INDIANA UNIVERSITY
ALUMNI ASSOCIATION
IU Travels

Duration
8 days

Activity Level
Moderate

Journey Type
Land
Solo-Friendly

Apulia ~ Undiscovered Italy

October 28 – November 5, 2026

Starting from $4,545/pp

Delve into the wonderful allure of Apulia, Italy's sun-kissed southern region. Settle in a gorgeous hotel in Polignano a Mare, and set off to travel over timeless terra, visiting historical towns filled with indelible wonders. Witness the preserved heritage of Alberobello, Locorotondo and Matera. Stroll along Bari's pretty seaside promenade and get lost in the labyrinthine passages of Ostuni . Plus, enjoy fresh Mediterranean meals amidst olive groves and family vineyards . Each day invites new opportunities to drink in vistas of brilliant blue seas, savor the region's famous cuisine and celebrate Puglia's authentic culture and warm hospitality.

Day-by-Day Itinerary

Apulia ~ Undiscovered Italy

Air Program: 9 days/8 nights (includes 1 air night)

Land Program: 8 days/7 nights

Breakfasts: 7 | Lunches: 3 | Dinners: 4

B | L | D denotes included breakfasts, lunches and dinners.

- This itinerary is subject to change due to operational conditions.
- A special note about air: If you have purchased only the Land Program, please book flights that arrive on Day 2, the first day of the Land Program. The date is listed at the top of your Reservation Confirmation.
- Activity Level ratings indicate each excursion's physical expectations. To make the best personal choice, please evaluate each excursion's rating and your ability to meet the tour's physical demands. Please note, excursions on this program require: walking on cobblestones, unpaved paths or uneven surfaces; and getting on/off motor coaches.

Mild: Walk under 1 mile on mainly flat terrain; navigate under 50 stairs; stand under 1 hour

Moderate: Walk 1-3 miles on flat/uneven terrain; navigate 50-100 stairs; stand 1-2 hours

Active: Walk 2+ miles on flat/uneven terrain, including up and down inclines; navigate 100+ stairs; stand 3+ hours

- Depending on the excursion, more leisurely alternatives may be available.

Day 1 | Depart gateway city

AHI FlexAir passengers depart for Bari, Italy. Please check your luggage from your gateway city to your arrival city. Your claim checks should have the following airport code: BRI.

Day 2 | Bari, Italy | Polignano a Mare

Hotel Covo dei Saraceni

D

Arrive at Bari Karol Wojtyla Airport. Proceed through immigration to the baggage claim area and retrieve your luggage. After completing customs, AHI FlexAir passengers traveling on flights that qualify for the group arrival transfer and Land Program passengers who have purchased seats on the group transfer should exit the baggage claim area and proceed to the Arrivals Hall, where an AHI Travel representative will meet you.

Transfer to the Hotel Covo dei Saraceni. Please note, if you arrive before check-in time, your room may not be immediately available.

Gather with your fellow travelers and enjoy a Welcome Dinner at the hotel this evening.

Day 3 | Bari | Polignano a Mare

Hotel Covo dei Saraceni

B | L | D

Enjoy an American-style buffet breakfast at your hotel each morning.

Beautiful Bari. The ancient seaport of Bari boasts narrow lanes and a pretty harbor with colorful boats bobbing on their moors. Visit the historic port, and wander the tight tangle of medieval streets in the city's Old Town. Admire the carved Apulian-Romanesque portal of the 11th-century Basilica di San Nicola, which houses the relics of Bari's patron saint, St. Nicholas. Inside is a marble Episcopal throne and striking mosaic floor. Traverse the seafront promenade where exhilarating views are revealed with each turn. Stroll the renowned Murat

quarter. This modern heart of the city is laid out in a rectangular grid-plan and was designed by Joachim Murat, Napoleon's brother-in-law. (Moderate)

Sit down and savor a lunch of local fare.

Walking Tour of Polignano a Mare . Discover why this vibrant fishing village, which rises from limestone cliffs molded by the Adriatic, makes the ideal base for exploration of the region. Pass through the Porta Vecchia gate to the stroll the cobbled streets of Old Town, fragrant with flowering plants and freshly baked goods. Along the way, peek inside the workshops of local artisans, and experience the warm hospitality of local residents. (Moderate)

Enrichment: The History, Agriculture and Beauty of Apulia . Apulia has been tempting travelers since the ancient Greeks first glimpsed its rugged coastal beauty. Study the enduring influence of the region's diverse cultural inheritance on architecture, food and languages, and learn how the rocky terrain produces thriving olive groves and vineyards.

