

# 7 DAYS

## MEDITERRANEAN REBALANCE

---



### ACCOMMODATION

Your accommodation will be in the spectacular, discreet and yet elegant countryside of the Itria Valley in Puglia. The accommodation has been selected strategically so we are located in a position which allows us to travel only short distances on a daily basis..

All guests will have their own authentic Trullo with private bathroom and all modern facilities. The accommodation is set on majestic grounds where you can recharge by the pool, enjoying the warm sun and fresh air.

### GETTING THERE

The tour begins at Bari International airport where we will meet you and transfer you to your accommodation. Approximately 1 hour drive.

### EXCLUSIONS

\*Airlines \*Travel insurance (we'd advise taking out cover ahead of time) \* Entry fees to visit any museums, galleries, or public premises, not listed on the itineraries. \*Any meals outside of those listed within the itinerary.

### INCLUSIONS

- Transfers to/from Bari International Airport on arrival & departure days
- 7 Nights accommodation in a typical Masseria/Trullo
- All breakfasts
- Six lunches are provided throughout the tour
- All dinners including local wines
- Traditional aperitivo in selected towns
- Bilingual hosts for the duration of your stay
- Olive Oil tasting and farm visit
- Local cheese tasting
- Guided tour in Lecce
- Two cooking experiences
- Daily optional yoga sessions
- All wine tasting events held at local establishments
- We'll assist with all travel as detailed on your itinerary
- Transport to the local township on tour free day

**CA \$3,850 per person, twin share.**

**Single Occupancy \$550**

It's no secret that people in the Mediterranean live longer, with many claiming it to be the incredibly healthy diet, while others argue that it's the peaceful way of life.

Whether you're a fan of healthy eating, culinary arts using the freshest ingredients, holistic therapies, or even the tantalising taste of olive oil fresh from a local vineyard; this is the tour for you.

### **SAT / ARRIVAL**

Once you land, we'll pick you up from the airport and transport you back to your home for the next week. Within an hour we'll arrive at your Masseria, where you can unpack, unwind and get to know your fellow guests (as well as your hosts!). We've scheduled welcome drinks and dinner to begin your immersion into the Puglian lifestyle.

### **SUN / OSTUNI & OLIVE OIL FARM & TASTING**

For fans of Yoga, you'll get to choose whether or not to partake in this early morning activity. After a leisurely breakfast, your first outdoor adventure will begin with a visit to the nearby city of Ostuni, known as one of the oldest parts of Puglia and instantly recognisable from land and sea. With a 1 o'clock lunch on the menu, you'll be able to savour the flavours of local cuisine. After a traditional lunch, in the afternoon, we'll be taking you to a family-run vineyard where you will get to enjoy a spot of olive oil tasting to tantalise your taste buds, as well as introduce your body to the healthiest oil in the world. To complete your first full day with us, you'll get to enjoy a traditional dinner in the local town of Cisternino, where you can have fun, enjoy conversations and get to know the Puglian way of life in even greater detail.

### **MON / POLIGNANO A MARE & COOKING EXPERIENCE**

Starting bright and early with another optional Yoga session, after breakfast, you'll be ready and raring to go. Today, we have a visit to Polignano a Mare on the cards; a town complete with stunning coastlines, vibrant ocean colours and iconic architecture. Upon arrival you'll get to enjoy a truly traditional cooking experience with a professional chef, which will then be followed by lunch (time to partake of the delightful cuisine you just created!)

With so much to see and do in Polignano, you'll get to spend the afternoon exploring the town to your heart's content. As the evening draws in, we'll return you to your Masseria where you can enjoy a light dinner, have a swim in the pool, or enjoy the comfort of your home away from home.

### **TUE / CHEESE TASTING & MANDURIA**

With another exciting day on the agenda, you'll have the option to begin again with a Yoga session.

We'll then take you to Casefici where you will get to see how Mozzarella is made, as well as try some of the delicious cheese. Today we'll be eating lunch in Manduria, the wine growing area of Puglia. Here we will visit a traditional winery, where we will have a tasting accompanied with lunch.

After lunch we'll head back to your Masseria where you can relax, settle back in, or prepare for dinner this evening. For dinner, we have an exciting meal planned at a local Trattoria.

