

EXPLORE!



Self-Guided Coastal Walking in Puglia 8 days

Italy - Trip code WSPU

Self-Guided Coastal Walking in Puglia

Walk Puglia's beautiful yet little-known coastal trail from Otranto to Gagliano del Capo and enjoy superb views, amazing swimming spots, unknown villages waiting to be explored and undisturbed nature. Hike through orange and lemon groves and follow a red-earth trail a few metres from the sea towards the lighthouse of Punta Palascia, the easternmost point of Italy. Pass through tiny fishing hamlets, coastal spa towns and ancient Messapian villages. End your trip in glorious Lecce, with its Baroque palaces and Roman masterpieces.

Trip highlights

- ★ **Stunning coastal views** - Tiny coves and bays with inviting crystal clear water
- ★ **Lecce** - Baroque Palaces and churches
- ★ **Otranto** - Explore the fortress and narrow streets
- ★ **Walking through the 'Tratturi'** - Ancient stone-walled country lanes
- ★ **Delicious cuisine** - Excellent local food and wine

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Trip starts in Otranto

Your accommodation for the first two nights of your holiday is in the small coastal town of Otranto. After checking-in, you may choose to spend some time exploring Otranto, the harbour and the Cathedral with its magnificent mosaic floor. This evening, we recommend exploring the historic centre and enjoying a dinner of freshly-caught fish in one of the family-run restaurants.



Accommodation: Hotel San Giuseppe (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Otranto circular walk

Today's walk is a good warm-up hike, discover the small Idro valley that gives Otranto (Hidrunum) its name. The Idro river spring is about 5 kilometres from Otranto, in a location called Monte St Angelo. This is a very fertile area, you will be walking among orchards, olive trees and orange groves. You begin the walk at the side of the river and follow it through fields of olive trees, passing by the St Angelo rock church. You will then continue downhill back to Otranto, known as the 'Pearl of the Orient'.

You can expect today's 7.5 kilometre walk to take approximately two hours.



Accommodation: Hotel San Giuseppe (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Walk from Otranto to Porto Badisco

Walking through the maze of the narrow alleys of the old town you reach the new port. Here a flat, gravel coastal path contours

around a series of coves. You pass by several WWII bunkers and you can make a short detour to an interesting Bauxite (quarry) lake, going slightly inland. Following the coast you have several opportunities to stop for a dip in the crystal clear waters. You continue along the coast towards the Punta Palascia Lighthouse from which on clear days you can see the Albanian mountains across the Adriatic Sea. Punta Palascia lighthouse is the easternmost point of Italy and just 71 kilometres away from Albania.

You can expect today's 12.5 kilometre walk to take approximately five hours.



Accommodation: Hotel Masseria Panareo (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Dinner

DAY 4 - Walk from Porto Badisco to Santa Cesarea Terme

The first stop of today's walk is the beautiful inlet of Porto Badisco where you can buy a coffee and picnic lunch. Continue following a shepherd's path, you will see the typical round, flat-topped, dry stone buildings where the shepherds used to sleep, known as 'Pagliari'. You will then leave the coast and start climbing up to the inland plateau. After following narrow paths through the fields you come to a great picnic spot in a small pine forest offering shade on sunny days. Finally descend to the spa town of Santa Cesarea Terme where there are some great swimming spots to cool off and relax in the warmer months.

You can expect today's 12.5 kilometre walk to take approximately four hours.



Accommodation: Grand Hotel Mediterraneo (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast


DAY 5 - Walk from Santa Cesarea Terme to Marittima


Today you leave Santa Cesarea, first by climbing uphill then following narrow paths inland through the fields to the ancient Messapian town of Castro, with its imposing high walls. The Messapii were an Indo-European people who settled in the heel of Italy, thought to have travelled over from the Balkan Peninsula around 2500 BC. Explore the old town and maybe stop for lunch before descending to the port where you can go swimming. Continue along the coast to the Acquaviva cove, a beautiful hidden inlet and a fantastic swimming spot where a fresh water spring comes out at sea level. Then walk along the thickly forested Acquaviva valley towards Marittima.

You can expect today's 11.5 kilometre walk to take approximately four and a half hours.



Accommodation: Palazzo Vecchio (or similar)

 Standard Hotel

 Single room available


 Meals Provided: Breakfast


DAY 6 - Walk from Marittima to Marina Serra


Today you will see several traditional 'tratturi', a system of ancient roads and footpaths used by the locals to go down to the sea or to connect villages and orchards. Each stone tells the story of a hard peasant life. Descend to Tricase Porto, where you can try a good 'caffè in ghiaccio' (iced coffee) and go for a swim. Today's final destination, Marina Serra is a small coastal hamlet with great swimming spots.

You can expect today's 13.5 kilometre walk to take approximately four and a half hours.

 **Accommodation: Agriturismo il Rifugio dei Lavaturi** (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast & Dinner


DAY 7 - Walk from Marina Serra to Gagliano del Capo - train to Lecce

Today you walk to Novaglie, a lovely quiet rocky beach from where the breath-taking 'Cipolliane path' starts. It is named after the caves you can visit along the way. The Cipolliane path leads you to the Ciolo Bridge, the last great swimming spot on this trip. From the tiny Ciolo cove, you walk up the Ciolo valley to Gagliano del Capo from where you take the train to Lecce for your last night in the beautiful Baroque city. Nicknamed the 'Florence of the South' because of its rich Baroque heritage, the city's palaces, churches and statues are made from the famous local stone and are well worth exploring.