This evening, gather at the hotel and visit with your fellow travelers during a Welcome Reception, followed by dinner.

Day 4 | Locorotondo | Alberobello

Hotel Covo dei Saraceni

B

Locorotondo. Travel through the Valle d'Itria to the municipality of Locorotondo, a picturesque, tranquil village with a labyrinth of whitewashed lanes waiting to be explored. Notice the curious cummerse , Locorotondo's narrow houses brandishing pointed gable roofs. Locorotondo's historic center features stone staircases, balconies draped with flowers and quaint parks. (Moderate)

Family Winery . The family-owned vineyard of I Pàstini grows white grape varietals such as Verdeca, Bianco d'Alessano and Fiano Minutolo. Enjoy a tour of the property and learn how the Carapelli family combines traditional wine-making techniques with more modern practices. See the property's new cellar, ancient farmhouse and vineyards. Then sample wine made from native white grapes and enjoy the peaceful ambience of this countryside retreat over a light snack. (Moderate)

Trulli Fascinating Alberobello . Unusual dome-shaped buildings dot the Apulian countryside, but it is in the enchanting city of Alberobello where you find the largest concentration of the mysterious dwellings known as trulli. Found nowhere else in the world, these whitewashed limestone structures are pieced together without mortar, their pointed fieldstone roofs painted with primitive Christian and pagan symbols. More than 1,000 trulli cluster Alberobello's cobblestone streets, which are recognized as a UNESCO World Heritage site. The origins of the trulli remain a mystery, but legends abound linking them to ancient Greece as well as theorizing their creation as a 15th-century tax dodge. (Moderate)

Enrichment: The History and Architecture of Lecce & Ostuni . Learn about the incredible and unique architectural styles found in this region.

Day 5 | Lecce | Ostuni

Hotel Covo dei Saraceni

B | D

Barocco Leccese and The White Town of Ostuni . Witness Lecce's florid baroque architecture carved from honey-colored stone by 17th-century architects. More fanciful than typical baroque, the voluptuous caryatids, whimsical garlands, fruit, crests and lyrical scrolls comprising Lecce baroque are a treat for the eyes. Visit the Basilica of Santa Croce and admire the elaborate façade, rose window and intricately carved capitals. Walk to the center of the Piazza Sant' Oronzo to see the Roman Column crowned with a bronze statue of St. Oronzo, the first bishop of Lecce appointed by St. Paul in A.D. 57. Next to the column, the shallow rows of seats within the elliptical Roman amphitheater date from Emperor Hadrian's era and once held 20,000 spectators. (Moderate)

Free Time: Enjoy leisure time in Lecce. Relax in the Piazza Duomo, or step into one of Lecce's many shops, restaurants and boutiques.

Continue to Ostuni where gleaming, whitewashed buildings cascade over the side of its hilltop perch. Get lost in the labyrinthine passages of the Old Town, visit the magnificent cathedral, and walk atop the ancient city walls for wonderful vistas of olive groves and the sea.

Back in Polignano a Mare this evening, gather for dinner at a local restaurant. The regional cuisine is a tasty medley of Mediterranean flavors, where menus are crafted with homegrown flavors and family heirloom recipes. Meals may be based around homemade orecchiette,

focaccia and crusty breads, sheep cheeses, and specialties made from freshly caught fish and locally sourced meat. Seasonal vegetables, such as fava beans, artichokes, tomatoes, beans, peppers, onions and courgettes, enhance the simple dishes.

Day 6 | Trani | Biscegli

Hotel Covo dei Saraceni

B | L

Trani. Explore the historic seaport of Trani. Known for its Moscato di Trani wine and savory figs, this fishing town is home to a 13th-century fort and a cathedral nestled in the harbor of the Adriatic. The village's white limestone cathedral was dedicated to Saint Nicolas the Pilgrim. Take note of the distinguishing Norman houses, a typically English Romanesque style of architecture. Medieval Trani also had one of the largest Jewish populations in southern Italy and was a Knight's Templar site. (Moderate)

Meet the People and Olive Mill Outing . Visit a family-run olive mill in Bisceglie for a guided tour and learn about the fascinating history and cultivation process of olives. Enjoy the smooth, sweet smells and buttery flavors of these regional specialties. Following lunch at the olive mill, gather with some employees or owners of the mill for an open-forum discussion about their life in Italy.

