Authentic Puglia: From Valley to Coast



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Italy	3 & 4	731kg CO2

HOLIDAY OVERVIEW

The heel in Italy's boot, Puglia is the beautiful southern region made for walking. Explore glorious landscapes covered with ancient olive groves, coastal dunes, and hilltop hermitages, and spend evenings sipping wines that pair perfectly with traditional Pugliese cuisine. Highlights include Alberobello's historic dome-roofed houses, walking in Coastal Dunes Regional Park, where megalithic burial tombs known as dolmens dot the landscape and through Pianelle Wood, home to wild boars, honey buzzards, kestrels and more.

WHAT YOU'LL LOVE

- Exploring the stunning Puglia region on foot
- Walking through the rolling landscapes of national parks
- Visiting ancient towns steeped in history
- Admiring whitewashed 'Trulli' houses in UNESCO-listed Alberobello
- Discovering diverse habitats and wild flora and fauna
- Viewing stunning examples of aqueduct engineering

WHAT'S INCLUDED

- Return flights from London Gatwick, included baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Alberobello
- 7 breakfasts & 7 dinners
- All in-destination transport

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Arrive in Alberobello and transfer to your hotel.

Day 2 **Noci countryside**

From wheat fields to dry stone walls, this walk through the lush Noci countryside takes in the Barsento church, an important example of Romanesque rock architecture typical of the 11th-12th centuries. The church stands on a promontory for good views of the surrounding area characterised by ancient oak forests and trulli, emerging from the stretches of green.

Option 1 - From Noci countryside to Alberobello town

Distance: 6, 96 miles (11.2km)
Ascent: 345 feet (105m)
Descent: 367 feet (112m)

We follow the route of the Option 1 walk with a further extension into this beautiful rural setting, eventually reaching the centre of Alberobello on foot.

Option 2 - Noci countryside and town

Distance: 3,67 miles (5.9 km)
Ascent: 187 feet (57 m)
Descent: 256 feet (78 m)

Beginning at Barsento Church this walk explores the Noci countryside with its beautiful landscapes, historic buildings and walnut cultivation. The name Noci itself means walnut in Italian. This countryside offers glimpses into the rich history of the Apulia region. At the end of the walk option we take a short bus transfer into Noci town known for its unique 'gnostre' architecture – a network of small, enclosed courtyards.

Day 3 **The Pirro Canal and the Apulian Aqueduct Route**

Today we'll visit the Pirro Canal and see the Apulian Aqueduct, a great work of hydraulic engineering dating back to the early 20th century. We will transfer by bus to Selva di Fasano, where both walk options will commence. Both options will start together, and after a short, shared section, the groups will split and follow their respective itineraries.

Option 1 - Pirro Canal and Apulian Aqueduct

Distance: 5.3 miles (8.6km)

Ascent: 364 feet (111m)

Descent: 695 feet (221m)

Starting from the lush woods of the Selva di Fasano, the walk leads gently downhill into the rural heart of the Canale di Pirro. This peaceful and fertile valley, surrounded by forested slopes and traditional dry-stone walls, offers a tranquil atmosphere and authentic Apulian countryside charm. The walk continues through olive groves and orchards until reaching the imposing Ponte dell'Acquedotto Pugliese – a majestic stone bridge that is part of one of Europe's longest aqueducts. At the end of the walk, the group will board the bus and have a short transfer to the restaurant where you can select lunch and refreshments

Option 2 - Selva di Fasano to Via dell'Acquedotto Pugliese

Distance: 7 miles (11.4km)

Ascent: 413 feet (126m)

Descent: 770 feet (235m)

This route follows a longer trail, staying higher up on the rolling hills of the Selva di Fasano before descending gradually into the Canale di Pirro. Along the way, walkers will enjoy sweeping views across the valley and the patchwork of farmland below. The trail leads to the Aqueduct Bridge, offering a close-up view of this impressive feat of early 20th-century engineering. After the walk, the group will be picked up by the bus and meet up with the other group for the return to the hotel.

Day 4 **Exploring the Coast Dune Park**

Today we'll visit the Regional Natural Park of Coastal Dunes, which stretches from the inland areas to the coast. From ancient olive groves to coastal dunes adorned with distinct plant life including magnificent juniper specimens, this natural expanse boasts many diverse habitats. Both walks end on a golden sandy beach washed by crystal-clear waters.

Option 1 - From the Dolmen of Montalbano to Lido Morelli beach

Distance: 4.35 miles (7 km)
Ascent: 36 feet (11 m)
Descent: 256 feet (78 m)

The walk begins at a small and evocative archaeological site: The Dolmen of Montalbano, a prehistoric megalithic tomb dating back to the Bronze Age. From here, we'll head towards the dunes along a broad gravel path. Our walk culminates at a place called Lido Morelli, a beach that still shows evidence of ancient infrastructure once used for sustainable fishing and aquaculture practices. This route will give us the chance to spend more time on the beach, relaxing in the water or simply chatting and enjoying our packed lunch with our eyes fixed on the blue horizon.

