



# Tour Information



## Puglian Culinary Experience





## Passports

You may need to renew your British Passport if you are travelling to an EU country. **Please ensure your passport is less than 10 years old (even if it has 6 months or more left on it) and has at least 6 months validity remaining from the date of travel.**

For more information, please visit: [passport checker](#)

## Visas

If you're a tourist, you do not need a visa for short trips to Italy. For all other passport holders please check the visa requirements with the appropriate embassy.

For further information, please check here: [travel to the EU](#)

Italian Consulate-General: "Harp House", 83/86 Farringdon Street, London EC4A 4BL.

Tel: (0)20 7936 5900. Fax: (0)20 7583 9425.

Email: [consolato.londra@esteri.it](mailto:consolato.londra@esteri.it)

Website: <https://consolondra.esteri.it/en/>

Open Mon-Fri 0900-1200



## Tickets

You will be sent an e-ticket, which shows your flight reference number, with your final departure documents. Online check-in is available any time prior to travel using this information. Please visit [www.easyjet.com](http://www.easyjet.com) for more information.

EasyJet have now replaced all of their airport check-in desks with EasyJet Baggage Drop desks. **Therefore, you must check-in online and print out your boarding passes before travelling.** Checking in online also provides the opportunity for you to pre-book seats, if you wish, at an extra cost.

Please check that the details on your documentation are accurate and that all names are spelt correctly and match the names on your passport. Your flight ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



## Baggage Allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

Your EasyJet ticket includes one hold bag of up to 23kg plus **one cabin bag that can fit under the seat in front of you**, (maximum size 45 x 36 x 20cm, including any handles or wheels). If you book an upfront or extra legroom seat you can also take an additional large cabin bag on board.

<http://www.easyjet.com/en/planning/baggage>

## Transfers

On arrival in Bari, coach transfer to Alberobello (approx. 1 hour).

## Special Requests

If you haven't already done so, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.

## Border Control

At border control, you may need to show a return or onward ticket, show you have enough money for your stay, use separate lanes from EU, EEA and Swiss citizens when queuing.

## Taking food into EU countries

You are not able to take meat, milk or any products containing them into EU countries.



## Accommodation

### Charming Trulli

Several of the distinctive Trulli in Alberobello (a UNESCO World Heritage Site) have been converted into 'hotel' rooms with all modern facilities with a central reception area and restaurant, with its own organic garden, where breakfast is served each morning. Each trulli has a private bathroom with bath or shower, TV, fridge and tea/coffee making facilities.

Oozing character, each trullo is self-contained and dotted around Alberobello a short walk (no more than 200m) from the central reception area/restaurant. Fully modernised and very comfortable with modern facilities (only some have wifi, though the restaurant does), this tour represents the chance to occupy a little piece of history. Each individual trullo is unique so therefore the size and layout of each trullo will be different. Please note that as this is not a hotel, the bed linen will not be changed during your stay and the towels will be changed after the third day of your stay.

For more information, please visit the trulli website: <http://www.charmingtrulli.com/>



### Food

For millennia Puglia has been predominantly an agricultural region, producing around 40% of Italy's olive oil and a large proportion of its wine. This essentially agricultural nature means that the region's cuisine is home-country inspired, predominantly using the abundant local produce such as durum wheat, tomatoes, artichokes, fava beans, rocket, courgettes, beans, fennel, peppers, onions, beef and lamb.

In terms of pasta, Puglians pride themselves on their *orecchiette*, little ear-shaped shells that are still produced by hand on a daily basis by many *signore*. It is usually served with tasty sauces such as meat ragu, broccoli and lard, mushrooms or turnip tops. The pasta itself is made rigorously from durum wheat flour, water and salt. Eggs, once considered a luxury, are not used in traditional Puglian pasta-making.

Another pasta speciality is *maccheroni al forno*. The maccheroni is mixed with meatballs, hard-boiled eggs and all manner of other ingredients. Finally, it is topped with a pie crust and cooked in the oven.

