

EXPLORE!

TRIP NOTES



On Foot in Puglia and Basilicata (PU 2017)



TRIPDURATION
8
DAYS



Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Centre Based
Trek Grade: Easy to Moderate

Trip Code: PU

Trip Highlights - On Foot in Puglia and Basilicata

- ✓ Gargano Peninsula - Enjoy hikes in the ancient and protected Foresta d'Umbra
- ✓ Vieste - Pretty seaside resort with whitewashed buildings
- ✓ Matera's 'Sassi' - Stay in a cave hotel in the UNESCO-listed ancient troglodyte quarter
- ✓ Alberobello and Locorotondo - Walk amongst the beehive-shaped trulli houses
- ✓ Food and Wine - Sample delicious local produce and regional specialities

Trip Essentials

Accommodation: 7 nights Standard Hotel
Included Meals: 7 breakfasts, 2 lunches, 0 dinners
Start Point: Join trip: Bari Airport
End Point: Trip ends: Bari Airport
Maximum Altitude on Trek (m): 800
Transport: Taxi, Minibus
Countries: Italy

On Foot in Puglia and Basilicata

Discover Puglia and Basilicata's beautiful countryside and laid-back charm on this twin-centre walking holiday to the 'heel' of boot-shaped Italy. Enjoy walks in ancient pine forests on the Gargano Peninsula and along the rugged coast. In Matera we explore the ancient Sassi, a UNESCO-listed troglodyte quarter, and hike gorge-rim trails. On rambles around Alberobello and Locorotondo, we discover the beehive-shaped trulli houses of the Itria Valley. We also enjoy sampling locally-produced wine, cheese and olive oil and other regional specialties.

Why Book this trip

Popular as a holiday destination with Italians, Puglia has only recently become more popular with overseas visitors. It's delightfully authentic and unspoilt with an amazing regional cuisine. This walking trip is a great opportunity to experience a true slice of 'la Dolce Vita'. Based in the pretty seaside town of Vieste and the unique and fascinating, troglodyte old town of Matera in neighbouring Basilicata, discover the beautiful countryside on a variety of easy and moderate walks. In Vieste you can enjoy the relaxed ambience, pool and piano lounge at Hotel Degli Aranaci and in Matera experience what it's like to sleep in a cave room, (still comfortably furnished with private bathroom facilities!) at Le Dodici Lune, where the bedrooms are literally carved out of the rock on which the town stands.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Trek Grade: Easy to Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

Your trip itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

DAY 1 Join trip Bari airport; drive to Vieste on Adriatic coast

Our holiday starts at the airport in Bari from where it's around 2.5 hours drive to the charming seaside resort of Vieste on the Gargano Peninsula where we are based for the next four nights. En route we plan to stop in the historic seaport of Trani, with time for a wander and chance to visit its Norman cathedral. Vieste was once a sleepy fishing village but is now a popular holiday destination for Italians with many beautiful white flat-roofed low buildings, dominated by a simple 13th century cathedral. The streets cascade down to a sun-bleached limestone promontory surrounded on three sides by the azure-blue Adriatic.



Overnight: **Standard Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** None

DAY 2 Walking in the ancient forests of the Gargano Peninsula

This morning we take taxis for the drive inland to the higher parts of the Gargano and start our first walk from Caserma Caritate at 300 metres altitude. Our walk takes us along trails in the Gargano National Park into the 'Foresta d'Umbra', a special area of untouched ancient and dense forest that is a remnant of that which once covered the whole of southern Italy. Aleppo pines, oaks, yews and beech trees shade the mountainous terrain and more than 65 different types of orchid have been discovered here. We gradually ascend to finish the walk at Villagio Umbra at 800 metres altitude. Today's 10 kilometre walk is expected to take approximately four hours with a total ascent of 600 m and a total descent of 100 m.

