



BIKE & CAMP 2015



The itinerary

Salento is a region that is **almost completely flat**, making the ride a pleasant journey for **any level of rider**.

We will be cycling approximately 30 km a day (around 3 hours of **leisurely cycling**), mainly crossing **secondary roads**, with sea-breaks, guided visits and Italian lessons. "Salento bici tour" follows the philosophy of "slow-moving" to fully enjoy the surrounding landscape and culture with all its different aspects

Day 1: toward the Alimini lakes.

Day 2: otranto and the far east

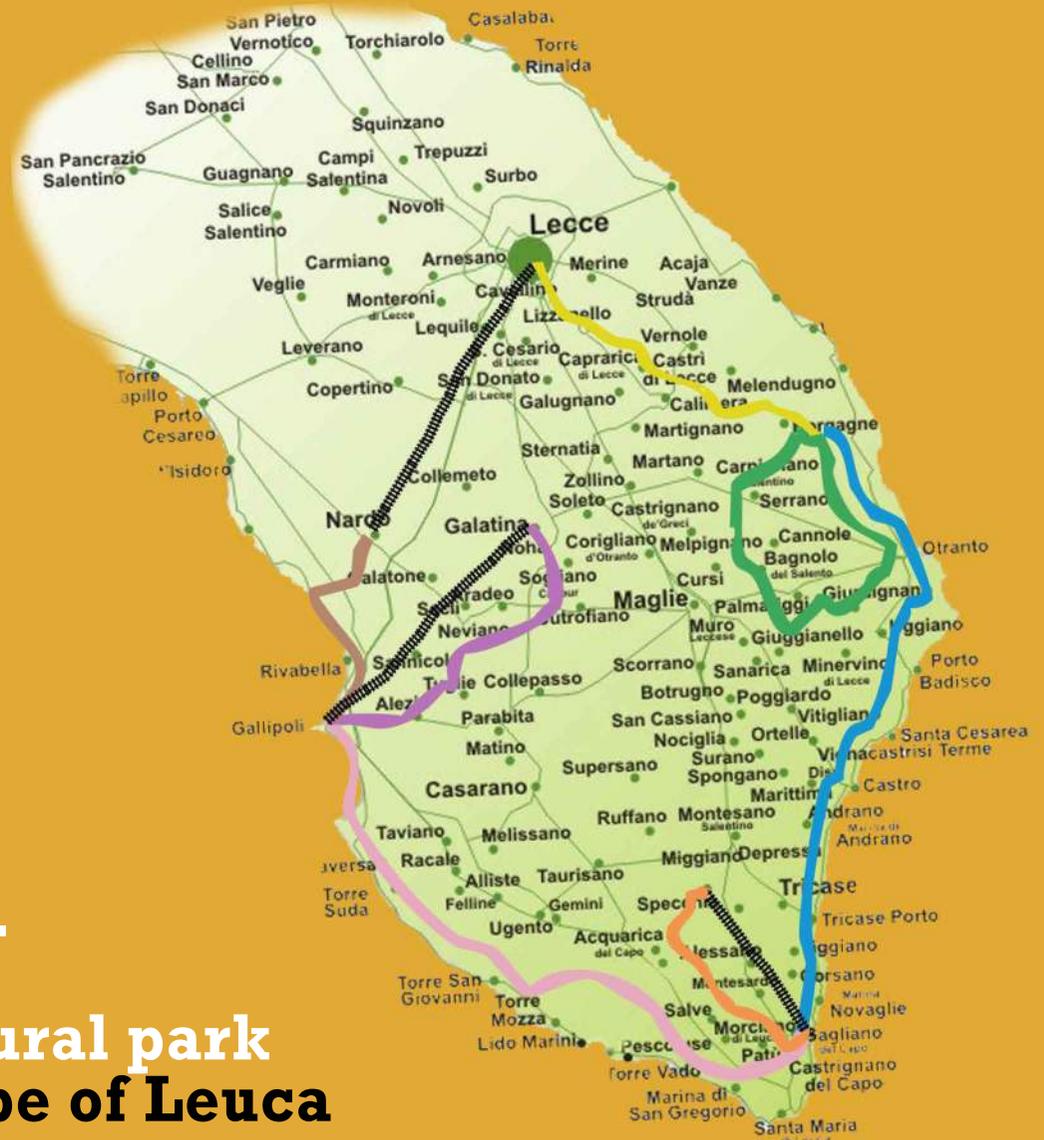
Day 3: to leuca, through the natural park

