

arrides

La Dolce Vita on two wheels off the beaten path

Puglia, Taranto and
the Ionian Coast

RELAIS
HISTÓ
SAN PIETRO SUL MAR PICCOLO



Group ride: From min 2 to max 14 cyclists

Bicycle rental: e-Gravel or Gravel Bike

Daily bike tour: Two different itineraries each day light lunch at end of bicycle ride

Support on the bike:

Certified guides who ride with the guests.

Support wagon for assistance and broom service.

Extended spare battery for the guests' e-bikes
























Drinks and Energy bars

Bike apparel: For every guest, we prepare a customized bike apparel set

Guest insurance coverage: Italian civil liability and Italian sanitary health

Airport transfers: Upon request, we can pick-up and drop-off guests directly at the airport

Tour logistics

From 2 to 3 guests	 Guests and support Van		 E-Gravel Bicycle	 Mechanic / Driver	 Certified Guides	 Bike daily Itineraries	 Custom bike kit	 Guest Insurance
From 4 to 7 guests	 Guests Van	 Support Van	 E-Gravel Bicycle	 Mechanic / Driver	 Certified Guides	 Bike daily Itineraries	 Custom bike kit	 Guest Insurance
From 8 to 14 guests	 Guests Van	 Support Van	 E-Gravel Bicycle	 Mechanic / Driver	 Certified Guides	 Bike daily Itineraries	 Custom bike kit	 Guest Insurance

e-Bicycles, Support Team, Insurance

BIANCHI e-GRAVEL BICYCLE

A professional carbon electric bicycle from our partner Bianchi will be prepared for each guest.

The autonomy of the bicycle is enough to carry out the tours we propose, so that the guest can enjoy the ride to the fullest and end the day in complete tranquility.

Guests will find the bicycle upon their arrival at the hotel prepared according to their measurements and preferences.



Bianchi e-Arcadex Carbon eGravel
Shimano GRX Disc 11-Speed, BOSCH CX
Motor Drive, 500W Battery

HIRIDES SUPPORT TEAM

The tour will be managed by a staff: **1 or 2 guides and 1 mechanic/driver.**

The guides support the guests both in the cycling experience and in the leisure experiences and will manage the logistics of the guests.

The mechanic manages the good functioning of the bicycles and will take care of the well-being of the guests on the bike with water, isotonic dinks, coke, nuts, dried fruits.

The broom service will also be managed which allows the guest, if he feels tired, at any time during the journey, to get on the van to return to the hotel.

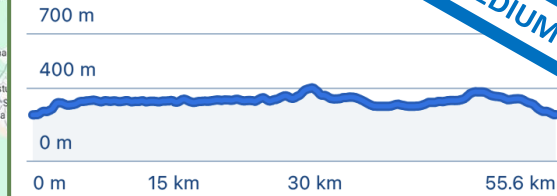
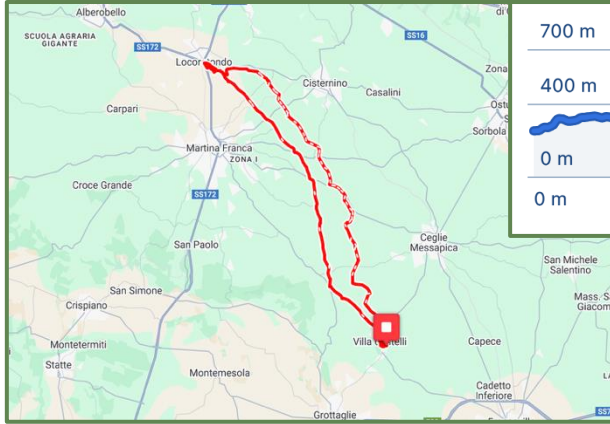


Travel Insurance specific for cyclists

- **Civil Liability Insurance Service**
- **Italian Health Insurance** for non European citizens,
 - Access to Italian health facilities.
 - Transportation to the health facility for treatment.
 - Treatment and hospitalization

