



# Puglia TRAVEL GUIDE

Oliver's Travels  
— YOUR GREAT ESCAPE —



Puglia's rugged and beautiful landscape is well-suited to a huge range of activities perfect for a group villa holiday. Venture out from your private "trulli" villa and explore this beautiful region; see the historic towns and cities by bike, or jump aboard a boat to check out the hidden caves and beaches along the unspoilt coastline. Foodies will love trips to the hills to taste the incredible olive oil produced here, and better still take a cooking class to learn how to make the most of all the local delicacies.

## PUGLIA REGION !!!! 101

CURRENCY	EURO	TIME ZONE	<a href="#">UTC/GMT</a> +1 hour
ELECTRICAL	TWO PIN	HIGHEST TEMP.	24° C
LANGUAGE	ITALIAN	LOWEST TEMP.	9° C
EMERGENCY	112	PEAK SEASON	MAY- OCTOBER





## TRANSPORT TALK



### BY WHEELS

The roads linking Puglia's main towns, Brindisi, Bari and Lecce, are pretty good. Renting a car for your trip gives you the freedom to explore the region at your own pace and on a schedule that suits you.



### BY BIKE

Puglia has a wealth of beautiful bike routes, in fact, it's one of the best ways to discover the region. With unspoilt coastlines, ruined castles and nearby villages, there's never a dull moment in Puglia.



### BY TAXI

There is nothing complicated about booking taxis, you can find them at all the major cities and towns. Alternatively taxis can be pre-booked online through several taxi companies.



### BY WATER

Direct car and passenger ferries connect the Bari and Brindisi ports with Greece, Croatia and many more destinations for tourists to go and explore what's around them – although we can't see why you'd leave Puglia!



### BY AIR

Fly direct from the UK to Bari and Brindisi, where you can then rent a car to continue your journey.



### BY BUS OR TRAIN

Little Ferrovie del Sud Est (FSE) trains connect nearly all the major destinations in Puglia, including the likes of Lecce, Alberobello and Otranto. Buses connect Puglia's coastal towns during the summer and have various routes across the region throughout the year.

## HIDDEN GEMS AND ACTIVITIES

### Gargano National Park

Puglia's giant nature reserve, the five tiny **Tremiti Islands** offer superb off-the-beaten-track scuba diving. The waters here are chock-full of underwater caves and coral reefs and there's even a Roman shipwreck offshore.

### Trani

A fishing village centres around a century-old stone built harbour where jutting out into the sea is the town's centrepiece: a striking 11th-century cathedral made up of three churches built on top of one another

### Alberobello

Crowds of **trulli** – unusual, whitewashed stone buildings that this part of Italy is famous for.

### Basilica di San Nicola

Bari's grandest basilica, **Basilica di San Nicola**, dates back to the 1100s and has magnificent features from across the centuries, including Puglia's oldest ciborium (canopy) over the altar

### Matera

a striking and cinematic old city. Thought to have been around since the Palaeolithic period and inhabited for 9,000 years, Matera has more layers of history than just about any other town in the world.



- ★ Hidden Gems
- ★ Picks for Kids
- ★ Best Activities
- ★ Foodie Delights





## TOP PICKS FOR KIDS

### Get hands-on



Day trips, boat tours and spa days are all available from the passionate tour guides at [Polignano Made in Love](#). For a real taste of Puglia, sign up for their farm day experience.



### Go on a bear hunt



Tigers, black bears and lions aren't what you would usually expect to sightsee on a jaunt to Italy, but that is exactly what animal-loving kids will find at this giant [safari and theme park](#).



### Head underground



One of Puglia's best-known natural wonders, the [cave network](#) descends 60 metres underground into a world of spiky stalactites and stalagmites, ancient fossils and deep canyons.



### See the countryside



Adults and kids alike can saddle up for a ride throughout the rustic landscape of Serranova with this family-run [horse riding school](#).



### Become a marine explorer



Jonian Dolphin Conservation is an award-winning [marine research team](#) that power up their catamaran and take to the waters around Puglia to observe and protect the mammals that call the Ionian Sea home.



