



# Italy Coastal Puglia Hiking

8 Days



*The Adventure Company* | EST. 1969


**MT+SOBEK**<sup>TM</sup>  
MOUNTAIN TRAVEL SOBEK

**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# Italy Coastal Puglia Hiking

Situated strategically on the spur and heel of Italy's boot, Puglia has been a crossroads of cultures for millennia, creating a unique blend of Eastern and Western art, architecture, food, and lifestyle. On this magical 8-day hiking adventure, explore the Salentina Peninsula's ancient port cities and breathtaking nature, from otherworldly grottos and canyons to sun-kissed meadows and sandy beaches. Hike to Alberobello, known for its UNESCO-listed limestone dwellings (trulli), and visit the spectacular cities of Brindisi, Ostuni, and Lecce. With fresh, local farm-to-table fare wherever you go, you can savor truly everything Puglia has to offer on this fascinating new adventure.

## Details

Arrive:	Brindisi, Italy
Depart:	Brindisi, Italy
Duration:	8 Days
Group Size:	5-16 Guests
Minimum Age:	18 Years Old
Activity Level:	

## Testimonials

*"Great experience every time with some of the most knowledgeable guides in their fields. We always come home with wonderful memories of the people we meet and things we see."*

Bob J.

*"Traveling with MT Sobek is like gaining a new set of close friends that have shared an incredible experience together."*

Mark N.

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

 1-800-974-0300

 [info@mtsobek.com](mailto:info@mtsobek.com)

## Why Take This Trip With Us?

### REASON #01

This weeklong adventure perfectly blends active hiking with cultural immersion in stunning Puglia — the new Tuscany!

### REASON #02

MT Sobek has been operating hiking in adventures in Italy for over 40 years and works with the best local guides in the business.

### REASON #03

Savor local delicacies and farm-to-table fare and relax in elegant hotels by the sea.

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## What to Expect



### ACTIVITIES

Moderate hiking between 4 to 7 miles miles per day with marginal elevation gain and loss, and cultural walking tours.



### LODGING

A classic 19th-century hotel in Ostuni is followed by boutique retreats including the luxurious Palazzo del Corso in Gallipoli.



### CLIMATE

Puglia boasts a warm, coastal Mediterranean climate, with dry summers. There is often a sea-breeze that helps to keep the summer months bearable.

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## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Silvia was born and raised in Venice, and now lives in the Tuscany region of central Italy. While she is an architect by training, with an MA in History of Architecture, Silvia has more than 20 years of experience as a professional trip leader. She lived in Toronto, Canada, for over a decade and, since then, she has led both walking and bicycle trips throughout Europe. Now she guides trips in Tuscany and southern Italy—sharing her passion for her country with MT Sobek travelers. Silvia speaks Italian, English, and French.

**Silvia Giacon**

Born and raised in Puglia, Alessandro has expert knowledge of this Mediterranean region, known as the “heel of Italy’s boot” and is a fully licensed tour guide, food lover, olive oil taster, wine sommelier, and naturalistic guide. Known for his empathic personality and enthusiasm for his profession, Alessandro is the perfect host to share with you the beauty, the flavors, and the soul of beautiful Puglia.

**Alessandro Perrone**

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# Itinerary

## DAY 1

### WELCOME TO PUGLIA & HIKE IN TORRE GUACETO

Meet your guides at the Brindisi airport in the morning, or at the Hotel La Terra in the historic town center of Ostuni. Take time to check in and enjoy the grounds before a warm up hike inside the Natural Marine Reserve of Torre Guaceto, just north of Brindisi. Hike along fragrant trails among the Mediterranean shrubs until we will reach the Guaceto Tower, built in 1531 to protect the commercial traffic headed inland from the Brindisi harbor. After our hike, we'll return to the hotel in Ostuni, stopping along the way for our first taste of the region's fresh cuisine.

**Accommodation:** Hotel La Terra, Ostuni

**Activity:** 2 hours/2 miles hiking at sea level

**Meals:** D

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## DAY 2

### HIKE THE MURGE OSTUNESI & EXPLORE THE WHITEWASHED CITY OF OSTUNI

After breakfast at the hotel, start your adventure sipping coffee with the locals in the town of Cisternino. From Cisternino, hike onto the Ostunnesi Plateau towards Ostuni. In the woods, on hidden trails, walk past centennial olive trees, one of the most genetically diverse species in the olive family. In the afternoon, explore the three-hilled city of Ostuni, with its whitewashed houses and verdant surrounding countryside. In the afternoon, have some time to relax before a gourmet fish dinner.