The presence of so many sheep also means that cheese is generally of ovine extraction. Puglia's pecorinos and ricottas are excellent and ubiquitous. Puglia's long coastline and fishing tradition bring large quantities of seafood to the table. Red mullet, anchovies, gilt-head bream, mussels, sea bass and cuttlefish are featured in many recipes and the many seafront restaurants serve up feasts of just-caught fish.

Many of Puglia's desserts are almond based (the region produces vast quantities of almonds), often combined with honey or *vin cotto di fichi* (a kind of fig concentrate). Strong Italian espresso coffee is served after the meal and will be black, in small cups, unless a *cappuccino* is requested.

Table service is common in most restaurants and bars. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.



### Drink

If Italy is the largest producer of wine in the world, it is largely thanks to Puglia, which produces more than any other Italian region, about 17% of the total. Puglia now boasts 25 different DOC areas and some excellent vintages of its own. The most widely grown grape variety is *Negroamaro* which is used to produce some of the region's best wines, including *Salice Salentino*. The epithet of most famous grape, however, goes to Primitivo, whose wines, including the *Primitivo di Manduria*, are generally high in alcohol content and full in body.

Apéritifs such as *Campari* and *Punt e Mes* are excellent appetisers, while Italian liqueurs include *Grappa*, *Stregga*, *Galliano*, *Amaretto*, *Sambuca* and *Limoncello*.

Meals included in the price of your holiday are:

**Breakfast** – daily

**Lunch** – 2

**Dinner** – 2





## Destination

In many respects, Puglia is the perfect holiday destination, offering not only some of Italy's loveliest beaches but also a sublime climate, a series of fascinating towns, a number of important archaeological sites and, last but certainly not least, an excellent culinary tradition bristling with local specialities. The central Puglian towns of Alberobello, Locorotondo and Martina Franca are famous for delightful old-town centers and their *trulli*, traditional circular stone houses with conical roofs. The centre of Alberobello is a UNESCO World Heritage Site, thanks to the high concentration of these distinctive constructions.

**Places of interest included in the tour:**

### Alberobello wine and food tasting and cooking class

A UNESCO World Heritage site, renowned for its "trulli," curious white conical buildings that crowd the narrow streets and accommodate shops, restaurants and even a cathedral. Constructed from stone and without mortar, they generally have whitewashed walls and natural stone roof tiles, often adorned with religious, pagan or magical symbols. There will be an opportunity to visit a local wine museum with a tasting of three different wines and a local lunch of cheese, salami, fisella and focaccia, and to try your hand at cooking some Puglian classics. At the Terra Madre Trattoria you will be taken through how to prepare and make the dishes with you getting to enjoy them for lunch afterwards.

*For more information about Alberobello, please visit:*  
<https://www.italyheaven.co.uk/puglia/alberobello.html>

### Lecce

Built in the local soft creamy limestone with dazzling architectural surprises around every corner, Lecce is a minor Baroque masterpiece. Its spider's web of streets offers a kaleidoscopic mix of long-range vistas, alluring glimpses and playful perspectives that have long enchanted visitors. Amongst its myriad of beautiful buildings, constructed from the easily carvable "pietra di Lecce" stone, highlights include the stunning Bishop's Palace dating from 1632, adjoining Duomo (1659), Chiesa del Rosario designed by the city's preeminent architect, Lo Zingarello, and highly ornate Santa Croce, 18th century city gate, Porta

Rudiae and Sant Oronzo column. As you walk, enjoy various street food tastings.

*For more information about Lecce, please visit:*  
<https://www.italyheaven.co.uk/puglia/lecce.html>

### Matera

Matera, a UNESCO World Heritage site, is one of the most fascinating places to visit in southern Italy. Perched on the edge of a deep ravine, the town is divided into two: a bustling upper town and the silent lower Sassi (caves) district, dating from the 8th to 15<sup>th</sup> centuries. It is likely that they originally provided shelter for monks from the Byzantine empire, but the town later developed into a cave dwelling community with a host of chapels, some 120 in total. Many caves were often fronted with buildings, some of which became quite grand mansions and convents. The bustling upper town is worth exploring, too, with its 13th century Duomo amongst several ancient and beautiful churches.

