

# HIKING IN APULIA, FROM ALBEROBELLO TO GARGANO

The region of Puglia, nicknamed the gateway to the East, is a fascinating land which was born thanks to a mixture of civilizations and cultures. The entire history of the Apulia region is marked by crossings, invasions and successive conquests which forged its identity today. This trip begins in Bari, and we discover the region of Alberobello, classified as a UNESCO World Heritage site thanks to its famous 'trulli'. Then we leave to explore the Apulian wilderness. In the heart of Gargano National Park, we hike from village to village between forests and hills that smell like olive and fig trees. We follow the pilgrim path from Monte Sacro to Monte Sant'Angelo ... Our immersion would not be complete without meeting local people and learning about their rustic traditions. We are warmly welcomed to stay on local farms where we have the chance to taste the best local dishes and regional products.

 Region	The Apulia Region
 Activity	Hiking & Trekking
 Duration	7 days
 Group	5 to 15 people
 Code	BIPOUIL
 Price	From €890
 Level	3/5
 Comfort	4/5
 Language(s)	English / French

# ITINERARY

## Day 1 Welcome to Bari



Depending on your arrival time, after you check-in to the hotel, you can visit the historic center of Bari at leisure. Stroll through the cobbled streets and discover architectural beauties like the Basilica of San Nicola, the Cathedral of Santa Sabine and the Petruzzeli Theatre, the fourth largest Italian theatre. For those who arrive early today, we will provide a little guidebook to the city (to print at home). Today you meet your guide and group at

the hotel for an official welcome and briefing about your programme for the week. Dinner and overnight at the hotel.

*Airport to the hotel: 25 minutes by train or taxi*

*Accommodation: Hotel*

*Meals not included*

## Day 2 Alberobello - Route pour le Gargano



After breakfast we journey to Alberobello, the village of 'trulli'. These small constructions with conical roofs served as temporary or permanent housing for workers. Alberobello is a recognised World Heritage of Humanity site thanks to the respect maintained for the originality of the buildings here. After a delicious lunch featuring local specialties, we leave for the Gargano National Park

*Private transfer from Bari to Alberobello: 1 hour*

*Private transfer from Alberobello to Gargano: 3 hours*

*Accommodation: Hotel 3\**

## Day 3 Vieste - Masseria Sgarazza



Enjoy some free time to visit Vieste, the pearl of Gargano. This village is one of the most beautiful in the region; the narrow streets are an ideal place for a passeggiata or stroll. Built out of bright white limestone, Vieste has beautiful white sand beaches and is a gateway to Gargano National Park. Visit the famous Pizzomunno, an impressive monolith which stands on the beach. According to legend, it is the petrified body of a young fisherman who turned to

stone because of the pain caused by losing the love his life. From Vieste, we go for a 3 day hike. We walk in the hills, surrounded by vineyards, olive groves and fig trees. In the evenings, we stay in a masseria, a local family-run farm where we discover the excellent products...

*4 hours of hiking*

*Elevation: +550 / -200*

*Accommodation: Farmhouse*

📍 **Day 4 Masseria Sgarazza - Umbra Forest - Baia delle Zagare**



Today we will continue our trip in the hill of Gargano, crossing green pasture where we can see the Padolica cow, well known for the caccio cavalo cheese.

Then, we will continue our journey through the Foresta Umbra, a natural reserve protected from the peninsula.

As we arrived near the seaside, we can admire the paradisiac coves, overhung by this blinding white cliff.

A day discovering varied landscapes of Gargano

promontory.

Housing in a lovely accommodation

*5h of hiking*

*Elevation: +500m / -500m*

*Accommodation: Seaside BnB*

📍 **Day 5 Monte Sant'Angelo - Panoramic path**



Today we will discover Monte Sant'Angelo, an immaculate white village and also the highest village of Gargano, perched at an altitude of 800m.

It is via the most antic path of Gargano, going through the sanctuary of San Michele, the oldest sanctuary of West Europe inscribed on UNESCO's World Heritage list, that we will reach this beautiful village.

It is a very representative path of the Gargano landscape,

completely immersed in nature.