Bicycles Itineraries

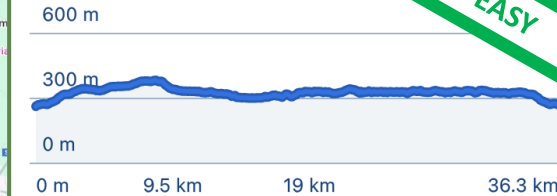
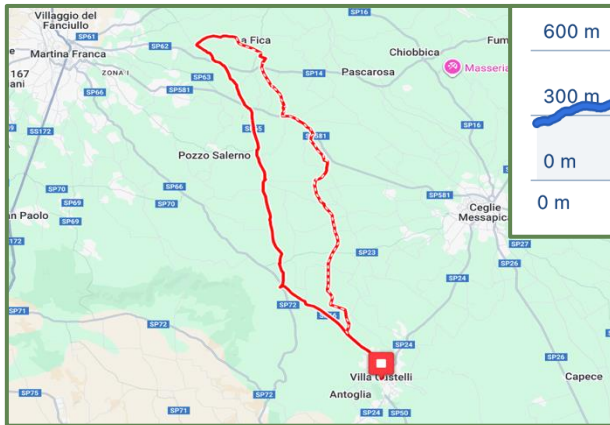
The historic Apulian Aqueduct – Long



MEDIUM

- Cycling time: 4 hours
- Distance: 55 KM
- Climbing ascent: 400 mt
- Gravel unpaved: 30%

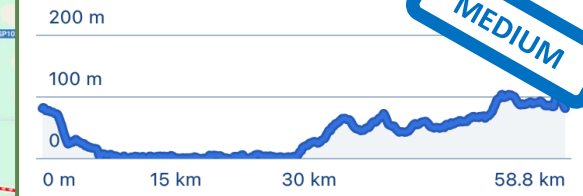
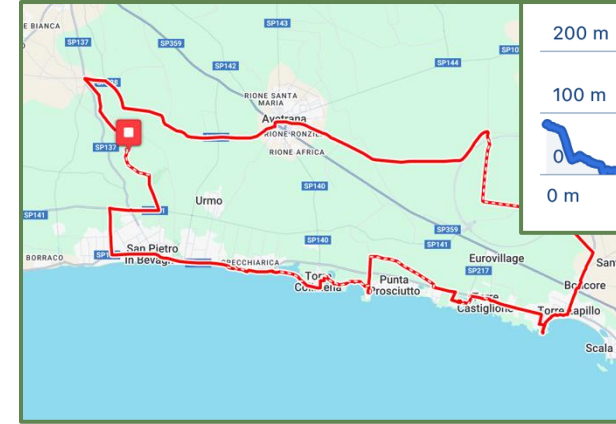
The historic Apulian Aqueduct – Short



EASY

- Cycling time: 3 hours
- Distance: 36 KM
- Climbing ascent: 300 mt
- Gravel unpaved: 35%

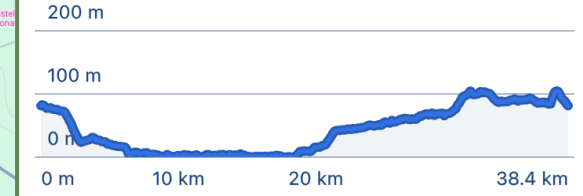
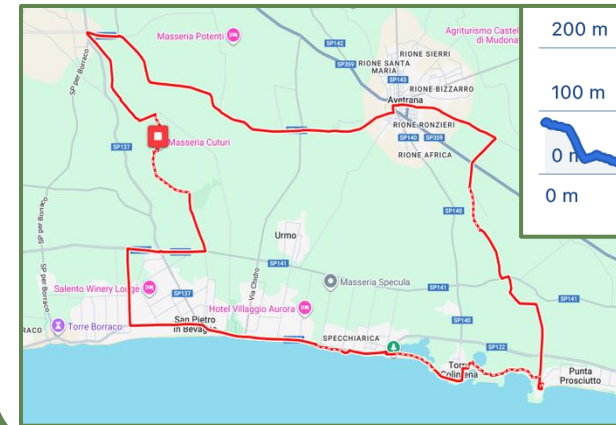
Manduria vineyards and Ionian Coastal – Long



MEDIUM

- Cycling time: 4 hours
- Distance: 59 KM
- Climbing ascent: 250 mt
- Gravel unpaved: 23%

