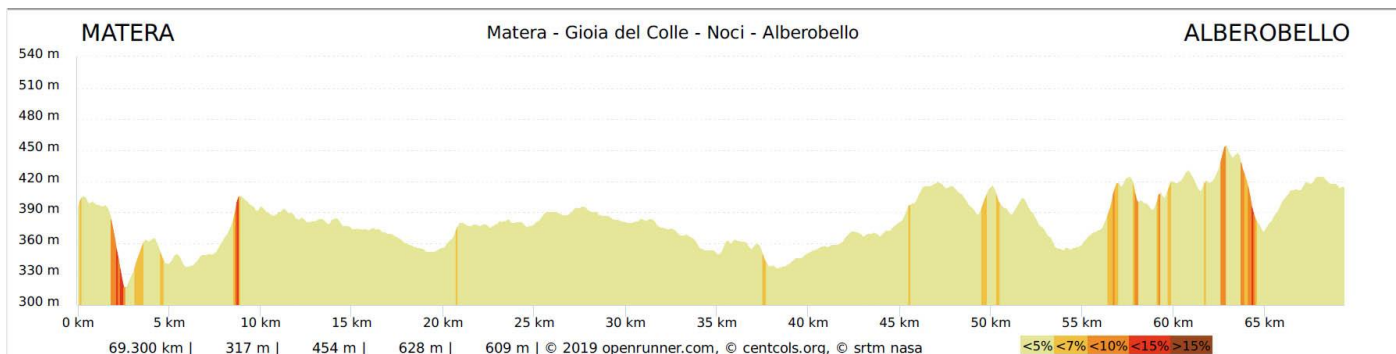


Puglia :The Heel of the Boot - Self Guided

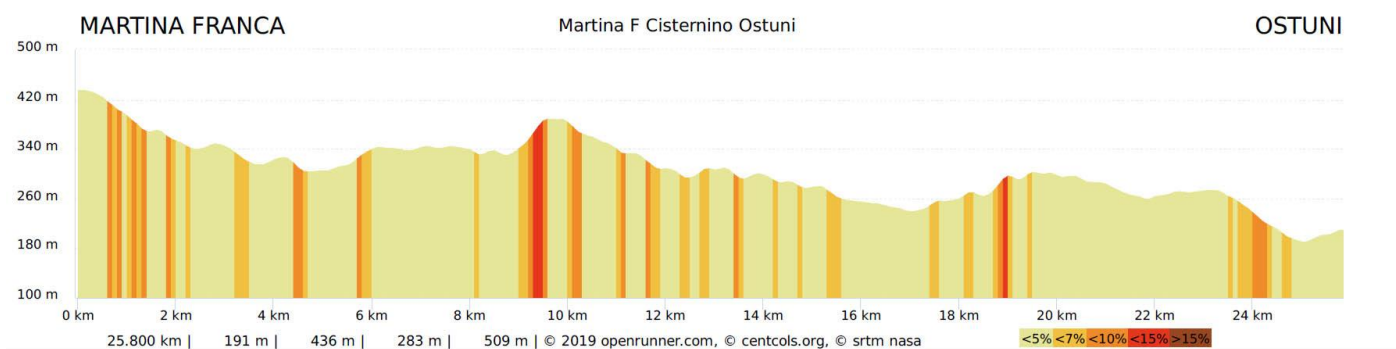
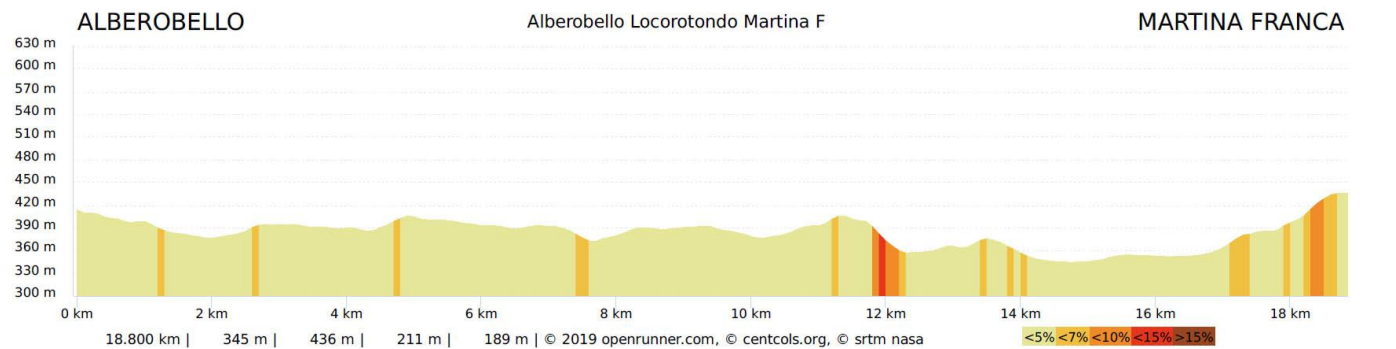
Day Two – Matera to Alberobello via Gioia del Colle and Noci

