Walking Puglia's Eastern Coast

Trip Code: SGPW

Version:

WALK & TREK	SELF-GUIDED	LEISURELY
		3



HIGHLIGHTS

- Spend two nights in Otranto, known as the 'Pearl of the Orient'
- Hike along the Cipolliane Path accompanied by far reaching views across the Adriatic
- Discover the impressive town of Lecce with its unique Baroque architecture
- Relax in the natural hot springs of Santa Cesarea Terme or take a dip in the many idyllic swimming spots

AT A GLANCE

- 6 days walking and sightseeing
- Daily departures
- Join at Otranto / End in Lecce

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Discover Puglia, the bread basket of Italy, on this excellent one-week self-guided walking holiday. Step away from the crowds and into the culture of Italy's heel - a culture built on fishing, olive oil production, and fantastic food. You can look forward to enjoying rugged coastal walking from Otranto to Gagliano del Capo, accompanied by an ever-changing landscape, from the oranges and olive groves of the Idro Valley to the curious Cava di Bauxite. Finally, you'll take the scenic train journey to Lecce and have time to discover one of the most historically important cities in Puglia, a place steeped in Baroque grandeur.

Staying in a selection of fantastic 3-star and 4-star hotels on a B&B basis with two evening meals included, you will be able to delight in sampling the delicious produce the region has to offer and unwind each evening as the sun sets, perhaps with a glass of the local red wine. Walking around 4-5 hours a day on average, you will have plenty of time to enjoy a dip in the numerous swimming spots along your way. Your walks will reward you with far-reaching views across the Adriatic to the Balkans and Greece, the sweet scents of wild fennel, pine trees and olive groves, and the taste of the salt air as you hear the waves crash below. Puglia really is a trip for your senses.

LOOKING to extend your holiday?

Fancy the ultimate Adriatic experience? For a complete experience why not turn your week's holiday into a much bigger adventure. For something a little different you can hop on the ferry from Bari to undertake our self-guided Walking Dubrovnik and The Dalmation Coast and self-guided Walking the Coastal South of Albania trips.

Is this holiday for you?

This trip is ideal if you are looking to experience Puglia away from the crowds with the perfect mix of coastal walking, fantastic food, historic towns, and idyllic swimming stops along your way. Walking an average of 4-5 hours and ascending no more than around 450m a day on rocky paths, your routes will take you to traditional villages and fishing towns, to hidden caves, and through shaded pine forests. We have specifically designed this trip to allow plenty of time for you to stop off along the way at the many picture-perfect swim spots and to enjoy the delicious local cuisine. Staying at a fantastic selection of 3-star and 4-star accommodations along the way, including some with a pool, you can be sure to have the comfort to relax after a busy day exploring.

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
- Luggage transfers
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Otranto
- 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
- 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

This trip starts in Otranto. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Brindisi, however you may find that Bari offers more options from some UK regional airports.

From 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 travel onwards from Brindisi station to Otranto by train (several departures daily, taking around 2.5 - 3 hours, with two changes). You can find the latest rail information at www.trenitalia.com.

From Bari airport you can take either the train or the Tempesta Shuttle bus into Bari Centrale station, then either a bus direct to Otranto or a train to Lecce then a bus to Otranto. You will find the FNB train station to the left on the ground floor of the Arrivals hall in Bari airport - please be aware you will need to walk approximately 10 minutes to reach the train station. Otherwise, you can take the Tempesta Shuttle Bus from directly outside the Arrivals hall into Bari Centrale - simply follow the large Shuttle Bus signs to find it. From Bari Centrale you can then take a bus direct to Otranto (takes around 4 hours), or a train and then a bus (takes 4 - 5 hours).

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

Websites such as www.rome2rio.com are excellent resources when planning journeys abroad by public transport.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday. We have also included two evening meals at your hotel when there are fewer options close by.

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

For this trip we have hand-picked a wonderful selection of 3-star and 4-star hotels, each with their own style and in keeping with the region. All hotels offer fantastic hospitality, a lovely breakfast and have sociable communal areas perfect for unwinding after a busy day exploring with gardens, terraces and some also have outdoor swimming pools.

It is possible to arrange additional nights' accommodation in Otranto before your trip, or in Lecce at the end of your trip, if you would like to extend your time living 'la dolce vita' - please contact our Sales Team for details.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. 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 walking.

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.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace. However, getting some additional exercise before coming on an active holiday makes a lot of sense and the fitter you are the more enjoyable your walks will be. The walks take you along beautiful coastal paths which can be rocky in parts, across rural landscapes, and along traditional tratturi, an ancient road network. You should be comfortable with walking 4 to 5 hours for consecutive days with ascents up to 500m per day. Coastal paths can be vertiginous in parts so a head for heights is required. We suggest that you try to fit in a number of daily walks in hilly countryside before your trip and it's always a good idea to spend some time walking in the footwear you are going to use on this holiday.

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

Self Guided Equipment List

- Hiking boots with good-grip soles

- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics

- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

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.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Why Choose KE

Why KE?

We have created this trip with tranquillity in mind, getting you off the beaten track for the perfect mix of rugged coastal walking, culture, and swimming spots.

Please Note This document was downloaded on 06/11/2026 and the trip is subject to change