



Puglia in movimento
energia rinnovabile **mobilità sostenibile**



Puglia in movimento srl

energia rinnovabile & mobilità sostenibile

BIKETOUR SELF GUIDED 7 DAYS IN ALTA MURGIA

Specific items (from 1 to 5)

Art and culture: 4

Landscape: 3

Sport: 2

Gastronomy: 3

Relax: 3

Difficulty: 2

Main infos

Booking deadline: within 30 days before departure

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

Place: Italia > Puglia > Nord Barese – Alta Murgia

Itinerary exposition

The tour includes a walking path of one day and a cycling touring a total of five stages, starting from the city of Bari and Matera arrival. The roads are mostly secondary low traffic, some parts medium traffic, some road traffic in the country almost non-existent. The fund is mostly asphalted, except for some trail sections with medium-length dirt. The trend is mostly flat for the first part of the tour, subsequently becoming a wavy character with a climb of moderate intensity in the final stretch.

Tour description

Ideal route for those who love culture and ancient architectural art and are interested in deepening the Apulian-Romanesque style in the area north of Bari and the Alta Murgia and the rich natural heritage. Also ideal for those who are not in top form by bike. Except in a most challenging part of the climb, the rest of the route is within reach of anyone.

After visiting the city of Bari with its beautiful old town and district Murat, you will follow the coast north of Bari through Molfetta and Giovinazzo, coastal towns with picturesque old towns in seafaring vocation and Ruvo, a bit 'in the hinterland, but also worthy of a visit. From here you can indulge in a relaxing descent towards Trani, the beautiful city overlooking the sea, with its spectacular Romanesque cathedral situated right on a square in front of the sea.

Heading towards the Park of Alta Murgia, a boundless territory that will fill your eyes beautiful, continue on to the castle full of mystery that the Emperor Frederick II wanted to built on a hill, just Castel del Monte, now Unesco heritage. You will cycle for about twenty kilometres until you reach a farm site in a farm family that will welcome you for the night. Here you can visit the stables and the small cattle and be enchanted by the starry sky after sunset.

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energia e mobilità

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

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PLAN

1° day – no bike

*Independent arrival in Bari in the hotel
meeting ore 15.00 briefing, bike fitting*

lodging Bari

2° day – 35 km

Bari > Lama Balice > Giovinazzo > Molfetta

Starting h 8:30 — trail flat, simple

lodging Molfetta

3° day — 35 km

Molfetta > Ruvo di Puglia > Dolmen La Chianca > Trani

Starting h 8:30 — trail with ascent and flat, simple

lodging Trani

4° day – 55 km

Trani > Castel del Monte > Masseria La Coppa

Starting h 8:30 — trail with some ascent and descent, medium

lodging Parco Alta Murgia (mass. La Coppa)

5° day — 30 km

Masseria La Coppa > Altamura

Starting h 08.30 — trail with ups and downs, simple

lodging Altamura

6° day — 40 km

Altamura > Pulo di Altamura > Matera

Starting h 08:30 — trail with ups and downs with final ascent, medium

lodging Matera

7° day — no bike

Matera

Breakfast

End of holiday or extension

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PRICES AND CONDITIONS

Prices per person (double occupancy)

2 – 3 people = € 790/pax (single room € 1070)

4 – 5 people = € 720/pax (single room € 980)

6 – 7 people = € 650/pax (single room € 920)

8 – 16 people = € 630/pax (single room € 890)

Included

6 nights lodging in hotel/bnb 3*/4* with 6 breakfasts.

Bike rental Specialized (or similar brand).

Ortlieb bags, one handlebar and one side.

Kit safety and repair tools.

Transfer luggage from hotel to hotel.

Phone assistance (English/Spanish).

GPS for bike with pre-charged routes (or, in alternative, GPX file).

Smart road book e infos for the places to visit.

Medical and luggage insurance.

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.

In case of loss, damage or theft of any component supplied with the bike that will be immediately refunded to the company "Puglia in movimento srl" (hereinafter also called Pim) in the amount of 600 euro for each bike rented, 200 euro for each GPS and rented 80 € for each bag that came with the bike, the remaining components will be evaluated case by case. The compensation is to be understood as cost item not deductible other costs of services already paid / to be paid or even if not used.

In case of repair / replacement bike (if available) the customer pays 20 Euros (max 4 bikes) up to 15km from the central train station and Bari +1 euro per kilometres added (distance with google maps) + cost of repair.

They can also participate minors with minimum height 155 cm and a minimum age of 12 years, cyclists self-sufficient and are accompanied by adult who takes responsibility.

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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 requesting the appropriate form that will 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

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

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