en route.
- All your transportation is included once you meet your guides on the first day.

NOT INCLUDED Bike rental, beverages, desserts, lunches, gratuities to your guides, personal expenses and travel to and from the destination.





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### ACCOMMODATIONS

#### Night 1: Hotel Corte Altavilla [www.cortealtavilla.it/](http://www.cortealtavilla.it/)

This four-star hotel located in an 11<sup>th</sup>-century building in the center of Conversano is the perfect coupling of modern comfort and historic charm.

#### Night 2: Il Palmento [www.ilpalmento.com/](http://www.ilpalmento.com/)

You can't visit the Alberobello area without seeing Trulli but we get the chance to do more, staying in this luxury four-star establishment that is made from 30 conical-shaped Trulli, most of which are the original hundreds-year-old structures. If that doesn't do it for you, the two outdoor swimming pools, tennis courts, or bocce set will.

#### Nights 3 & 4: Masseria San Martino [www.masseriasanmartino.com/](http://www.masseriasanmartino.com/)

A "masseria" is an old farmhouse, usually built on an olive tree farm, and now often updated to serve as upscale lodging. Ours is no exception. Located in the flat plain perfect for biking and only a few kilometers from the sea, we spend two nights in this rural villa where you will forget all your worries from home.

#### Night 5: Hotel Covo dei Saraceni [www.covodeisaraceni.com/](http://www.covodeisaraceni.com/)

This four-star hotel is perched on the cliff of Polignano a Mare, overlooking the sea and right in the heart of town. It is the perfect location to wander the ancient streets or walk down the steps to the sea below.

### BOOKING DETAILS

INTERESTED IN JOINING US? Call us at 888.758.8687 or [email](mailto:info@zephyradventures.com) us to check availability, or to ask any questions you may have regarding this trip or any other travel ideas you may be considering.

TO BOOK YOUR ADVENTURE You can book [online](http://www.zephyradventures.com) or by calling us at 888.758.8687. Zephyr Adventures requires a \$500 deposit (payable by check or credit card) at the time of booking. The remaining balance is payable by check or credit card no later than 60 days prior to the start of the trip.

WHAT HAPPENS NEXT? We will send you a confirmation email after we receive your booking, as well as a link to detailed printer-friendly pre-departure documents: arrival and departure information, suggestions for making travel arrangements, a packing list, an invoice, information about your trip location and guides. It will also include a link to an information form and liability waiver. We will also provide you with a link to information about travel insurance. We highly recommend you purchase [travel insurance](http://www.zephyradventures.com) because it protects you if you have an unexpected change in travel plans.