Level: Moderate Distance Km 69/ 43 miles



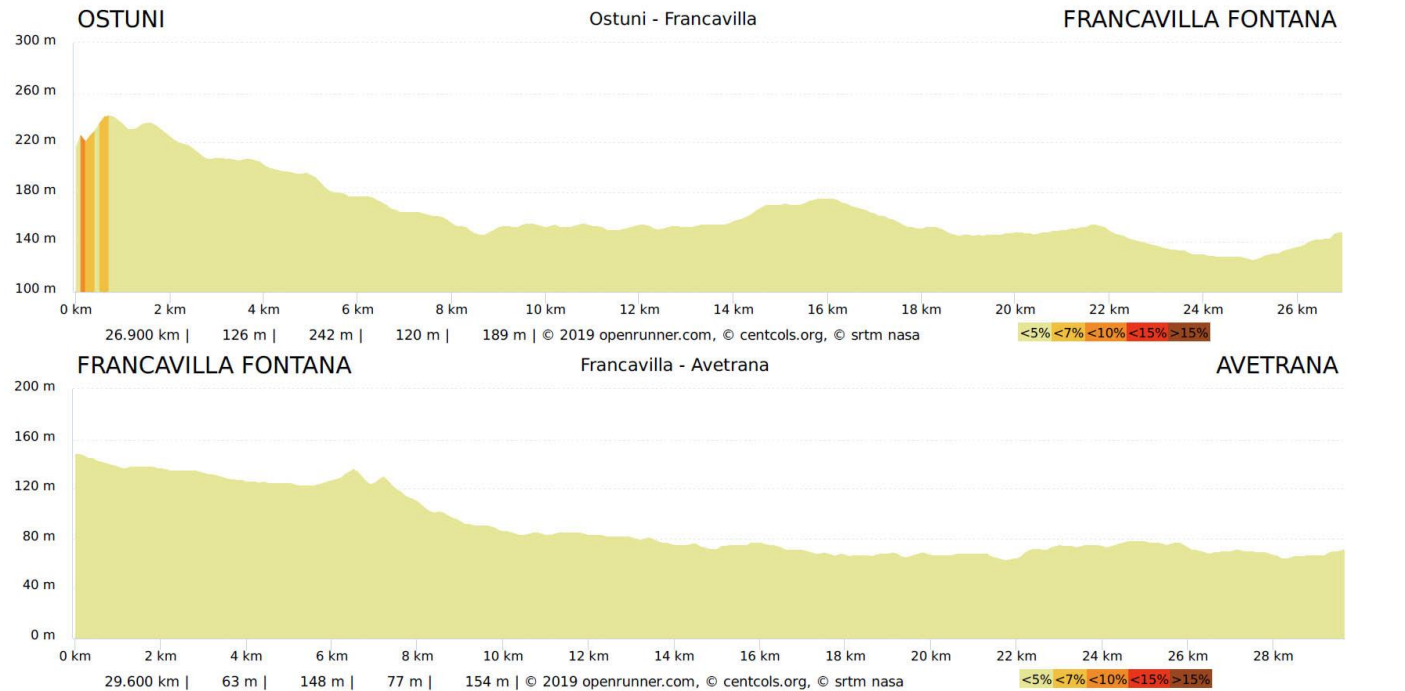
Day Three – Alberobello to Ostuni via Locorotondo, Martina Franca, Cisternino

