

Monica welcomes you to Puglia

Puglia is undoubtedly one of the most fascinating regions in the world, as confirmed by [National Geographic](#). The diversity of landscape and resources, the cultural and gastronomic richness can satisfy every desire and taste. Among beaches, natural parks, unspoiled landscapes, [UNESCO](#) sites, and authentic villages, there is plenty of choice. I wish you a pleasant stay in this splendid land.

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BARI – THE OLD CITY

Bari is the capital of Puglia and preserves one of the most authentic places, called "[Bari Vecchia](#)". It is the old town, a place where folklore and tradition have been passed down for centuries among the alleys. Inside it stands the Basilica of San Nicola, an example of Romanesque architecture that attracts tourists and pilgrims from all over the world every year. Walking through the streets of Bari Vecchia means breathing in the daily traditions of its inhabitants: the ladies prepare "**Orecchiette**" outside their homes; the "fruit vendors" loudly announce the vegetables they have gathered; children play ball in the street. Famous is the street food, such as "**Focaccia Barese**" with tomatoes and olives, "**Sgagliezze**" (fried polenta cubes), "**Popizze**", panzerotti, and taralli.



WHAT TO SEE:

Bari Vecchia e Basilica di San Sabino
Basilica San Nicola e Museo Nicolaiano
Castello Normanno-Svevo
Corso Vittorio Emanuele e Museo Teatro Margherita
Fortino e Molo Sant'Antonio
Quartiere Murat e Teatro Petruzzelli
Lungomare Araldo di Crollalanza e lungomare Nazario Sauro
Pinacoteca Corrado Giaquinto
Spiaggia Pane e Pomodoro



POLIGNANO A MARE

A boat trip at sunset to swim offshore or visit the many caves, otherwise you are missing something incredible. The sea holds rich seabed and is a destination for diving enthusiasts. A mask and fins are necessary, but even if you don't have them, a swim in the emerald water will be unforgettable.



MONOPOLI

You can get lost in the streets where the only way to reach the sea is to follow the smell of salt. Suddenly you will arrive at the picturesque little port with its blue boats. A city to discover with its thousand alleys and comfortable and modern places where you can stop for an aperitif on the street.





Ostuni, the white city, walking in its historic center is like immersing yourself in a timeless fairy tale. The two historic districts of the city preserve ancient Trulli still habited today, with shops and typical stores to buy souvenirs and taste the typical products of the area.

Alberobello is located in the heart of the **Itria Valley**, or Trulli Valley, for the high concentration of these rural stone architectures that characterize the landscape. In 1996 it became a UNESCO World Heritage Site. The countryside of the whole area is dotted with these typical constructions like Cisternino and Locorotondo.

Grotte di Castellana are an agglomeration of underground cavities of karst origin, formed a hundred million years ago. During the route, to a depth of 70 meters, it is possible to admire stalactites and stalagmites, crystals, canyons, abysses, and fossils.

OSTUNI, THE WHITE CITY

ALBEROBELLO



MONTE SANT'ANGELO - GARGANO

Known as the city of two UNESCO sites.

Monte Sant'Angelo is an authentic village perched on the highest point of the Gargano, at 843 m above sea level. Its origins are closely linked to the apparition of Saint Michael the Archangel, which coincides with the birth of the Sanctuary. The historic center houses a medieval quarter, which still retains its original appearance: the "**Junno quarter**", a maze of stone streets, surrounded by white houses leaning against each other. Walking around you can taste the bread and the podolico caciocavallo, two typical products of the Gargano.

Then follow the signs for the **Foresta Umbra**. The natural area has been a UNESCO World Heritage Site since 2017, covered with beech trees, among which paths pass along which you can walk in all seasons, especially in autumn when the leaves turn typical colors creating a spectacular scenario.



HOW TO REACH

The Tremiti Islands can be reached by ferry. The companies are: NLG and the Garganici Shipowners Group. The crossing takes about 1 hour.

