

PUGLIA, The Road to Matera

from 12th to 17th October 2025

from 19th to 24th October 2025



Hirides

www.hirides.com

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PUGLIA: The Road to Matera

We take you to rural Puglia, on the Murge, we follow the paths of the transhumance of flocks of sheep and the paths of the Adriatic coast that pass through the hypogean settlements once inhabited by farmers. We pass through the "White Cities", the Valley of the Trulli and above the Apulian Aqueduct. All efforts supported by one of the **best Italian regional cuisines**.

1st day – Arrival in Italy, welcome and warm-up ride

2nd day – Southern Murge Hills crossing

3rd day – Itria, the "Trulli" valley (UNESCO heritage since 1996)

4th day – The historic Apulian aqueduct

5th day – Matera, the "Sassi" town (UNESCO heritage since 1993)

6th day – Greetings and see you soon with us on the Italian road



Gravel Tour



Spring/Fall Tour

Regular itinerary: **For recreative cyclist level**

Total ride distance 145 miles (235 km)

Total climbing 8,600 feet (2,650 mt)

Extended itinerary: **For enthusiast or avid cyclist level**

Total ride distance 200 miles (325 km)

Total climbing 12,800 feet (3,900 mt)



1st day – Arrival in Italy, welcome & warm-up ride, Ostuni white town

Arrival in Italy. We pick you up at Bari Airport (BRI) or Brindisi Airport (BDS) or at the other previously agreed meeting point. A transfer of about an hour will take you to the "Masseria" which will welcome you for the entire holiday. Check-in, and after a light lunch you have two options, few hours to recover from the fatigues of the trip and relax in the hotel's or setup and test your bike with a ride with our guides.

