

ITINERARY AT A GLANCE

Day 1 SUNDAY - POLIGNANO
 Day 2 MONDAY - POLIGNANO - ALBEROBELLO
 Day 3 TUESDAY - MATERA
 Day 4 WEDNESDAY - LOOP RIDE TO METAPONTO
 Day 5 THURSDAY - MARTINA FRANCA
 Day 6 FRIDAY - LOOP RIDE TO LOCOROTONDO
 Day 7 SATURDAY - SAVELLETRI
 Day 8 SUNDAY - LOOP TO OSTUNI
 Day 9 MONDAY - ARRIVEDERCI

Day 1: SUNDAY - POLIGNANO

A guide and van are at the airport for guests arriving at 12:30pm. Bike fitting in front of our first hotel at 3pm before our quick spin up the coast. Early evening cocktails and a leisurely walk around this lovely seaside town.

Day 2: MONDAY - POLIGNANO - ALBEROBELLO

Today we have a wonderful first ride through Pugliese towns and farmland to the grottoes of Castellana. For lunch we will stop at the Agriturismo Serragambetta where our host "Zia Nina" will provide a fascinating cooking lesson followed by a sumptuous feast. Our ride today includes a cycling clinic in "beginning gear changing."

Day 3: TUESDAY - MATERA

On today's roads we spin through manicured farmlands and shady oak groves to Matera, the city of caves. Once we arrive you will have time to explore this amazing city, listed as an official World Heritage Site.

Day 4: WEDNESDAY - LOOP RIDE TO METAPONTO

This is a great day for bikers who like downhill. We enjoy an early descent to the Ionian Coast. On the way there we will also stop to take in the Greek history of the ruins of Magna Grecia.

Day 5: THURSDAY - MARTINA FRANCA

Today's roads zig zag through trulli neighborhoods and farmland. We stop in Locorotondo and visit the winery of the Cantina Sociale and the old town center. We go on to Martina Franca for a walk through this baroque town. Upon our arrival in Alberobello, our friends in this "trulli" delightful town will give us a thorough walking tour.

Day 6: FRIDAY - LOOP RIDE TO LOCOROTONDO

We ride on tiny, winding roads through Valle D'Itria to Locorotondo, a city known for its white wine, and circular, white washed design. There we will take part in a grand feast at a local farming cooperative, while local musicians serenade us.

Price per person	DbI	Sgl	TrI
Land Only	\$3,595	\$4,095	\$2,264

May 1, 15 June 4, 11, 18, 25
 September 11

A 6 day mini tours is also available. It is the same itinerary, but the tour stops on day 6.
 Special departures on request with supplement

Day 7: SATURDAY - SAVELLETRI

More olive groves and amazing views as we pedal along the coast to the Fasano and Selva region. Along the way we will stop at the Greek ruins of Egnazia.

Day 8: SUNDAY - LOOP TO OSTUNI

Today's ride begins flat through Puglia's maze of olive groves. After a tour of a 16th century olive oil museum, enjoy a long, gentle ascent to the town of Cisternino. We continue our ride to Ostuni where we have lunch and a walking tour of this whitewashed town. After lunch we enjoy a long downhill to Masseria S. Domenico.

Day 9: MONDAY - ARRIVEDERCI

Our early morning shuttle takes you to Foggia where you can make train connections to the rest of Italy.

Total mileage: 180

Daily average: 22

Included:

- All accommodations
- Six dinners & two picnic lunches
- Two wine tastings
- Two live music events
- Guided walking tour of Alberobello, Ostuni
- Group shuttle from Bari airport to Polignano
- Group shuttle from Vieste to Foggia train station
- Boat ride with local fisherman
- Visits to olive oil press and pasta making demo

Not Included:

- A 27-speed lightweight road or 24-speed hybrid bicycle (available in Italy at additional \$170.00 rental cost)
- Transport of bike case (for guests who bring their own bike; shipping available in Italy for additional fee)
- Wine and alcoholic beverages
- Most lunches
- Airfare
- Transfers to the starting point or from the finishing point unless specified; we can assist you in planning and arranging for any necessary shuttles
- Helmets (Bring your own, can not be rented in Italy)
- Personal expenses (laundry, supplies, phone calls, etc)
- Guide tip

Selected Hotels

GROTTA PALAZZESE	Polignano a Mare (1 night)
MASSERIA I MONTI	Putignano (2 nights)
MASSERIA SAN DOMENICO	Fasano (2 nights)
HOTEL DEGLI ARANCI	(3 nights)