You can expect today's 12.5 kilometre walk to take approximately five hours.

 **Accommodation: Grand Hotel di Lecce** (or similar)

 Premium Hotel

 Single room available

 Meals Provided: Breakfast

DAY 8 - Trip ends in Lecce

After breakfast, the organised part of your holiday comes to an end.

Walking and Trekking information

DAILY DISTANCE

Day 2	7.5km
Day 3	12.5km
Day 4	12.5km
Day 5	11.5km
Day 6	13.5km
Day 7	12.5km

Walking grade

Moderate

Trek details

On this journey you walk 71 km over 6 days (an average of just under 12 km per day). The walks mostly follow rocky coastal footpaths, sometimes through low vegetation or bushes, along mule tracks and footpaths and a few sections of secondary surfaced roads as you enter the villages and towns. The distances and elevation are not great but we have graded the route as moderate because the terrain is rocky and the trail not always obviously visible.

Max walking altitude (m)

450



What's included?



Included meals

Breakfast: 7
Dinner: 2



Accommodation

6 nights standard hotel
1 nights premium hotel

Trip information

Country information

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Italian

Budgeting and packing

Clothing

Take light and comfortable clothing that can be layered according to the temperature. July and August are the hottest months whilst early and late in the season go prepared with clothing to suit drops in temperature and possible showers. Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

Footwear

Walking boots or shoes and comfortable trainers and/or sandals for sightseeing and relaxing.

Luggage: On tour

You will need one main piece of baggage and a daypack sufficiently large to take everything needed for your walking day, such as your water bottle, snacks, spare clothing and camera. Your main luggage will be transferred to your next accommodation on days 3, 4, 5, 6 and 7. Please clearly mark all your belongings with your name and the name of the next accommodation and have your

bags ready and at the reception by 09:00 on the morning of your departure.

Luggage transfer

Included between each hotel

Equipment

Insect repellent, sunglasses, walking poles, sunscreen and a water bottle are all recommended.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes.

Tipping

Local fees

Local city tax is required to be paid in cash upon check in to the accommodation. The amount varies from 1 to 3 Euros per person per night, with the higher amount relating to higher category hotels.

Country Information

Italy

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£5.00 - 10.00

Dinner price

£15.00 - 20.00

Beer price

£2.00 - 4.00

Water price

£1.00 - 2.00

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

Major towns.

Credit Card Acceptance

Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Recommended airport

Brindisi or Bari Airports

Flying to your destination

We recommend flights into Brindisi or Bari airport which are served by both budget (including Easyjet) and non-budget airlines (including British Airways) from multiple airports in the UK.

Arrival and departure information

For this trip you can fly into Brindisi or Bari airports.

These two airports can be easily reached by local transport, which is affordable and offers a frequent service.

From Brindisi airport you can take either a private shuttle or a train to Brindisi train station and then a direct bus to Otranto. You can also take a train to Lecce and then a direct bus to Otranto. The private shuttle from Brindisi Airport to Otranto runs with a minimum of 32 people on board. It needs to be booked online and costs around 32 Euros per person, journey time is around 1 hr 20 minutes (<http://www.salentoeasy.it/come-arrivare/trasferimenti-da-e-per-la-puglia/291-navetta-aeroporto-brindisi-ottranto-torredellorso>).

The bus from Brindisi airport to the city centre takes 15 minutes and costs approx. 1 Euro one way (http://www.stpbrindisi.it/images/pdf/linee-orari/AP_Aeroporto.pdf). Then the bus from Brindisi to Otranto (just 3 busses per day, takes around. 1 hour 45 minutes and costs from 10 to 13 Euros, timetable here <http://www2.marozzivi.it/orari>) OR take the train to Lecce (Duration around 30 minutes and cost around 3 Euros one way, timetable here www.trenitalia.com) and then a bus to Otranto (line 106, duration around 40 minutes and cost around 3,50 Euros one way (<http://www.provincia.le.it/web/provincialecce/trasporti/orari-e-linee>)

Arriving to Bari airport, you can take a bus or a train to Bari Centrale train station and then a train to Lecce, where you can take a direct bus to Otranto.

From Bari you can take a train that takes around 15 minutes and costs from 5 to 10 Euros one way. http://www.ferrovienordbarese.it/tmp/downloads/aeroporto_inv_2015.pdf)

Alternatively there are two bus companies servicing Bari Centrale train station, it takes about 30 to 40 minutes and costs from 1 to 4 Euros one way depending on the bus you take. Timetable here www.amtab.it/index.php?option=com_wrapper&view=wrapper&Itemid=93 or www.autoservizitempesta.it/en/orari.php

Next take a train from Bari to Lecce, costs from 10 to 19 Euros one way depending on the train you take and takes around 1 hr 30 minutes, www.trenitalia.com. From here you need one more bus Otranto (line 106, takes around 40 minutes, and costs approximately 3,50 Euros <http://www.provincia.le.it/web/provincialecce/trasporti/orari-e-linee>)

On departure, you can take a train from Lecce to Brindisi or Bari train station and then a bus to the airport (see information above)

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Italy: Visas are not required by UK, Australian, US, New Zealand, US or Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

450

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