LONG TOUR: 25 miles – 1,800 feet



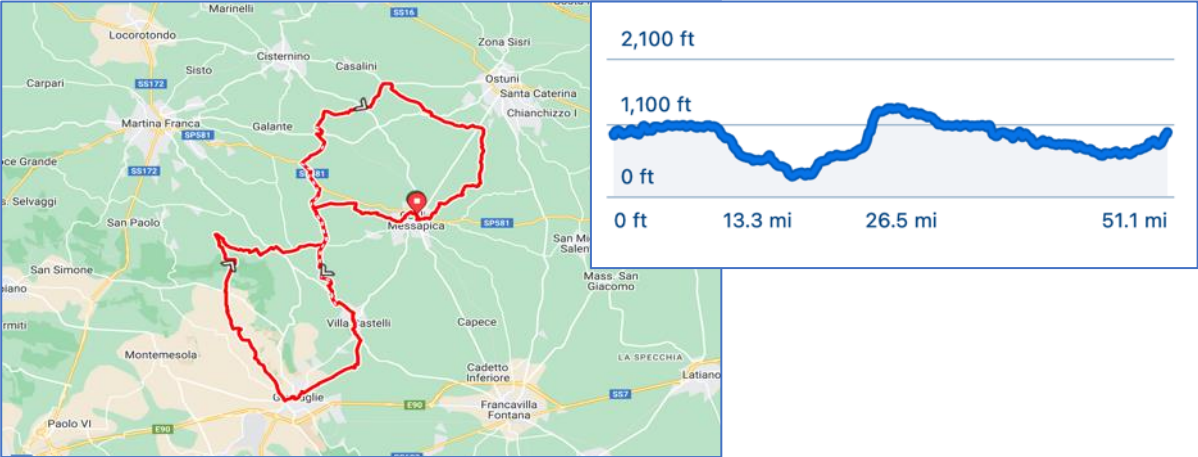
SHORT TOUR: 18 miles – 680 feet



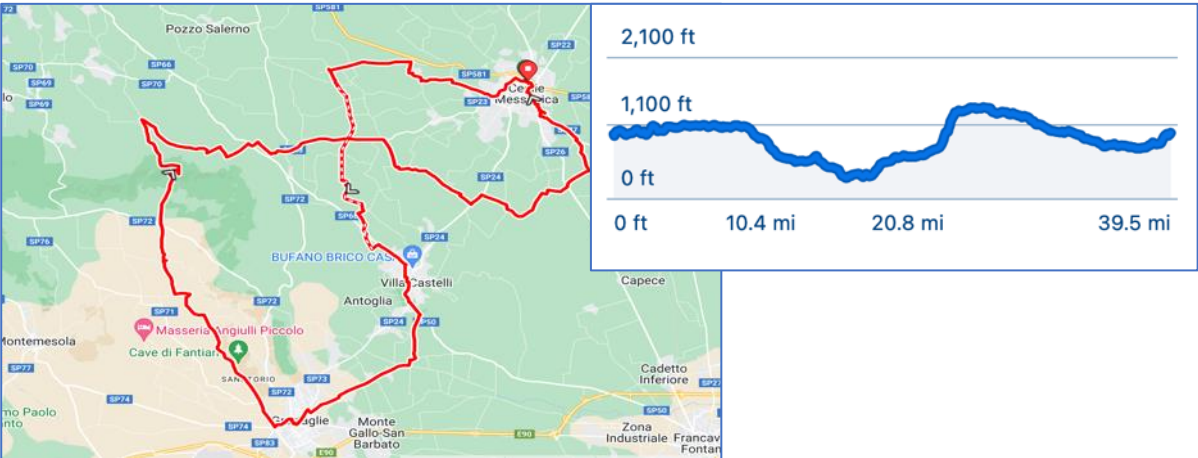
2nd day – Southern Murge Hills crossing

We meet the Murge for the first time. The Murge are the backbone of Puglia. We start from Ceglie and through pastoral roads we arrive in the province of Taranto. We will travel the ancient roads of the transhumance of sheep flocks. Centuries-old olive groves, dry stone walls, old watchtowers dating back two thousand years. Fun secondary roads cross the Murgia up to the view of the sea of Taranto, we will cross a beautiful naturalistic oasis, a refuge for protected birds and fish.

LONG TOUR: 53 miles - 2,750 feet



