Cycling in Puglia

Trip Code: SGBP

Version:

CYCLE	SELF-GUIDED	LEISURELY
		3



HIGHLIGHTS

- Spend the night in the UNESCO town of Alberobello in your own *trullo* house, a traditional limestone hut typical of the region
- Adventure through charming landscapes of olive groves, vineyards, and jagged coastlines
- Ride to the southernmost point of Puglia, the meeting point of the Ionian and Adriatic Seas
- Discover the beautiful town of Lecce, 'the Florence of the South', with its stunning Baroque

architecture
- Hop off your bike to enjoy turquoise, cooling waters and inviting beaches as you ride along the coast

AT A GLANCE

- 6 days cycling and sightseeing
- Standard bike hire included
- Friday departures
- Suitable for 2+ travellers
- Join at Monopoli / End in Lecce

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Wheel your way through Italy's heel and discover the charms of Puglia on this one-week self-guided cycling holiday. A region where rural roads take you pedalling through centuries-old olive groves to perfect hill-top villages and pristine beaches. As you ride along the country roads you will be captivated by the unique Puglian architecture with its curious mix of *trulli* houses in Alberobello, soon replaced with the romantic Renaissance and Baroque grandeur of Lecce. Following the coast and admiring the sparkling turquoise seas as you go, you will also have time to relax on the warm sands of the Salento beaches, and be awestruck at the dramatic cliffs, coves, and caves which line the Adriatic as you meander towards Otranto.

Staying in a selection of fantastic 3-star and 4-star hotels on a bed and breakfast basis, you will be able to pause and savour the flavours of Puglia along your way, whether that be snacking on *Taralli* crackers with a glass of beautiful locally-produced wine, feasting on tasty *Orecchiette* pasta, or sampling olive oils - from the olive groves that you have cycled past - with a lovely chunk of *Pane di Altamura* bread. The fresh flavours of Puglia will leave sweet memories long after you have departed, that's for sure. Plus, staying in a traditional *trullo* house in Alberobello will allow you the opportunity soak up the atmosphere at this UNESCO site without the crowds - an almost other-worldly experience.

Is this holiday for you?

This trip really is 'la dolce vita'. If you love combining your cycling with culture, magnificent architecture, and cooling off by the sea, then this is certainly the trip for you. Cycling around 50km with up to 500m of ascent a day on quiet country lanes and roads, your routes will allow you to discover the historic stronghold ports of Monopoli and Ontranto, and the Southernmost point of Puglia where the Adriatic and Ionian Seas meet. You will delve into the captivating city of Lecce, as well as the curious town of Alberobello. You will stay in family-run 3-star and 4-star hotels on a bed and breakfast basis, along with a unique stay in a *trullo* house. Plus, with your bike hire included in the trip, you can really enjoy the freedom to explore at your own pace. This trip is suitable for groups of 2 or more travellers.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Puglia mini guide book
- Luggage transfers
- 24-gear hybrid bike hire
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Monopoli
- Travel from Lecce
- Visas (if applicable)
- Tourist taxes may apply and are usually 2-5 Euros per person per night
- Some meals as described in the Meal Plan
- Public buses and taxis
- Personal equipment
- Bike helmet
- Any e-bike upgrades
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts in Monopoli. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method which best suits you. The nearest airports for this trip are Bari Airport and Brindisi Airport, both well-served by many departures from UK regional airports.

If you are flying into Bari Airport, you can take either the train or the Tempesta Shuttle bus into Bari Centrale station, followed by a train direct to Monopoli. The whole journey takes approximately 1 hour.

If you are flying into Brindisi Airport you can take either a private shuttle or a bus to Brindisi station. The bus departs every 30 minutes and takes around 10 minutes. You can then take a direct train from Brindisi station to Monopoli, taking around 45 minutes.

