Salento, bike tour for families
An 8-day cycling tour

Tour Code: ITAPUG03C



Salento is the easternmost part of Italy, the 'heel of the boot', in Puglia. Located in the center of the Mediterranean Sea, it keeps the memory of the different civilizations that inhabited it, from the Messapi to the Greeks, from the Romans to the Normans. Your bike trip begins in Lecce, a Baroque city with important Roman remains. Take your time to wander through the narrow streets of golden sandstone, for finding hidden piazzas and to enjoy a delicious lunch in one of the wine bars or cozy restaurants, where tasty dishes like the cecamariti pancakes. Gallipoli was because of its harbor and importance as trade centre always subject to attacks from conquering peoples, like Byzantines, Greek, Spanish and Normans. It is a town, where history flourishes at every corner, which can be seen in the mixture of architectural styles. From Gallipoli you make a suggestive round tour along the coast to visit Porto Selvaggio, one of the most striking coastal areas of Salento, which became a regional natural park in 2006. There are numerous karstic caves with the remains of habitations dating back to the Palaeolithic era. This tour is ideal for families, because the routes are short and you do not have to change hotel every day.



Period: Every Friday, Saturday and Sunday from 01/01 to 03/07/2027 and from 27/08 to 31/12/2027 (Last departure). Other days on request with supplement of € 75 p.p.

Participants: Minimum 2 persons. Individual travelers upon request.

Level 1/2:
Easy, tour for families. The itinerary usually follows quiet country lanes or cycle paths, usually flat or with a little difference in level (no more than 200 m). You ride 3-4 hours a day and you have enough time to enjoy the villages, the beaches or the swimming pool ... The routes are short, max 30 km per day. Children should have cycle experience.

Daily distance between 25 km / 15 mi – 35 km / 22 mi
Total km: 167 km / 104 mi

Program in short:
Day 1 Arrival in Lecce
Day 2 Lecce – Martano (26 km/16 mi)
Day 3 Martano round tour (23 km/14,3 mi)
Day 4 Martano – Galatone (35 km / 22 mi)
Day 5 Galatone round tour (30 km / 18 mi)
Day 6 Galatone – Gallipoli (25 km / 15 mi)
Day 7 Gallipoli round tour (28 km/17,4 mi)
Day 8 End of tour

Program day by day

Day 1: Arrival in Lecce – The Elegance of the "Florence of the South"
Your journey begins in **Lecce**. In the late afternoon, join us for a welcome briefing where you'll receive your bicycle and GPS tracks. Dedicate the rest of the day to getting lost in the historic center, amidst majestic Roman ruins and baroque facades carved from soft *pietra leccese* (Lecce stone). Before you start pedaling, stop by a local café and treat yourself to an authentic regional ritual: a refreshing **Caffè leccese**, served over ice with a sweet splash of almond milk.

Overnight stay & breakfast in Lecce

Day 2: From Lecce to Martano – In the Footsteps of the Messapians
The first cycling leg is completely flat and takes you toward Cavallino. Here, you can wander through a fascinating open-air museum dedicated to the Messapians, the ancient civilization that inhabited Salento long before the Greeks and Romans. Continuing through countryside framed by traditional dry-stone walls, stop in Calimera to visit its Natural Museum and discover the region's native flora and fauna. The day ends in Martano, the vibrant heart of Grecia Salentina.

Overnight stay & breakfast in Martano
Distance: 26 km / 16 mi
Ascent: +113 m

Day 3: Grecia Salentina – A Dive into Ancient History and Flavors
Today features a scenic loop tour through the picturesque villages of Zollino, Sternatia, and Martignano. This area of nine towns boasts a unique atmosphere: during the Middle Ages, Byzantine monks introduced a Greek dialect known as Griko, which still survives today in the voices of the local elders.
During your village stops, pause to taste Sceblasti (which means "shapeless" in Griko)—a soft, fragrant rustic focaccia topped with tomatoes, zucchini, onions, peppers, and olives. It's the ultimate local lunch to enjoy in a sunny town square!

