



TOUR ITINERARY



Europe / Italy / Puglia

Puglia Bike Tour

The Breadbasket of Italy: the Beginning of Something Delicious

TOUR HIGHLIGHTS

- Cycle along Italy's most stunning coastal road to the lighthouse of Leuca at the tip of the Italian peninsula
- In the UNESCO-listed town of Alberobello, visit our friend Mimmo for lunch at his family's *trullo* —the conical stone dwelling unique to Puglia
- Taste fresh mozzarella at a family-run farm
- Take a cooking class at our friends' masseria and learn to make orecchiette pasta
- Spend 3 nights in a boutique waterfront hotel with sea access from each room



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Bari or Brindisi, Italy
- 📍 **Pick-Up Location:**
Lecce (Porta Napoli)
- 🕒 **Pick-Up Time:**
9:00 am

Departure Details

- ✈ **Airport City:**
Bari, Italy
- 📍 **Drop-Off Location:**
Bari Airport
- 🕒 **Drop-Off Time:**
9:30 am

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.



TOUR ITINERARY

Tour By Day

DAY
1

Welcome to Puglia

Meet at the in Lecce for a transfer to the start of our Puglia tour near the enchanting seaport of Otranto. After a bike fitting and safety talk, we'll set off on our bikes through a sea of olive trees. You'll soon realize why Puglia is the biggest olive-producing region in Italy as you cycle through this stunning landscape. Stop in Otranto to explore the town before completing the loop back to the hotel. Tonight head to a small winery to experience the famous Southern Italian hospitality during our first Pugliese dinner.

Meals: Lunch / Dinner

Destinations: Otranto, Minervino, Uggiano la Chiesa

Accomplished: 20 miles / 33 km, elevation gain: 1,141 feet / 348 meters

Accommodations: [Le Capase](#)

DAY
2

Seacoast, Sanctuaries, and Seafood

Today we'll ride one of the most stunning coastal roads in Europe with breathtaking views of cliffs, bays, and the endless sea. Pass through fishing villages like Santa Cesarea Terme and Castro. Our destination is Leuca where the land ends at a lighthouse and sanctuary that has drawn pilgrims for centuries. Stop for a seafood lunch at our friend's restaurant overlooking a small fishing port. This evening, explore historic Otranto; your guides are happy to recommend their favorite local restaurants for dinner..

Meals: Breakfast / Lunch

Destinations: Santa Cesarea Terme, Castro, Tricase Porto, Santa Maria di Leuca

Accomplished: 24 miles / 38 km, elevation gain: 1,587 feet / 484 meters

Longer Option: 35 miles / 57 km, elevation gain: 2,453 feet / 748 meters

Accommodations: [Le Capase](#)

TOUR ITINERARY

DAY
3

Locorotondo and the Valle d'Itria

This morning we'll transfer north to the stunning Itria Valley. Our first destination is a small farm that produces mozzarella: before we begin biking, we'll taste some life-changing cheese and other farm-fresh products for lunch. Today's ride takes us to the picturesque village of Locorotondo, known for its maze of white-washed streets and considered one of the most beautiful villages in Italy. Stop for a coffee or gelato, then ride down to the beach to check into the waterfront Peschiera hotel, our home for the next 3 nights and settle in for dinner.

Meals: Breakfast / Lunch / Dinner

Destinations: Pascarosa, Locorotondo, Caranna

Accomplished: 20 miles / 32 km, elevation gain: 1,168 feet / 356 meters

Longer Option: 34 miles / 55 km, elevation gain: 1,738 feet / 530 meters

Accommodations: [La Peschiera](#)

DAY
4

Cooking and the Coast

Cycle along the coast through the quaint fishing village of Savelletri, past the Roman ruins of Egnazia, and down tiny roads that wind through endless, centuries-old olive groves. Bike up the ridge for a stunning view of this colorful canvas: the bright blue Adriatic set against the rich brown and vibrant olive green hues. Our destination is the beautiful *masseria* of our friends Chiara and Filippo where we'll taste their olive oil and prepare our own lunch at a cooking class. After lunch opt to go directly back to the hotel complete the loop by bicycle. This evening head to a great seafood trattoria in a tiny fishing village.

Meals: Breakfast / Lunch / Dinner

Destinations: Savelletri, Torre Canne, ruins of Egnazia, Pezze di Greco

Accomplished: 30 miles / 48 km, elevation gain: 1,171 feet / 357 meters

Shorter Option: 18 miles / 30 km, elevation gain: 1,027 feet / 313 meters

Accommodations: [La Peschiera](#)

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DAY
5

Mimmo and Alberobello

Challenge yourself this morning with a scenic climb from the coastal plain up to the green pastures of the Valle d'Itria. Our route will pass more and more *trulli* houses on our way to the UNESCO World Heritage Site of Alberobello. Here, our friend Mimmo will show us around his town before inviting us to a home-cooked lunch in his family's *trullo*. After lunch, transfer or cycle back to our gorgeous hotel where you can rest and relax before a final dinner at a secret restaurant filled with locals.

Meals: Breakfast / Lunch / Dinner

Destinations: Santa Lucia, Alberobello, Savelletri

Accomplished: 23 miles / 37 km, elevation gain: 2,181 feet / 665 meters

Longer Option: 37 miles / 56 km, elevation gain: 2,282 feet / 696 meters

Accommodations: [La Peschiera](#)

DAY
6

Goodbye to Puglia

After breakfast on the terrace, enjoy a stroll on the beach or a morning dip in the sea. We will then transfer you to the Bari Airport as you head on to your next destination.

Meals: Breakfast

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

DuVine can assist with extended reservations at the first and final hotels on your scheduled itinerary, or with private transfers to and from your bike tour. DuVine's travel advisor partners are happy to assist with flight reservations. If you are not already working with an agent, please request a referral from your **Tour Coordinator**.

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuity

Gratuities are much appreciated to thank DuVine guides for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price. The recommended per-traveler amount is an appropriate gratuity for your guide team as a whole. (It is not necessary to tip this amount *per* guide.) Tips are customary at the end of your tour, and local currency is always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip.



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YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please [see our website](#) for the exact bike models offered on tour. E-bikes are available in most destinations on a first-come, first-served basis. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Experience with the elements and terrain will help with your comfort level (balance, unexpected conditions, etc.) on tour. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers. [Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Cycling sunglasses
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, hat, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest you read these simple safety instructions and watch our [brief safety video](#). They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic (“car up”) or pot holes (“pot hole”).
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, braking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

