

ITALY

Cycling Puglia - A Biker's Delight



April 28 - May 6, 2019

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TRIP HIGHLIGHTS

- ▶ Pedal through the mellow rolling hills of beautiful Puglia, Italy and take in the panoramic surroundings and white-washed towns from your bicycle
- ▶ Explore three unique UNESCO World Heritage Sites: Lecce, Alberobello, and Matera
- ▶ Learn about history and lore from your experienced and professional guides who love to share their knowledge
- ▶ Practice traditional folk dances that originated in Apulia
- ▶ Savor Italian cuisine that pairs well with local earthy Italian reds and elegant white wines

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive Italy, 14/21 mile warmup ride
- Day 2: cycle Salento, taste local wines, ride among vineyards, 40 mile ride
- Day 3: ride to the coast, enjoy an olive oil tasting, 36/48 mile ride
- Day 4: explore the trulli of Alberobello, 22/31 mile ride
- Day 5: climb today for a panoramic view of the area, 18/27 mile ride
- Day 6: ride on country roads, mozzarella-making demonstration, 34 mile ride
- Day 7: explore rock churches, enjoy a cooking class, 34 mile ride
- Day 8: morning on your own, lunch at an organic farm, one final climb, 28/33 mile ride
- Day 9: shuttle to the airport for your flights home

TRIP PRICE

Main Trip: \$5,590

Optional Single Accommodations: \$800

your adventure
in depth

DAY 1
Sunday
4/28/19

Accommodations

Hotel Santa Chiara

Meals Included

lunch, dinner

Daily Mileage

14 miles on flat terrain
(option to extend
to 21 miles)

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Arrive in Lecce

Welcome to Italy! You'll be biking in Puglia this week, starting in Lecce, which is a city in the heel of the boot of Italy! Lecce boasts the nickname of the "Florence of the South" because of the many Baroque architectural monuments in the city. Lecce stone, a particular type of limestone, is one of the city's main exports. It is very soft and workable, and especially good for sculptors.

- Pick-up and Transfer** You will be met at the airport and transferred to your hotel.
- Trip Briefing and Bike Fitting** You'll meet your group at 1:00pm for a light lunch and for your bike fitting. Our bike rentals are top-of-the-line, so we are sure you'll be comfortable riding this week!
- Warm-Up Ride** Head out for a warm-up ride on your bike this afternoon. Not only will you get a feel for your bike and warm up your legs after your long flights, you'll also start to uncover the charm and beauty that this region has to offer! This ride will be 14 miles on relatively flat terrain with an option to extend the ride to 21 miles.
- Welcome Dinner** Enjoy a welcome dinner with your group this evening.

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DAY 2

Monday
4/29/19

Accommodations

Tenuta Moreno

Meals Included

breakfast, dinner

Daily Mileage

40 miles on flat terrain

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Lecce to Mesagne

The region of Salento is mostly flat and is an ideal place for cycling. Its fertile land and sunshine allow for the highest production of wine of any region in Italy. Of course, Puglia is also Italy's main olive oil producer.

Hop On Your Bike!

Hop on your bike this morning. Today's ride is on mostly flat ground for 40 miles. Soak in the scenery as you glide along. You'll stop for lunch on your own at a restaurant along the way.

Visit a Winery

Along the way you'll have an opportunity to visit a producer of Salice Salentino wine. Ride among the vineyards for miles!

Relax This Evening

After an active day, kick your feet up at your hotel. Enjoy dinner as a group this evening.

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DAY 3

Tuesday
4/30/19

Mesagne to Savelletri

Ostuni is an area that has been inhabited since the Stone Age. Savelletri is one of the loveliest towns along the Mediterranean, where white houses, piled like sugar cubes against a perfectly blue sky, evoke memories of the Greek islands.

Today's Ride You'll have a couple of options today on your ride. The main option is a 36 mile ride on some flat terrain and rolling hills. For those who want, there is an option to extend the ride to 48 miles. Enjoy lunch on your own at a restaurant along the way.

Visit An Olive Mill This afternoon, visit an ancient estate and olive mill for an olive oil tasting in an olive tree grove. Spend some time under the trees with your new AdventureWomen friends.

Accommodations

Masseria Torre
Di Coccaro

Meals Included

breakfast, dinner

Daily Mileage

36 miles on
flat/rolling terrain
(option to extend
to 48 miles)

your adventure
in depth

DAY 4

Wednesday
5/1/19

Accommodations

La Corte dell'Astore

Meals Included

breakfast, lunch, dinner

Daily Mileage

22 miles on
flat/rolling terrain
(option to extend
to 31 miles)

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Savelletri to Alberobello

Alberobello literally means "beautiful tree" and is famous for its unique trullo buildings, which are designated as a UNESCO World Heritage Site. A trullo is a traditional Apulian dry stone hut with a conical roof. They were generally constructed as temporary field shelters and storehouses, or as permanent dwellings for small proprietors or agricultural laborers.

