



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

**Italy - Apulia The Heart of The Mediterranean Bicycle Tour (2025)**  
**Individual Self-Guided**  
**8 days / 7 nights**



Discover the southeast end of Italy. On this bicycle tour you will not only experience the unique countryside between the Adriatic and the Ionic Sea, but also the friendliness and hospitality of the southern Italians. The countryside is rich in culture. The Greeks, Romans, Byzantines, Normans, Habsburger and the Bourbons have all left their marks in the region.

**Highlights:**

- Idyllic coastal region along the Adriatic and Ionic Seas
- Olive groves and old, gnarled olive trees
- Excavated old cities, deserted mediaeval villages
- Alberobello, the capital of the Trulli
- Ostuni, the "white town"
- Gallipoli, a pearl of a town with a lively fisherman's atmosphere
- Santa Maria di Leuca, the most southerly point of Apulia
- Santa Cesarea Terme, spa centre
- Otranto, one of the prettiest places in Salento
- Lecce, the capital of the province



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### Itinerary Day to Day

#### **Day 1: Arrival at Alberobello**

Individual arrival at the hotel in Alberobello. This small town in the province of Bari is famous for Trulli stone constructions. The Trulli of Alberobello are part of the UNESCO World Heritage sites list since 1996.



#### **Day 2: Alberobello – Ostuni 35 km, longer option via Martina Franca 45 km**

Enjoy a tour through the Valle d'Itria, one of the prettiest cultural landscapes of the south, with a stop at the famous wineries in Locorotondo to taste some local wine. The next stop is Ostuni, the “white town” offering breathtaking views of the sea.

#### **Day 3: Ostuni – Manduria/Avetrana 60 km**

From Ostuni you continue through olive groves, vineyards and fruit crops to Avetrana, a historic small town on the Via Appia. This ancient Roman road led once from Rome via Taranto and Oria to Brindisi.

Today only some parts of the ancient cobbled paths remain and are called the “Via Appia Antica”.

#### **Day 4: Manduria/Avetrana – Gallipoli 60 km**

You leave Avetrana to reach the sea in the shortest possible time. After a short ride to “Torre Colimena” you continue along the coastal highway with its numerous defense towers to Porto Cesareo. Along the Ionic coast you carry on to Gallipoli. This originally Greek “Kale Polis” (beautiful town) awaits you! The old town is situated at the end of what seems to be an impregnable rocky island that stretches far out into the sea. There is a fantastic view both from the north and the south. The town itself has many churches and interesting museums.







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**Day 5: Gallipoli – Santa Maria di Leuca/surroundings 50 km**

Today you reach the southernmost point of Salento and at the same time the watershed at Santa Maria di Leuca. The place is especially known for its pilgrimage church. At the turn of the century, many splendid villas were created, which are an absolute architectural highlight due to their imaginative and absurd forms. Here eccentric end of the world lovers settled down to enjoy the tranquility and the sea in the remoteness of the place.

**Day 6: Santa Maria di Leuca/surroundings – Otranto 50 km**

Along the southern coast of the Adriatic Sea you will reach the Messapian city of Otranto. It is considered an art historical gem in the midst of a charming landscape. The old town is surrounded by a mighty city wall and impresses with the impressive Habsburg Castle. On the way to Otranto, you will have the opportunity to visit the famous Zinzulusa Cave, the only coastal grotto open to the public. Santa Cesarea Terme, known for its hydrotherapeutic treatments and radioactive mud therapies, also deserves a stopover.

**Day 7: Otranto – Lecce 50 km**

First on the Adriatic coast, then it continues through countless olive groves towards Lecce. If you want to take a break on the way, do it best on the high limestone cliffs limited bay of Torre dell'Orso. Lecce, the capital of Salento, is a city of great charm, which is particularly inspired by the undoubted beauty of its buildings and churches. In addition to Naples, Lecce is the baroque metropolis of the South, not without reason they speak of the "Lecce Baroque". Here, around 30 churches and countless palaces await your visit. Do not forget to pay a visit to the amphitheater and the Roman Theater, both probably built by Emperor Augustus.



**Day 8: Departure**

Individual departure or extension of your stay



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### Route



### Technical Characteristics:

**Route Profile:** Relatively Easy. Easy touring, apart from a few slight ascents and descents along the route, most of this tour is along flat, tarred roads. As you are travelling out of the main season, most of the roads are mainly free of traffic. The tour is suitable for children over 14 years

**Distance:** 305-315 km

**Travel Season:** Departures Wednesday, Saturday and Sunday from March 29 - June 22 and August 25 - October 12  
Season 1 March 29  
Season 2 March 30-May 23 and September 8-October 12  
Season 3 May 24 to June 22 and August 25 to September 7

**Price per Person:** *all prices subject to confirmation on booking*

Double Occupancy B&B season 1	€ 698
Double Occupancy B&B season 2	€ 839
Double Occupancy B&B Season 3	€949
Surcharge Single Room	€ 239
Rental Bike (21 gear)	€ 99
Electric Bike	€ 269
Premium bike rental	€ 169
Extra Nights Alberobello Double Occupancy B&B	€ 95
Extra Nights Alberobello Single Occupancy B&B	€ 134
Extra Nights Lecce Double Occupancy B&B	€ 84
Extra Nights Lecce Single Occupancy B&B	€ 113

**Included:**

- Accommodation in 3\*\*\* and 4\*\*\*\* hotels or “Agritourist farm” in a room with bath/shower and WC
- Breakfast buffet or a full breakfast
- Video Briefing
- Luggage transport from place to place
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for during the entire tour
- Navigation app

**Not Included:**

- It is possible to add a rental bike disclaimer to your booking. Price is € 24/ per trekking bike and € 49/ per TOP bike/ e-bike /mountain bike.
- Visitor’s tax payable locally





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### Bikes

**Hybrid Bike** Mens Trekking Aluminum, with water bottle holder, Shimano Alivio/Deore 21 gear freewheel, Royal saddle, size S-X\_Women's Trekking Shimano Alivio/Deore, 21 gear freewheel, Royal saddle, step-through frame, size S-XL



### Electric Bike

Step through frame, Bosch Performance Line Motor, 8 gear, range performance: approx. 200 km (using middle/constant speed)



### Top Bike

Aluminum, Shimano Deore XT 21-speed gears, freewheel  
Sizes s-xl

*Assisting people in realizing their touring dreams worldwide is our passion.*

[www.okcycletours.com](http://www.okcycletours.com)



**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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