



Wine, Dine and Unwind: Puglia Wellness Journey May 2025

Embark on an amazing 8-day adventure through Puglia, a hidden treasure in Southern Italy. Each day brings a new discovery to this captivating region, often called the 'Florence of the South' for its ancient Roman ruins and beautiful baroque buildings.

Enjoy strolls along golden beaches, explore ancient caves, and treat yourself to the finest gourmet experiences.

Join us as we explore the diverse tapestry of Puglia, where history, culture, and natural beauty come together. This retreat isn't just about exclusive wine tastings and delicious food; it's also a holistic celebration of well-being.

Immerse yourself in therapeutic treatments inspired by Mediterranean traditions, like vinotherapy rituals, olive oil massages, and the refreshing vibes of Puglia's landscapes.

Savor the perfect mix of history, good food, and wellness, creating a special blend of pleasure and rejuvenation in the heart of Italy's best-kept secret.





Itinerary

- ◆ **Day 1 | Arrival Transfer & Welcome Dinner**
- ◆ **DAY 2 | Yoga, Nature, Winery Visit with Lunch, Olive Oil Visit & Tasting**
- ◆ **Day 3 | Foraging, Lecce Food & Walking Tour, Cooking Class with Dinner**
- ◆ **Day 4 | Transfer to the Valle d'Itria, Winery Visit and Ostuni, Welcome Dinner**
- ◆ **Day 5 | Grotte di Castellana, Alberobello, Winery Visit**
- ◆ **Day 6 | Catamaran Excursion Polignano a Mare with Lunch, Cocktail Evening**
- ◆ **Day 7 | Yoga, Convivial Wine Tasting Session, Bike Excursion**
- ◆ **Day 8 | Arrivederci**

* Schedule may change based on weather and local conditions. All activities will be included.



Arrival Transfer & Welcome Dinner

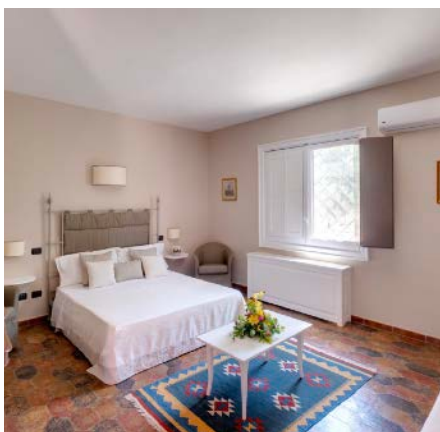


- **Group Arrival Transfer** from Brindisi Airport to your property outside Lecce, Tenuta Monacelli (total journey: 45 min.) Time of transfer to be confirmed.
- Nestled in the heart of Puglia, **Tenuta Monacelli** invites you—a captivating **traditional masseria** that once buzzed with agricultural life. Today, it's a serene haven, surrounded by ancient olive groves and the lush beauty of Mediterranean plants. Situated next to a pristine 400-hectare Nature Reserve, it is a paradise of winding paths, perfect for refreshing walks.

For water lovers, our retreat at Tenuta Monacelli features a stunning 33-meter pool—a tranquil oasis nestled among the olive groves. The nearby Nature Reserve extends its charm to the beach, providing a seamless blend of wellness and nature.

This retreat is a path to holistic well-being—a chance to reconnect with yourself, emerging revitalized and ready to face life's challenges with renewed energy and clarity. Join us on this transformative journey at Tenuta Monacelli and let wellness unfold in the heart of Puglia.

Start your mornings with a refreshing swim or a quiet walk through the property's olive groves. Join us for a private yoga class, savor a relaxing breakfast, and engage in delightful conversations under the warm Mediterranean sun.



- Check in, relax and freshen up. We choose for our guests a superior room, spacious and bright accommodation overlooking the courtyard and olive grove. Your property includes rooms with ensuite private bath, in-room safe, mini-bar, hair dryer, air conditioning, safe safety box, telephone, TV with digital channels, complementary toiletries. Daily breakfast is served in the breakfast room.
- In the evening, enjoy a **traditional 4-course welcome dinner with wine** at the property, celebrating the flavors of Salento.

