

# Puglia, Italy

October 2–11, 2025

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Continuing Education  
University of Wisconsin-Stevens Point





## An Itinerary for Puglia, Italy October 2 – 11, 2025

Join us for an unforgettable journey through Puglia’s hidden gems and vibrant culture! Discover Bari’s historic streets, where artisans craft pasta by hand, and explore the awe-inspiring Castel del Monte. Relax in the scenic coastal towns of Monopoli and Polignano a Mare, and sample the region’s flavors with meals at a local olive oil mill, a seaside fish market, and a classic countryside Masseria. Visit Alberobello’s UNESCO-listed trulli homes, taste local cheese in Cisternino, and try your hand at baking traditional focaccia. Wander through Lecce, the “Florence of the South,” and marvel at Matera, with its ancient cave dwellings. This immersive experience promises captivating sights, rich history, and culinary delights that will make you fall in love with Puglia. Reserve your spot today!

**Trip Leaders:** Anne Rogalski and in Country Guide

### Friday, October 3 – Arrival, afternoon walk, Dinner

- 12:00 pm: Meet at Bari airport.
- One group transfer to the hotel.
- Check in to hotel.
- 4:00 p.m. - Afternoon walking tour around **Bari**.
  - An authentic experience and a unique opportunity, we will see the women that are famous for their pasta making in the Arco Basso street.
  - We can visit the main attractions of the old town, like the Basilica of Saint Nicholas, the Cathedral, and the Norman Castle.
- Dinner at a local restaurant.



## Saturday, October 4

### A Day Trip to Trani and Castel Del Monte

- Breakfast.
- We will explore **Castel del Monte**. A unique piece of medieval architecture, it was completed in 1240. The castle's location, its perfect octagonal shape, as well as the mathematical and astronomical precision of its layout all reflect the broad education and cultural vision of its founder, Emperor Frederick II.
- We will have lunch at an olive oil mill.
- Exploring **Trani**.
  - Trani is famous for its extraordinary Romanesque cathedral directly facing the Adriatic Sea, dedicated to St. Nicholas the Pilgrim, and its ancient harbor, which provides for an elegant setting for the many who stroll between colorful fishing boats and fine restaurants.
  - After visiting the cathedral, we will walk through the Jewish quarter, which hosted one of the most important Apulian Jewish communities during the Middle Ages.
- Guided tour in Trani, one of the most beautiful cities along the Adriatic Sea.
- Return to Bari.
- Evening on your own.



## Sunday, October 5 – Monopoli, Polignano, Dinner

- Breakfast.
- Meet at 9 a.m. after breakfast to begin our full day of immersion in the Colors of Puglia.
- We will take a stroll through the town of **Monopoli**.
  - The picturesque seaside village is known for the stunning Baroque Monopoli Cathedral, which features a lofty bell tower. Monopoli is also the location of two rather notable homes, the 16th century Castle of Carlo V, a heavily fortified structure, complete with a stone portal, and the Palazzo Palmieri, unique for its frescoed exterior, built by a wealthy family in the latter 1700's.
- Travel to **Polignano a Mare**.
  - The next stop along our way is the tranquil coastal town of Polignano a Mare. A stroll through the old centre of Polignano a Mare, which rests high atop a limestone cliff, 65 feet above the Adriatic Sea, will surely leave us awestruck. The views are spectacular, said to be among the very best in Italy. The crystal clear cerulean sea shines in brilliance against the stark white and gradient grey of the limestone.
- Lunch in **Savelletri**.
  - Savelletri is a quiet beach resort and fishing village along the emerald coast of the Adriatic Sea. This laid-back village is the quintessential fishing hamlet and the ideal spot for a mid-day pause. Seafood lovers are sure to delight in the day's choicest catch.
- We will make our way to our countryside hotel, check in, unpack and relax.
- Dinner at the Masseria.



### Monday, October 6 – Alberobello, Locorotondo, Cooking Class

- Breakfast.
- Today we visit the town of **Alberobello**.
  - Trulli has unique cone-roofed houses with quite a colorful back story. Dating back to the 15th century, these buildings were constructed of dry stone, so that they could be easily demolished. They remain today, an example of the diverse architecture abundant in the region of Puglia. These homes were designated a UNESCO World Heritage site in 1996.
- Enjoy some free time and stroll around the pretty little town of Locorotondo.
- Next, we gather for a cooking class followed by dinner that we created.