Option 2 - Through Lama Cornola and Lama Morelli to Lido Morelli Beach

Distance: 5.8 miles (9.3km)
Ascent: 174 feet (53 m)
Descent: 200 feet (61 m)

This longer hike crosses similar rural landscapes but extends the route to explore both Lama Cornola and Lama Morelli—two shallow canyons typical of the area. Lama Cornola is home to an authentic rupestrian village, a remarkable example of an Apulian cave settlement. The rock- bound vegetation here shelters birds of prey, while crevices and caves preserve traces of ancient human habitation. Continuing through Lama Morelli, we move closer to the coast, where the path opens onto Lido Morelli beach, the end point of this scenic and immersive walk.

Day 5 **Free Day**

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest. Options include:

Alberobello: The unique Trulli buildings here have been designated as a UNESCO World Heritage Site since 1996. The Trulli area of Rione Aia Piccola is just a 10-minute walk from the hotel.

Locorotondo: A lovely, less touristy town to explore. With its whitewashed houses, narrow streets, and distinctive circular layout, it's known locally as "Round Place". It is around a 25-minute bus ride from Alberobello.

Martina Franca: Founded in the 10th century, this town is renowned for its stunning Baroque architecture. It takes around 40 minutes by bus from Alberobello.

Day 6 **The hills of Ostuni and the hidden hermitages**

Today we'll visit the hills of Ostuni and its fascinating sites of cultural importance like the ancient underground oil mills. Both walks will start from the archaeological site of Santa Maria di Agnano. If it is open, we can visit the site before we begin our walks. (ticket at own expense). The skeletal remains of an ancient female, known as the "Woman of Ostuni," were discovered in a cave at this site. The fossilised skeleton is estimated to be over 26,000 years old.

Option 1 - Olive trees and Santa Maria di Agnano

Distance: 3.9 miles (7.2km)
Ascent: 138 feet (42m)

Descent: 341 feet (104m)

Today's route is almost entirely flat, running along the foot of the hills through centuries-old olive groves and typical Mediterranean flora featuring mastic trees, rosemary and cistus. Along the way, we'll enjoy panoramic views of the vast Olive Tree Plain, with the Adriatic Sea shimmering in the background. At the end of the walk, the group will be transferred by bus to Ostuni, where they will wait for the return of those who have chosen the longer route.

Option 2 - Santa Maria di Agnano and the hidden hermitages

Distance: 6 miles (10km)
Ascent: 977 feet (298m)

Descent: 977 feet (298m)

Our route is a loop, beginning and ending in front of the archaeological site of Santa Maria di Agnano. The trail leads us into the green hills of Ostuni, once a place of hermitage and spiritual retreat. These slopes are now covered with oak trees, whose broad canopies provide refreshing shade along the way.

Day 7 **Pianelle Wood**

Today we'll visit the Pianelle Wood. Spanning approximately 600 hectares, the Bosco delle Pianelle teems with diverse wildlife including toads, geckos, turtles and a variety of snakes. In recent years, the return of wolves to the most remote corners of the forest has added to the wood's reputation as a wildlife refuge and nature reserve, created to help protect natural biodiversity. Both walk options start from Pianelle Visitors' centre.

Option 1 - Bosco delle Pianelle 1

Distance: 5 miles (8km)

Ascent: 387 feet (118m)

Descent: 387 feet (118m)

Our walk starts from Pianelle Visitor Centre and takes us through the Bosco delle Pianelle's oak trees, with the Mediterranean scrubland below. At the end of the walk, we can eat our lunch at the Nature Park Visitor Centre.

Option 2 - Bosco delle Pianelle 2

Distance: 7.5 miles (12km)

Ascent: 748 feet (228m)

Descent: 748 feet (228m)

Our longer walk option also begins at Pianelle Visitor Centre and takes us on a longer route through the Bosco delle Pianelle oak trees, with the Mediterranean scrubland below. At the end of the walk, we can eat our lunch at the Nature Park Visitor Centre.

Day 8 **Departure Day**

Depart Alberobello. We hope to see you again soon.

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.

ACCOMMODATION

Hotel Colle del Sole

Hotel Colle del Sole, opened in 1982 by the De Carlo family, is located just 500m from the two Trulli areas known as "Aia Piccola" and "Rione Monti" which, since 1996, have been recognised as UNESCO World Heritage Sites. Rooms are furnished in a modern style, and guests can enjoy the bar and in-house restaurant "Sciarabà", plus the large garden and outdoor pool. The hotel is in a semi-central area and is well connected to the city centre.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Useful information

Please ensure you have around 30 euros cash per person each day as cash is still widely used in Puglia.
Please ensure you bring mosquito repellent.

Language Information for Puglia and Sorrento

The language of Puglia is Italian.

Telephone Code for Puglia and Sorrento

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.
To dial a UK number 0044
To dial an Italian number 0039

LOCAL CURRENCY

The local currency is the Euro (€)

ELECTRICITY

Electricity information for Puglia and Sorrento

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM AVAILABILITY

ATM availability for Puglia and Sorrento

There are several ATM machines in Altamura and several ATM machines in Sorrento where you can obtain money.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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