Yoga, Nature, Winery Visit with Lunch, Olive Oil Visit & Tasting



- **Morning Wellness activities.** Elevate your mornings during our wellness retreat with a variety of beautiful options.
Enjoy a refreshing swim or a tranquil walk through the enchanting olive groves.
For those seeking inner serenity, join our therapeutic yoga session led by a private instructor. Picture yourself on the lawn near the pool, surrounded by the melody of birdsong. Inhale, exhale, and feel the outside world's stress melt away with each mindful breath. This session is not just a physical journey; it's an opportunity to quiet your mind, alleviate stress, and foster a deep sense of inner peace.
Alternatively, grab a bike and pedal off to explore the vibrant surroundings. In just a 20-minute ride, reach the inviting beach or venture into the nearby Nature Reserve.
- After your morning activities, indulge in a delightful **breakfast** and share engaging conversations under the warm Mediterranean sun. Embrace the serenity of our retreat, where each morning holds a unique promise of well-being and discovery.



- Late morning, meet your driver for a visit to **Gianfranco Fino Winery**. This renowned winery is well-regarded for producing high-quality wines, with a particular focus on Primitivo, a red wine grape variety native to Puglia. During your visit, you will learn more about the winery's history and the vinification process.
- After your winery tour, a delectable **lunch** awaits. The winery's elegant restaurant, helmed by a starred chef, offers carefully curated dishes based on local products that perfectly complement the property's wines. Lunch includes an appetizer, first course, main course, and dessert, accompanied by four glasses of wine.
- Return to your property.
- Puglia, renowned as the olive oil capital, sets the stage for an afternoon of exploration. We have organized a **guided visit to the property's fascinating ancient underground olive mill**, a historical gem dating back centuries. Here, we will sample the property's liquid gold, along with the exquisite flavors of local honey and wine, offering a truly authentic taste of Puglia's culinary treasures.
- Evening free and dinner on your own.

Day 3 (Monday)

Itinerary

Foraging, Lecce Food & Walking Tour, Cooking Class with Dinner



- Breakfast is served.
- In the morning, join our local expert for a **Foraging Session**. While foraging may seem like a recent trend for some, here in Puglia, it's an integral part of life. Many families have an aunt or grandfather who casually gathers wild herbs for a lunchtime salad or snaps the heads off wild fennel plants to craft a delicious digestive liqueur. Accompanied by our local expert, take a leisurely stroll around the property and uncover the incredible bounty available to the trained eye: wild fennel, prickly pears, thistles, dandelions, wild chicory, borage, and much more. If you're fortunate, you might even discover something to use in your afternoon cooking class! This is a truly unique experience that connects you to the very roots of Puglia and its marvelous culinary traditions.
- Late morning, meet your driver for a **visit to the city of Lecce**, known as the Florence of the South due to its rich Baroque architecture. Legend has it that the city dates back to the times of the Trojan War. Today, it is renowned for its characteristic blond limestone, prized olive oil, wine, and ceramic-making traditions. In Lecce, your guide awaits, and together you'll embark on a tour through the city's beautiful Baroque center, encompassing the majestic Santa Croce Church, Piazza Sant'Oronzo, the former market square housing the Old Town Hall, and the striking remains of a vast Roman amphitheater. Continue to Piazza Duomo and the cathedral. Amidst these monuments, take breaks to relish local specialties, such as tasty pastry bites filled with mozzarella, tomato, and béchamel; pettule, small fried dough balls often enjoyed on Christmas Eve, or even a pasticciotto, a shortcrust pastry shell filled with custard. (Lecce is a 30-minute drive from the property.)