### Tuesday, October 7 – Mozzarella Cheese Farm, WineTasting, Cisternino

- Breakfast. Today will be more easy going!
- We will meet later this morning and make our way to a cheese farm for a luscious lunch of cheese-tasting and learn their process of cheese making.
- In the evening we will head to the pretty small town of **Cisternino** for a true local experience.
  - Cisternino is famous for little eateries with a butcher’s counter at the front, where we pick our meat, take a seat and the staff will cook our choice at our table.’
  - One of the local specialties called **bombette**. These bite-sized ‘bombs’ are named so because they ‘explode’ with flavour and texture. The classic bombette is made of small chunks of caciocavallo cheese, sprinkled with a little parsley and garlic, then wrapped it in a slice of pancetta and thinly sliced pork. Several are threaded onto a skewer and grilled over coals .



### Wednesday, October 8 – A Day Trip to Lecce

- Breakfast.
- It is time to journey to Lecce.
- **Lecce** is known as “The Florence of the South”, due to the presence of rich Baroque architecture.
  - Strolling the streets of Lecce is akin to a walk through history. First conquered by the Romans in 3rd century B.C. this lively city was ruled by more than a few who saw its worth. Churches and grand structures display many different influential periods of art, and architecture, the most extravagant being the church of Santa Croce.
  - Its not all ancient-or even not-so-ancient-history in Lecce. There are streets filled with stores selling many of the goods and products for which Lecce is recognized. There are also museums, and more than a few wine bars. You will have free time for shopping, dining and exploring.
- No visit to this area would be complete without tasting the local specialties like pasticciotto.
- Dinner at the Masseria.

## Thursday, October 9

### Baking Class, Evening in Oustuni

- Breakfast.
- Today we will learn how to bake two of the most typical products of **Puglia**: Focaccia and Tralli.
  - In short, Taralli are small rings made from crispy bread dough with olive oil.
  - Apulian focaccia is marked by a round dough that is a bit high, crispy on the outside and soft on the inside. The classic version contains cherry tomatoes.
- In the afternoon, we will drive to **Ostuni**, where we will have time for shopping and exploring and dinner on our own.
  - Ostuni historic old town reaches a pinnacle at the top of the hill, then a maze of narrow streets swirl and zig zag down past lovely homes, restaurants, and artisan shops.
- Pack your bags!

## Friday, October 10 – A Day Trip to Matera

- Breakfast.
- After breakfast we will gather to embark on a journey to visit a unique part of Puglia.
- Our first stop is **Altamura**.
  - This millennia-old town is tucked into a hillside, deep in the heart of the region of Puglia. This ancient city is considered a significant part of the traditional agricultural center of Italy, and is home to the Altamura Cathedral, built around 1232 and updated throughout the centuries with scenes of the New Testament and a rose window.
- Our second stop is **Matera**.
  - As we take in the sites of this amazing city, we may catch the tantalizing aroma of fresh baked bread carried on the breeze. Matera is known for the delectable breads, baked in communal wood-fired ovens, which speak to the overwhelming sense of community and camaraderie in this lively region. We will follow our noses to one of the most famous bakeries in the region, where we will sample some of the finest-and most celebrated-breads in all of Italy.
  - We will visit the two neighborhoods of ancient stone dwellings carved right into the rock, known as “sassi.” These remarkable neighborhoods date back to 15,000 B.C. (The Paleolithic Period) and are the second oldest continuously inhabited community in history. Many famous movies were filmed in Matera, including 2004’s The Passion of The Christ.
- After our busy day we will return to Bari to an evening at leisure.
- \* *Matera has lots of hills, stairs, and uneven terrain.*

## Saturday, October 11 – Departure

- 4:00 a.m.: Group Transfer to Bari airport.
- The hotel will provide a breakfast box.





## Pricing

### Registration Fee

Double occupancy rates: **\$4,750 per person**

Single occupancy rates: **\$5,750**

**\*Registration closes February 14, 2025**

### Payment Schedule:

\$500 due upon registration (*\$500 of this fee is nonrefundable*)

\$2,125 due by **Friday, March 28, 2025**

\$2,125 due by **Friday, June 13, 2025**

\*Since we make financial commitments in advance, no refunds will be issued for cancellations less than 90 days prior to the trip. Cancellations received more than 90 days before the trip will receive a full refund minus \$500. However, you may send a substitute in your place. Please email us at [uwspceweb@uwsp.edu](mailto:uwspceweb@uwsp.edu) to inform us of a cancellation or substitution.

### Price includes:

- 8 Nights accommodations (3 nights Bari, 5 nights Masseria)
- 8 Breakfasts. \*( See info on departure day)
- 5 Dinners.
- 4 lunches.
- 1 Cooking class.
- 1 Baking class.
- Mozzarella farm visit and tasting.
- Winery visit and tasting.
- English speaking guide.
- Transportation according to the itinerary.
- One group Transfer from/to Bari airport.

### Not included:

- Flights
- Travel insurance
- Personal expenses