



UNFORGETTABLE APULIA

ART, HISTORY, MUSIC, COLOURS, TRADITIONS, FOOD, AND LANDSCAPES!

DAY 1 – BARI OR BRINDISI AIRPORT / CASTEL DEL MONTE, TRANI AND BARI

Castel del Monte: Discover the beauty and the wonders of the medieval Castle “Castel del Monte” in Andria, *Apulia*, declared World Heritage by Unesco in 1996.

Trani is a very attractive seaside town with a fishing harbor and a cathedral poised above the sea.

Old Bari: Bari's historic nucleus is on a headland reaching into the Adriatic Sea. Between the heart of the Old Town and the sea is Bari's most famous church, the Romanesque Basilica di San Nicola. On the other side of the church is a pleasant walkway along the old town walls with views over a road to the sea. Bari's other great church is the Cattedrale di San Sabino. Close by is the Castello Svevo, an imposing fortress by the sea . Dotted through the alleys of the Old Town are many other churches, chapels and ruins that deserve an exploration.



DAY 2 – CASTELLANA GROTTUES & THE TRULLI OF ALBEROBELLO

Castellana Grottoes: The view that can be enjoyed during a walk through this caves is amazing: stalactites, stalagmites, little lakes, ending in the "white cave" a stunning huge, shiny and scenic room formed only of white stalactites. The "white cave" is considered by most of the experts to be

the best in the world.

Alberobello is undoubtedly the Capital of the *Trulli*: its historic center is integrally constituted by these rather particular white, pyramidal structures that make it so famous and identifiable.

The best way to experience Alberobello is getting lost in the cluster of white, dry stone huts, unique in the world.



DAY 3 – CISTERNINO, LOCOROTONDO (WITH WINE TASTING) & OSTUNI

Locorotondo: Half way between Alberobello and Martina Franca, in the part of Puglia known by the name of Murgia, you will see Locorotondo appear on the horizon like a white cathedral dominating the Itria Valley and speckled with Trulli, the typical dwelling of Murgia.

Cisternino: The ancient village offers a marvelous view over white washed houses, courtyards, balconies and narrow paved streets surrounded by fertile valleys.

Ostuni: Only a few kilometers from the beautiful Adriatic coast, on top of a solitary hill, is where you can visit Ostuni, known as the White City.



DAY 4 – THE COASTAL WAY FROM SANTA MARIA DI LEUCA TO OTRANTO

The south coast is surely the most striking and characteristic part of the coast of Salento, linking the city of Otranto, Santa Cesarea Terme, Castro Marina and then down to Santa Maria di Leuca.

It is composed of a long stretch of cliffs that slope down to the sea and snake along the coast, in some places it's hundreds of feet above the sea and at regular intervals there are crumbling old watchtowers.



DAY 5 – LECCE, PUGLIA'S BAROQUE JEWEL

The stunning city of Lecce has no dearth of things to see and do, so you will leave all your tensions behind.

Once you will travel to the City, you will be captivated by the numerous historical and architectural attractions. Have some free time, and don't forget to end up your day with an excellent selection of local dishes, or maybe join a cooking class and do your own one!



DAY 6 – THE LAST TOUR DAY IS DEDICATED TO THE “TARANTA”

What does *Taranta* mean? The dance's name comes from the tarantula spider. According to the popular belief, *Tarantismo* is considered an hysterical phenomenon caused by the spiders' bite with convulsions and a confused physiological condition. It was believed that victims needed to engage in frenzied dancing to very rhythmic and fast music, in order to prevent death from the delirium caused by the spider's bite.

Galatina is the city where this tradition started; in fact the church of San Paolo was the place where people bitten by the spider went to drink holy water from a well situated behind the church.

Nowadays many different orchestras and cultural associations recall this dance, even if it has a deeply different meaning than the original one. Tradition, mythology, ethnology, religion and psychiatry have interwoven and merged in an amazing festival that takes place at the end of August in **Melpignano**. After visiting a Tambourine workshop, you will enjoy a dinner in a traditional “Masseria” followed by an unforgettable experience: dancing the “Taranta” with a great

local band.



DAY 7 – DEPARTURE FROM BARI OR BRINDISI AIRPORT