The trip finishes in Lecce. From Lecce you can take a train or bus to Bari Centrale train station (both take around 2 hours), or if you are travelling from Lecce to Brindisi you can take a train (20 - 30 minutes) or bus (around 30 minutes) to Brindisi station. From each station you can reverse the options described for outbound journeys above to reach the respective airports.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Italy has long been a foodie's dream, and Puglia in particular is a real treat for the taste buds. With its vast coastline there are endless supplies of delicious fresh seafood to be savoured, and the region's famous *Pane de Altamura* bread is simply perfect for mopping up any dish. Yet one of the highlights is the vast amount of vegetarian dishes on offer here. This southern region has traditionally been a poor one built on agriculture, and this shows in the simple yet fantastic hearty cuisine where vegetables and pasta are the star ingredients. You can look forward to snacking on *Taralli*, small cracker rings made from crispy bread dough served with dipping oil and perfect with a glass of excellent local wine, or to picnicking on Apulian *Focaccia,* or on *Panzerotti* - a savoury parcel of dough, rather like a small *calzone,* stuffed with mozzarella or Pugliese cheese, tomato, and basil. Why not feast on the region's famous *Orecchiette* pasta (so-called as their shape looks rather like a little ear) served with broccoli, or on *Parmigiana di Melanzane* or *Parmigiana di Carciofi* (aubergine or artichoke sliced thinly, floured and fried, and layered with tomato sauce and cheese before being baked). Those with a sweet tooth might enjoy the immensely moreish *Pasticciotti* - mainly found around Lecce - these little crumbly-pastry puffs filled with creamy lemon custard and Amarena cherries are traditionally served with a cappuccino at breakfast time, however they make a scrumptious snack at any time of the day. Yum!

Accommodation

On this trip we have selected a range of fantastic family-run 3-star and 4-star hotels, and we have even included a night in a traditional *trullo* house so that you can really experience Puglian life throughout the ages. All the hotels have been chosen for their warm hospitality and lovely facilities. All offer a great buffet breakfast for you to enjoy and to fuel you for your daily adventures, and some also have a pool or terrace - perfect for relaxing after a day in the saddle.

It is possible to arrange additional nights' accommodation in Monopoli before your trip or in Lecce at the end of your trip, if you would like to explore this fascinating area a little more. Please speak to one of our Sales Team for more details.

Bike Hire

Reflective vests are mandatory in Italy as soon as cyclists leave a village/town and cycle during night-time hours (half an hour before sunset until half an hour before sunrise). They are also mandatory when cycling in tunnels with traffic. Please pack a reflective vest or jacket.

Standard hybrid bikes come with 24 gears, and all bikes come equipped with a pannier for your daily essentials, plus a milometer, bike lock, pump, repair kit, and spare inner tube.

Our Sales Team will discuss your height and bike size with you during the booking process so that the correct bike size can be reserved for you before you travel.

We strongly recommend that you bring your own helmet with you for the best comfort, however you can order a helmet in advance to collect before you begin cycling for an additional £15. Please contact our Sales Team to reserve this in advance of travel.

We also recommend packing a gel seat for extra comfort, or a pair of padded cycling shorts, as it is always nice to have some padding for a more comfortable ride.

Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort.

E-bikes are available on this holiday at a supplement of £120 (2026 departures) or £125 (2027 departures - please request this upgrade option from our Sales Team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your ride. We ask that you please ensure that each piece of your luggage is under 20kg and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you whilst you are riding.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling 40 to 50km and up to 500m ascent a day on quiet country lanes and roads. We advise you to dust off your bike and head out on a few rides before your holiday to help make your holiday more enjoyable. We also offer e-bike upgrades for those seeking to make the journey more leisurely.

Climate

Puglia has a Mediterranean climate with hot summers when temperatures can reach up to 30 degrees Centigrade, and mild winters. The most enjoyable times to visit the region can be spring and autumn when temperatures are a little cooler, typically between 10 and 25 degrees Centigrade.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Head Over Heel: Seduced by Southern Italy - Chris Harrison

Finding Myself in Puglia: A Journey of Self-Discovery Under the Warm Southern Italian Sun - Laine B Brown

Puglia and Basilicata - Lonely Planet

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts

- Cycle helmet
- Functional base layer
- T-shirts
- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, and that this trip is suitable for groups of 2 or more travellers - contact our Sales Team for a quote.

This trip is available for departures on Fridays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

Why Choose KE

why KE?

This trip has been designed to give you your own cycling adventure in our favourite parts of Puglia, including picturesque Monopoli, the rugged Salento coast, magnificent Lecce, and even a night staying in a traditional limestone trullo house in Alberobello so that you can stay on after the crowds depart and really soak up the atmosphere.We have included standard bike hire in the cost of your trip so you can relax knowing that this is all taken care of for you. E-bike upgrades are also available.

Please Note This document was downloaded on 07/11/2026 and the trip is subject to change