Manduria vineyards and Ionian Coastal – Short

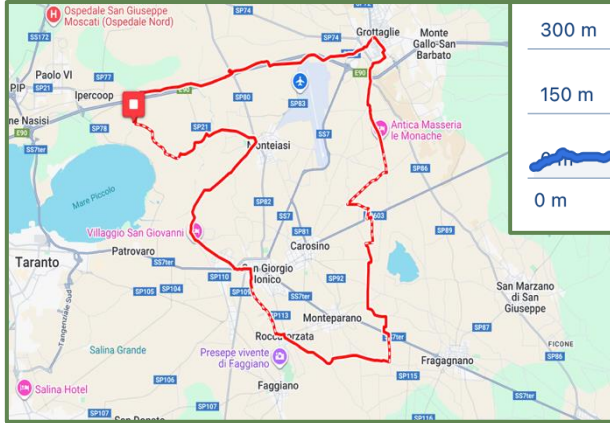


EASY

- Cycling time: 3 hours
- Distance: 39 KM
- Climbing ascent: 250 mt
- Gravel unpaved: 16%

Bicycles Itineraries

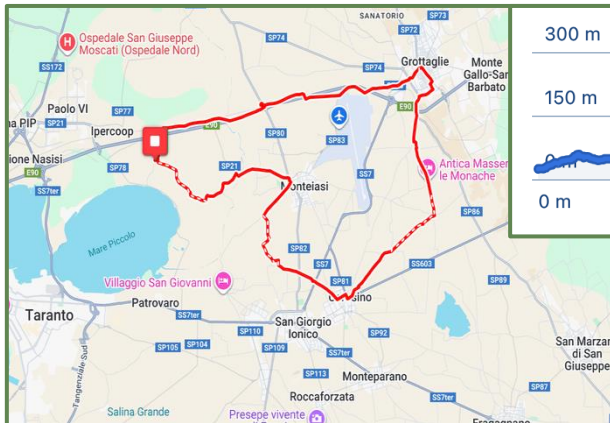
Grottaglie ceramics tour – Long



MEDIUM

- Cycling time: 3/4 hours
- Distance: 50 KM
- Climbing ascent: 420 mt
- Gravel unpaved: 20%

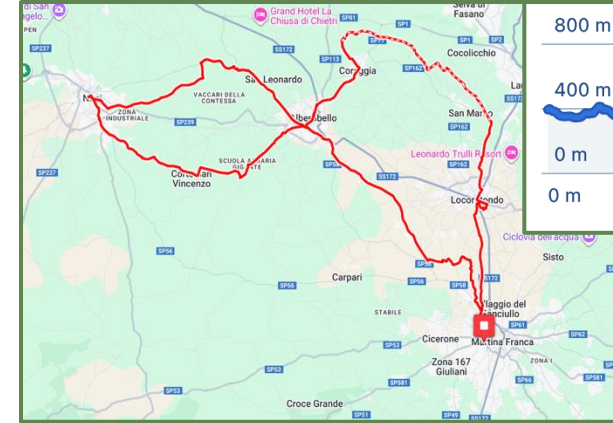
Grottaglie ceramics tour – Short



EASY

- Cycling time: 3 hours
- Distance: 36 KM
- Climbing ascent: 250 mt
- Gravel unpaved: 20%

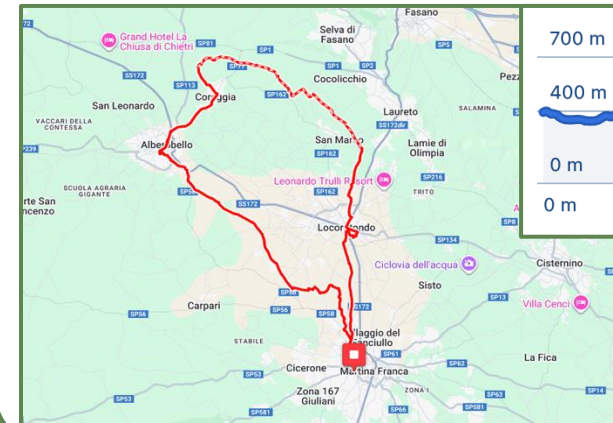
Itria, the “Trulli” valley (UNESCO site) – Long



MEDIUM

- Cycling time: 4 hours
- Distance: 65 KM
- Climbing ascent: 700 mt
- Gravel unpaved: 14%

Itria, the “Trulli” valley (UNESCO site) – Short



EASY

- Cycling time: 3 hours
- Distance: 40 KM
- Climbing ascent: 430 mt
- Gravel unpaved: 22%

Experiences: Guided tours, workshops, tasting, cooking class

Artistic ceramics workshop in Grottaglie



Grottaglie, the ceramic capital of Puglia. Since Roman times, Grottaglie's rich clay has been used to produce colorful ceramics. We will visit an artisan workshop of ceramists and decorators who have helped bring the art of terracotta to world-renowned levels. A centuries-old tradition, firmly rooted in the past but looking to the future. An immersion in ceramic colors and subjects.