Reaching the Tremiti Islands by train is possible from the stations of Termoli, Foggia, and Manfredonia by train. Once at the station, to reach the port, use taxis and bus services.



Le Isole Tremiti

The Tremiti Islands are an archipelago in the Adriatic Sea, easily reachable from Vieste, Rodi, or Termoli. The 6 islands are surrounded by crystal clear waters, partly a protected marine nature reserve. On the islands of San Nicola and San Domino, the only ones inhabited, are the main monuments. The clean seabeds, clear sea, pleasant climate, lush vegetation, and coastline make them a small corner of paradise. Between a dip in the crystal clear waters, a boat trip to discover the archipelago, and a walk in the historic center, there are many things to do and see for visitors.



Trani

It is considered the "**Pearl of the Adriatic Sea**", an elegant city with a particular charm, once a destination for crusaders, pilgrims, and merchants. Its historic center develops near the sea and houses monuments of inestimable value and beauty: the Swabian Castle built in 1233 by Emperor Frederick II, the majestic Cathedral of San Nicola Pellegrino, built on the sea in 1099 in Apulian Romanesque style, the Jewish quarter "Giudecca" inside which there are two synagogues from the 12th century and the Templar church of Ognissanti. After a pleasant walk in the historic center, stop at the port to enjoy an aperitif and admire the sunset.



GRAVINA DI PUGLIA

Avery popular film location. The city has managed to preserve that atmosphere of the past that makes it unique. Not to be missed are the splendid Cathedral, the Cola-Cola Museum, the Church of Purgatory, and the Medieval Districts Fondo Vico and Piaggio. And then there is the Calata di San Michele and the Aqueduct Bridge.



BISCEGLIE

Lies on the Adriatic Sea with a fascinating coastline and a rich historical and architectural heritage. An important fishing center, to enjoy a delicious dinner based on fresh fish, with the specialties of the area, including sardines, mackerel, anchovies, and cod.



BARLETTA

The beach that bathes the province of Barletta is very extensive – 13 km. The coastline, occupied by bathing establishments and free beaches, is also frequented by sports enthusiasts who practice surfing, fishing, kitesurfing, and diving.



LECCE - SALENTO

A city elegant and refined, a true paradise for art and architecture lovers. It is considered the baroque city of Southern Italy, It houses numerous monuments that make it a true open-air museum. The facades of the buildings, churches, and balconies of private houses are decorated with baroque art details called "**Lecce Baroque**", which is distinguished by the local stone used, instead of stucco and marble. In addition, the city preserves numerous historical testimonies, such as the Roman amphitheater, the Jewish quarter, the Castle of Charles V, and many other pearls that will leave you speechless.



WHAT TO SEE:

Il centro storico

L'Anfiteatro e il Teatro romano

Il Castello di Carlo V

Piazza Sant'Oronzo

Il Duomo

La Basilica di Santa Croce

Le chiese

Abbazia di Santa Maria di Cerrate



OTRANTO - PORTO BADISCO - SANTA MARIA DI LEUCA

Otranto, one of the most beautiful villages in Italy, overlooking the crystal clear sea of Salento, characterized by white houses that form narrow alleys decorated with flowers all year round. The Aragonese castle, built at the end of the 16th century, dominates Otranto with its imposing architecture. The Cathedral of the Annunciation houses one of the most precious and ancient mosaics, representing the tree of life.

Santa Maria di Leuca è situato nel punto più a sud della Puglia, dove si incontrano il Mar Adriatico e il Mar Ionio. La costa frastagliata dà vita a numerose grotte naturali da ammirare durante un giro in barca . La piazza del Santuario, dove è collocato il faro, si affaccia sul mare e da qui si ammirano i tramonti più belli della regione, mentre il sole sprofonda negli abissi, e il cielo si colora di sfumature incredibili che lasciano spazio alla fantasia e al romanticismo.