Day 7 | Matera

Hotel Covo dei Saraceni

B | L

Matera . Visit the Sassi districts of Matera and witness its dramatic saga of rebirth. Initially gouged out by troglodytic nomads, these rock-hewn cave dwellings were carved from limestone tufa, and some showcase intricate, ornate façades. Honeycombed throughout the Sassi are more than 100 rock churches decorated with delicate frescoes carved between the 8th-13th centuries by monks seeking refuge from the Byzantine Empire. The caves provided homes to the people of Matera until the 1950s, when the population was rehoused. By the 1980s, people began returning and the Sassi became a UNESCO World Heritage site in 1993. (Active)

Savor southern Italian cuisine during lunch in Matera.

Free Time: Enjoy some free time in Matera to make your own discoveries in this captivating city.

Enrichment: Contemporary Italy . In 2011, Italy celebrated the 150th anniversary of its unification as a single state. Compare the rich cultural heritage and slow-paced lifestyle of southern Apulia with its northern neighbors.

Day 8 | Polignano a Mare

Hotel Covo dei Saraceni

B | D

Free time: Your day is free to spend at leisure or consider joining our elective activity. If you want to explore on your own, soak up the Apulia sunshine, visit your favorite café or wander the narrow alleys in search of that perfect souvenir.

Elective Activity: Private Cooking & Dining Experience. Delight in the pleasures of learning how to prepare a traditional Italian meal. Under the guidance of a passionate local chef, you'll enjoy a hands-on Italian cooking lesson. Using the finest of ingredients, learn savvy techniques and expert tips for making a delicious canapé, appetizer, first course and dessert. Then sit down to enjoy the fruits of your labor during a convivial lunch accompanied by carefully matched wines. This is a wonderful way to truly immerse yourself in the finer points of Italian cuisine! (Mild) Available at an additional cost.

Raise a toast to your Italian adventure during a Farewell Reception and Farewell Dinner tonight.

Day 9 | Depart for gateway city

B

After breakfast, bid farewell to Apulia. AHI FlexAir passengers traveling on flights that qualify for a group transfer and Land Program passengers who have purchased seats on the group transfer depart for Bari Karol Wojtyla Airport for your return flights home. Your Travel Director will provide the details.

What's Included

Program Overview

- Small group: Sized just right at 28 guests.
- 7 nights in Polignano a Mare, Italy, at the first-class Hotel Covo dei Saraceni.
- AHI Connects: Local immersion.
- AHI Sustainability Promise: We strive to make a positive, purposeful impact in the communities we visit.
- Complimentary travel mementos.

Meal Program

- 7 breakfasts, 3 lunches and 4 dinners.
- Welcome and Farewell Receptions and Dinners to mingle with fellow travelers.
- Tea or coffee with all meals, plus wine with dinner.
- Opportunities to sample authentic cuisine and local flavors.

On-site Features

- Deluxe motor coach transfers during the Land Program with baggage handling.
- Engaging excursions showcase the local culture, heritage and history.
- Enrichment by expert speakers enhances your insight into the region.
- Elective activities to pursue your individual interests.
- Free time to pursue your individual interests.
- Tipping of guides and drivers.
- A personal VOX headset to hear your English-speaking guide clearly.

FlexAir Travel Program

Need assistance booking your travel arrangements? Our experts are here to help. Our air program offers the following benefits.

Trip Transportation

- Assistance in the event of schedule changes or delays
- Arrival and departure transfers on group dates

Price Guarantee

- Price guarantee to protect you from fuel surcharge increases after ticket purchase

Travel and Hotel Accommodations

Hotel Covo dei Saraceni

Covo dei Saraceni is dramatically situated on a cliff overlooking the azure Adriatic. Guests will delight in the hotel's beautiful panoramas and elegant décor featuring colorful ceramics, terracotta and wrought iron. Relax in the bar with a wine or cocktail, or dine at Il Bastione where terrace dining and a menu of fresh local seafood and regional cuisine await. After a day of exploring, unwind with a spa treatment at The Wellness Center. Wi-Fi is complimentary.

Tripadvisor

Pricing

Trip Price (USD)

Base Price	**$4,545**
You Pay	**$4,545 per person**

Package rates are per person based on Double occupancy from Land Only. Prices include all service charges; port charges when applicable; U.S. government taxes and fees. The minimum deposit is $750.00 per person. To view Program Terms and conditions please click here. Some airlines may impose additional charges if you choose to check any baggage. Please contact your airline or refer to its website for detailed information regarding your airline's checked baggage policies.

*Full Payment Discounts are only available at the time of booking with initial payment 120+ days prior to departure. This offer only applies to full payment at the time of reservation. Details on how to qualify for this savings will be included when your reservation request is confirmed.

Adriatic Sea
ITALY
Apulia
Trani
Polignano a Mare
Bisceglie
Bari
Locorotondo
Alberobello
Ostuni
Matera
Lecce