### **WED / LECCE & COOKING EXPERIENCE**

Your professional instructor will return for another invigorating Yoga class to start the day off well.

With Lecce on the agenda for the day, you'll be transported to a fabled city that is well-known for baroque architecture and captivating sights. Before getting to know the town you'll have an exhilarating cooking lesson to take part in, followed by a tantalising lunch.

After lunch, you'll be given an expertly guided tour around Lecce, including an education on its rich history, diverse lifestyle and unique appeal. After this, you'll have some free time to explore, shop, or check out the local sights and sounds. Late afternoon we will make our way back to the Masseria where you will enjoy a light dinner with drinks.

### **THU / LOCOROTONDO & ALBEROBELLO**

To start the day, you'll have the option of taking part in another reinvigorating Yoga session with your instructor, of course if Yoga's not your thing then you'll be enjoying an extra long breakfast.

We'll be visiting two beautiful towns today; the first is Alberobello, the town of Trulli. Once we arrive you'll have some free time to check out what the inside of the Trulli look like, with the option of visiting the local market to check out the sellers' wares, or enjoy the ambience. For lunch, we'll be heading back to your Masseria in preparation for our next outing this afternoon.

Late afternoon when everything starts to reopen after siesta, we'll depart to Locorotondo, another stunning city in Puglia where you'll get to enjoy an Aperitivo, as well as dinner

### **FRI / WELLNESS DAY**

For your penultimate day with us, we'll treat you to a trip to a local spa, where you'll also get to enjoy lunch and a massage. Once you're entirely relaxed from your spa day, including massage and other therapies, it will be time to head back to your Masseria for a few hours of free time. To celebrate your time with us, we'll take you into town for a full course meal, complete with drinks and a chance to say goodbye before you leave us tomorrow morning.

### **SAT / DEPARTURE**

After breakfast, we'll take you back into Bari where you can catch your flight and travel home; hopefully with countless memories to last a lifetime!





# Frequently Asked Questions

## How small are the groups?

Our groups are no more than 12 participants.

## What is the average age of those in your groups?

Our guests vary in age from 30 through to 75 years of age.

## What time do our day trips start?

Our touring day generally commences at 9am

## Do I need travel insurance?

We highly recommend you have travel insurance. You are required to purchase your own travel insurance to cover cancellation coverage, airline tickets, trip delay, lost luggage or any potential medical expenses.

## Is there any free time?

We have scheduled tour free days within our respective itineraries and there is also the opportunity of spending time on your own on any of the scheduled day tours.

## Is there air-conditioning in the apartments?

Yes, all apartments are air conditioned.

## Is there a lot of walking?

Walking is part of the tour itinerary and although there may be stairs to climb and walking over cobble stoned streets is common, the walking is quite leisurely and you are able to stop and take a break if required.

## What can I do on a Tour Free Day?

You can choose from a variety of additional activities that we have on offer, these range from cheese making, cooking classes, horse riding, cycling tours and many more. Booking prior to the tour is recommended. Alternatively you can visit another township.

## Is there access to Wi-Fi?

There is Wi-Fi at all of the accommodations. However please remember that some of these places are in the countryside and although the Internet generally works quite well, it may not be the speed to which you are accustomed.

## Can I make changes to my itinerary before or during the trip?

Itineraries are provided in order to ensure all our guests have the utmost travelling experience and we therefore do not amend itineraries once your tour has commenced.

## How are the meals provided?

A continental breakfast will be served each morning at your accommodation. Lunches are generally at a Caffe or restaurant where you choose one course from the menu, this is generally a light lunch.

All dinners are either catered for at the accommodation or at a local restaurant or Trattoria. Dinner is 2 courses chosen from an a-la-carte menu. Local wine is included with dinner.

## What will the food be like?

The food is typically Italian; all the meals provided are from a-la-carte menus which have ample varied selection.

## What if I'm vegetarian or require a particular diet?

You are able to choose from an a-la-carte menu for all meals and the selection is varied and caters well for vegetarians.

## What is the dress code?

Comfortable clothing and walking shoes for daily tours and smart casual for dinners.

## What happens if I need to cancel?

Please see our terms and conditions.

