



**Puglia in movimento**  
**energia rinnovabile** **mobilità sostenibile**



**Puglia in movimento srl**

energia rinnovabile & mobilità sostenibile

## **GUIDED BIKETOUR 7 DAYS IN ITRIA VALLEY**

### **Specific items (from 1 to 5):**

Art and culture: 4

Landscape: 4

Sport: 2

Gastronomy: 3

Relax: 2

Difficulty: 2

### **Main info**

Booking deadline: within 30 days before departure

Journey time: 7 days, 6 night, 5 days on bike

Place: Italia > Puglia > Sud Barese – Murgia dei Trulli – Valle d'Itria

### **Itinerary exposition**

The journey consists of six days that, except the first in which it's structured a rickshaw/walking tour, all five days are entirely covered by cycling. The tour starting from Bari and proceeding towards the Itria Valley, returns on the Adriatic coastline to end in the city of Monopoli. The roads are mostly secondary with low traffic, some sections of moderate traffic and others in countryside almost not trafficked. The fund is mostly asphalted except for some possible dirt paths.

The trend is mostly undulating with ups and downs not particularly heavy.

### **Descriptions**

The tour is surely one of the most fascinating of Puglia for the heterogeneity of the landscape crossed. Starting from the city of Bari with a visit by rickshaw or on foot (according to availability) will proceed in a southeasterly direction along the Adriatic coastline and then going to discover characteristic country towns and attractive places such as the beautiful Castellana caves, the wonderful Polignano seaside terraces, but also the amazing trulli of Alberobello (declared Unesco heritage), the villages of the Itria valley example of harmonious countryside, the famous white city of Ostuni and much more.

The tour will include guided visits of the main artistic and historical interest centers, visits to monuments and educational activities.

Certainly the most engaging and representative route for those who have never been in Puglia.

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Sede legale: Via Montesano 58 – Capurso (Ba) tel +39 327 8240564

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## **PLAN**

### **1° day – no bike**

*Individual arrival in Bari and hotel check-in  
meeting h 15.00 briefing, bike fitting  
lodging Bari*

### **2° day – 50 km**

*Bari > Mola di Bari > Conversano > Polignano a Mare  
Starting h 8:30 — flat path with few short climbs, simple  
lodging Polignano a Mare*

### **3° day — 40 km**

*Polignano a Mare > Castellana Grotte > Alberobello  
Starting h 8:30 — undulating path with up and down, simple  
lodging Alberobello*

### **4° day – 50 km**

*Alberobello > Locorotondo > Martina Franca > Grottaglie  
Starting h 8:30 — undulating path with up and down, medium  
lodging Grottaglie*

### **5° day — 45 km**

*Grottaglie > Ceglie Messapica > Cisternino > Ostuni  
Starting h 8:30 — undulating path with up and down, medium  
lodging Ostuni*

### **6° day — 40 km**

*Ostuni > Egnathia > Monopoli  
Starting h 8:30 — downward and flat path, simple  
lodging Monopoli*

### **7° day — no bike**

*Monopoli  
Breakfast  
End of holiday or extension*

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## **PRICES AND CONDITIONS**

### **Prices per person**

email [energia@pugliainmovimento.com](mailto:energia@pugliainmovimento.com)

### **Included**

All accommodations in hotel 4\* with breakfasts.  
Bike rental Specialized (or similar brand).  
Ortlieb bags, one handlebar and one side.  
Kit safety and repair tools.  
Tutor accompanying person on the bike for the whole journey (English language).  
Car assistance (not traveling with tour).  
Transfer luggage from hotel to hotel.  
Medical and luggage insurance.  
Guided visit, activities and tasting as indicates in "activities included" (see below).

### **Activities included**

#### **1° day**

- Guided rickshaw tour of the old town of Bari (if unavailable, walking tour)
- Pasta making class ("orecchiette") at the women's houses of the old town of Bari
- Ticket of entrance for one historical site in old Bari

#### **3° day**

- Ticket for the Castellana caves

#### **4° day**

- Ticket for the Grottaglie Ceramic's Museum

#### **6° day**

- Visit of the park of monumental olive trees and an underground oil mill with tasting of typical products in the farm in Ostuni

### **Not included**

Meals as examples lunches, packed lunches and dinners.  
Any taxes where applicable.  
Picking from airports and returns.

### **Info, reservation and cancellation**

The program described above is indicative and describes the ideal days. Some activities or visits even if indicated may not be available depending on the time, weather conditions and availability of people. For more details please send email to request specific information at [ciclotour@pugliainmovimento.com](mailto:ciclotour@pugliainmovimento.com). They can also participate minors with minimum height 155 cm and a minimum age of 12 years, cyclists self-sufficient and are

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*accompanied by adult who takes responsibility. Reservations must be made within 30 days of departure by paying 200 Euro per participant. The balance must be paid on confirmation of the tour and within 30 days of departure are therefore considered validated the reservation. Cancellation of the booking can be made within 30 days from the date of the tour chosen and gives the right to compensation of 80% of the amount paid. Cancellation of the booking done less than 30 days from the departure date of the booked tour, does not entitle to a refund of the money. Any special needs organizational, logistical or bad weather may dictate changes to the tour or alternate strokes. It's also possible that some parts of the program are deleted. In all these cases "Puglia in movimento srl" will not be obliged to reimburse the costs of activities not carried out or to notify the customer in advance. The reserved period can be moved to another date as long agreed with the availability of the company "Puglia in movimento srl". The replacement of a participant is possible if agreed with the company "Puglia in movimento srl". In case of cancellation of the trip by the participants is necessary to send email to [energia@pugliainmovimento.com](mailto:energia@pugliainmovimento.com) requesting the appropriate form that will be completed and returned signed by attaching a copy of the identity document of the applicant. Any refund will be made to the same code iban from which happened payment. The customer (hotel or tour operator) subscriber service bike tour is the single point of contact for the company "Puglia in movimento srl" and therefore has to always be available to meet any needs necessary to the unfolding of the preparative stages of the tour.*

### **Technical coordination**

ACCOMODATIONS TeoViaggi Tour operator – via degli Svevi, 2 Conversano (Ba), tel +39 0804959443 email [info@teoviaggi.it](mailto:info@teoviaggi.it)

BIKE SERVICE and TUTOR Puglia in movimento srl, via montesano 58 Capurso (Ba), tel +39 3278240564.

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