

Puglia Cooking and Walking

Destination: Italy
Trip code: PULGC



HOLIDAY OVERVIEW

Based in the historic Puglian town of Altamura we'll learn to cook delicious, authentic local dishes using hand-picked and locally sourced ingredients. We'll cover a range of courses from antipasti and main courses to desserts and also visit a bakery and cheese farm to see how these regional specialities are made. We will also have the opportunity to explore the labyrinthine underground tunnels of Gravina and spend a full day in UNESCO-listed Matera. Here you'll explore its network of alleyways and staircases which wind past 'Sassi' cave dwellings, hewn from the cliffs. Easy walks give the opportunity to see more of the local area.

WHAT'S INCLUDED

- Comfortable en-suite accommodation
- 7 Breakfasts 5 evening meals and 3 lunches
- The services of an experienced HF Holidays Walking Leader
- Four Cooking lessons
- Guided tours of Matera and Gravina with Local Guide
- All essential transport and entrance fees
- 'With flight' holidays include return flights from the UK and hotel transfers

HOLIDAYS HIGHLIGHTS

- Learn to cook authentic local dishes at a cookery school using locally-sourced produce
- Explore Gravina's underground world of tunnels, cellars, granaries and 17th century ovens
- Learn about Apulian Cheese production and enjoy a typical farmer's lunch
- Discover Matera's cave-dwelling district and its fascinating history

ITINERARY

Day 1: Arrival Day

Upon arrival at Bari Airport, you will be met and transferred to your hotel where there will be time to settle in and meet your Tour Manager and fellow guests before dinner.

Day 2: Bread & Pizza In Altamura

Distance: 6½ miles (10½km)

Total ascent and descent: 600 feet (180m)

In summary: Today is a day of bread and pizza! In the Morning, we shall walk to the Altamura Archaeological Museum before enjoying some free time for Lunch. We'll visit the local bakery where we can see how the area's unique Altamura bread is produced, followed by a hands-on cooking lesson. Our cookery session will be followed by a tasty pizza dinner at Tre Archi.

Day 3: Antipasti & Gravina

Distance: 3 miles (5km)

Total ascent: 400 feet (120m)

Total descent: 500 feet (150m)

In summary: This morning, we shall pay a visit to Mina's Vegetable Garden to gather produce to create vegetable antipasti and side dishes during our cookery lesson today. We'll follow this up with lunch and an afternoon walk into the town of Gravina, taking the route over the aqueduct for dramatic views of the town and valley. In Gravina, we'll explore its hidden world of tunnels, cellars, stone churches and granaries before taking the train back to Altamura.

Day 4: Matera

Distance, ascent and descent: Negligible

In summary: A walking tour of Matera awaits us today. Our local guide will explain the history of this fascinating town, most famous for its extensive cave-dwelling districts. In the afternoon, there will be some free time to explore more at your own pace and soak up the atmosphere.

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. Some options for your free day may include:

Altamura: You may like to explore the historic town of Altamura, with its spectacular cathedral, archaeological museum (which includes an exhibition about Altamura Man - a Neanderthal whose remains were found embedded in stalagmites in a nearby cave), market, shops and ancient walls.

Bari: Easily reached by public transport, this old town and port contains many buildings of historical interest. Puglia's capital contains many churches but the most well known is the 11th century Romanesque Basilica de San Nicola, dedicated to St Nicholas, also known as Santa Claus. There are also many art galleries and, more recently, the futuristic football stadium was a venue for the 1990 World Cup.

Day 6: Desserts Galore & Local Exploration

Distance: 6 miles (9½km)

Total ascent and descent: 500 feet (150m)

In summary: Today's cookery lesson tackles desserts – good news for anyone with a sweet tooth! Afterwards, we'll enjoy lunch together at Tre Archi before heading out on our afternoon walk to explore the local area.

Day 7: Cheese Making & Italian Mains

Distance: 5 miles (8km)

Total ascent: 200 feet (60m)

Total descent: 300 feet (90m)

In summary: On our final day together begins with an 8km walk to the cheese farm at Masseria Scalera, where we'll learn about Apulian cheese production and enjoy a typical farmers' lunch together before getting ready for our last cookery lesson. Today we'll get hands-on with Italian main courses and then settle in for a farewell dinner to celebrate our week.

Day 8: Departure Day

Depart after a leisurely breakfast.

ACCOMMODATION

Hotel San Nicola - Puglia

The 4-star Hotel San Nicola is located in the heart of the old town of Altamura just 150 metres from Federico's Cathedral. A former palace built in 1741 as the residence of the Cagnazzi family, the hotel has 24 comfortable bedrooms, 24 hour reception, bar and restaurant and free Wi-Fi throughout. Take the opportunity to sample the local Focaccia de Altamura from a nearby bakery which has been producing bread since 1421.

Accommodation Info

Rooms

There are 24 modern en-suite bedrooms.

All bedrooms are equipped with a:

- Phone
- Air conditioning
- Flat screen
- TV
- Minibar
- Complimentary toiletries
- Hairdryer

Facilities

The hotel has:

- 24-hour reception
- Room service
- Laundry
- Ironing and dry cleaning service (extra charge)

Food & Drink

Holidays at Altamura are Half Board with continental breakfast and evening meals at two of Altamura's restaurants.

Breakfast

Continental buffet breakfast: this is served from 7am in the courtyard dining room. This will include cereals, fruit juices, yoghurt, fresh fruit, cheeses/meats, selection of breads and croissants, jams, tea and coffee.

Lunch (Payable Locally)

Packed lunches can be bought from the local shops a few minutes from the hotel and can also be purchased from the hotel.

Evening Meal

One of the highlights of this holiday is that our guests dine out in Altamura at a local restaurant that serves local dishes and specialities. A 3-course dinner will be served at the Tre Archi Restaurant every evening except on Saturdays and Wednesdays when we will be dining at the newly refurbished restaurant at Hotel San Nicola.

This restaurant is within easy walking distance of our hotel and guests can experience the "passiagata", an Italian tradition where the locals with their families and friends walk out in the evening socialising, and take in this unique atmosphere.

Your Evenings

The friendly atmosphere of our holidays continues into the evening.

Most of our socialising at Altamura is over a relaxed meal, opportunity to talk about your day with your fellow guests and sample some local wines and dishes. See the town come alive in the evening with all the local families walking out, treating their children to ice creams and just sitting over a coffee.

TRAVEL DETAILS

THE HASSLE FREE OPTION

Book your holiday 'with flight' from Gatwick to Bari airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 1 hour to the Hotel San Nicola.

Our hotel is based within the historic walled old town of Altamura, as buses are unable to access this area you will be dropped off just outside in the Piazza Unita and enter the town on foot via the archway, Porta Bari. Here

you will get your first glimpse of this fascinating town on the short walk to the hotel San Nicola.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

- We can book you a seat on the **HF Holidays' transfer coach** from Bari airport. This is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £21.50
- Why not let us book you a **private taxi transfer** at a cost of £110 per single taxi journey?

Transfers must be pre-booked. Please call 020 8732 1220 for more details

* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach

USEFUL HOLIDAY INFORMATION

Essential Information

Suitable, comfortable footwear for rough, wet or uneven terrain

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name.

Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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