

YOGA - Apulia – Peaceful Apulia - 8 Days

Ostuni - Matera - Castellana Caves - Lecce - Otranto - Alberobello - Gallipoli

- Yoga sessions in inspiring locations
- Guided hiking tours

SUGGESTED ITINERARY - GET IN TOUCH FOR A CUSTOMIZED ITINERARY!

Day 1: Arrival in Apulia

We will arrive at Bari airport and transfer to the hotel. After some time to get settled in we will do our first yoga session in the evening before having dinner at a nearby restaurant.

Day 2: Torre Guaceto Nature Reserve & Ostuni

After a yoga session and breakfast at the hotel in the morning we will take the private bus to the Torre Guaceto Nature Reserve. We will do an easy hike there along the shore and through the Mediterranean macchia. In the afternoon we will visit the "White Town" of Apulia, Ostuni, before trying some olive oil at a historic mill. We will then go back to the hotel to do yoga before dinner at a restaurant.

Day 3: Matera & the Gravina Gorge

Today we will do yoga and breakfast at the hotel before boarding the private bus for the UNESCO recognized city of Matera. Our hiking guide will take us down through the town and on through the Gravina Gorge to the top of the opposite hill, which allows for an incredible view of Matera its famous Sassi cave dwellings. We will return the way we came in time for evening yoga and dinner at a local restaurant.

Day 4: The Castellana Caves

In the morning we will do yoga and breakfast at the hotel. Then we will take the private bus to the Castellana Caves for a guided visit. The cool interior and combination of naturally created sculptures and forms will make us feel as if we are in a surreal other world. Then we will have dinner at a local restaurant following the yoga session at the hotel.

Day 5: Lecce & Otranto

We will start the day by enjoying breakfast and yoga at the hotel. Then we will hop on the private bus, which will take us to Lecce for a guided walking tour of the city's Baroque center. During the tour we will have time to its famously delicious desserts, the "Pasticciotto Leccese." In the afternoon we will continue on to Otranto to visit its beautiful historical centre. We will have a yoga session at the hotel in the evening

The tour includes:

- 7 x night accommodation in a trullo with buffet breakfasts
 - 7 x 3-course dinners at local restaurants
 - Peaceful indoor/outdoor spaces for the yoga and/or meditation sessions each day
 - Transportation by private, deluxe AC bus, as per the itinerary
 - Private, English-speaking hiking guide for the Torre Guaceto Nature Reserve & Ostuni, Matera and Alberobello excursions
 - Private, English-speaking licensed guide for the Castellana Caves
 - Entrance ticket for the Castellana Caves
 - 4 hour walking tour in Lecce with a local, licensed guide
 - Visit and tasting at an olive mill
 - Traditional bread and focaccia tasting in Altamura
 - Tasting of the traditional dessert, the "Pasticciotto Leccese"
 - Pasta cooking class and light lunch
 - 1 set of headphones for use throughout the trip
 - 1 pair of ACTIVO hiking poles per person
- REQUEST A QUOTE AND A CUSTOMIZED TOUR!

Prices:

03-01-2024 - 11-15-2024 - 3* Hotel

per person in a double room

1119 €



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before eating dinner at a restaurant.

Day 6: Cooking class & Alberobello

Following yoga and breakfast at the hotel we will go to Cisternino, where we can stroll its narrow streets and take in the unique details of its architecture, said to be a "great masterpiece of architecture without architects." We will then do a cooking class in the town, learning to make one of the most well-known pasta dishes of Puglia, orecchiette, which gets its name for its shape of "little ears". We will eat the pasta we make for lunch and then hop back on the private bus that will take us to Alberobello. We will do a pleasant hike through centuries-old olive groves, past the conical shepherd's houses that have made the area famous. In the evening we will do yoga at the hotel and dinner at a local restaurant.

Day 7: Porto Selvaggio & Gallipoli

After yoga and breakfast at the hotel we will go to the Porto Selvaggio National Park to meet the guide and start our walk along the paradisiacal Ionian coast. After soaking in the Apulian sun and sea, we will go to Gallipoli to visit its picturesque old town, which was built on an island and linked to the mainland by a sixteenth century bridge. In the evening we will do yoga at the hotel and dinner at a restaurant.

Day 8: Departure

After breakfast we will take the private transfer to Bari airport for our flight home.

3* Hotel