**Accommodation:** Hotel La Terra, Ostuni

**Activity:** 3-4 hours/6 miles hiking with marginal elevation gain

**Meals:** B, L

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## DAY 3

### HIKE TO MAGICAL ALBEROBELLO & TASTE OLIVE OILS AT A LOCAL FARM

After another memorable breakfast at our hotel, transfer west to the farming town of Noci, located in the middle of the wooded Itria Valley, past scattered fortified farmhouses. Stop to visit the historic Barsento Farm and its 6th century church, founded by Sant' Equizio. Continue hiking through fields of almond trees, wildflowers and playful donkeys. After picnic on the trail, hike to Alberobello, known for its trulli, the region's charming stone huts, and taste olive oils at a local farm.

**Accommodation:** Hotel La Terra, Ostuni

**Activity:** 4-5 hours/7 miles hiking with marginal elevation gain

**Meals:** B, L, D

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## DAY 4

### DISCOVER LECCE

Say arrivederci to Brindisi as our group heads towards Lecce, the main town of Salento, known as one of the capitals of the Baroque style in Europe for its unique churches and elegant buildings. Enjoy a private, guided tour of historic Lecce. Then, take some free time to explore and enjoy lunch on your own. This afternoon, transfer to Otranto to experience its Greek and Byzantine influences from the seaside Masseria dei Monaci, your home for the next two nights. Dine on the Masseria's delicious local farm-to-table fare.

**Accommodation:** Masseria dei Monaci, Otranto

**Activity:** 3-hour guided walking tour

**Meals:** B, D

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## DAY 5

### HIKE FROM ORTE TO PALASCIA

Enjoy a relaxing day hiking the idyllic coastal trail from the Masseria Orte to the lighthouse in Palascia. The region's bauxite soils paint the landscape red, creating a spectacular scene of contrasts between the emerald green lake and the abandoned bauxite quarries. Learn to identify rare trailside plants such as the yellow salvione, thyme and the Adriatic vincetossico. End the hike on a high note at the Palascia Lighthouse with unforgettable views of the Adriatic Sea. Return to Otranto late afternoon to enjoy a glass of Negroamaro before dinner.

**Accommodation:** Masseria dei Monaci, Otranto

**Activity:** 3 hours/4 miles hiking with minimal elevation gain and loss

**Meals:** B, L, D

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## DAY 6

### HIKE TO SANTA MARIA DI LEUCA & LEARN PIRATE LORE IN GALLIPOLI

Leaving Otranto, drive along beautiful coastline towards Santa Maria di Leuca, Puglia's southern tip, the Finibus Terrae. Hike to the mystical Sanctuary of Santa Maria di Leuca, the merging point of the Adriatic and the Ionian Seas. Descend 500 steps at the Christian via Petrina, and explore the Canale delle Menghe. Visit the Saracen tower of "Omo Morto" and Grotta Porcinara, and hear legends of its ancient pirates and fishermen. End your hike with a refreshing swim in Gallipoli's Green Bay. Enjoy a free night on your own in Gallipoli.

**Accommodation:** Hotel Palazzo del Corso, Gallipoli Relais Corte Palmieri, Gallipoli

**Activity:** 4-5 hours/7 miles hiking with marginal elevation gain

**Meals:** B, L

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## DAY 7

### EXPLORE GALLIPOLI AND RAVINES OF GROTTAGLIE

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Today we drive north of Gallipoli to Grottaglie. The name Grottaglie comes from the Greek kriptalus, which means grotto. The presence of an extensive ravine system (a Karstic phenomenon) and the quality of the terrain (tufa), made possible the construction of grottos where, for centuries, people used to live and find protection when invaded by enemies. The rupestrian settlement of the quarries of Fantiano was one of the most important communities of Grottaglie during middle Ages. We visit the Ravine of Fantiano surrounded by a pine forest of Aleppo pines and thick Mediterranean scrub. Enjoy a picnic inside a natural amphitheater created by the quarries, before returning to Gallipoli where we will conclude our trip with a special event: a farewell dinner at Chez Zia Marcella, a local lady who will prepare an unforgettable fish dinner for us in her home — the perfect ending to this magical week!

**Accommodation:** Hotel Palazzo del Corso, Gallipoli Relais Corte Palmieri, Gallipoli

**Activity:** 2 hours/2 miles hiking with marginal elevation gain

**Meals:** B, L, D

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## DAY 8

### RETURN TO BRINDISI

After breakfast, board your van for a transfer back to the Brindisi airport, and bid arrivederci to Puglia.

**Meals:** B

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## Dates

Apr 15 - 22, 2023

Sep 16 - 23, 2023

Oct 7 - 14, 2023

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

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## Inclusions & Exclusions

### PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

### PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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## ► The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

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### Awards



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