### Whizz down water slides



An enormous [water park](#) in Cellino San Marco, just north of Lecce. With 13,500 square metres of swimming pools alone, this giant attraction has plenty to keep the whole family entertained.



## MAP IT OUT: WHERE TO FIND THE BEST FOR KIDS





## CROWD-PLEASERS: BEST ACTIVITIES

### Get on your bike with



You can now see the very best of Puglia completely guilt-free with the green-thinking [Velo Service](#) company, which offers 'zero emissions tours' of Puglia via bicycle or rickshaw.



### Master Italian cooking



Their day-long food and wine classes don't just cover ingredients and methods, but put both into context, with explanations of the traditions and history behind them. You'll leave this [cooking course](#) up to speed on Puglia's culture.



### Snorkel with



[Explore the coastal caves](#) and underwater marine life on boat trips. You can sail on either the Ionian or Adriatic seas, with both routes serving up stunning views of the coastline and close encounters with Salento's trademark caves.



### Learn to kitesurf with



The experienced, certified and seriously enthusiastic instructors at Locals Salento [Kitesurf](#) offer courses for every age and ability, including advanced, intermediate and complete beginner.



### Taste liquid gold at



Puglia is Italy's olive oil capital. If you want to leave the area with some insider knowledge on this liquid gold, head to the [HQ of the Schirinzi olive oil brand](#), where you can take a guided tour of the mill.



### Charter a yacht with



Take to the waters around Puglia on a luxury [yacht](#). Kitted out with double cabins, bathrooms and a huge sundeck, the 14-metre yacht offers the chance to sail the beautiful waters of the Ionian Sea in complete comfort.



## MAP IT OUT: WHERE TO FIND THE BEST FOR GROUPS







## BEST FOODIE DELIGHTS



### Cucina in Masseria

Aficionados of Italian cuisine can master authentic, seasonal dishes straight from the handwritten family recipes of this 17th-century olive oil mill turned [cookery school](#).



### Ristorante Al Trabucco da Mimi



Named after the trabucco method of fishing, [Ristorante Al Trabucco da Mimi restaurant](#) mixes old-fashioned fishing practices and rustic recipes with modern cooking techniques.



### Specchia Sant'Oronzo

The menu changes at [Specchia Sant'Oronzo](#), but expect the likes of smoked swordfish or beef carpaccio followed by seafood risotto or pasta stuffed with truffle cheese.



### La Cantina di Cianna Cianne



The dining room at the lively and rustic [La Cantina di Cianna Cianne restaurant](#) spills out onto the street, where you can enjoy antipasti, seafood, pasta and risotto al fresco, while taking in Bari's atmosphere.



### Dishes to try

The region is famous for its olive oil. It's also famous for its tasty cheeses, such as, **Burratta** which is made from mozzarella and cream. Others include **Cacioricotta** - a seasonal Ricotta cheese and **Canestrato** - a hard cheese which is a mixture of sheep and goat's milk,

### Cantine Menhir



Here at [Cantine Menhir](#) you can taste-test the in-house vinos and feast on dishes made with locally sourced ingredients. The Mediterranean-style gardens have live music and al fresco dinners held in the grounds.



## MAP IT OUT: WHERE TO FIND THE BEST FOR FOODIES







We'd like to think we know travel pretty well. Since we first hatched [Oliver's Travels](#) in 2003 it's been essentially all we've talked about. You could call us obsessed.

Our extensive [blog](#), Oliver's Journal has got tons of information and inspiration on locations across Europe and the Caribbean. It's a one-stop shop for family-friendly holiday fun, the best group activities, foodie finds and a good dose of adventure. If you found this travel guide useful, (we hope you did!), you can find a whole host more on the blog, too!

At Oliver's Travels we don't do ordinary. From [family chateaux in France](#) and [luxury cottages in the UK](#), to Mediterranean [villas with pools](#) and [Caribbean beach villas](#), we have something for everyone, everywhere.



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