SHORT TOUR: 39 miles – 1,950 feet



3rd day – Itria, the “Trulli” valley (UNESCO site)

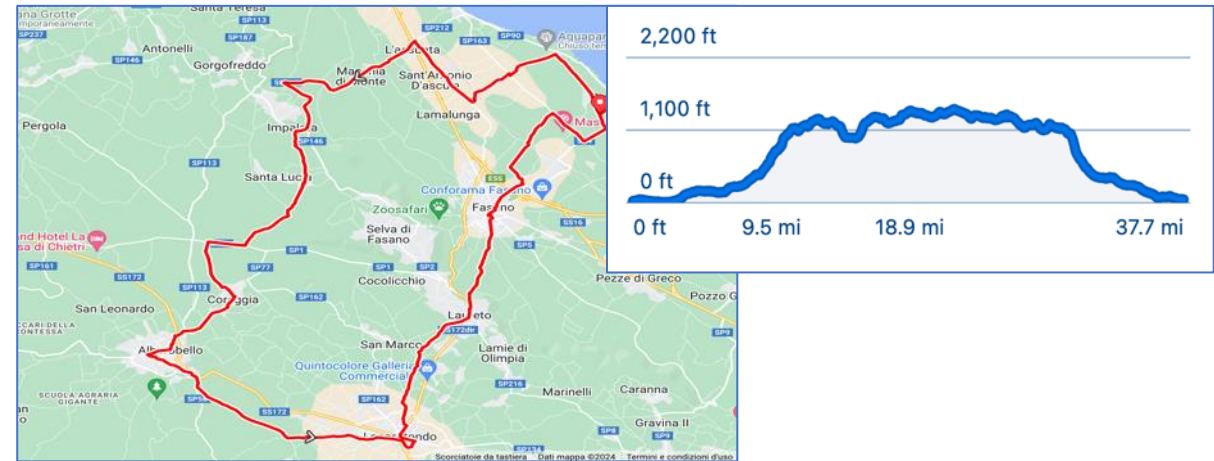
The Valle dei Trulli, a UNESCO World Heritage Site since 1996, an immersion in the lush greenery that is becoming one of the favorite holiday destinations for European nature lovers. The tour is a succession of ups and downs on narrow streets lined with dry stone walls where you come across the "trulli", archaic buildings typical of the area. A day of battle, where you will challenge your travel companions in an uninterrupted succession of gentle hills, will be a challenge on the last climb. We will cross the beautiful towns of Locorotondo, Martina Franca, Alberobello.