Overnight stay & breakfast in Martano
Distance: 23 km / 14 mi
Ascent: +153 m

Day 4: From Martano to Galatone – Pozzelle, Castles, and Organic Cheeses
Set off on two wheels from Castrignano de' Greci, where you can admire the pozzelle—an ingenious network of stone-carved cisterns historically used to collect rainwater. Continuing to Corigliano d'Otranto, the majestic Castello de' Monti dominates the landscape, offering the chance for an optional cultural tour. Alternatively, take a scenic detour through the countryside of Cutrofiano to visit an organic farm and sample fresh km-0 cheeses and local honey.

Overnight with breakfast in Galatone
Distance: 35 km / 22 mi
Ascent: + 230m

Day 5: Galatone and Galatina – Pizzica Folk Dance, Art Masterpieces, and Pasticciotto Magic
Today's loop ride highlights **Galatina**. Here, the Basilica of Santa Caterina d'Alessandria will leave you breathless with its interior almost entirely covered in Giotto-style frescoes. Galatina is also the historic birthplace of *tarantism*: legend has it that women bitten by the tarantula spider were cured by the thrilling rhythm of the **Pizzica**, a liberating folk dance still celebrated today.

Between rides, don't miss a stop at the historic bakery where the famous **Pasticciotto** was born—a warm, golden shortcrust pastry filled with rich custard cream.

Looking for a more intimate experience? You can choose to spend the day at a countryside estate and join a private cooking class with Signora Anna. Learn the secrets of handmade *orecchiette* pasta and traditional potato *pitta*, followed by a relaxing afternoon by the pool.

Overnight with breakfast in Galatone
Distance: 30 km / 18 mi
Ascent: + 175m

Day 6: From Galatone to Gallipoli – Historic Towers and the Salento Countryside
Your itinerary continues toward the coast through countryside dotted with *pajare*—traditional dry-stone rural huts reminiscent of Puglia's famous *trulli*. Along the route, pass the Fulcignano Castle in Galatone and the Museum of Messapian Civilization in Alezio. Vintage technology enthusiasts can take a detour to Tuglie to visit the unique **Radio Museum**, housing dozens of perfectly working vintage radios, before arriving at the gates of the "Beautiful City," **Gallipoli**.

Overnight with breakfast in Gallipoli
Distance: 25 km / 15 mi
Ascent: + 179m

Day 7: Gallipoli Loop – Pine Fragrances and the Crystal Waters of Porto Selvaggio
Your final day on two wheels is dedicated to nature and the sea. Cycling along the Ionian coast, you'll enter the **Porto Selvaggio Nature Reserve**, a lush 1,000-hectare pine forest overlooking turquoise waters fed by fresh underground springs. After a refreshing swim, the route back includes a mandatory stop in Santa Caterina, a town where the inhabitants seem to know no other activity than that of ... eating ice cream!

Overnight with breakfast in Gallipoli
Distance: 28 km / 17,4 mi
Ascent: + 200m

Day 8: Gallipoli and Farewell to Salento
Spend your morning exploring the island historic center of Gallipoli. Nestled in its coastal alleys, enjoy an exclusive **wine tasting inside an ancient underground olive mill** (*frantoio ipogeo*)—a fascinating site where a special olive oil was once produced to illuminate the lamps of the major European cities. Your cycling adventure concludes here, followed by your transfer to the airport or train station.

Transfer to Lecce/Brindisi/Bari.

Cooking Class:
Alternative to day 5, an excursion that allows you to see some of the highlights of the Gallipoli inland, combined with a cooking experience at a local family. Cycling along secondary country roads, past olive trees and dry-stone walls, you arrive at "Tenuta DonnAnna", where the cooking class takes place. The products is harvested from the family garden and then prepared: pitta di patate (a kind of potato gateau, stuffed with tomatoes, olives, capers, onions and tuna), pittule

(some fried dough balls, filled with tomatoes and capers, or empty to taste with honey), handmade orecchiette (a typical local pasta, shaped like an ear, prepared with fingers and a knife), pasticciotto (a short pastry cake, filled with chantilly cream) or tiramisu. This is followed by a family lunch, where the prepared dishes are eaten, accompanied by local wine. If the season and temperatures permit, it is possible to swim and relax by the pool.

