

# *mare...sole...PUGLIA*



**CIBELE**  
Associazione Culturale

## Excursion IN PUGLIA

**period : settembre – ottobre 2015**

**classic tour**

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### **RECOMMENDED TOUR AND TRAVEL EDITORIAL .**

Apulia is a land rich in attractions with the National Parks of Gargano and Murge, marine reserves and Tremiti Islands, Guaceto Tower marine reserve and numerous protected areas , it boasts a vast and diverse natural landscape now perfectly protected .

Trulli , a World Heritage Site , grouped in Alberobello or distributed among the countryside of the Valle d'Itria , the historic farms , the oil mills : examples of rural architecture and functional needs of a predominantly agricultural past , today cultural heritage of inestimable value .

Ravines , hollows and sinkholes , run through the surface of an area strongly characterized by karst with its rich natural habitats and the many caves , cave villages and underground churches .

These are places of great beauty that today tell secular use of these sites made from the man , from the prehistoric times to modern .

We offer a week of hiking and exploration to discover a part ( of the most beautiful ??? ) of Puglia with its colors , smells, tastes , folklore .... a busy week , accompanied by guides ... locals love their land .

Your accommodation will be in newly built villa with style typical of Puglia and beautiful vaults that will embrace you and welcome you in a comfortable setting for a pleasant stay. The villa ( VILLA PUGLIESE Monopoly 900 m from the blue sea and between ancient olive trees ) is composed of two independent units , connected by internal staircase ; the two units are: *Il Glicine* with a bedroom and *Il Rosmarino* with two bedrooms respectively host 4 + 6 people

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## ORIENTATIV PLAN OF THE TOUR

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### **Sa 1' day Meeting of the participants – visit of Monopoli**

All the member of the group will be in Monopoli at 12 00.

Visit to Monopoli old town walking

Dinner in a local restaurant

**packed lunch/ dinner in a local restaurant/ half day guide**

### **Su 2' day Castellanna and Alberobello visit**

Indipendent visit to the beautifull caves of Castellana grotte by 3 km tour with visit of the fantastic “Grotta Bianca”

Meeting with the guide after the lunch to visit Alberobello - Unesco monument – and in particular its old town characterized by houses cone (trullo sovrano, museo del trullo e chiesa di sant’Antonio)

Dinner in a local restaurant **Taverna di Felisiano a Monopoli**

**packed lunch/ dinner in a local restaurant/ half day guide**

### **mo 3' day Visit of Trani and Bari**

Visit of Trani and its romanic cathedral

Visit of Bari old town; free shopping in Bari

Dinner in a local restaurant (“Vini e cucina” a Bari).

**packed lunch/ dinner in a local restaurant/ whole day guide**

### **tue 4' day Visit of Polignano and Ostuni**

Free visit to **Polignano** old town situated perched overlooking the blue sea.

Stop to taste the famous artigianal ice cream or “caffè speciale”.

In the afternoon visit to the famous apulian white town : Ostuni looking Itria valley (valle d’itria)

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Dinner in a typical butcher's shop to eat meat cooked on the fire  
packed lunch/ dinner in a local restaurant/ whole day guide

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## wed 5<sup>th</sup> day visit of Egnazia archeological own and Lecce

Travel in roman city Egnatia "with" the Latin poet Horatius, who arrived in the town in 37 B.C.

Before to restart our trip, together we can enjoy an "*aperitivo*" at the lovely fisherman village, *Savelletri* or a tasting of local cheese at *Masseria Lamapecora* where in possible to see working to make cheese and buy it

In the afternoon we'll visit the baroque town: Lecce well known as "the Florence of the south"

Dinner of fish in a typical fish shop where you choose the fish that is fried for you : "*Lo squalo*" at Monopoli

packed lunch/ dinner in a local restaurant/ whole day guide

## thu 6<sup>th</sup> giorno Visit of Martina Franca and Locorotondo

Visit of the elegant baroque town : **Martina Franca** and of the smaller but not less characteristic town of **Locorotondo** that have a fantastic view over the *Valle D'Itria*. Here, if it's possible, we'll make a visit of the wine farm *cantina sociale Locorotondo* and we'll taste the famous white wine.

Gastronomy lab at *Masseria Vagone* (Monopoli): You will learn how to make pasta, like *Orecchiette*, as well as bread, *Taralli*, *Focaccia* (all typical products of the region). In the evening traditional apulian dinner

packed lunch/ dinner in a local masseria / whole day guide

## fri 7<sup>th</sup> day Visit to Taranto and free afternoon

Visit of Taranto the town between two seas (old town and the swing bridge)  
Excursion in boat

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Free afternoon

packed lunch/ free dinner / half day guide

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## 8° giorno return at home

Delivery of the car and return home

**difficulty degree:** minimum; the trip include walking but there isn't difficulties to note

**N. of participants:** min. 4 max 10

**NOTE:** For the trip it's necessary to take rented cars and the participants have to give their availability to drive the cars (2 drivers for each car).

To take cars it's important that the drivers exhibit their credit card for the deposit in advance to the hire company

Other costs over the renting cost must be paid by the participants.

In alternative it would be possible to hire a pullman. The program is indicative and it would can to have some little modifies

**WHAT TO BRING :** informal clothes and very comfortable shoes

**PRICE: € /pax 670;** deposit 50 % of the price when you confirm; the balance will be paid when you arrive in Monopoli.

**THE COST INCLUDES :** hiring cars and insurance, lunch or dinner, tickets for visits, and guides like in the program

**EXCLUSIONS:** It is to be paid and therefore is not include in the price : gasoline, packed lunch, free dinner....

For further information about our accomodations or our trips please visit our web



[www.maresolepuglia.it](http://www.maresolepuglia.it)

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site [www.maresolepuglia.it](http://www.maresolepuglia.it) or our facebook page “*maresolepuglia, monopoli*” o  
“*associazione cibele*”

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## Short program

Sa 1	day -	Monopoli;
Su 2	day -	Castellana, Alberobello;
Mo 3	day -	Trani e Bari;
Tue 4	day -	Polignano e Ostuni;
Wed 5	day -	Egnazia e Lecce
Thu 6	day -	Locorotondo - Martina , Laboratorio Mani in pasta
Fri 7	day -	Taranto / pom . libero
Sa 8	day -	Return at home

HAVE A GOOD HOLIDAY  
gianni, luca e domenica

[www.maresolepuglia.it](http://www.maresolepuglia.it)