

Authentic Puglia: From Valley to Coast

Trip style: Guided Walking Holidays

Destination: 📍 Italy

Trip code: PUG07-LCL09

Grades: 1, 2 & 3

Carbon Footprint: 🌳 731kg CO2



HOLIDAY OVERVIEW

For a true flavour of southern Italy, a visit to Puglia appeals with its whitewashed villages, enchanting architecture, coastal dunes, and cultural attractions. Expect walks through glorious landscapes and ancient olive groves, plus evenings spent sipping full-bodied red wines that pair perfectly with the region's traditional cuisine.

WHAT YOU'LL LOVE

- Exploring the stunning Puglia region on foot
- Walking through the rolling landscapes of national parks
- Visiting ancient towns steeped in history
- Admiring whitewashed 'Trulli' houses in UNESCO-listed Alberobello
- Discovering diverse habitats and wild flora and fauna
- Viewing stunning examples of aqueduct engineering

WHAT'S INCLUDED

- Return flights from London Gatwick, included baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Alberobello
- 7 breakfasts & 7 dinners
- All in-destination transport

TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Easier walks: 5 to 8 miles (8-13km) on a mixture of good paths and tracks. Up to 1,200 feet (360m) of ascent in a day. Harder walks: 5 to 11 miles (8-17.5km) on a mixture of paths and tracks with some rocky sections. Up to 1,400 feet (420m) of ascent in a day.

ITINERARY

Day 1: Arrival Day

Arrive in Alberobello and transfer to your hotel.

Day 2: Noci countryside

From wheat fields to dry stone walls, this walk through the lush Noci countryside takes in the Barsento church, an important example of Romanesque rock architecture typical of the 11th-12th centuries. The church stands on a promontory for good views of the surrounding area characterised by ancient oak forests and trulli, emerging from the stretches of green.

Day 3: The Pirro Canal and the Apulian Aqueduct Route

Today we'll visit the Pirro Canal and see the Apulian Aqueduct, a great work of hydraulic engineering dating back to the early 20th century. We will transfer by bus to Selva di Fasano, where both walk options will commence. Both options will start together, and after a short, shared section, the groups will split and follow their respective itineraries.

Day 4: Exploring the Coast Dune Park

Today we'll visit the Regional Natural Park of Coastal Dunes, which stretches from the inland areas to the coast. From ancient olive groves to coastal dunes adorned with distinct plant life including magnificent juniper specimens, this natural expanse boasts many diverse habitats. Both walks end on a golden sandy beach washed by crystal-clear waters.

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. Options include: Alberobello: The unique Trulli buildings here have been designated as a UNESCO World Heritage Site since 1996. The Trulli area of Rione Aia Piccola is just a 10-minute walk from the hotel. Locorotondo: A lovely, less touristy town to explore. With its whitewashed houses, narrow streets, and distinctive circular layout, it's known locally as "Round Place". It is around a 25-minute bus ride from Alberobello. Martina Franca: Founded in the 10th century, this town is renowned for its stunning Baroque architecture. It takes around 40 minutes by bus from Alberobello.

Day 6: The hills of Ostuni and the hidden hermitages

Today we'll visit the hills of Ostuni and its fascinating sites of cultural importance like the ancient underground oil mills. Both walks will start from the archaeological site of Santa Maria di Agnano. If it is open, we can visit the site before we begin our walks. (ticket at own expense). The skeletal remains of an ancient female, known as the "Woman of Ostuni," were discovered in a cave at this site. The fossilised skeleton is estimated to be over 26,000 years old.

Day 7: Pianelle Wood

Today we'll visit the Pianelle Wood. Spanning approximately 600 hectares, the Bosco delle Pianelle teems with diverse wildlife including toads, geckos, turtles and a variety of snakes. In recent years, the return of wolves to the most remote corners of the forest has added to the wood's reputation as a wildlife refuge and nature reserve, created to help protect natural biodiversity. Both walk options start from Pianelle Visitors' centre.

Day 8: Departure Day

Depart Alberobello. We hope to see you again soon.

Hotel Colle del Sole

Hotel Colle del Sole, opened in 1982 by the De Carlo family, is located just 500m from the two Trulli areas known as “Aia Piccola” and “Rione Monti” which, since 1996, have been recognised as UNESCO World Heritage Sites. Rooms are furnished in a modern style, and guests can enjoy the bar and in-house restaurant “Sciarabà”, plus the large garden and outdoor pool. The hotel is in a semi-central area and is well connected to the city centre.

Vaccinations & health information - SHARED WITH ALL EU NEW 2026

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

Passport & Visa information - SHARED FOR ALL EU NEW 2026

This information is for those travelling with a full ‘British Citizen’ passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months’ validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government’s Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

Packing list - Overseas Guided Walking

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 (excluding Bhutan, Georgia and India)