Difficult: easy to moderate. Distance 45 km / 28 miles



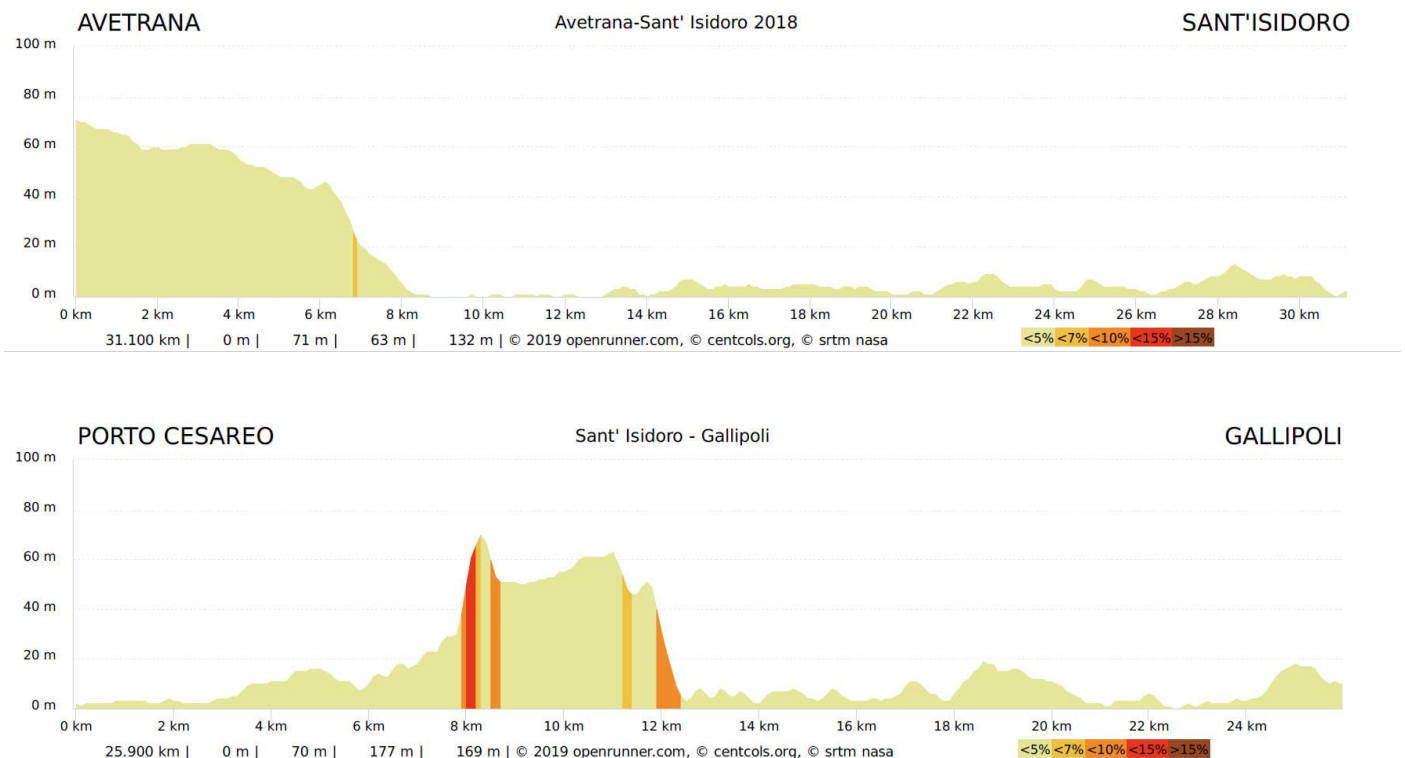
Day Four – Ostuni to Avetrana via Francavilla