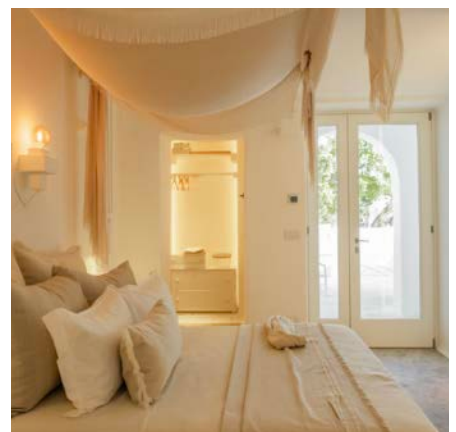


- Return to property to relax and freshen up.
- In the afternoon, roll up your sleeves and get ready for your **Cooking Class with Chef Giovanni**. Puglian cuisine stands out for its simplicity and healthiness, emphasizing the use of fresh, seasonal produce. The region's olive oil is a cornerstone of its cuisine, and the dishes you'll prepare align with the super-healthy Mediterranean diet. Discover the art of making pittule, delightful little fried dough balls. Perfect the technique of using your thumb to shape the area's best-loved pasta, orecchiette. Learn to prepare a delicious seasonal sauce, and conclude with a sweet bite. After class, relish the fruits of your labor with wine and water included.

Transfer to the Valle d'Itria, Winery Visit and Ostuni, Welcome Dinner



- Breakfast is served.
- Meet your driver for transfer to your second property.
- On the way, enjoy a winery **visit to the family-run Petrelli Winery**. In 2000, Giovanni Petrelli took over the management of the winery from his father and is now ably assisted by his daughter Chiara, a young enologist representing the third generation of Petrellis. The family embraces traditional winemaking methods but also welcomes the new ideas and innovation brought to the table by the younger generation. Your tasting will take place in what were once the stables of the striking nobleman's residence that is now the seat of the winery. The visit includes a tour of the vineyards with a tasting of four wines served with friselline, jams, and cream cheese made on the property.
- Next, stop off at **Ostuni** (1 hour from the winery), a little gem of a town famous for the way its whitewashed buildings seem to glitter from afar. The nearby area has been inhabited since the Stone Age, and the town itself was almost completely destroyed by Hannibal during the Punic Wars. Once there, you'll find a delightful maze of winding streets, stairs, alleyways, and arches. Do a little exploring, then pick out a likely-looking trattoria or café for a quick bite (not included) or sit back and enjoy a drink.
- Transfer from Ostuni to new property (35 mins).



- Arrive at your second property, **Masseria Borgo Ritella**, a luxury masseria set between the hills and the sea. Immerse yourself in a rejuvenating retreat, where the natural beauty of centuries-old olive trees and prickly pears creates a serene backdrop. Surrender to the allure of our swimming pool surrounded by greenery—a true oasis of peace.
The property also features a small spa. Each guest is entitled to one massage as part of their program. Closer to your dates, a specific massage time will be assigned, likely on day 6 or 7. Additionally, each guest enjoys free access to the property's spa whenever it is available, with a limit of 6 people entering the spa at any one time, and massages will be conducted two at a time
- Check in and freshen up.
- In the evening, gather at the property's restaurant for a **gourmet 4-course welcome dinner** with wine pairing.

Grotte di Castellana, Alberobello, Winery Visit



- Breakfast is served.
- In the morning, meet your driver for an **excursion to the Grotte di Castellana**. These incredible underground caves are one of the most important attractions in Puglia and a natural heritage site of inestimable value to Italy. The tour winds along a distance of 1 km, offering a unique guided walk through the caves that takes you to a depth of more than 60 meters, in an amazing scenario with a constant temperature of around 16°-18°. The view upwards from the descent is staggeringly beautiful, and there are many striking rock formations, stalagmites, and stalactites to admire.
- Then, it's on to the picture-perfect town of **Alberobello** with its quaint whitewashed houses featuring characteristic conical roofs made of limestone slabs. Although one of the more 'modern' towns in the area, with its present-day roots dating back to the early 14th century, Alberobello is a designated UNESCO World Heritage site. It is interesting to note that these dry stone trulli buildings were originally conceived so they could be defined as 'precarious' and, therefore, not liable for taxation. Luckily for us, they still stand today!
- In Alberobello, guests first enjoy **lunch at a typical Puglian trattoria** that serves local dishes such as orecchiette pasta with broccoli rabe, fricelli pasta with sausage and mushrooms, and sweet bites such as bocca di dama (simple domed cakes with a cream filling and glazed with icing). After lunch, your guide will lead you on an intriguing walk through the historic center of Alberobello. Take in the main street lined with trulli houses, most of which have been converted into restaurants or souvenir shops, or head over to Piazza Sacramento to visit Trullo Sovrano, the only two-storey trullo in town.