LONG TOUR: 43 miles – 2,700 feet



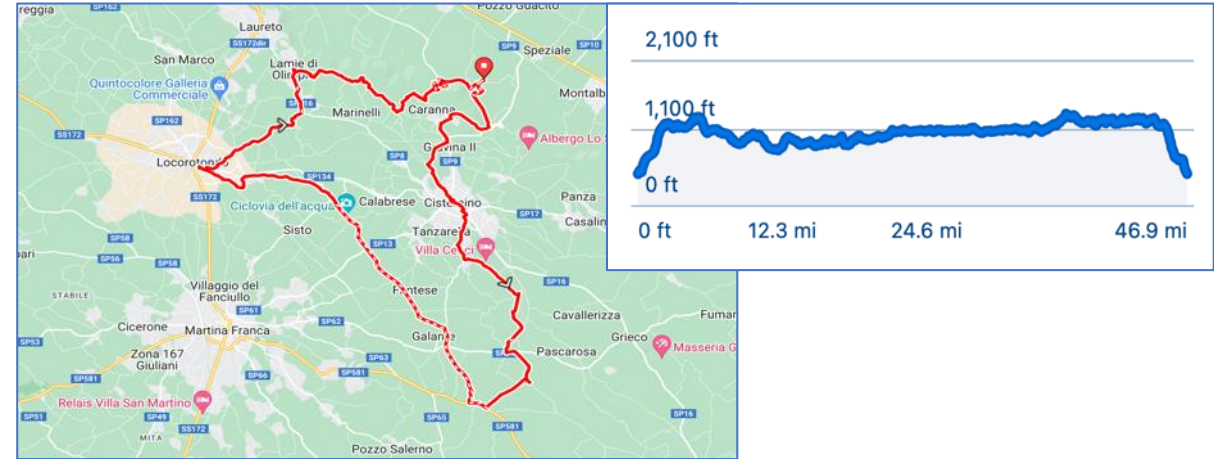
SHORT TOUR: 35 miles – 1,900 feet



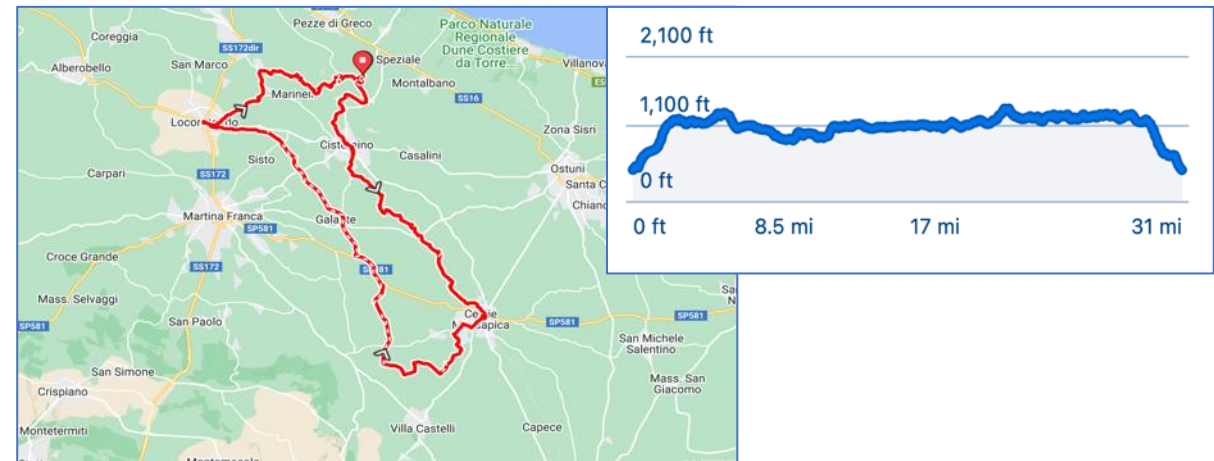
4th day – The historic Apulian Aqueduct

The Apulian aqueduct is the public infrastructure for the supply of drinking water to the Puglia Region and some municipalities in Campania. Its construction began in 1906, to solve the long-standing problem of water scarcity in the region. The aqueduct is 500 km long and in the central part it has been transformed into a beautiful cycle path, we will make a section of this route crossing the Murga which unites the cities of Ceglie, Cisternino, Locorotondo