Overnight: **Standard Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 3 Coastal walking; sample local produce at a farmhouse picnic lunch

We drive for around 30 minutes inland to a remote area and then walk through the hills and typical Mediterranean maquis vegetation with some great views of the sea along the way. We stop at a stunningly located Masseria, a typical fortified ancient farmhouse of the region, and enjoy a tasty picnic lunch with local specialities made by the family running the farm. Later we descend to the long beach of Vieste and have some free time for enjoying that beach or spending time in Vieste itself. Tonight there's the option to sample more of the local cuisine at one of Vieste's lovely restaurants. Puglia is a predominantly agricultural province, producing around 40% of Italy's olive oil and a large proportion of its wine. The region's cuisine is home-country inspired, using the abundant local produce such as durum wheat, tomatoes, artichokes, fava beans, rocket, courgettes, beans, fennel, peppers, onions, beef and lamb. Puglians pride themselves on their orecchiette, little ear-shaped shells that are still produced by hand and served with tasty sauces such as meat ragu, broccoli and lard, mushrooms or turnip tops. Puglia's long coastline and fishing tradition bring large quantities of seafood to the table with red mullet, anchovies, gilt-head bream, mussels, sea bass and cuttlefish featured in many recipes. Today's 15 kilometre walk is expected to take approximately five hours with a total ascent of 100 m and a total descent of 600 m.

Overnight: **Standard Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast, Lunch

DAY 4 Free day for optional walking or boat trip

Today has been left free to enjoy Vieste, perhaps taking some time out to relax on one of the nearby beaches or enjoying a boat trip along the rugged coastline which can be combined with some walking on a secluded stretch of coast.

Overnight: **Standard Hotel**
Single Room Available

Swimming Pool Available 

 **Included Meals:** Breakfast

DAY 5 Drive to Matera; walk through Matera's Sassi and Gorge

Today we drive inland to Matera, our second base for the holiday and which is just over the regional border in Basilicata. The town is impressively located on the side of a gorge eroded by the Gravina River and is famous for its ancient 'Sassi', a UNESCO-listed troglodyte quarter whose origins date back to the prehistoric era. In the 1950s the government of Italy forcibly relocated most of the population of the Sassi which it considered a slum. Today the quarter is regenerating with hotels and other businesses moving in. We plan to eat our picnic lunches at the spectacular viewpoint opposite Matera, before our afternoon walk which takes us through the dramatic gorge opening with spectacular views of Matera. After seeing some of the limestone churches built into caves, we walk all the way to the hotel passing through the Sassi. Our hotel in Matera, Le Dodici Lune is a 'cave' hotel, its bedrooms literally carved out of the rock on which the town stands (yet still comfortably furnished with private bathroom facilities!). We can enjoy the unique experience of sleeping in a neighbourhood occupied for at least 9000 years. Today's three kilometre walk is expected to take approximately one-and-a-half hours with a total ascent of 100 m and a descent of 150 m.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 6 Day out to Alberobello and Locorotondo with olive oil tasting

Today we drive to the pretty towns of Alberobello and Locorotondo in the Itria valley to enjoy a short walk exploring the world of the 'trulli'. A trullo is a traditional dry stone hut with a conical roof and often whitewashed walls, which were generally constructed in the 19th century as both dwellings and storehouses. Trullo are built singly or in groups of up to 5 trulli, and a group would be occupied by a single family. Inside an individual trullo dome is just one room, although additional separate spaces were created by curtains hung across arched alcoves. Locorotondo is also known for its white wine, both still and sparkling, and also olive oil, which we will enjoy at a tasting. Today's seven kilometre walk is expected to take approximately two hours with a total ascent and descent both of 70 m.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 7 Walk along the Matera Gorge

We drive out of town for 15 minutes and then start the walk along the Gravina di Matera gorge with spectacular views, churches built into limestone caves featuring more of the incredible wall paintings from Byzantine times. We stop at a local farm house for a wonderful, included lunch with wine and cheese tasting and local specialities. Returning to our hotel, the afternoon is free for exploring more of Matera at your own pace Today's eight kilometre walk is expected to take approximately three hours with a total ascent and descent both of 300 m.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast, Lunch

DAY 8 Drive to Bari airport where trip ends

This morning we transfer back to Bari airport (around one hour) where the holiday ends.

