



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



**Puglia in movimento srl**

energia rinnovabile & mobilità sostenibile

## **GUIDED BIKETOUR 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 info**

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 a day, one cycling touring for a total of five stages, starting from the city of Bari and arrival in Matera. The roads are mostly secondary low traffic, some parts medium traffic, few streets in the country with almost no traffic. The fund is mostly asphalted, except for some leg stretches 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.

### **Descriptions**

Ideal route for those who love culture and ancient architectural art and is 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 an uphill stretch stronger where you can get service of our van that will move people most in need, the rest of the route is within reach of anyone.

After visiting the city of Bari in rickshaw and saw how are cooked the mythical orecchiette pasta, cross the coast north of Bari to Trani, seeing several coastal towns among which Molfetta and Giovinazzo for their beautiful historical centers. Visit the museum Jatta di Ruvo full of relics of ancient Greece and Rome, and then reach Trani, the beautiful city overlooking the sea, its spectacular cathedral is located right on a square in front of the sea.

We will go to the Park of Alta Murgia, a boundless territory that will fill your eyes. The land is green in spring with meadows in the eye and barren in summer, dry and hard as a rock in the desert. Leaving the city of Trani, therefore, we continue in the direction of the castle full of mystery that the Emperor Frederick II wanted to built on a hill, just Castel del Monte, a UNESCO world heritage site. We will ride again for about twenty kilometers until you

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*reach a farm site in a farm family that will host for the night. Here you can carry out a visit to the stables and participate in a demonstration of delicious "mozzarella making", together with the cheese maker.*

*Leaving the farm will pass in front of the fabulous forests and Jazzi, large areas of shelter for animals used for transhumance, towards Altamura, to discover why his food is so good and famous in the world. The last day will be dedicated to other Matera world heritage city, a real treasure to be explored, the evening reminds a real crib with all its houses in the district of Sassi made literally digging into the tuff.*

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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 – 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 ascent and ups and downs, medium*

*lodging Parco Alta Murgia (mass. La Coppa)*

### **5° day — 30 km**

*Masseria La Coppa > Altamura*

*workshop “mozzarella making” at morning*

*Starting h 10.00 — flat with ups and downs, simple*

*lodging Altamura*

### **6° day — 40 km**

*Altamura > Pulo di Altamura > Matera*

*Starting h 08:30 — trail 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**

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

### **Included**

All accommodations in hotel/Bnb 3\*/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**

- Visit the ancient pottery and Apulian vases of Jatta Museum of Ruvo

#### **4° day**

- Ticket of entrance at Castel del Monte
- Visit of masseria La Coppa and his stalls

#### **5° day**

- Workshop "mozzarella making" at masseria La Coppa
- Visit and demonstration of the processes of milling wheat in Altamura
- Visit and demonstration of processes for bread and tasting at a traditional bakery of Altamura

#### **6° day**

- Guided tour of the Sassi of Matera

### **Not included**

Meals as examples lunches, packed lunches and dinners.

Any taxes where applicable.

Picking from airports and returns.

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

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*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 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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