



SLOW FOOD - SELF DRIVE OF APULIA

ALBEROBELLO, GROTTA DI CASTELLANA, MARTINA FRANCA, CISTERNINO, OSTUNI,
LECCE, MANDURIA, MATERA.

5 nights | 6 days

TOUR FEATURES

Experience a multitude of emotions in a region of overwhelming beauty, blessed by nature and full of history; enjoy the pleasant countryside and imposing castles, including noble palaces and ancient cathedrals, olive groves, old stone "Trulli" and white baroque buildings, stunning caves and historic Masserie farmhouses. Apulia is also a land of flavours and fragrances where bakers, dairymen and farmers turn fruits into products that owe their rich flavours and fragrances to their simplicity, and a place with a world-famous winemaking tradition as well. Last but not least there is the stunning Matera which is considered a WORLD HERITAGE

SITE by UNESCO since 1993 for the particular conformation of its buildings.

SLOW FOOD PRESIDIA AND OTHER RECOMMENDED PRODUCTS

Participants will have the unique chance of sampling several Slow Food Presidia products - high-quality, traditional foods and beverages at risk of "extinction" - and other local delicacies from recommended quality producers, such as:

- the extra virgin olive oil of the Murgia olive groves;
- the traditional cheeses of the Murgia cheese-makers;
- the Capocollo cold cut of Martina Franca;
- the Primitivo wine of Manduria.



HIGHLIGHTS

The Caciocavallo Podolico cheese is made with the milk of the Podolica cow, a breed which yields very little milk and only in certain months. The production of Caciocavallo requires great skill and ability, but the results are excellent, particularly when the cheese is aged, usually from a few months to three years, and sometimes even up to eight or ten years.

The Martina Franca Capocollo, the name used in the south of Italy to refer to cured pig neck, is one of Apulia's most highly regarded cold cuts. The local climate is not very suitable for curing, so a process developed whereby the meat is salted, soaked in herbed wine and then lightly smoked. The procedure preserves the pork and also gives it an extremely rich flavour.

The Altamura Traditional Bread. The superb Altamura bread is baked in huge sombrero-shaped loaves made from remilled durum wheat semolina from the Alta Murgia in the province of Bari, mixed with a natural sourdough starter, warm water and sea salt.

TYPICAL RESTAURANTS FROM THE "OSTERIE D'ITALIA" SLOW FOOD GUIDE

Tour participants will taste the delicious, authentic dishes of the regional cuisine eating at restaurants selected among those recommended by Slow Food in the "Osterie d'Italia" guide, small "trattorie" that still use fresh, local produce and traditional recipes for their dishes:

WINERIES AND MORE

Tour participants will also have the opportunity to sample wines and/or local typical products at wineries, bakeries, pastry shops, fresh produce markets and more, such as:

- the Pucce Leccesi (bread with vegetables) of Lecce;
- the "Tarallucci" (crisp bread rings).

POINTS OF INTEREST:

ART, HISTORY, CULTURE & NATURE

During the tour the participants will not only discover delightful food and wines but also the most interesting monuments, works of art, churches and natural landscapes of the region:

- the amazing stalactites, stalagmites, huge

caverns and hidden pools of water of the **Grotte di Castellana** caves

- **Alberobello**, with the Trulli traditional rural homes, a UNESCO World Heritage site
- **Ostuni**, called "the white village", with its wonderful old centre
- **Lecce**, the splendid ancient town called "the Baroque Pearl"
- **Matera**, known as the "City of Stones", for a guided visit. This city is the most extraordinary and intact example of troglodyte settlement in the Mediterranean Region. The oldest "Sassi" (ancient homes carved right in to the rock) are about 7000 years old.

ITINERARY

Day 1) Arrival, Martina Franca

Arrival to the Hotel Masseria Chiancone, near Martina Franca. Time to settle in, then transfer to Martina Franca to enjoy a welcome dinner at Ristorante La Tana which will be dedicated to the Slow Food Presidia of Apulia. Return to your hotel and overnight stay. **(D)**

Day 2) The Murgia: Grotte di Castellana, Alberobello, Martina Franca

We suggest: visit the wonderful Grotte di Castellana situated at a depth of 70 meters, along more than 1 mile of road. Lunch in Alberobello. Here will be dedicated to the Murgia cuisine and the local produce and wines in the Trattoria La Cantina. After lunch we suggest: a walk around the Trulli to visit the little shops and laboratories selling homemade cheeses and Taralli and a visit to Martina Franca and an evening stroll around its beautiful historical town centre, stopping at the Partenope pastry shop in the Corso Italia to try their renowned delights. Return to your hotel and overnight stay. **(BB, L)**

Day 3) The Murgia: Cisternino and Ostuni

We suggest: departure for Cisternino, one of the most beautiful villages in Italy. Here visit the old town centre and stop at the little shops selling Capocollo before having lunch at the Taverna della Torre where the delights of Capocollo and some other dishes and wines from the Puglia region will be served. We suggest: a visit to the white village of Ostuni and its old centre. Make a stop at the splendid Masseria Ferri to try some of their cheeses, including Caciocavallo, Cacio ricotta and Canestrato. Back to your hotel and overnight stay. **(BB, L, T)**

Day 4) Lecce, Manduria

Morning departure to Lecce. Stroll around to discover the ancient town, called the Baroque Pearl. We suggest to try the breads, pizzas and the famous Pucce Leccesi (a traditional bread with olives, tomatoes and other vegetables). In the afternoon proceed to Manduria to visit the Wine Museum and taste the local wine called Primitivo accompanied with typical product. Return to your hotel and overnight stay. **(BB, T)**

Day 5) Matera

Morning departure for Matera, known as the "City of Stones", for a guided visit. This city is the most extraordinary and intact example of troglodyte settlement in the Mediterranean region. The oldest "Sassi" (ancient homes carved right into the rock) are about 7000 years old. Free time for lunch. In the afternoon visit Azienda Dragone and taste their extraordinary wines. Return to your hotel and overnight. **(BB, T)**

Day 6) Departure

Departure. **(BB)**