



compass
ROAM

PUGLIA

ONE WEEK
TRAVEL ITINERARY



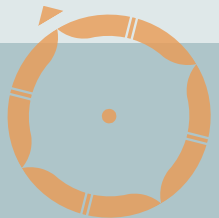
DETAILS

TRANSPORTATION

- TWO AIRPORT OPTIONS: BARI OR BRINDISI
- FOR TRANSFERS TO/FROM AIRPORT: [APULIA SLOW TRAVEL](#)
- PUBLIC TRANSPORTATION IS NOT RELIABLE - RENT A CAR INSTEAD

A HEAD'S UP!

- Many car rentals companies will drop off/pick up your car directly at the hotel for an extra fee. They will also install car seats if requested ahead of time. Your hotel can help arrange this.



ITINERARY

- DAY ONE**
- MORNING**
- ARRIVE AT MASSERIA TORRE MAIZZA (ROCCO FORTE HOTEL)
 - HAVE BREAKFAST AT MASSERIA TORRE MAIZZA
- AFTERNOON**
- HAVE LUNCH AT MASSERIA TORRE MAIZZA
 - RELAX AT THE HOTEL AND THE POOL
- EVENING**
- EXPLORE THE SMALL NEARBY TOWN OF SAVELLETRI
 - HAVE DINNER AT OSTERIA DEL PORTO (SAVELLETRI)

TRAVEL TIP

- Keep "Day 1" light, especially if adjusting to new time zone, or if you had an overnight flight.

- DAY TWO**
- MORNING**
- HAVE BREAKFAST AT MASSERIA TORRE MAIZZA
 - EXPLORE THE STREETS OF POLIGNANO A MARE
- AFTERNOON**
- HAVE LUNCH AT MINT CUCINA FRESCA (POLIGNANO A MARE)
 - RELAX AT THE HOTEL POOL
- EVENING**
- EXPLORE MONOPOLI IN LATE AFTERNOON
 - HAVE DINNER AT LA LOCANDA SUL PORTA (MONOPOLI)
 - GRAB GELATO AT GELATERIA CARUSO

TRAVEL TIP

- Explore Polignano a Mare and Lama Monachile beach in the morning to avoid crowds.
- KID-TIP: There's a small area with rides right before the historical center of Monopoli.

- DAY THREE**
- MORNING**
- HAVE BREAKFAST AT MASSERIA TORRE MAIZZA
 - TAKE KIDS TO SEE ZOOSAFARI & FASANOLAND
- AFTERNOON**
- HAVE LUNCH AT MASSERIA TORRE MAIZZA
 - EXPLORE LOCOROTONDO
- EVENING**
- HAVE DINNER AT CASA PINTO (LOCOROTONDO)

TRAVEL TIP

- KID-TIP: Other morning options include DinoLand or Lamapecora (small farm with cheesemaking).
- If not interested in visiting parks/playareas, I'd instead recommend exploring some beaches (recommendations below) or visiting Bari.
- If you opt for Bari, make sure to visit the women making pasta in the street [here](#), and have focaccia at Panificio Fiore.

ITINERARY

- DAY FOUR**
- MORNING**
- HAVE BREAKFAST AT MASSERIA TORRE MAIZZA
 - RELAX AT LIDO PALME BEACH CLUB
- AFTERNOON**
- HAVE LUNCH AT LIDO PALME BEACH CLUB
 - EXPLORE OSTUNI
- EVENING**
- HAVE DINNER AT CASA SAN GIOCOMO (OSTUNI)

TRAVEL TIP

- For the best view of Ostuni, drive to Piazzetta Martiri delle Foibe on Corso Vittorio Emmanuele II.

- DAY FIVE**
- MORNING**
- HAVE BREAKFAST AT MASSERIA TORRE MAIZZA
 - GO ON THE OLIVE OIL TOUR AT MASSERIA BRANCATI
- AFTERNOON**
- RELAX AT THE HOTEL POOL & HAVE LUNCH
- EVENING**
- VISIT THE TOWN OF ALBEROBELLO IN LATE AFTERNOON
 - HAVE DINNER AT TERRA MADRE (ALBEROBELLO)

TRAVEL TIP

- Highly recommend the bike tour with Madera Bikes.
- It's best to visit Alberobello in early morning or in the early evening instead of mid afternoon when it's very crowded. You'll also have better lighting and a less rushed experience.

- DAY SIX**
- MORNING**
- HAVE BREAKFAST AT MASSERIA TORRE MAIZZA
 - TRAVEL TO MATERA WITH APULIA SLOW TRAVEL
- AFTERNOON**
- CHECK IN TO SEXTANTIO LE GROTTI DELLE CIVITA
 - HAVE LUNCH AT SEXTANTIO GROTTI DELLE CIVITA
 - EXPLORE MATERA
- EVENING**
- HAVE DINNER AT OSTERIA AL CASALE

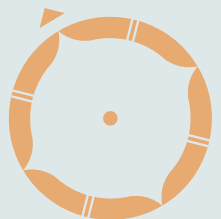
TRAVEL TIP

- Sextantio is a luxury cave hotel - Cave room 21 is great for families.
- Cave 15 has good natural light.

