

10-Day Puglia and Matera Food & Culture Journey

10 days · 10 stops · 2026-08-24

Embark on a captivating 10-day journey through Puglia and Matera, Italy, designed for food lovers and culture enthusiasts alike. Experience the **authentic flavors of Southern Italy** with immersive cooking classes, exclusive wine and olive oil tastings, and a unique mozzarella cheese-making experience in Matera. Explore charming historic towns like Bari, Polignano a Mare, Ostuni, Lecce, and the UNESCO-listed Sassi di Matera, all while staying in carefully selected accommodations that blend comfort with local charm. This trip promises a perfect blend of **culinary delights, stunning landscapes**

London → Bari → Polignano a Mare → Monopoli → Polignano a Mare → Masseria Il Frantoio → Lecce → Matera → Bari → London

London, United Kingdom

DAY 1–1

Bari, Italy

DAY 1–2

Bari, the vibrant capital of Puglia, is known for its historic old town, bustling seafront, and delicious local cuisine. It's a perfect place to immerse yourself in authentic Italian culture and enjoy fresh seafood and traditional dishes. Bari also serves as a convenient gateway to explore the beautiful Puglia region.

ARRIVE · FLIGHT

LHR → BRI

4h 19m · 1 stop

\$122.19

STAY

The Saint stays

strada Quercia 4, 70121 Bari · 8.7

ITINERARY

Day 1 · Arrival and Evening Relaxation in Bari · 1 experiences: La Uascezze
Day 2 · Explore Bari Old Town and Travel to Polignano a Mare · 4 experiences: Bari: Street Food Walking Tour with a Local Guide, Swabian Castle (Castello Svevo), St. Nicholas Basilica, Caffè Vergnano 1882

Polignano a Mare, Italy

DAY 2–4

Polignano a Mare is a stunning coastal town famous for its dramatic cliffs and crystal-clear waters, perfect for a relaxing break. The town offers charming old streets, beautiful sea views, and delicious seafood, making it an ideal spot to enjoy authentic Puglian cuisine. It's a great addition to your itinerary for a mix of culture, nature, and gastronomy.

ARRIVE · CAR

Bari → Polignano a Mare

39m

STAY

VILLA BY THE SEA - Accesso Privato al Mare

Contrada tufara, NC, 70044 Polignano a Mare

ITINERARY

Day 2 · Explore Polignano a Mare and Boat Tour · 3 experiences: Historic Center of Polignano a Mare, Polignano a Mare: Boat Trip, Swim & Cave with Aperitif, Ristorante Grotta Palazzese

Day 3 · Relax and Discover Local Flavors · 3 experiences: Caffè Nero, Osteria di Chichibio, Pescaria

Day 4 · Day Trip to Monopoli · 2 experiences: Osteria Perricci, Caffè del Porto

Monopoli, Italy

DAY 4–4

Monopoli is a charming coastal town in Puglia known for its beautiful historic center, picturesque harbor, and delicious seafood cuisine. It's a perfect spot to enjoy authentic Italian culture and relax by the Adriatic Sea. The town offers a blend of cultural experiences and culinary delights, making it a great addition to your Puglia itinerary.

ARRIVE · CAR

Polignano a Mare → Monopoli

15m

ITINERARY

Day 4 · Explore Monopoli's Charm and Wildlife · 3 experiences: Zoosafari Fasanolandia, Osteria Perricci, Caffè del Porto

Polignano a Mare, Italy

DAY 4–4

ARRIVE · CAR

Monopoli → Polignano a Mare

12m

ITINERARY

Day 4 · Day Trip to Monopoli from Polignano a Mare

Masseria Il Frantoio, Ostuni, Italy

DAY 4–6

Masseria Il Frantoio is a charming traditional farmhouse near Ostuni, known for its authentic Puglian atmosphere and olive oil production. Guests can enjoy tours of the olive groves, tastings of high-quality extra virgin olive oil, and experience the beautiful countryside of the region. It's a perfect spot to immerse yourself in the local culture and flavors of Puglia.

ARRIVE · CAR

Polignano a Mare → Masseria Il Frantoio

30m

STAY

Masseria Il Frantoio

S.S. 16 Km 874, 72017 Ostuni · 9.2

ITINERARY

Day 4 · Arrival and Relaxation at Masseria Il Frantoio

Day 5 · Olive Grove Exploration and Cooking Class · 1 experiences: Osteria Piazzetta Cattedrale

Day 6 · Leisurely Morning and Departure to Lecce

Lecce, Italy

DAY 6–8

Lecce, often called the "Florence of the South," is renowned for its stunning Baroque architecture and vibrant cultural scene. Exploring Lecce offers a unique blend of historical landmarks, exquisite local cuisine, and lively piazzas that capture the essence of Puglia. It's a perfect destination to immerse yourself in authentic Italian art, food, and traditions during your trip.

ARRIVE · CAR

Masseria Il Frantoio → Lecce

56m

STAY

Torre Del Parco

Viale Torre Del Parco, 1, 73100 Lecce · 9.2

ITINERARY

Day 6 · Arrival and Historic Center Exploration · 3 experiences: Porta Napoli, Lecce Roman Amphitheatre (Anfiteatro Romano di Lecce), Le Zie Trattoria

Day 7 · Cooking Class and Wine Tasting Experience · 3 experiences: Private Cooking Class in Lecce (Corigliano): Handmade pasta, Faggiano Museum, Osteria degli Spiriti

Day 8 · Cathedral Visit and Departure to Matera · 3 experiences: Lecce Cathedral (Duomo di Lecce), Church of Saint Irene, Caffè Alvino

Matera, Italy

DAY 8–10

Matera is famous for its ancient cave dwellings known as the Sassi di Matera, a UNESCO World Heritage site that offers a unique glimpse into early human settlements. The city is also renowned for its authentic mozzarella cheese making experiences, perfect for food lovers wanting to dive into local culinary traditions. Exploring Matera provides a blend of rich history, stunning landscapes, and deli

ARRIVE · CAR

Lecce → Matera

2h

STAY

Animæ Caveoso Suite

Via Purgatorio Vecchio, 14, 75100 Matera · 10.0

ITINERARY

Day 8 · Arrival and Explore Sassi di Matera · 3 experiences: Sassi di Matera, Madonna delle Virtù Church, Osteria Al Casale

Day 9 · Mozzarella Cheese Tasting and Murgia National Park · 3 experiences: Matera: Mozzarella and Cheese tasting with a Cheesemaker, Murgia National Park (Parco della Murgia Materana), Baccanti

Day 10 · Departure to Bari Airport

Bari, Italy

DAY 10–11

Bari, the vibrant capital of Puglia, is known for its historic old town, bustling seafront, and delicious local cuisine. It's a perfect starting or ending point for your trip, offering a mix of cultural experiences and authentic Italian flavors. Don't miss the chance to explore its charming streets and enjoy fresh seafood by the Adriatic Sea.

ARRIVE · CAR

Matera → Bari

53m

STAY

Milè

12 Via dei Mille, 70126 Bari · 9.2

ITINERARY

Day 10 · Arrival and Leisure in Bari · 2 experiences: Piazza del Ferrarese, La Uascezze

Day 11 · Departure Day in Bari · 2 experiences: Caffè Vergnano 1882, Bari Cruise Port (Terminal Crociere di Bari)

London, United Kingdom

DAY 11–11

ARRIVE · FLIGHT

BRI → LHR

4h 17m · 1 stop

\$93.27

TRANSFER

Heathrow Airport: Private Transfer to/from Central London

Travel time: 1h

\$47.10