

Basilicata and Apulia: the "Sassi" and "Trulli" tour
An 8-day cycling tour

Tour Code: ITBASPUG01C



A lovely week of cycling around the two wonderful UNESCO sites of Alberobello and Matera. Leaving from Matera's "Sassi" and the rock caves and stone houses, you will reach the Itria Valley, a karstic land also called the Valley of the Trulli due to the thousands of "trulli", limestone dwellings that are remarkable examples of drywall constructions offering a prehistoric building technique, which is still in use in Apulia. All around you there is an explosion of colour, olive trees and ancient farmhouses. Back to the mysterious land of Basilicata, a slow ride from the rolling hills of the Bradano Valley, to the natural oasis of San Giuliano Lake and back to Matera. The South of Italy's natural beauty, ancient culture, deeply rooted local traditions, genuine Mediterranean food and above all the warmth and hospitality of its people, will capture you and leave you with an unforgettable feeling.



Programme in short:

1. Arrival at Matera
2. Matera - Alberobello
3. Alberobello loop
4. Alberobello - Bradano Valley
5. Bradano Valley / Montescaglioso
6. Montescaglioso round tour
7. Montescaglioso - Matera
8. Departure

Tour Dates:

Self guided: Every day from March till October. July and August can be very hot to cycle (only on request)

Group tours: Every Saturday May, June, September and October

Participants:

Self guided tour minimum 2 persons

Guided tour: min. 6 persons

Level: 2,5

Cycling in a hilly landscape. The steeper climbs are short and the longer ones not too steep. Cycle experience is needed. The daily distances are restricted to between 25 km / 15,5 miles and 70 km / 43,5 miles.

Total length: about 294 km / 183 miles

Total ascent / descent: + 2.380m - 2.380m

**Program day by day****Day 1 Arrival in Matera and transfer to your hotel.**

Matera has gained international fame for its ancient town, the "Sassi di Matera" (meaning stones of Matera). The Sassi originate from a prehistoric (troglodyte) settlement, and are suspected to be some of the first human settlements in Italy. The Sassi are houses dug into the tuff rock itself, which is characteristic of Basilicata and Apulia. Many of these "houses" are really only caverns, and the streets in some parts of the Sassi often are located on the rooftops of other houses.

In the afternoon: it is possible to book a guided tour around the **Sassi** – a UNESCO world heritage site since 1993 - with its small streets and squares, caves, rock churches and cellars. Two districts built from the Medieval age through to the last century. We suggest you have dinner at one of the Sassi's typical restaurants.

Overnight with breakfast in Matera

Day 2 From Matera to Alberobello

Distribution of bicycles, briefing and departure for Alberobello. You will pass through the small villages of Gioia del Colle and Noci and on to Alberobello, the capital town of "Trulli", an UNESCO world heritage site. A Trullo is a traditional Apulian stone dwelling with a conical roof. The style of construction is specific for the Itria Valley (in Italian: Valle d'Itria), in the Murge area of the Italian region of Apulia (in Italian: Puglia). Trulli were generally constructed as dwellings or storehouses. Traditionally they were built without any cement or mortar, thus avoiding taxation. Accommodation in the historical centre in a trullo dating from 1600.

Overnight with breakfast in Alberobello

Distance: 69 km / 42,8 miles

Level: from easy to moderate difficulty

Day 3 Today you can choose between two tours:

1. Alberobello - Cisternino - Locorotondo

Departure in the direction of the Itria Valley. Valley is an inaccurate term, because Itria Valley has not the typical conformation of mountain area valleys: it is just a depression due to karstic phenomena. The Itria valley is filled with thousands of olive trees. You will pass through Cisternino. The architecture of Cisternino is typical of the region with an old historical centre containing white washed, stone buildings with cool, shaded, cave-like interiors, narrow streets and churches. A climb over the hill dominating the Itria Valley will bring you to Locorotondo, a real Baroque gem. Back to Alberobello and overnight stay in your trullo.

Overnight with breakfast in Alberobello

Distance: 45 km / 28 miles

Level: easy difficulty

2. A ring tour from Alberobello to Castellana to visit the [underground caves](#).

A nice ride through a sunny landscape brings to the Castellana caves a very important attraction in Apulia. The caves form a network of 3 km and every cave is a new stunning discovery with stalactites and stalagmites. A nice route brings you back to Alberobello.

Overnight with breakfast in Alberobello

Distance: 40 km / 25 miles

Level: easy difficulty

Day 4 Alberobello - The land of the Ravines

Heading south into the Taranto province, you will cycle along deserted roads and among vineyards. You will pass through the Land of the Ravines and the villages of Mottola and Palagianello. The Ravines are deep precipices, often more than 100 metres deep, similar to canyons.

Overnight with breakfast near Bradano river

Distance: 70 km / 43,5 miles

Level: easy difficulty

Day 5 Bradano Valley / Montescaglioso

Today you will continue to cycle along the Bradano River among vineyards and orange trees. After a light ascent on the Montescaglioso hill (a visit to the Benedictine Abbey is a must), back to the valley again and overnight stay at a holiday farm specialized in producing vegetables. Relax in the swimming pool.