A Rolling Ride

Today's ride of 22 miles on rolling and flat terrain will take you through ancient olive groves and pedal along the coast beside the Greek ruins of Egnazia, the ancient Messapian town of prehistoric origins. Head inland towards Castellana, finally arriving in Alberobello, which takes its name from the forests that once covered the area. You'll have an option to extend your ride to 31 miles today.

Local Dairy Farm

This afternoon, you'll have a chance to visit a dairy farm nearby to see how burrata is made.

your adventure
in depth

DAY 5

Thursday
5/2/19

Accommodations

La Corte dell'Astore

Meals Included

breakfast, dinner

Daily Mileage

18 miles on rolling terrain
with some small climbs
(option to extend
to 27 miles)

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Alberobello

The town of Locorotondo is known for its wines and its circular structure. This historical town center gives name to Locorotondo, which literally means "round place." The wine of the area, which is light, is quite different from the other Apulian wines. Other local wines often have high alcohol levels and assertive flavors, but Locorotondo wine is delicately fruity.

A Climbing Ride

Today you'll ride through a strange fantasyland of conical-shaped houses called trulli, where archaic figures peer down from the rooftops. Via tiny roads, you'll roll through Valle d'Itria, arriving in Locorotondo, a whitewashed circular town known for its white wine. From a distance, Locorotondo appears as a cluster of white structures perched on a high ridge. From the top of the Serra, you'll see a fascinating panorama of the valley below.

Visit Frantoio Intini

Visit the award-winning Frantoio Intini, an olive oil press that has embraced the slow food movement.

your adventure
in depth

DAY 6

Friday
5/3/19

Accommodations

Hotel Casa Isabella

Meals Included

breakfast, dinner

Daily Mileage

34 miles on varied
and undulating terrain

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Alberobello to Mottola

Mottola stands on a hill about 1,200 feet above sea level, which was a strategic position when the town was founded. The local economy is based mostly on agriculture and food production, including olives, wine, citrus fruits, and vegetables.

Enjoy the
View!

Leave Alberobello, passing through a beautiful landscape with farmhouses as you ride on stunning country roads. Stop for lunch in Mottola (at your own cost), where you can order a panino made fresh at a local deli. Visit a bakery in Altamura for an in-depth look at how the local bread is made.

Mozarella
Demo

This evening, enjoy a mozzarella making demonstration and an exquisite dinner at your hotel.

your adventure
in depth

DAY 7

Saturday
5/4/19

Accommodations

Relais Sant'Angelo

Meals Included

breakfast, dinner

Daily Mileage

34 miles on flat and
gentle climbing terrain
with one challenging
climb (optional shuttle)

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Mottola to Matera

Matera is known as “the Subterranean City” and is one of the oldest continuously inhabited cities in the world. The old town originated as a prehistoric troglodyte settlement, and the dwellings are thought to be among the first ever settlements in what is now Italy.

Climb Today!

Enjoy a morning of rolling fields of “grano duro” - the wheat used for pasta - and shady oak groves. Climb to Matera, a UNESCO World Heritage Site, and one of the most extraordinary spots on earth. You'll cycle a charming route through villages around Matera, with views of ravines and gorges.

Explore Rock Churches

The mystic past is palpable in the crypts of the rock churches of San Nicola and Santa Margherita. Enjoy a guided visit to learn the secrets of these spaces.

Cooking Class

Enjoy a cooking lesson this afternoon with two local women. They will reveal some of the secrets of Pugliese food. You'll also get to learn how to dance the pizzica and tarantella, two traditional dances that originated in Apulia.

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DAY 8

Sunday
5/5/19

Accommodations

Relais Sant'Angelo

Meals Included

breakfast, lunch, dinner

Daily Mileage

28 miles on rolling terrain
with one last climb
(optional shuttle; option
to extend to 33 miles)

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Matera

The Sassi, or cave dwellings, in Matera are dug directly into the calcareous rock common in the area. Many of them are little more than caverns, and in some parts of Matera, a street lies on top of another group of dwellings.

Explore
Matera

Enjoy some free time to explore Matera on your own this morning.

Morning Ride

Ride into the countryside to a beautiful organic farm. Two friends of AdventureWomen will prepare lunch for your group from vegetables grown on their land.

Climb Back
to Matera

This afternoon, take the long climb back to Matera as your last ride (or you can take the optional shuttle).

Farewell
Dinner

Enjoy a farewell dinner to celebrate the end of an incredible adventure.

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DAY 9

Monday
5/6/19

Depart Matera

Say goodbye to your new AdventureWomen friends and to Italy.