LONG TOUR: 40 miles – 2,900 feet



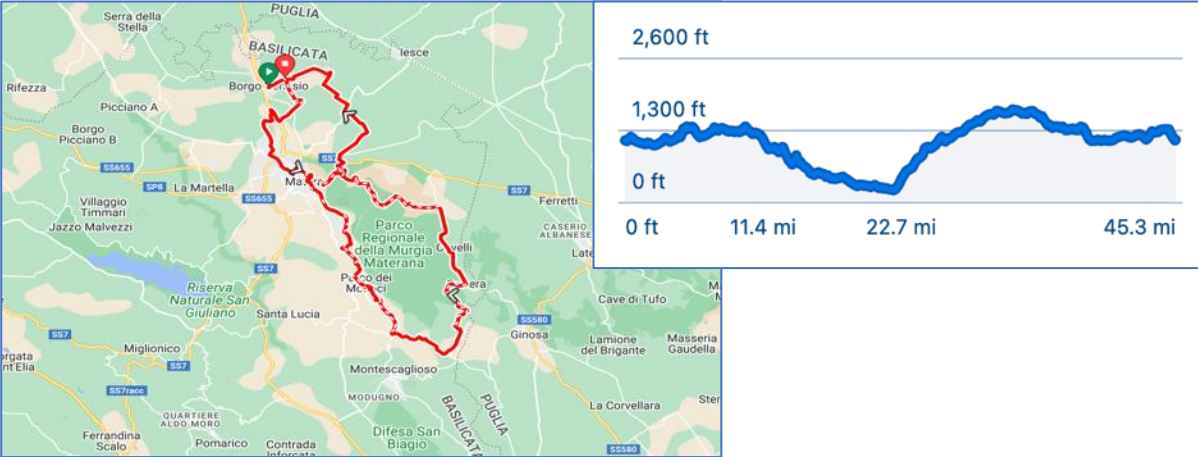
SHORT TOUR: 25 miles – 2,100 feet



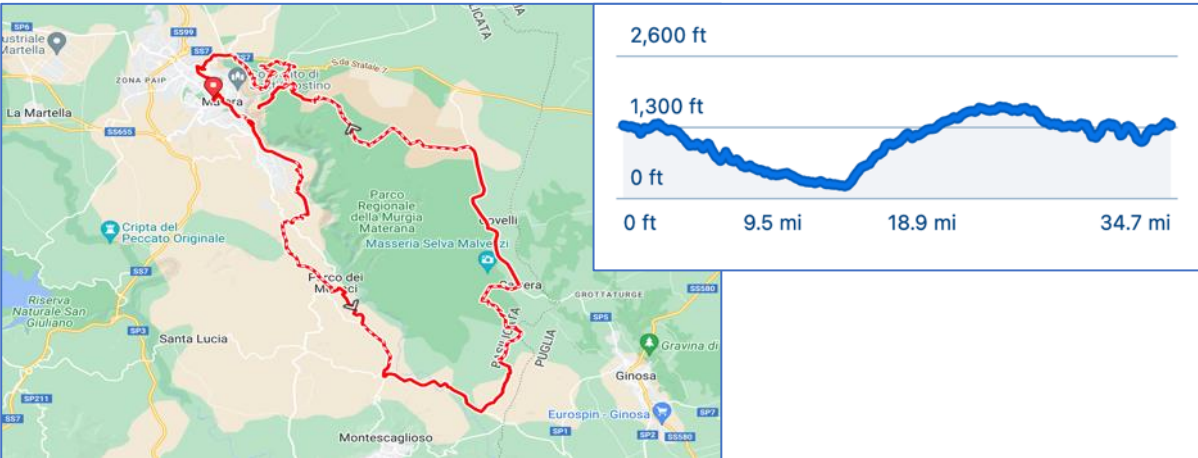
5th day – Matera, the “Sassi” town (UNESCO site)

Matera, the City of Sassi, a UNESCO site since 1993, is today's destination, up and down the karst ravines (deep canyons carved by water) to discover a unique place. We will cross the Murgia Materana Park following the route of the old Matera railway passing through the municipalities of Montescaglioso and Ginosa and then entering the city of Matera.

LONG TOUR: 39 miles – 2,700 feet



SHORT TOUR: 29 miles – 2,030 feet



6th day – Greetings and see you soon with us on the Italian roads



After breakfast, it's time to say goodbye and start the journey back home.

If you come back home, we will take you to Bari (BRI) or Brindisi (BDS) airport, or if you plan to stay longer to visit Italy, we will be happy to help you.

We hope to see you soon on one of our tours on the roads of Italy

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AFTERNOON ACTIVITIES

Don't want to get bored? The activities we propose for the afternoon:



The Sassi of Matera town, UNESCO World Heritage site since 1993. The Civita district, the Rock Churches, the Sasso Caveoso, the Gravina Canyon are the places we will visit.



Visit to a typical **Apulian dairy** with tasting of mozzarella, burrata and caciocavallo cheese. Dina, owner of Caseificio Crovace and her people will show you how it is prepared and then let you taste it.



Alberobello, the city of Trulli, UNESCO World Heritage Site since 1996, an immersion in the past that lasts over time. Unique rural structures made with dry stone walls, culminating in a conical shape.



Wine and oil tasting in one of the historic cellars of Valle d'Itria. In addition to tastings of the various oils, you will find the magnificent native white and rosé wines: Verdeca, Susumaniello, Ottavianello.

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DINNER IN THE GREAT ITALIAN "TRATTORIA"

OSTERIA AL CORTILETTO (Speziale)

www.instagram.com/il_cortiletto

In the two gracious rooms, or in the large internal courtyard, traditional Apulian dishes prepared with care are served. Local products and respect for seasonality, good cuisine and a small but well-stocked cellar of wines from Puglia and beyond. Polite reception.

Highlights dishes ¹

Starter: Pettola with fried olives, blue cheese cream, "crusco" pepper powder

Pasta or risotto: Orecchiette (handmade apulian pasta) with veal chops and meatballs with sauce

Main course: Veal fillet wrapped in a caciocavallo cheese crust, apricot cream with mustard and sautéed spinach