Difficult: easy to moderate. Distance 55 km/ 34 miles



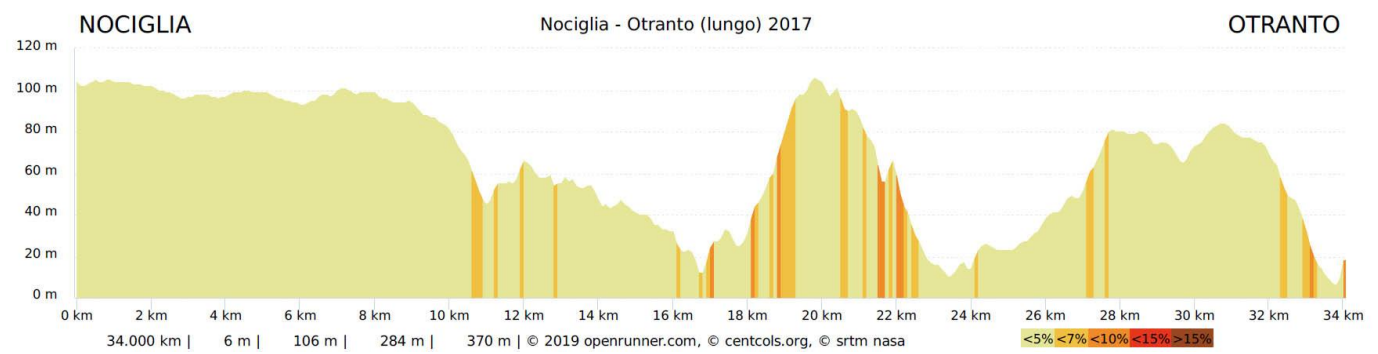
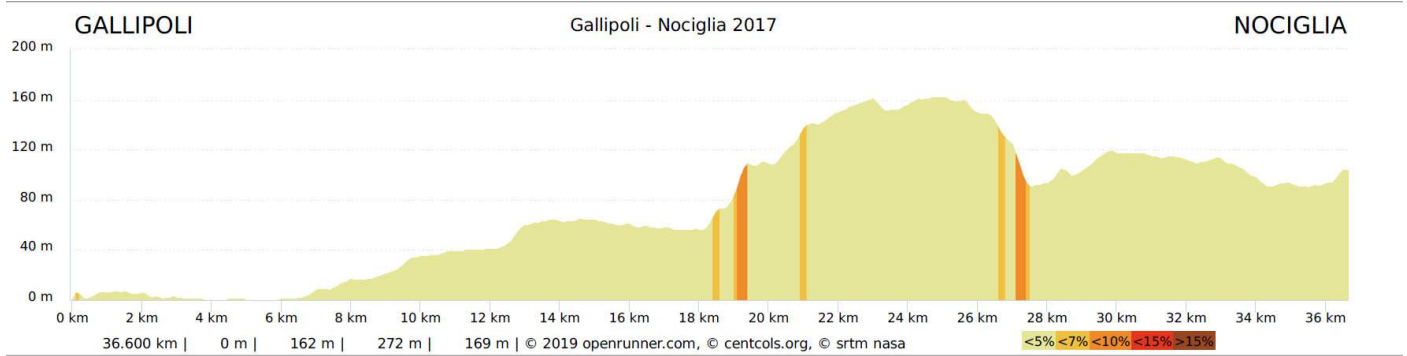
Day Five – Avetrana to Gallipoli

Difficult: easy to moderate. Distance 60 km/ 37,5 miles



Day six – Gallipoli to Otranto via Nociglia

Distance 71 km/44 miles Difficult: moderate to challenge



Day Seven – Otranto to Lecce

Difficult: easy to moderate Distance 55 km/ 34 miles