Return to Mattinata by public bus

Free time for a walk in the village or a swim at the beach

*4h30 of hiking*

*Elevation: +500m / -500m*

*Transfer by private bus from Monte Sant'Angelo to Mattinata*

*Accommodation: Seaside BnB*

📍 Day 6 **Monte Saraceno - Transfert Bari**



From our accommodation, we begin a beautiful coastal walk along an old path. Today we discover a Daunian necropolis from XI century BC, it is found on Monte Saraceno overlooking the sea. Get ready for breathtaking views of the entire coast and Mattinata's plains, surrounded by a sea of olive trees. Return to Bari by private minibus.

*3 hours of hiking*

*Elevation: +300 / -300*

*Private transfer from Mattinata to Bari*

*Accommodation: Hotel*

📍 Day 7 **Bari**



After breakfast the group separates. Transfer to the airport by train for your flights.

If your flight times enable so, today you can visit the beautiful historic centre of Bari. Scroll through the streets, discover the famous and delicious orecchiette pasta and visit the Basilica San Nicola, the Swabian castle and or Sainte Sabine Cathedral ... If you are feeling brave, you can get up early and enjoy a typical Bari breakfast of raw sea urchins and beer!

*Train to the airport: 25 minutes*

The details in this indicative programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. Please note that in order to provide a safe adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. Please also note that your group may contain travellers from different backgrounds because this trip was built in collaboration with our partners. For more information do not hesitate to contact us.

## DATES & PRICES

### International departures:

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No departure for now

### Departures for French-speaking groups:

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From	To	Price per person	Guaranteed	Booking
10/04/2022	16/04/2022	€995	No	
24/04/2022	30/04/2022	€995	No	
08/05/2022	14/05/2022	€995	No	
15/05/2022	21/05/2022	€995	No	
05/06/2022	11/06/2022	€995	No	
19/06/2022	25/06/2022	€995	No	
03/07/2022	09/07/2022	€995	No	
04/09/2022	10/09/2022	€995	No	
18/09/2022	24/09/2022	€995	No	
02/10/2022	08/10/2022	€995	No	

Trip code: BIPOUIL

### Included

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- Transfers as detailed in itinerary
- Accommodation and full-board as detailed in itinerary
- Tourist taxes
- A guided tour of Alberobello
- Accompaniment by a qualified expert guide
- Luggage transportation when trekking

### Not included

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- Your international flights
- Airport transfers (train 5€ or taxi 25€)
- Drinks, tips and personal expenses
- Dinner and lunch Day 1 and Day 7

## Notes

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## Terms and conditions

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### Booking conditions

Booking a trip with Altaï Italia implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

### Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. Altaï Italia reserve the right to cancel your booking, free of charge, if this deadline is not respected.

### Cancellation policy

If for any reason you have to cancel your trip, Altaï Italia require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

### Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of

insurance is due and cannot be refunded.

**Please note that fees apply according to the date we receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### ***Changes to travel contract***

If you wish to make a change to your booking please contact Altaï Italia in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Italia may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### ***Pricing***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Italia reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### ***Contract transfer***

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### ***Insurance***

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We strongly recommend that you take out personal travel insurance for your trip with Altaï Italia as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### *Staff*

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This adventure is led by an expert Altai guide. You will meet them at your hotel on the first evening and they will accompany you throughout your stay. Armed with an abundance of experience and a wealth of expert knowledge our professional Altai Italia team are always happy to share their passion for everything Italian.

### *Food*

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Italian Italian gastronomy is one of the richest and tastiest in the world. This trip includes full-board.

#### **Breakfasts**

A continental style breakfast is served at your accommodation each morning.

#### **Lunches**

Each day your guide will prepare a picnic lunch for the group including a variety of fresh local produce. On Day 2 we eat lunch on a restaurant.

#### **Dinners**

We will eat at our accommodation in the evenings. On days 4, 5 and 6 this is at our farmhouse accommodation, on days 2 and 3 we eat in restaurants.

#### **Drinks**

Throughout your stay, you are responsible for purchasing all of your drinks including water. In some places you can refill your water bottles in hotels. We advise you to purchase large (5L) bottles of water from which to fill your personal water bottles from during your trip.

Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs.

### *Accommodation*

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The accommodations are undoubtedly a highlight of this trip, especially in Gargano. Carefully selected by your local agents, you will discover the authentic charm of masserias (farmhouses typical of the region) and agritourism in the Gargano area.

We join local families in rural accommodation and learn more about the regions unique agriculture, landscapes, social practices and culinary specialties which result from the agriculture. It is the most charming Italian-style accommodation.

### *Transportation*

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When trekking in Gargano National Park, your luggage will be transferred for you. All you need to



carry is a small day bag.

## ***Budget & exchange***

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**The currency is the Euro, € (EUR)**

Visit <http://www.xe.com> for the latest currency converter and exchange rates. You can withdraw euros from in-country ATMs and card payments are widely accepted.

Please budget for in-country transfers as necessary, meals as necessary, tips, drinks and personal expenses.

## ***Tips***

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Although the custom is not widespread here, if you are satisfied with the services of your guide and local team, tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

## ***Vital equipment***

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- Sturdy hiking boots, good quality necessary, choose high rise boots to protect your ankles which non-slip 'vibram' soles
- Walking trousers
- Shorts
- T-shirts (sports tops, fast-drying, technical materials)
- A quality rain coat, breathable with sealed seams (Nikwax / Gore-tex...)
- A warm layer, windproof
- A sunhat / cap
- Your swimsuit and a fast-drying towel
- Your personal toiletries
- A towel
- Sunglasses (quality)
- Sun cream (face and lips)
- A head torch and spare batteries
- Water bottle(s) min. 1.5L, light, refillable and isothermal

## ***Helpful equipment***

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- Casual shoes for the evenings and for exploring towns/villages
- Toilet paper and a lighter
- Anti bacterial hand gel
- A tupperware box and cutlery for picnics
- Hiking poles
- A compass

## ***Luggage***

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We advise you to pack your belongings as follows:

- A small backpack 35-40 litres with a waist strap to carry with you each day containing your

camera, water, your lunch, swimming stuff, a spare jumper etc...

- A large marine style bag or rucksack containing the rest of your belongings
- An anti-theft pouch to wear around your neck or waist containing your important documents

## **Medicine**

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We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers... Your guide is a trained First Aider and will carry a First Aid kit in case of emergencies.

## **Passport**

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To go to Italy, most travellers need a valid passport. It is your responsibility to confirm your specific passport requirements.

## **Visa**

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Most travellers will not need to obtain a visa. It is your responsibility to confirm your specific visa requirements.

## **Mandatory vaccines**

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No mandatory vaccinations are required.

## **Health information & recommendations**

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A consultation with your doctor is a prerequisite for any trip.

## **Weather**

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The climate in Italy varies depending on the region. As a rule it is very hot in the summer, especially in Southern Italy, Autumn is exquisitely mild and sea temperatures enable bathing until November. Spring is undoubtedly the best time to go hiking in Italy.

## **Electricity**

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European-style plugs with two round pins are used. Voltage is normally 220/230 V, 50 Hz.

## **Local time**

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Italy uses Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +1. Daylight Saving Time (DST) is observed here.

## **Sustainable tourism**

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Altaï always aims to have as little impact on the environment as possible. As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take Responsible and Sustainable Tourism very seriously.

Since the beginning, we have advocated for responsible tourism and the importance of equitable and

sustainable principles. Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection.

We kindly request that you adopt the following simple actions when travelling with Altaï Réunion in order to support our ethical, sustainable and responsible tourism policies:

- Avoid dropping litter - use bins or carry your rubbish with you.
- Use drinking water sparingly - avoid wasting water, take showers not baths, report leaks, etc..
- Support the preservation of cultural sites - resist the temptation to touch statues, move stones etc..
- Exchanges are preferable to donations - generations gifts can destabilize the local economic balance.
- When walking, be aware of fragile ecosystems, observe wildlife from a distance, stick to trails, limit trampling and do not steal from the nature - resist the temptation to pick flowers, collect fossils or stones...
- Some hotels have air conditioning - to avoid excessive energy consumption and greenhouse gas emissions, please use sparingly and remember to cut the aircon when you are not in the room.