Overnight with breakfast in Montescaglioso

Distance: 55 km / 34,1 miles

Level: easy difficulty

Day 6 Montescaglioso: a rest day or a circular route

Today you have time to enjoy a circular cycle in the valley or relax in the swimming pool.

Cycle option: The Ancient Via Appia

Riding along the ancient "Via Appia" (an old Roman road), a climb and you will pass through the charming village of Miglionico, with a nice view on the valley. Back to your holiday farm for relax and dinner.

Overnight with breakfast in Montescaglioso

Distance 35 km / 21,7 miles

Level: moderate difficulty

Day 7 - Montescaglioso - Matera

The route will take you back to Matera skirting again the Park of Rock Churches. After 12 km. you'll leave your bikes to reach the Gravina canyon walking. Picnic in the caves of Cristo La Selva, an amazing Rupestrian village in the hearth of the Park. Head on to Matera and get situated at your hotel. Free afternoon.

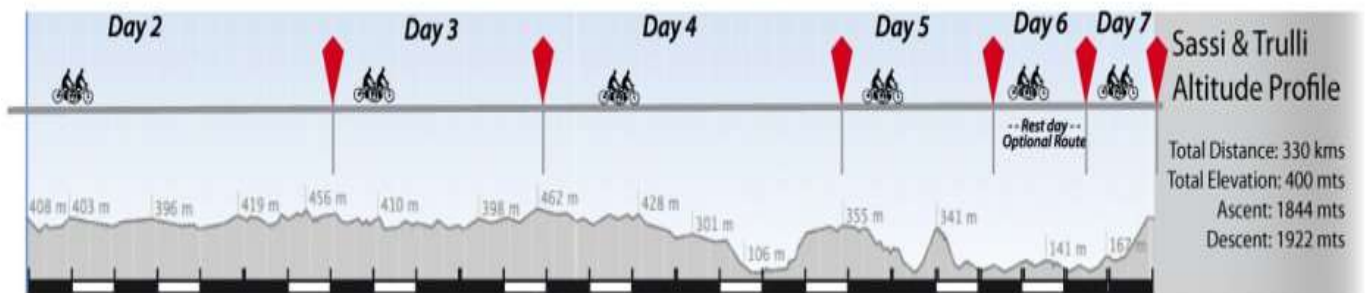
Overnight with breakfast in Matera

Distance: 25 km / 15,5 miles

Level: moderate difficulty

Day 8 End of tour

Breakfast and end of tour.



Hotels:

Cave hotels, Trulli houses and holiday farms

Prices per person 2022

Standard hotels

In a double room € 698

In single room € 908

Supplement Half Board on request

Extra night in Matera in double room € 50,00

Extra night in Matera in single room € 85,00

Comfort hotels

In double room € 900

In Deluxe single room € 1.160,00

Deluxe half board supplement on request

Extra night in Matera in double room € 95,00

Extra night in Matera in single room € 110,00

Hybrid bike rental 27 speed € 95,00

E-bike or gravel road bike rental € 195,00

Carbon road bike € 210,00

Helmet € 5,00

Transfer Bari Airport - Matera (min 2 persons) -Bari airport on request

Extra on request:

- guided tour in the Sassi from € 25,00 p.p. duration 2 hours
A tour through the Sassi district discovering the typical courtyards surrounded by cave-houses.
- Cheese laboratory in the Itria Valley from € 35,00 p.p. duration 1,30 hours
Visit a cheese workshop in Valle d'Itria. Here you will be introduced in the world of cheese: burrata, mozzarella, ricotta, first salt, butter ... Discover the secrets that makes these local cheeses so delicious!
- Wine-tasting at Locorotondo from € 40,00 p.p. / duration 1,30 hrs.
In Puglia great wines are made Book a wine experience in a cellar of Locorotondo, famous for its white wines... but not only!

The self-guided tour includes:

- 7 overnight stays with breakfast: 3 nights in *** hotels and 4 nights at holiday farms
- Luggage transportation
- Road book in English or Italian
- Tracks gps on request
- Back up service
- Route briefing

Not include in the tour:

- The tourist taxes, which has to be paid directly in the hotel.
- The medical/luggage insurance
- Minivan assistance
- Drinks, Lunches and Dinners

Guided tours on request in Comfort hotels with half board included (price p.p.):

In double room € 1.585

In single room € 1.845

The guided tour includes:

- 7 overnight stays with breakfast in comfort hotels
- 7 dinners
- Luggage transportation
- transfer from and to the airport of Bari

- Guided tour from Sassi di Matera
- Back up service
- Road book
- Guide

Not include in the tour:

- The tourist taxes, which has to be paid directly in the hotel.
- The medical/luggage / cancellation insurance, which we highly recommend
- Minivan assistance
- Lunches and drinks during dinner



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