*For more information about Matera, please visit:*  
<https://www.italyheaven.co.uk/basilicata/matera.html>

### Castel del Monte, cheese tasting and Trani

Remotely located on the endless plains near Ruvi di Puglia, the spectacular octagonal Castel del Monte was built by Frederick II in the 13th century. It is a harmonious piece of geometric architecture with 16 rooms spread evenly over two floors. The pretty seaside town of Trani dates back to the Middle Ages and is renowned for its Norman Duomo, 13th century castle and 15th century Renaissance Palazzo Caccetta. Today, in between Castel del Monte and Trani, we visit the famous cheese and mozzarella laboratory in Andria, the birthplace of burrata. There will be a delicious tasting of six cheeses with bruschetta, sun dried tomatoes and wine.

*For more information about Castel del Monte and Trani, please visit:*

<https://www.italyheaven.co.uk/puglia/castel-del-monte.html>

and

<https://www.italyheaven.co.uk/puglia/trani.html>

### Ostuni, Polignano and Monopoli

The fortified citadel of Ostuni is known as the "white city" thanks to its white city walls and buildings. Important buildings here include the 15th

century Duomo, Palazzo Vescovile, Palazzo del Seminario and the Loggia Mare.

Polignano is possibly one of the most photographed places in Puglia, it has a breathtakingly beautiful old town, which is perched atop dramatic limestone cliffs overlooking the translucent aquamarine colours of the Italian sea.

Monopoli which takes its name from the early Greek city that was founded here, has been inhabited since around 500 BC. It is a port town with a walled city built as a defence against pirates and other invaders. Much larger than Polignano a Mare but equally attractive, with a lovely port, and pretty streets lined with old buildings and dotted with ancient churches. Monopoli has a picturesque fishing harbour and sea front promenade. There will be a delicious sea food dinner this evening before heading back to Alberobello.

*For more information about Ostuni, Polignano and Monopoli, please visit:*

<https://www.thethinkingtraveller.com/italy/puglia/town-s-and-cities-in-puglia/ostuni>

and

<https://www.thethinkingtraveller.com/italy/puglia/town-s-and-cities-in-puglia/polignano-a-mare>

and

<https://www.thethinkingtraveller.com/italy/puglia/town-s-and-cities-in-puglia/monopoli>

## Bari

This busy port town may not match in beauty some of the other towns found in Puglia, but it does not lack in any way charm, history, culture and places of interest. The of Barri Vecchia, the historic old town, offers a maze of narrow winding streets that are charming to wander through and where you will find a number of medieval monuments, including the Cathedral of San Sabino, one of Bari's most important attractions, and the impressive Basilica of San Nicholas, an important place of pilgrimage. Bari is also a popular city for its traditional Puglian cuisine – perhaps try some *Orecchiette* pasta, *Riso patate e cozze* (layers of rice, potatoes and mussels baked in terracotta pots in wood fired ovens) or *Panzerotti* (deep fried pastries stuffed with cheese and tomato).

*For more information about Bari, please visit:*

<https://www.italyheaven.co.uk/puglia/bari.html>

## Reading Suggestions

**Luca Lorusso, *Sharing Puglia: Delicious, Simple Food from Undiscovered Italy*.**

Featuring traditional recipes and stunning photography of the Puglia region.

**Desmond Seaward, *An Armchair Traveller's History of Apulia***

Simple, readable introduction to Puglia's history.

**Henry James, *Italian Hours*, 1909.**

Published at the end of his life, Henry James portrays his love of Italy through this series of essays, written over nearly four decades.

## Tour Manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions, please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot and do everything to help you enjoy your holiday.