 **Included Meals:** Breakfast

Accommodation and Meals

Accommodation Notes

Hotel Degli Aranaci (the Orange Tree Hotel) is a relaxed and friendly place to stay, tucked away in a peaceful residential area of Vieste, yet still close to the alluring streets of the historic Old Town and about five minutes' walk from the beach. The comfortable bedrooms are well-appointed and there is a bar, restaurant and a number of comfortable lounges where you can relax and socialise, including one with a grand piano! There's a sheltered terrace with a good-sized swimming pool, open in season.

Our characterful hotel in Matera, Le Dodici Lune is a 'cave' hotel, its bedrooms literally carved out of the rock on which the town stands (yet still comfortably furnished with private bathroom facilities!). We can enjoy the unique experience of sleeping in this unique troglodyte neighbourhood which has been occupied for at least 9000 years.

Food & Drink

Included meals: 7 breakfasts, 2 lunches, 0 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Italy

Lunch £: 6.00 - 10.00

Dinner £: 10.00 - 14.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Italy

Bottle of Beer £: 2.00 - 4.00

Water £: 1.00 - 2.00

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Vieste - Take a boat trip to explore more of this rugged rugged coastline (approximatley 2 hours) €15 pp

Tipping - Tour Leader

Tour Leader: At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Foreign Exchange

Italy

ATM Availability: Major towns.

Credit Card Acceptance: Larger hotels and restaurants.

Travellers Cheques: Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Local Currency: Euro.

Recommended Currency for Exchange: GBP.

Where to Exchange: We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

Joining your Trip

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Italy: Visas are not required by U.K., CAN, US, AUS and NZ citizens. Other nationalities should consult the relevant consulate.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Vaccinations & Protection

Italy

Nothing required. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Preparing for your Trip

DAILY DISTANCES

Day 2	10km	4hrs
Day 3	15km	5hrs
Day 4	3km	1hrs
Day 5	6km	2hrs
Day 6	7km	2hrs
Day 7	8km	3hrs
Day 8		

Optional Walks

Maximum Altitude on Trek (m)

800

Trekking Details

Walks on 5 days of between 3 to 5 hours each day. Some of the trails will be rocky underfoot. We have graded this tour as easy to moderate.

Climate

Italy

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Clothing

You will need light layers of clothing for walking during the day and a fleece and waterproof jacket for early mornings and evenings, and early/late season. A sunhat is essential and bring a swimming costume if you wish to bathe in the sea.

Equipment

You should bring a 2 litre water bottle, sunhat, sunglasses and sunscreen. Trekking poles are also useful.

Footwear

We recommend you bring walking boots - leather or fabric are both fine. Some of the paths are a bit rocky underfoot and so you could twist an ankle if not wearing boots. Trainers are not recommended. Make sure that your boots are worn-in and comfortable before the start of the trip. We recommend that you wear/carry your walking boots as hand luggage on the international flight: should your luggage be delayed, your well broken-in boots will be irreplaceable.

Bring trainers and sandals for relaxing and other sightseeing

Luggage: On Tour

Take one main piece of luggage and a daypack

Unfortunately it does occasionally happen that luggage does not always reach its destination on the same flight as its owner, or possibly it may be damaged in transit. If you are unlucky enough for this to occur, it is important that you file a PIR (Property Irregularity Report) with the airline before leaving the airport. This is essential when you come to make a claim either against the airline or from your travel insurance company

Luggage allowance on trip: 20kg

General Information

Country details

Italy

Population: 60,681,514

Size of Country: 301,338 Sq KM

EXPLORE! Share your experiences with us



Major Language: Italian

Religion: Roman Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

Italy

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award-winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family-run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

EXPLORE! Share your experiences with us



100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

These trip notes were printed on 23/07/2017 05:03:15