Apulian dairy, trecce, burrate,



Mozzarella, burrata and caciocavallo are the symbolic cheeses of Puglia. Dina Crovace is the owner of an artisanal dairy that produces high quality dairy products, she will guide us in the visit of her dairy and will show us how to prepare mozzarella and burrata. To conclude the visit a tasting of mozzarella and other gastronomic delights from Puglia.

Experiences: Guided tours, workshops, tasting, cooking class

Apulian wine and oil tasting



In the heart of Puglia, at the historic Masseria Pizzariello, the Varvaglione family welcomes guests. Immerse yourself in the world of wine with a tour of the winery, tasting and learning about the importance of soil, microclimate, cultivation systems, and production methods. Pairings with local cuisine invite you to relax in a unique atmosphere.

The figs of Pomona Gardens



A 10-hectare garden of rare beauty, with a large collection of "Ficus carica," a very important species in the Mediterranean basin. We'll learn how to "**maritare**" dried figs: first, harvesting the figs, then opening them and arranging them on traditional drying racks, and finally "**maritatura**" them with toasted almonds and lemon zest.

Dining Delights



Cibus Restaurant

The unmissable Cibus must be sought in the maze of alleys of the historic center of Ceglie, it is idyllic to sit at the tables of the small internal courtyard. Famous for its careful research of regional gastronomic traditions, it is appreciated in equal measure by demanding palates, lovers of quality and lovers of rustic cuisine. a large selection of cheeses and an excellent cellar make Cibus an unmissable stop on any trip to Puglia.



La Cuccagna Giro di Vite Restaurant

Martino Marsella founded the restaurant in 1969 as an extension of the traditional butcher's shop with the "Fornello Pronto Pugliese." Today, meat remains the highlight of many dishes, paired with fresh vegetables, refined appetizers and main courses. An elegant, curated cuisine where every preparation reflects local selection and excellent products.

Dining Delights



Osteria Piazzetta Cattedrale

We're in Ostuni, the "White City," just meters from the cathedral. A wife in the kitchen and a husband in the dining room run this place like a little gem. From the floors to the chandeliers, everything is as elegant as a refined living room. The dishes pay homage to regional products. An example? Lasagne with Apulian ragù, caciocavallo cheese, and basil, or zuccotto with ricotta ice cream, almonds, and fig [ham](#).



Gatto Rosso restaurant

In the heart of Taranto, chef Agostino Bartoli offers well-executed contemporary cuisine based on genuine fish. Everything revolves around the freshness of the raw material and the exaltation of the final product, without excessive elaborations. Starting from the Taranto tradition, we return to the essence and authenticity. The environment is well-kept and comfortable, with an attentive service and a fine wine cellar.

Weather by month

Average temperature and monthly rain forecast

- Monthly rain forecast legenda
- 0 No rain forecast
 - 1 Sporadic, non-continuous
 - 2 A few days of rain
 - 3 Several days of rain

Month	APR	MAY	JUN	JUL	AUG	SEP	OCT
	F°	F°	F°	F°	F°	F°	F°
High temperature	66°	73°	82°	90°	90°	79°	72°
Low temperature	48°	59°	66°	72°	72°	64°	59°
Rain forecast	2	1	1	1	1	2	2

Month	APR	MAY	JUN	JUL	AUG	SEP	OCT
	C°	C°	C°	C°	C°	C°	C°
High temperature	19°	23°	28°	32°	32°	26°	22°
Low temperature	9°	15°	19°	22°	22°	18°	15°
Rain forecast	2	1	1	1	1	2	2

Hirides

I T A L I A N B I K E E X P E R I E N C E S

info@hirides.com

www.hirides.com