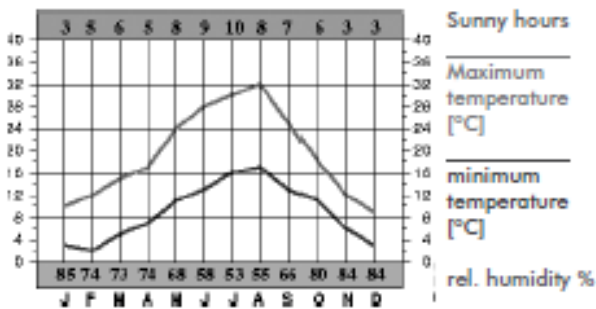
## Grading

This tour has been graded as **Moderate**: Walking between sites, lots of standing for viewing.



## The Basics

**Climate** – The weather in Puglia at this time of year is likely to be hot and dry, but there is always the chance of the odd thunderstorm. Our best advice is to come prepared.



**Time** – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

**Language** – Italian

**Religion** – Roman Catholic

**National holidays** – New Year's day (01 Jan); Epiphany (06 Jan); Easter Monday; Liberation day (25 Apr); Labour Day (01 May); Republic day (02 Jun); Assumption of Mary (15 Aug); All Saints' Day (01 Nov); Immaculate Conception (08 Dec); Christmas day (25 Dec); St Stephens day (26 Dec).

**Currency** – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

**Banks** – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

**Credit cards** – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

**Electricity** – 220 volt, two-pin continental plug.

**Drinking water** – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

**Shops & Museums** – Department stores are open 0830-1930 Monday to Saturday. Most shops are closed between 1230-1530. Please note that some museums close on Mondays.

Although very common in tourist towns in Italy, please note that street vendors selling all kinds of designer knockoffs are illegal and could land you with a hefty fine. Care should also be taken when buying antiques since Italy is renowned for skilled imitators.

**Clothes & Shoes** – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good flat/grip walking shoes are recommended.

**Camera** – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

**Bath plugs** – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

**Telephones/mobiles** – The guarantee of free mobile phone roaming throughout the EU, Iceland, Liechtenstein and Norway has ended. Check with your phone operator to find out about any roaming charges that might be applied after 1st January 2021. A new law means that you are protected from getting mobile data charges above £45 without you knowing. Once you reach £45, you need to opt in to spend more so that you can continue using the internet while you are abroad. Your phone operator will tell how you can do this.

**Tipping** – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one awards with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm.



## Health

### Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

**Keep receipts for insurance claims.**



### Hospital

Your tour manager/hotel reception will arrange hospital transport.

**Keep receipts for insurance claims.**

### General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

### Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



## Insurance

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

### Global Health Insurance Card (GHIC)

Before you travel, make sure you've got a valid European Health Insurance Card (EHIC) or UK Global Health Insurance Card (GHIC) or travel insurance with health cover.

You may not have access to free emergency medical treatment and could be charged for your healthcare if you do not have an EHIC or GHIC when visiting an EU country, or travel insurance with full healthcare cover when visiting Switzerland, Norway, Iceland or Liechtenstein. If you have an EHIC it will still be valid while it remains in date. Your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) will be valid if you are travelling to an EU country.

For further information about the GHIC please visit:

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>



## Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 7841 023807 or 07831 133079

**PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.**

If you find that you are in need of consular assistance during your holiday:

British Consulate Rome

Via XX Settembre 80/a

00187 Rome

Italy

Tel: +39 (0)6 4220 2431

Fax: +39 (0)6 4220 2334

Email: [Italy.consulate@fco.gov.uk](mailto:Italy.consulate@fco.gov.uk)

Open Mon-Fri 0900-1200 and 1400-1500. Phone lines open 0900-1700. Outside these hours a consular Emergency Service is in operation and can be contacted on +44 (0) 207 008 1500

Travel Editions

3 Youngs Buildings, London EC1V 9DB

Tel: 02072510045

Email: [tours@traveditions.co.uk](mailto:tours@traveditions.co.uk) [www.traveditions.co.uk](http://www.traveditions.co.uk)

PLEASE NOTE: THIS INFORMATION IS CORRECT AT THE TIME OF PRINTING. IT IS MEANT AS A GUIDE ONLY  
AND WE CANNOT ACCEPT RESPONSIBILITY FOR ERRORS OR SUBSEQUENT CHANGES.