- DAY SEVEN**
- MORNING**
- HAVE BREAKFAST AT SEXTANTIO LE GROTTI DELLE CIVITA
 - TAKE A GUIDED TOUR OF MATERA (ARRANGED BY HOTEL)
- AFTERNOON**
- HAVE LUNCH AT 5 LIRE
 - EXPLORE MATERA - CLIMB TO THE TOP OF ROCK CHURCH, WALK THROUGH THE SASSI DISTRICT.
- EVENING**
- HAVE DINNER AT BACCANTI

TRAVEL TIP

- The guided tour is best for adults/older kids.
- Matera can get very hot in the summer - have water and sunscreen on hand.



RESTAURANTS AT THE TOP OF MY LIST

POLIGNANO A MARE:

- **La Rotellina** - Sells the Puglian snack panzerotti
- **Olio Su Pane** - Small restaurant that focuses on street food
- **Il Quadrifoglio** - Popular local spot, known for pizza, but also serves fresh seafood and pasta.
- **Bar Luna** - Known for a good morning cappuccino and cornetto

BARI:

- **Pizzeria Di Cosimo** - Recommended for casual pizza

ALBEROBELLO:

- **Trattoria Terra Madre** - Farm to table restaurant, very highly recommended

OSTUNI:

- **Borgo Antico Bistrot** - This cafe/aperitivo spot has beautiful views over the city. It's a small sandwich/appetizer place - no reservations permitted.
- **Il Frantoio** - Small hotel near Ostuni that has a well known 9 course tasting menu (adults only)
- **Osteria Del Tempo Perso** - Michelin star spot that gets rave reviews

MATERA:

- **Kapunto** - Casual spot known for great pasta
- **Terazza Cavaliere** - Recommended for an aperitivo and views of the city
- **Osteria San Francesco** - Local chef known for his Versailles-trained twist on traditional dishes
- **Trattoria del Caveoso** - Stylish cave restaurant with outdoor terrace
- **Terrazza Cavaliere** - Great spot for drinks with views
- **Zipa Cafe** - One of the most unique bars in Matera

LECCE:

- **Le Zie Trattoria** - Local neighborhood trattoria
- **Cafe Alvino** - Good place for a drink/snack
- **Alle Due Corti** - Authentic regional cuisine, highly recommended
- **Come Vuoi Pane** - Sandwiches on the main square

OTRANTO:

- **Postofisso** - known for incredible Puglian sandwiches called Pucce.

CASTRO:

- **Martinucci** - offers coffee, pastries and gelato in the main square of Castro
- **Le Stuzzicherie del Porto** - sandwich (puccia) place



TOP OF MY LIST ACTIVITIES

BARI:

- **Bike tour** of Bari Vecchia and the coast
- **Ride the ferris wheel** located at the water's edge
- Take a **street food tour**
- Stroll along the **lungomare promenade**

MATERA:

- Visit **Casa Noha** , **Casa Grotta di Vico Solitario** or **Casa Grotta C'era Una Volta**
- Hike down into the ravine
- Visit **MOOM olive oil press**
- Check out underground cisterns at **Palombaro Lungo**

CASTRO:

- **Santa Casarea** - Thermal baths located nearby
- **Grotta Zinzalusa** - Known as one of the best caves in the world

ALBEROBELLO:

- **Walking Tour of Alberobello**
- Visit **Trullo Sovrano** - The only trullo in the village with two floors
- **Sant'Antonio Church** - The only trullo church in the world
- **Try a "Pasqualino"** - this sandwich is found only in Alberobello

LECCE:

- Take an elevator to top of **lecce bell tower**
- Go underground at **Museo Faggiano** (came highly recommended)
- **Villa Comunale Park** - outside city walls, good for short stroll or picnic



OTHER FABULOUS BEACHES & SWIMMING SPOTS

- **Cala Paradiso** (Monopoli) - local favorite
- **Cala Sussca** (Monopoli) - recommended for kids
- **Tre Buchi** (Monopoli)- local favorite
- **Porto Marzano** (Monopoli) - recommended for kids
- **Grotta della Poesia** (near Otranto) - You can't actually swim here anymore, but looks beautiful to see in person.
- **Bano Marino Archi** (Castro) - This swimming hole is located on the top of the cliff of Santa Cesarea Terme. There's also a restaurant with terrace views
- **La Castellana** (Otranto) - This is a beach club located between two natural coves, and it's known for its more elegant and private setting.
- **Kum Beach Club Alimini** (Otranto)- Beach club near the town of Otranto with helpful staff and good restaurant.



TOP OF MY LIST GELATERIAS

- **Gusto Caruso** (Pogliano a Mare)
- **Bar Peppino** (Pogliano a Mare)
- **Voglia di...Gelato Artesianale** (Pogliano a Mare)
- **Bar Turismo** (Pogliano a Mare)
- **Il Supermago del Gelo** (Pogliano a Mare)
- **Gelateria Borgo Antico** (Ostuni)
- **Baldo Gelateria** (Lecce)