

PUGLIA 7 NIGHT GOURMET TOUR

ITINERARY:

Bari - Alberobello - Conversano - Polignano a Mare -
Ostuni - Lecce - Otranto - Gallipoli



PUGLIA is a land embraced by two seas with miles of coastline, dreamy beaches, rocks, churches, Baroque palaces, breathtaking views, olive trees, white villages perched on cliffs, and much more including music, nightlife, genuine food, great extra virgin olive oil and huge wines.

Our tour will let you discover the beauties of both coast, from Bari to Salento.



PANE DI ALTAMURA



CANESTRATO CHEESE



ORECCHIETTE CON LE
CIME DI RAPA



PASTICCIOTTO



SALICE SALENTINO WINE



PRIMITIVO DI MANDURIA
WINE



EXTRA VIRGIN
OLIVE OIL



FRISELLE



PUGLIA - ANCIENT OLIVE TREES



ALBEROBELLO



CONVERSANO - CASTLE



COOKERY CLASS



POLIGNANO A MARE



OSTUNI - WHITE CITY



GOURMET LUNCH IN A TRADITIONAL MASSERIA

PUGLIA 7 NIGHT GOURMET TOUR

7 nights/8 days

Overnights in:
OSTUNI for 3 nights
LECCE for 4 nights

SERVICES INCLUDED & HIGHLIGHTS:

7 night accommodation in 4 star hotels with breakfast - 7 dinners - 1 gourmet lunch in traditional masseria - 3 cellar tours with food and wine tasting - 1 cookery class with lunch. Guided tours of Alberobello, Conversano, Polignano a Mare, Ostuni, Lecce, Otranto and Gallipoli.

DAY 1: BARI TO OSTUNI 85KM

Arrival in Bari airport and transfer to hotel in Ostuni.
Dinner and overnight stay.

DAY 2: EXCURSION TO ALBEROBELLO

Breakfast in hotel and departure for a guided tour of Alberobello with its famous trulli - stone conical houses which are part of the Unesco heritage. Visit to a local winery with its natural cellar for a food and wine tasting. Back to the hotel for dinner and overnight stay.

DAY 3: EXCURSION TO CONVERSANO, POLIGNANO A MARE & COOKERY CLASS

Breakfast in hotel.
Guided tour of Conversano with its legendary castle, cathedral, monastery and city walls.
Cookery class on how to prepare the traditional dishes from Puglia with lunch. In the evening we will explore Polignano a Mare, a village built on cliff edges, with terraces directly over the sea. Back to the hotel for dinner and overnight stay.

DAY 4: OSTUNI TO LECCE 75KM

Breakfast in hotel.
In the morning enjoy a guided tour of Ostuni, called "white city" for its whitewashed houses on top of a hill. Stroll through the old town with beautiful views over the valley and the coast from the panoramic terrace. Enjoy a gourmet lunch in a traditional masseria near Ostuni and taste their organic and zero-kilometre produce. Transfer to Lecce, accommodation in hotel, dinner and overnight stay.

DAY 5: LECCE

Breakfast in hotel.
Full day dedicated to discover Lecce, called the Florence of the South and capital of Puglia's Baroque. Guided tour of the historical city with its buildings with fine decorations.
Visit the paper-mache artisan shop and taste local food.
We will then visit a renowned winery to taste Salento wines.
Back to the hotel for dinner and overnight stay.

DAY 6: EXCURSION TO OTRANTO

Breakfast in hotel.
Departure to Otranto and walk through the beautiful old town where the castle dominates and craft shops are open until late.
In the heart of the old town stands St. Peter's Basilica, the most important example of Byzantine art in Puglia and the Cathedral with different styles perfectly mixed together.
Enjoy a drink in one of the restaurants facing the sea.
Back to the hotel for dinner and overnight stay.

DAY 7: EXCURSION TO GALLIPOLI

Breakfast in hotel.
Guided tour of beautiful Gallipoli through the alleys, courtyards and the Baroque architecture of the old town stretching to the sea.
Enjoy the scenic drive along the Ionian coast from Gallipoli to Porto Cesareo.
Arrival in Leverano for a visit and wine tasting in the local winery.
Back to Lecce for dinner and overnight stay.

DAY 8: LECCE TO BARI 150KM

Breakfast in hotel and departure to Bari airport.



LECCE



FOOD & WINE TASTING



OTRANTO



IONIAN COAST - PORTO CESAREO

A beautiful olive tree and an old Fiat 500, the perfect set for a picture.



Not to be missed



TARANTA NIGHT

TARANTA NIGHT IN SALENTO

Every August, one of the greatest Italian festivals takes place in Salento. It is a unique and magical event dominated by the pizzica, the traditional Salento music and dance. All towns of the Grecia Salentina are involved with concerts and events leading up to the impressive final night concert in Melpignano.



WATER MELON BY THE SEA

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Along the streets in most of the Puglia villages you find vans selling big, juicy water melons. During the summer, buy a whole one, find a panoramic place by the sea, open it, slice it, and enjoy the delicious refreshing fruit.

WATCHING THE MOVIE "MINE VAGANTI" LOOSE CANNONS

This is a must-watch movie before your tour of Puglia, a fun comedy that celebrates the beauty of Lecce and the whole Salento area. Ferzan Ozpetek the director said in an interview "I chose Lecce because the first time I visited this city I fell in love with it. There is a marvellous atmosphere in Lecce, which comes from the beauty of its architecture, the surrounding landscape and the excellent food; a mixture of things that made me want to set one of my films there. The result was stupendous, and we received an extraordinary welcome. Places can be beautiful, but without the right people it's not the same and the Apulian people have conquered me."



LOOSE CANNONS

Our Friends



SABRINA BARBANTE WRITER

When she came to Dublin, to the Restaurant Pinocchio, to present her book, she captured all of us and the city too. "Faintly Falling" is the second novel from this Italian writer.

Its Sun, its sea, its wind, they're all so well-known.

But Salento is so much more than this.

The sun, as it sets, stretches the dancing women shadows

(you'll really find women dancing in the streets on summer nights).

The sea leans on soft beaches, well-equipped if needed, or wild and pure.

The sea holds on rough and strong rocks,

as well as people from this rough and strong land.

The Wind is there to let centuries-old olive trees dance.

New bushes born from dying trees. Olive trees can teach us a lot, if we look at them.

I'll be waiting for you in Salento.

*Just
FOR YOU!*

Book your holiday with us and get 30% OFF
OUR WINES FROM PUGLIA.

Pomodori arraganati al granchio

Crab and tomato gratin.



SERVES 6 PEOPLE

INGREDIENTS:

6 vine tomatoes

Chopped flat leaf parsley

100g breadcrumbs

250g Irish crab meat

½ glass of fish broth

1 lemon

Extra virgin olive oil

Salt and black pepper

METHOD:

Slice the tops off the tomatoes. Save the tops. Scoop out the pulp and seeds of the tomatoes, being careful not to break the shells.

Sprinkle the inside with a pinch of salt and place upside-down on a paper towel to let the water out.

Cook the whole crab in boiling water for 15 minutes.

Remove the crab claws from the body and crack the crab shell. Take out the white crab meat only.

In a bowl mix well breadcrumbs with the crab meat, add lemon zest, parsley and a drizzle of extra virgin olive oil.

Add the fish broth to soften the mixture.

Fill each tomato with the mixture and place them in a lightly-oiled baking dish.

Sprinkle with a pinch of black pepper and a drizzle of extra virgin olive oil.

Cover with the tomato top and cook in the oven for about 20 minutes until they are tender, but still holding their shapes.