Excursion By Sailing Boat:
Alternative to day 6 or 7, after someday cycling on the mainland, an excursion that allows you to enjoy Apulia from another point of view: the seaside. We propose a sailing trip departing from Gallipoli on a 13-metre boat with 4 cabins (where guests can take a 'siesta') and 3 bathrooms. The boat can accommodate up to 12 people. The crew is on board. During the excursion, if clients like, they can learn some basic concepts and sailing techniques, otherwise they can relax and enjoy the day. We will visit one of the two most important natural parks in Puglia (Sant'Andrea Island or Porto selvaggio, depending on the wind). We will make a few stops for swimming and snorkelling. Lunch is included (starter, main course, fruit or dessert and wine)

Hotels: *** or **** stars hotels, B&B.

Prices per person 2027

In double room price for adults:
- From April to October: € 550
- From November to March: € 470

In single room for adults:
- From April to October: € 820
- From November to March: € 740

Price for kids from 0 to 18 yrs:
- From April to October: € 450
- From November to March: € 385

High season supplement (05/05 – 24/09) € 140

Bike rental
Trekking bike (21 gears) € 130
E-bike € 215
Gravel Bike (14 gears) € 215
Tag-a-long bike € 85
Bike Trailer € 85

Extra nights in Lecce in double room € 45
Extra nights in Lecce in single room € 90

Prices per person 4** 2027**

In double room price for adults:
- From April to October: € 720
- From November to March: € 640

In single room for adults:

- From April to October: € 990
- From November to March: € 910

Price for kids from 0 to 18 yrs:

- From April to October: € 620
- From November to March: € 555

High season supplement (05/05 – 24/09) € 140

Bike rental
Trekking bike (21 gears) € 130
E-bike € 215
Gravel Bike (14 gears) € 215
Tag-a-long bike € 85
Bike Trailer € 85

Extra nights in Lecce in double room € 70
Extra nights in Lecce in single room € 120

Prices per person 4****/ 5***** 2027

In double room price for adults:

- From April to October: € 1.100
- From November to March: € 1.020

In single room for adults:

- From April to October: € 1.370
- From November to March: € 1.290

Price for kids from 0 to 18 yrs:

- From April to October: € 1.000
- From November to March: € 935

High season supplement (05/05 – 24/09) € 140

Bike rental
Trekking bike (21 gears) € 130
E-bike € 215
Gravel Bike (14 gears) € 215
Tag-a-long bike € 85
Bike Trailer € 85

Extra nights in Lecce in double room € 130
Extra nights in Lecce in single room € 205

Extra services

Cooking class with lunch included: adults € 50 – children € 25

Sailing boat excursion half day with lunch included: € 100 (2 pax), € 80 (>3 pax), €70 (>4 pax)

In case of only adults booking, there is a 30% more on top of the adult net base price

In case clients want to stay in double room (and not family room), there is a 30% more on top of the net base price

Included in the price:

- 7 overnights
- 7 breakfasts
- Briefing about the itinerary and bike fitting
- Luggage transportation
- GPS with tracks included, phone holder (1 for each booking)
- Description of itineraries and cultural information
- Local Assistance 24 hours
- CO2 emission flat-rate compensation

Not included in the price:

- The tourist taxes, which has to be paid directly in the hotel.
- Drinks, Lunches and Dinners
- All not mentioned in 'Included in the tour' section

Cancellation policy:

- Up to 60 days before the starting date: € 100,00 administration costs
- 59-30 days before starting date: 30% of the total tour costs
- 29-14 days before starting date: 50% of the total tour costs
- 13-6 days before starting date: 75% of the total tour costs
- 5 days-start of tour: 100% of the total tour costs

How to reach:
Start / End: Lecce / Gallipoli

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