

# Puglia Food & Hike

**Tour Style:** European walking holidays

**Destination:** Italy

**Trip code:** PULFH

**Trip Walking Grade:** 3



## HOLIDAY OVERVIEW

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For a taste of authentic Italian living, this holiday serves up a feast of food and walking experiences. Not only will you learn how to create classic Italian dishes courtesy of a cooking class, but you'll also visit a traditional bakery and a cheese farm to see how local bread and mozzarella cheese are made. Further highlights include guided tours of gorgeous Gravina and Castel del Monte, plus a full day in UNESCO-listed Matera to discover its network of alleyways, staircases, and series of Sassi cave dwellings.

## WHAT'S INCLUDED

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- Return flights from London Gatwick, including baggage and transfers
- Guided walks with local leaders
- HF Holidays Tour Manager
- 7 nights' accommodation in Matera
- 7 breakfasts, 2 lunches & 6 dinners
- One cookery lesson and three food demonstrations
- Tours of Matera, Castel del Monte, and Gravina

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## HOLIDAY HIGHLIGHTS

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- Staying on the edge of the UNESCO World Heritage Site of Matera
- Learning about traditional dishes with local producers and artisans
- A cooking lesson in a typical Italian Dimora in Altamura
- Exploring Gravina's alleys, palaces, and Romanesque churches
- Walking in the Alta Murgia National Park
- Learning how local bread, panzerotto, and mozzarella cheese are made
- A more personalised experience thanks to small group sizes (maximum 16 people)

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## ITINERARY

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### Day 1: Arrival Day

Arrive in Italy and transfer to your hotel.

### Day 2: Pulo Di Altamura And Cooking Class

**Distance:** 3.4 miles (5.5km)

**Total ascent:** 311 feet (95m)

**Total descent:** 219 feet (67m)

Today we'll walk around the Pulo di Altamura, one of the largest sinkholes in Southern Italy. There'll be a guided visit explaining the archaeological finds in the area and the geology, cultural and historical significance of the sinkhole. After time to freshen up at the hotel, we'll transfer to a typical Italian Dimora in Altamura for a cooking lesson and dinner.

### Day 3: Castel Del Monte, Panzerotti Making And Gravina

This morning we'll visit the UNESCO World Heritage Site of Castel del Monte for a guided tour. The famous octagonal castle, which is a symbol of Puglia, was built at the request of Emperor Frederick II.

Later, there'll be a panzerotti making lesson, where you'll learn how to make this typical Apulian snack of fried dough stuffed with tomato and mozzarella.

We'll round off the day with a guided tour of Gravina di Puglia. Stroll among narrow alleys, ancient palaces, and marvellous Romanesque churches, finishing at the aqueduct bridge that spans the ravine overlooking the city for breathtaking views.

### Day 4: Walking In The Scoparella Woods And Wine Tasting

**Distance:** 4.4 miles (7.2km)

**Total Ascent:** 157 feet (48m)

**Total Descent:** 492 feet (150m)

The Scoparella woods is one of the largest wooded areas in the Alta Murgia, north of Bari. The forest, characterised by the presence of oak trees, owes its name to the broom, which covers the undergrowth, with which brooms were actually created. Among the colours and scents of rosehip, hawthorn, asphodels, asparagus, and numerous medicinal plants, our hiking trail will lead us to the ancient Jazzo del Demonio, a farm that inspired a story of sheep, shepherds and demons that became a legend. In the afternoon, we'll visit a local winery for a wine tasting experience.

## Day 5: Free Day

Each week there's 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:

**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, who is also known as Santa!

## Day 6: Bread Making And The Sassi Of Matera

Starting the day with a visit to an historic bakery in Matera, we'll find out how the famous and delicious Altamura bread with Protected Designation of Origin (DOP) is produced.

There'll also be a guided tour of Matera itself, a UNESCO World Heritage Site since 1993. A local expert will guide us through the two historic districts characterised by scenic alleys and cave houses, inhabited until the 1950s. The afternoon is free for you to explore independently.

## Day 7: Murgia Plateau Walk And Mozzarella Making

**Distance:** 8 miles (12.8km)

**Total Ascent:** 646 feet (197m)

**Total Descent:** 459 feet (140m)

Setting off along a forest canyon, we'll arrive at a panoramic trail on the Murgia Plateau that runs along the edge of the karst step overlooking the Bradano Valley which divides Puglia from the mountains of Basilicata. After lunch in a typical Masseria we'll attend a mozzarella lesson with an expert cheese maker.

## Day 8: Departure Day

Depart Matera after breakfast. With flight guests will transfer to the airport for their return flight home.

## ACCOMMODATION

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### Hotel Nazionale

This modern hotel situated in the heart of Matera is just a short 20-minute walk from the Sassi di Matera cave dwellings. Guests are assured of a comfortable stay in spacious, well-lit rooms and can unwind after a day of exploring in the elegant bar or outdoor terrace.

## USEFUL HOLIDAY INFORMATION

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### Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports\* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email [reservations@hfholidays.co.uk](mailto:reservations@hfholidays.co.uk)

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

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airport and hotel.

## Joining Instructions (Without Flights)

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

### Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

### Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

\*Subject to availability

## Essential Information

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)
- 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

## 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, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

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

### Local Currency

The local currency is the Euro (€)

## 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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