- Afternoon **visit to Cardone Winery**. Cardone stands apart, embracing winemaking as an art form rather than an industrial methods. In their world, crafting exceptional wine begins in the vineyard, and the winery becomes the stage for a unique interplay of technology and the vintner's seasoned expertise. On arrival, there is a visit to the vineyards, then to the winery itself, after which you will enjoy a tasting of 4 different wines served with local specialties.
- Return to property to relax or enjoy an afternoon swim.
- Evening free and dinner on your own.

Day 6 (Thursday)

Itinerary

Catamaran Excursion Polignano a Mare with Lunch, Cocktail Evening



- Breakfast is served.
- Meet your driver and head off to Polignano a Mare for your **Catamaran Adventure**. Polignano a Mare is a dazzling little town perched on top of high limestone cliffs, offering breathtaking views over the crystal-clear waters of the Adriatic. It's famous for hosting a leg of the Red Bull high diving championships. To witness local youngsters throw themselves from the cliffs into the waters below gives the impression they are already in training! Onboard the catamaran, your captain will warmly welcome you and lead you on a relaxing sail along the nearby coastline. Admire the picturesque cascade of whitewashed buildings perched high above, enjoy the skipper's commentary about the coastline and its history, and make stops for a swim to explore hidden inlets and grottoes.

Back on board, dry off and relish in a festive aperitivo before **lunch**. The lunch includes a first course, second course, and side dish with water and wine. (Lunch on the catamaran is weather permitting. Otherwise, lunch will be at a beachside restaurant nearby.)



- After lunch, disembark and enjoy some free time to **explore Polignano a Mare's charming historic center**. Wander along the labyrinth of narrow streets and alleyways, and you may find yourself at one of the town's panoramic terraces or in front of the Chiesa Matrice, erected on the site of an ancient pagan temple. And, of course, there's always time to sample artisanal ice cream in a quiet little backstreet or piazza.
- Meet your driver and return to the property. Take time to relax and freshen up. (Those who have been assigned a massage head off to the spa while others have a little more free time.)
- In the early evening, meet up for a delightful **poolside cocktail evening**. As you sit back, chat, and relax, enjoy a refreshing drink served by your waiter and soak up the balmy night air. (Two cocktails per guest are included, served with snacks.)
- Dinner is on your own.

Yoga, Convivial Wine Tasting Session, Bike Excursion

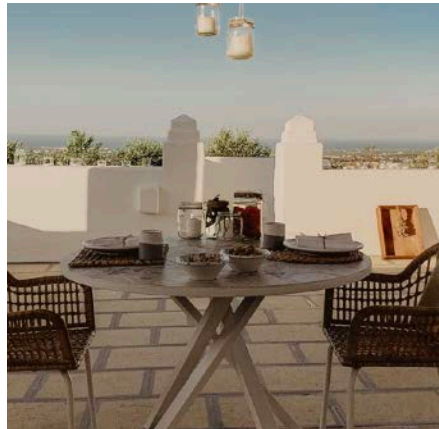


- Breakfast is served.
- In the morning, meet your experienced **yoga** instructor who will guide you through a seamless session tailored to all levels of expertise. Whether you're a beginner or a seasoned yogi, your class offers a nurturing space for personal growth and self-discovery.
- At midday, enjoy a relaxed **wine-tasting session** at the property with your local expert, who will serve a selection of Puglian wines alongside local salumi and cheeses, including the area's delicious burrata! They will be at your complete disposal to answer all your questions on the area's grape varieties and wine, so have your questions ready.