Day 4: treasures Around the Cape of Leuca

Day 5: the West Coast

Day 6: the Hinterland of Gallipoli

Day 7: our last day



What is it?

Bike&Camp 2013 is a low cost bike trip to discover the treasures of cycling in the Salento. Bring a tent and a sleeping bag, as you will be sleeping exclusively in campsites!

How does it work?

Two guys, local experts in all things Salentine, will guide you energetically through the villages, countryside and gorgeous coastline of Salento. With a relaxed rhythm, we make several stops where and a specialized guide will lead your visit through the natural and cultural beauties of this land. What about the tents and backpacks? Don't worry about carrying those, we'll bring them to the next stop for you.

When is it?

12 // 18 july

22 // 28 august

What we offer:

6 nights Accommodation in your own tent in
Camping
Two bike and tour guides
Technical support
Insurance RC
Cultural and gastronomical visits
(tastings included!)
Local train tickets
Luggage storage and transport

PRICE:

190€

Bike rental available
(70 euro, one week)

Day 1: Toward the Alimini lakes.

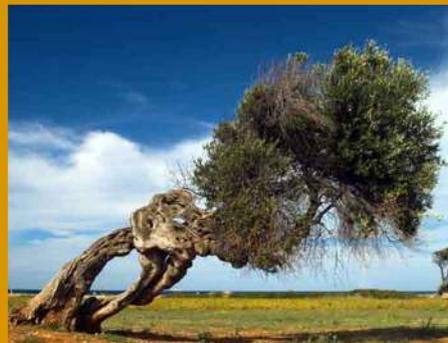


Following a flat itinerary, but naturally and culturally very rich, we'll visit the spread out museum of Cavallino, and open air museum and old messapian settlement. Then we'll go through the Grecia Salentina countryside, finally sloping down to the balmy area of Alimini lakes where we will stop and make camp.

Day 2: Otranto and the far east



During the morning we plan to visit the enchanting old city. Then we'll pedal towards dolmens and menhirs from the bronze age, we'll stop to see old looms renovated and still working, ages (or secular) ?? olive trees and lastly a botanic garden with flora from all the world.



Day 3 : from otranto to leuca, through the natural park

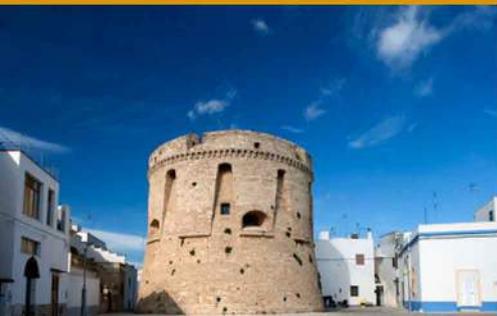


Today we move to Cape of Leuca, the end of the earth of Puglia, taking a cliff road by the sea, along the Natural Park “Otranto-Leuca”. We’ll make frequent stops to enjoy the views. We plan to visit the coastal cave of Zinzulusa. There will be a few hard uphill bits, but we’ll be compensated by beautiful views of the Otranto horizon and the sea.

Day 4: Treasures Around the Cape of Leuca



After visiting the old defense tower at Salignano and the ancient underground oil press (frantoio) in Castrignano, we’ll carry on to Patù, where we stop at the “Centopietre” (hundred stones) megalithic monument. Then we’ll explore the gorgeous countryside on the way to Specchia, where we will explore the historic town center. At last, we’ll go to Tricase, where we’ll catch a picturesque local train and go back to our campsite.