LA CUCCAGNA RESTAURANT (Crispiano)

www.instagram.com/lacuccagnagirodivite

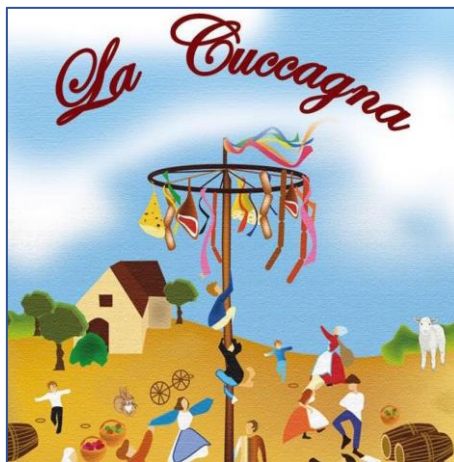
Cuccagna" or fabulous country, rich in all good things, where life flows happy and happy, without any thought. Half a century old, in the beginning it was a butcher's shop with a kitchen. With time and work here is the current restaurant, excellent regional cuisine and a spectacular cellar with Italian and French wines

Highlights dishes ¹

Starter: Crostata, soft potatoes, sponal and roasted cherry tomatoes

Pasta or risotto: Tubettini pasta, "Calò & Monte" zollino beans, pecorino mousse and tarallo crumbs

Main course: Baked lamb with peas, potatoes and egg dressingashed potatoes



LA TAVERNA DEL DUCA (Locorotondo)

www.instagram.com/tavernadelduca_scatigna

An all-female staff will welcome you in this traditional Apulian tavern. Traditional cuisine, many wild vegetables harvested on the Murgia hills. Everything you expect to find in Valle d'Itria: Fried lampascioni, Orecchiette strascinate, Rice-Potatoes-Mussels, Pasta omelette, Baked courgette flowers and the king dish of the pastoral Murgia: Pignata of sheep with potatoes, lampascioni and wild herbs

Highlights dishes ¹

Starter: Green broad bean puree, EVO oil and red cornetto pepper

Pasta or risotto: Rice-Potatoes-Mussels

Main course: Pignata of sheep with potatoes, lampascioni and wild herbs



DINNER IN THE GREAT ITALIAN “TRATTORIA”

TRATTORIA CIBUS (Ceglie)

www.instagram.com/cibus_restaurant

The key to Cibus' success is the study of traditional Apulian preparations and the continuous search for improvement. Among the alleys of the historic center of Ceglie, in an ancient 15th century convent, is the Cibus restaurant. In the stone rooms, with lime-painted arches, Lillino Silibello welcomes us with the food and wine traditions of his land.

Highlights dishes ¹

Starter: Murgia black chickpea soup and Norwegian cod

Pasta or risotto: Raw orecchiette pasta with straciatella cheese, basil pesto, almonds and tomato confit

Main course: Gentile sheep of Puglia cooked in terracotta wood-fired oven



OSTERIA BOTTEGHE ANTICHE (Putignano)

www.instagram.com/bottegheantiche

A menu that smells of antiquity, punctuated by dishes of tasty simplicity, which delve into the gastronomic memory of the Murge. Merit of Stefano D'Onghia, very good, while in the dining room Valentina De Cataldo takes care of the guests with passion and competence and manages a truly interesting cellar, full of natural wines.

Highlights dishes ¹

Starter: Stewed artichoke stuffed with local mortadella mousse

Pasta or risotto: Timbale pasta in broth with chicory and podolica cow meatballs

Main course: Stewed cod, purple potatoes, "bran" pepper and wild herb salad.



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SOME ACCOMODATIONS RESERVED FOR YOU

LIVING IN THE CHARM ¹

We have selected some beautiful boutique hotel, historical house or vinery house, where you will enjoy to stay in relax during you holiday.

Most of them have SPA treatment available in a charming exclusive environment.

Our tours involve staying in a single hotel for the entire holiday, to avoid the commitment of transfers and to have more time to immerse yourself in the culture of the area.



MASSERIA BORGO SAN MARCO

www.instagram.com/borgosanmarco_boutiquehotel

This fortress has always been a settlement of Byzantine monks in the 12th century, a garrison of the Knights of Malta in the 1400s, and a Masseria since the 18th century, it has resisted the mistral breeze. Today Masseria Borgo San Marco is a relais/agritourism near the sea in Puglia, perfect for relaxing and indulging in rest, amidst the scent of citrus fruits and other Mediterranean essences.



