



## APULIA 5-day incentive programme

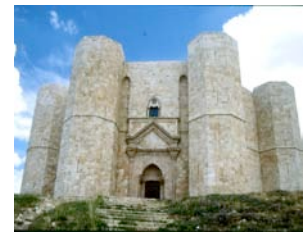
### DAILY PROGRAMME

#### Day 1: APT BARI – HOTEL

Arrival at the Bari Airport where you will meet our English speaking assistant and transfer by private bus at the Hotel. Check in and settling in room, dinner and overnight.

#### Day 2: CASTEL DEL MONTE – BARLETTA-TRANI

After breakfast in hotel, departure to **Castel del Monte**, the majestic octagonal-plan, near Canosa, a masterpiece of Swabian architecture. The castle was built in 1240 by Friederick II to elevate his spiritual and temporary power on one of the highest parts of the Murge (465m) and dominates much of the region. Lunch in a very cosy “Masseria” (farmhouse).



After lunch your next stop will be **Barletta**. This town is famous for the so-called Disfida of Barletta of 13<sup>th</sup> February 1503 when thirteen Italian knights led by Ettore Fieramosca faced and defeated the French knights led by Guy de La Motte. Of note is also the famous Colosso, a 4<sup>th</sup> century bronze statue, more than 5 mt. high brought by the Venetians from Constantinople.

In the afternoon transfer to **Trani**, famous for the Cathedral dedicated to San Nicola Pellegrino and for the local stone, much exported. The cathedral is one of the leading examples of Apulian Romanesque architecture; called the “queen of the apulian churches” it stands on the sea front opposite the Norman-Swabian Castle.



Return to the hotel, dinner and overnight.

#### DAY 3: ALTAMURA - MATERA

After breakfast in hotel, departure to **Altamura**. Between the 7<sup>th</sup> and throughout the 6<sup>th</sup> centuries the town experienced a period of great expansion, thanks mainly to the frequent contacts with the Greek world which affected the entire region. The town reserves the surprise of an old centre extensively upgraded in the 16<sup>th</sup> century although some sections of the megalithic and mediaeval walls remain. The Cathedral is a grand brownstone construction, a remarkable work of Apulian Romanesque style.



Altamura is also renowned for the production of its special “bread”, whose traditional recipe still survives.



Your day will follow with the visit of **Matera**. This town is an intact example of a troglodyte settlement in the Mediterranean region. The first inhabited zone dates from the Palaeolithic, while later settlements illustrate a number of significant stages in human history. The first urban settlement took place in “Colle della Civita” (the hill of the city), where the first inhabited centre was set up. The Civita (city) was fortified and the first farmhouse settlements came to be. Later on this order will give birth to the districts of “Sasso Barisano” and

“Sasso Caveoso”.

Lunch in a typical restaurant.

In the afternoon, you will continue with the visit of the area of the “Sassi” and in particular San Pietro in Monterrone. You will also visit a cellar, a grotto and a church.

Back to the hotel, dinner and overnight.

#### Day 4: POLIGNANO– ALBEROBELLO- CASTELLANA



After breakfast you will move to **Polignano a Mare**, an enchanting city situated on a beautiful cliff with suggestive sea-caves the terraces overlooking the sea and an excellent handmade ice-cream. Very interesting are the church of Santa Maria Assunta built on the ruins of a Pagan temple, the church of Purgatorio that holds an organ from the XVIII Century and the San Vito Abbey. Many are the art events all year round such as the dive world championship.



From Polignano, you will reach **Alberobello** for the guided visit of the famous “ city of Trulli”. The southern part of the village is that of the “monumental area” or “trulli district”, comprising the quarters of Monti and Aia Piccola, consisting entirely in trulli in groups and standing along the steep, winding streets that climb up the hill.



Lunch in a typical restaurant in the city centre in old restructured trulli.

After lunch you’ll move to **Castellana Grotte** and you’ll visit its beautiful caves. This speleological complex is certainly the most spectacular and finest in Italy. The caves, created by the course of ancient underground rivers, were first entered towards the end of the 18<sup>th</sup> century by a group of local youths.

At the end, you will come back to the hotel, dinner and overnight.

#### Day 5: HOTEL – Visit of Bari - APT BARI

Breakfast in hotel. Check out and departure to **Bari** where you will visit the historical centre. The city has conserved its ancient seafaring tradition over the centuries, becoming the leading trading centre in the southern Adriatic and Ionian areas. It became a major religious centre after the bones of St. Nicholas were transferred from Myra to Bari ( 1087) and a Basilica erected in honour of the Saint.

Then transfer by private bus to the airport.