Day 5: The West Coast



The west coast of the Salento is endless beaches and crystalline sea, and we'll enjoy them both today. We will also visit the organic farm "Sarruni" for artisan olive oil and traditional specialties, taking a break in Punta Pizzo natural park and lastly in roaming the old harbor city of Gallipoli.

Day 6: The Hinterland of Gallipoli



We'll visit the rural farming life in Tuglie and then stop at Piccapane, an organic farm, to ride through the olives and the dry wall typical of this part of the countryside. In the afternoon, we'll see the medieval frescos of the church Saint Catherine of Alexandria before taking a train back to Gallipoli.



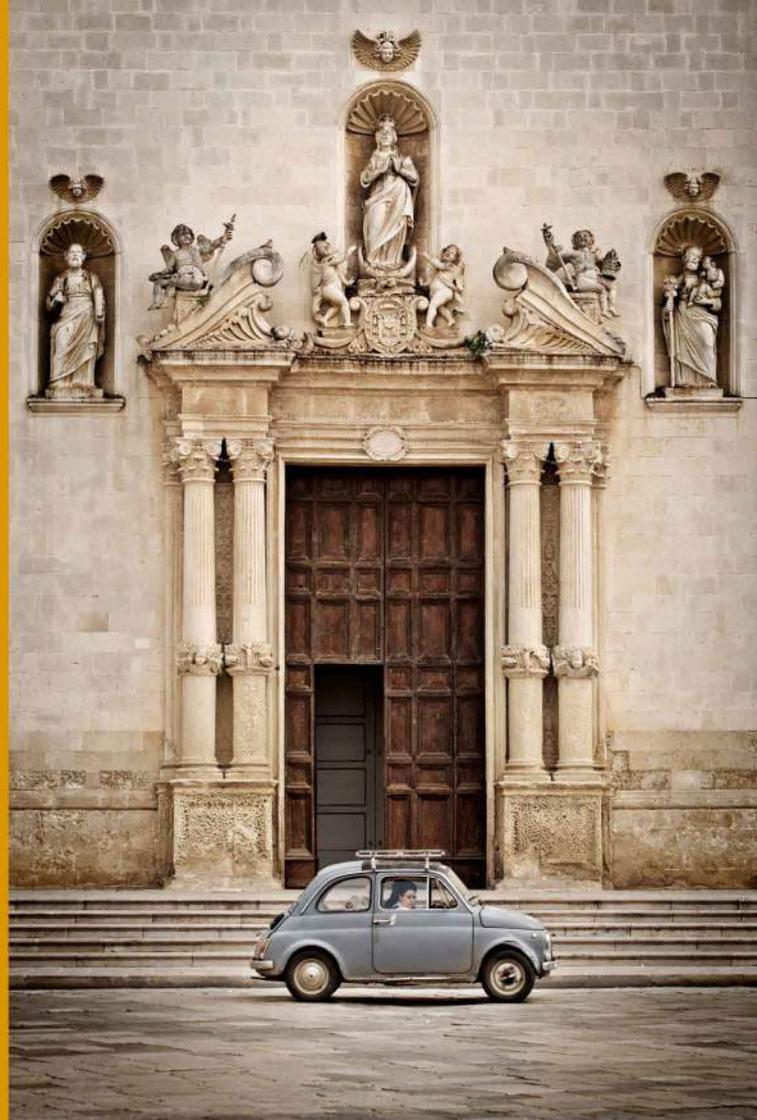
Day 7: Our last day!

— 56m

0km

19km

We ride from Gallipoli to the beautiful coves of Santa Caterina, then we walk to Porto Selvaggio, a gorgeous bay where we'll have a picnic lunch. In the afternoon we'll take a visit to Nardo, one of the best examples of Barocco architecture in the Salento. Finally, we'll take a train back to Lecce.



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