- In the afternoon, enjoy a **bike excursion** to explore your surroundings. As the Italians say, 'You wanted a bike? Now pedal!' Pedal along the country roads and take in all the sights and scents on this, your last day.
- Return to the property and freshen up.
- During this day, those who have been assigned a **massage** will head to the spa. Meanwhile, others are free to relax.
- **Farewell dinner under the stars, with wine pairing** included. This farewell dinner is not just a dinner; it's a celebration of newfound friendships and the shared joy of exploration. Puglia, with its unique charm and warm hospitality, has been more than a backdrop; it's been a companion in your journey of rejuvenation. As you gather beneath the stars, surrounded by the rhythmic symphony of the olive groves, remember the moments that made your retreat special—the laughter, the discoveries, and the tranquility that Puglia effortlessly bestowed upon you.

Arrivederci



- Breakfast is served.
- Morning **Group Departure Transfer** from your property to Bari Airport. (Time of transfer to be confirmed.)
- Arrivederci Puglia!



Price for the trip

- ◆ \$3,895 per person, double occupancy
- ◆ \$4,645 per person, single occupancy

Pricing and availability subject to change until the moment of booking.

This is the price of the trip for payments made by cash or check.

Credit card payments will incur an additional 3% fee.

Included

- ◆ Three nights in a traditional Puglian masseria outside Lecce. Prices are based on double occupancy in a superior room. Single occupancy in double room is available on request at a surcharge
- ◆ Four nights in a luxury masseria in Valle d'Itria. Prices are based on double occupancy in a standard room. Single occupancy in double room is available on request at a surcharge
- ◆ City taxes
- ◆ Daily breakfast and cleaning service
- ◆ Group arrival transfer from Brindisi airport and Group departure transfer to Bari airport, as well as all the excursions/activities in the itinerary where transfers are specified.
*Transfers to any excursion/tour/activity mentioned in the itinerary must be considered as group transfers and are not private
Arrival transfer from Brindisi Airport to your property and departure transfers from your property to Bari Airport, must be considered as group transfers. Additional transfers available on request and at a surcharge
- ◆ 3 Dinners with wine/wine pairing included
- ◆ 3 Lunches with wine/wine pairing included
- ◆ Cooking class with dinner, wine included
- ◆ 1 Wine tasting session with Puglian wines and local products, salumi and cheeses
- ◆ 1 Guided Lecce walking tour with tastings
- ◆ 3 Wine tours with private driver (one with lunch, two served with snacks)
- ◆ Guided tour of Alberobello
- ◆ Visit to Grotte di Castellana
- ◆ Visit to Ostuni
- ◆ Visit to Polignano a Mare
- ◆ 1 Cocktail evening: two cocktails per guest included, served with snacks
- ◆ 1 Visit of underground olive mill with sample of olive oil, honey and wine
- ◆ 1 Foraging session
- ◆ Half day Private Catamaran Excursion Polignano a Mare
**Boat excursions will run weather and sea conditions permitting. If weather conditions make it impossible to run the boat excursions an alternative excursion or activity will be substituted.
- ◆ 1 massage at the second property.
- ◆ Free access to the property's Spa, whenever there is availability.
- ◆ Access to bikes on the two days specified in your itinerary and when reserved in advance (not guided tours)
- ◆ 2 Yoga sessions
- ◆ Hot tips list: includes our recommended restaurants, what to see and buy, tipping information, important telephone, numbers, local customs etc.
- ◆ Detailed day-to-day itinerary

Not Included

- ◆ Airfare
- ◆ Wine and drinks are included with meals only when explicitly mentioned in the itinerary
- ◆ Tickets to access museums and other venues when not explicitly mentioned in the itinerary
- ◆ Tips and gratuities
- ◆ Travel/health insurance: each guest is responsible for organising their own travel/health insurance before the start of the trip
- ◆ Anything not mentioned as "Included"