Transfer to the Airport

You'll be transferred to the airport to connect with your flights home.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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Accommodation Details

Hotel Santa Chiara

Suite Santa Chiara is a boutique hotel located in Lecce's historical centre, very close to the cathedral. The roof garden on the fourth floor has a bar, outdoor seating, and views of the historic town center.

Tenuta Moreno

Tenuta Moreno, a charming structure built around a farmhouse from the 1700s, is found near the town of Brindisi. It strikes a balance between the relaxing atmosphere of the Puglia countryside and the comfort of a stylish and modern hotel.

Masseria Torre Di Coccaro

Masseria Torre Di Coccaro is set in a vast estate that dates back to the 16th century. Surrounded by olive groves more than 800 years old, the tower used to be part of a line of defense towers, and it has been restored to be a hotel. In the main courtyard you find the original chapel from 1730, which is still active.

La Corte dell'Astore

La Corte dell'Astore is made up of eight ancient buildings. The interiors are made of stone based on a primitive technique; these simple dwellings are an example of perfect structural stability.

Hotel Casa Isabella

The Hotel Casa Isabella will enchant you as you enter its main door. As you cross the threshold and enter the large stone yard, time stops. The rooms are refined and elegant, with antique decorations and floors, as well as original furniture. Every room in Casa Isabella has the same service and comfort, but each has a unique style and personality.

Relais Sant'Angelo

The Sant'Angelo Resort enjoys a unique location on one of the most beautiful squares in the heart of the old city. From the many panoramic viewpoints, your gaze sweeps across intricate houses, neighborhoods and characteristic stairways of the old neighborhoods until it reaches the stark landscapes of the Gravina canyon, dotted with caves inhabited since prehistoric times. The rooms at Relais Sant'Angelo are located in a beautiful complex of historical buildings. After careful restoration, the 18th century local Royal court building, the old cave houses, and cave church of Sant'Angelo have been given new life and turned into charming spaces.

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Included/Not Included

Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All ground transportation
- ▶ All activities as listed in the itinerary
- ▶ English-speaking guide throughout the trip
- ▶ Use of a carbon road bike - Bianchi Intenso
- ▶ Bike includes: 2 water bottle holders, Garmin Edge GPS, handlebar bag, tire pump, combination bike lock, gel-padded saddle, choice of pedals (flat, half-toe pedals without straps, toe cage pedals)
- ▶ Customized jersey and water bottle
- ▶ All entrance fees
- ▶ Gratuities
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare
- ▶ Meals not specified in itinerary
- ▶ Alcoholic beverages, unless otherwise specified
- ▶ Items of a personal nature
- ▶ Bike helmet
- ▶ Bike shoes
- ▶ Passport fees
- ▶ Travel insurance

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Activity Level:

Moderate

Active

**High Energy/
Athletic
Beginner Biker**

Challenging

We rate this trip for Athletic Beginner Bikers. You're not an avid cyclist, but you are fit and love to exercise regularly. You cycle 2-3 times a week and enjoy exploring on your bike. Enjoy flowing pace with plenty of time throughout the day to indulge in the local specialties, take in the local culture and enjoy the magnificent views. There will be an occasional hill, more rolling terrain and higher mileage.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

Make sure you ride a bike (indoors or out) as part of your training. Your butt will thank you later!

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before January 28, 2019.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Italy, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Italy.

Money:

The currency of Italy is the Euro. Credit cards are generally accepted and ATMs will be accessible. You should plan on carrying some Euros in cash.

Suggested Gratuities: We recommend bringing \$300-350 for gratuities for the team of bike guides you will be traveling with.

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Arrive: Arrive in Brindisi, Italy (BDS) on April 28, 2019 by 11:00am.

Depart: Depart Bari, Italy (BRI) on May 6, 2019 after 11:00am.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at www.theadventurewomenstore.com - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

Temperatures on your trip tend to be cooler in the morning and evening, and will warm up at midday. You will have lows in the 50s and highs in the mid 70s.

Clothing and Gear:

- 2-3 pairs of cycling shorts with chamois lining
- 2-3 brightly colored bicycle jerseys (one will be provided)
- 1 pair cycling gloves
- 3-4 pairs of socks
- 1 pair cycling shoes and clipless pedals (if you use them)
- 1 waterproof windbreaker/rain jacket
- 1 lightweight fleece jacket
- 1 bicycle helmet
- 1 day pack/hip pack
- Arm and leg warmers
- 1-2 pairs of shorts or pants
- 1-2 short sleeve shirts
- 1-2 lightweight sweaters
- 2-3 sets of casual evening outfits
- 1 bathing suit
- 5-7 pairs underwear (quick dry recommended)
- Comfortable walking shoes
- Sleepwear
- Chamois cream

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner

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Essentials Continued:

- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a