MASSERIA CALDERISI

www.instagram.com/masseriocalderisi

The tranquility and luxury of simplicity at Masseria Calderisi. On the edge of bustling beach life, the 17th century farmhouse has been revived as a charming boutique hotel, surrounded by 24 acres of olive, citrus and almond groves, kitchen gardens and flower beds. Once a stately country estate, one can still feel the spirit of that time - cheerful, exuberant and proud.

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WHAT'S INCLUDED, NOT INCLUDED

What's Included

ACCOMODATION

- 5 night in Historical Mansions, 4* Luxury Hotels, Villas or Wine Resort located in special places
- All gratuities at hotels and restaurants
- Concierge & suggestion service for additional vacation

TRANSPORT

- Guest pick-up / drop-off in airport or other meeting point
- All-vacation long, guests, bikes and luggage transport, as planned

MEALS

- 5 daily breakfasts in hotel
- 5 lunches during the pedaling time
- 5 social hours aperitivo
- 5 dinners in **5 different GREAT ITALIAN TRATTORIA** with the best Italian regional wines

MORNING ACTIVITIES

- 5 riding days, 2 daily itineraries with different grade of effort
- 2 expert local certified guides multilingual will ride with you and support all day
- 1 professional mechanic with support/SAG Van during the tour
- Energy bars and sports drink during bike time
- Daily bike maintenance and daily laundry service for bike clothing
- GPX daily tours documentation
- Hirides cycling kit

AFTERNOON ACTIVITIES

- Usually our hotels have a swimming pool, sauna, SPA and gym where relax and unwind after cycling
- Visits of tourist cities with professional guides, and other activities as described in the tour program
- Wine tasting/oil tasting at the producers' premises. Visits to dairies with demonstration of cheese making, as described in the tour program

YOUR BELOVED BICYCLE OR RENTAL BIKE/EBIKE

- Please see further ahead our bicycle policies

PERSONAL INSURANCE

- Civil Liability Insurance and Italian Health Insurance for non European citizens

Not Included

AIRFARE TO FROM ITALY

- Through our partners we can organize the flight for you (**ON-REQUEST**)

BEFORE AND AFTER TOUR

- Meals, transportation, hotel costs or expenses in the days before and/or after the tour

HIRIDES.COM STAFF GRATUITIES

- Staff Hirides.com gratuities is not included

TRAVEL INSURANCE

- Personal Travel Protection Plan not included, **but heavily suggested**

HIRIDES CYCLING KIT

- We prepare you the cycling kit for you that you can find on www.hirides.com/gears. You can order more than one, but it will have an additional cost

LUGGAGE AND BIKE TRANSPORTATION SERVICE

- Luggage service, before/after tour days (**ON-REQUEST**)
- Bike transport service, before/after tour days (**ON-REQUEST**)
- Door-2-Door bike transportation service (**ON-REQUEST**)

UPGRADE BIKE/E-BIKE RENTAL LEVEL

- Upgrade rental for advanced bike or dream bike

PERSONAL EXPENSES

- Cost of passport and visas
- Personal expenses while on the vacation
- Personal transportations when not included on the Tour
- Beverages not specifically agree/included
- Additional hotel expenses, mini-bar, wellness treatments
- Optional activities not scheduled in Hirides.com Tours
- All not explicitly declared in the tour description

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CYCLIST SKILLS LEGENDA

With the e-gravel bike that **we prepare for you**, your pedaling will have up to 40% more assistance. You will be able to easily keep up with the group, make the challenging climbs and enjoy the views and Italian roads.

RECREATIONAL LEVEL

For RECREATIONAL cyclists

Active vacationer, adventure rider and enjoys sightseeing.

Ideal day for this cyclist:

- Average activity duration: 2/3 hours
- Average daily mileage: up to 30 miles (50 Km)
- Average daily altitude difference: up to 2600 feet (800 mt)



ENTHUSIAST LEVEL

For ENTHUSIAST cyclists

Has participated in a gran fondos or other bike charity event, adventure rider, active vacationer. Not too interested in racing

Ideal day for this cyclist:

- Average activity duration: 3/4 hours
- Average daily mileage: up to 40 miles (65 Km)
- Average daily altitude difference: up to 4000 feet (1200 mt)



AVID LEVEL

For AVID cyclists

Participates in bike races, rides gran fondos, loves adventure riding and big days in the saddle.

Ideal day for this cyclist:

- Average activity duration: 4/6 hours
- Average daily mileage: over 50 miles (80 Km)
- Average daily altitude difference: over 6000 feet (1800 mt)



BICYCLE POLICIES: e-Bike

Embark on your cycling adventure your way! Whether you prefer to travel light and let us provide the perfect bike for your journey or bring along your beloved two-wheeler, we've got you covered. **Explore the tailored options we've prepared just for you below.**

Standard e-Bike (included in the tour price)

We make it easy for you to travel light and enjoy an extended vacation. Let us prepare a high-performance e-bike for your tour, ready for you upon arrival at hotel.

Bianchi e-Arcadex Carbon E-Gravel → Shimano GRX Disc 11-Speed, BOSCH CX Motor Drive with 500W Battery

Each bike is prepared for you, the rental costs are included in your tour package.

Advanced e-Bike

For those seeking even greater performance, we offer an upgraded e-bike option tailored to your preferences:

Scott Solace Carbon Performance E-Gravel → SRAM Rival XPLR eTap AXS Disc 12-Speed, TQ Mid Motor Drive with 300W Battery

This high-performance bike is designed for those who want to push their limits and enjoy a premium riding experience. A small additional fee applies for this upgrade.



BICYCLE POLICIES: Muscolar Bike

Embark on your cycling adventure your way! Whether you prefer to travel light and let us provide the perfect bike for your journey or bring along your beloved two-wheeler, we've got you covered. **Explore the tailored options we've prepared just for you below.**

Standard Muscolar Bike (included in the tour price)

For those who love the pure joy of pedaling, we offer high-quality muscular bikes prepared just for you. Travel light and extend your adventure—your bike will be ready and waiting at your hotel upon arrival.

Bianchi Arcadex Carbon Gravel → Shimano GRX Disc 11-Speed

Each bike is prepared for you, the rental costs are included in your tour package.



Advanced Muscolar Bike

For cyclists seeking superior performance, we offer an upgraded option tailored to your preferences:

Scott Addict Carbon Performance Gravel → SRAM Rival AXS Disc 24-Speed, Syncros Capital X40 Carbon Wheelset

This high-performance bike is designed for those who want to push their limits and enjoy a premium riding experience. A small additional fee applies for this upgrade.



BICYCLE POLICIES: Your beloved bike & Your dreams bike

Embark on your cycling adventure your way! Whether you prefer to travel light and let us provide the perfect bike for your journey or bring along your beloved two-wheeler, we've got you covered. **Explore the tailored options we've prepared just for you below.**

Bring Your Beloved Bicycle to Italy

Fly to Italy with your cherished bicycle by your side—no extra hassle!
At Hirides.com, we'll reimburse all your bicycle transport costs, making your journey as smooth as your ride.

Your Dream Bicycle

Have you always imagined exploring breathtaking landscapes on your dream bike? Let it come true.
Together, we will create a meticulously prepared bike, perfectly tailored to your desires, ready for you upon your arrival in Italy.
Your journey begins here: make it extraordinary.
We can prepare the following bikes: Colnago, Trek, Specialized, Wilier



Hirides

Many thanks for your attention

<https://www.hirides.com>

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[whatsapp to: +393279635036](https://www.whatsapp.com/chat?phone=393279635036)