

italian tours and

Travel by Diana

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Custom Journey to La Bella Puglia for Soul Stretch Yoga

Day 1 Saturday October 4, 2025

Depart the USA

International flights from the USA to Italy.

Day 2 Sunday October 5, 2025

Arrive Brindisi – Ostuni



Upon arrival at the Brindisi Airport, meet your private driver for transfer (35 min) to a genuine Masseria in the heart of Puglia located outside of the city of Ostuni. Time to relax and settle in after your long flights. Early evening yoga session and then dinner and overnight at the Masseria. PT/D/Masseria Stay Yoga

Interesting historical note:

Masserias are old rural dwellings typical of the Region of Puglia. These characteristic buildings were used since the Middle Ages as centers of agricultural production and animal hosting, and were often surrounded by extensive cultivated areas, such as olive groves and vineyards. The Masserias in Apulia were organized according to a sharecropping system, in which the farmers worked the land and shared the harvest with the land owners. This system ensured the owners would receive continuous income and would allow farmers to live and work in the Masserias without having to pay rent. Each Masseria was a sort of small village that was self-sufficient, with a proper oil mill, ovens, and cellar, where olive oil, wine and cheese products were produced.

In recent years, many Masserias have been renovated and transformed into charming tourist accommodations, restaurants, and event sites, attracting visitors from all over the world thanks to their authenticity and historical atmosphere.

The Masserias were often fortified for protection from frequent attacks of pirates and bandits characterizing the rural life of the time. Many buildings still today have sight towers, perimeter walls and fortified access gates.

Day 3 Monday October 6, 2025

Ostuni – Hiking – Ostuni visit late afternoon



This morning after breakfast you will meet your driver to arrive to the Torre Guaceto Nature Reserve (25 min) for an invigorating hike near the Adriatic Coast. Return to the Masseria for lunch, yoga and free time and then early evening meet with your driver again for an independent visit of the city of Ostuni (12 min).



Return for Overnight in Ostuni at the Masseria.

B/PD/G-Hike/L/Masseria Stay Yoga

Day 4 Tuesday October 7, 2025

Ostuni – Otranto – Lecce

Lecce



Breakfast at the Masseria and then meet your private driver for transfer to the coastal city of Otranto (1 H and 30 min) for free time to shop and explore. From here, you will transfer to the baroque city of Lecce for a light lunch. Afterwards, meet your private bilingual certified guide for a short walking tour. Lecce is a lively but relaxed university town with plenty to do. A great place for upscale shopping, delicious food, and the best place in Italy to see the traditional art of Paper-Mache making. The architecture in Lecce is rich in Baroque style with many monuments to admire. Lecce is known as the “Florence of the South.” Agriculture, olive oil and wine production are everywhere here. “Lecce stone” a limestone only found in this area is predominant in the architecture. With your guide, you will see Piazza Duomo, considered one of the most beautiful closed squares in Italy. After the walking tour, enjoy some time at your own pace. In the late afternoon with your driver, return to the Masseria for yoga and overnight. B/PD/G/ET/L/Masseria Stay Yoga

Day 5 Wednesday October 8, 2025

Ostuni – Yoga Workshop – Cooking!

Breakfast at the Masseria and then the good part of the day will be dedicated to a lovely spiritual workshop designed by Rose and her team. By early evening, you will partake in a relaxed cooking lesson. Overnight in Ostuni. B/Light L/CL-D/Masseria Stay Yoga

Day 6 Thursday October 9, 2025

Ostuni – Alberobello

Alberobello



Breakfast at the Masseria and then depart with the driver for Alberobello (55 min). Here, you will meet your private bilingual certified guide for a two-hour walking tour. With a population of 11,000, the unique and one-of-a-kind city of Alberobello is characterized by the most charming cone shaped dwellings you will ever see. Declared a world heritage site, Alberobello is a beautiful place to experience. The dwellings in Alberobello are called “Trulli” and they are

constructed without mortar. Instead, an intricate placement of stone produces the final result. You will have the opportunity to visit an authentic trullo today. It has been discovered in parts of the Middle East that similar structures were made thousands of years ago and used as burial tombs. It is rumored that since these dwellings did not have mortar holding them together, they could easily be disassembled and relocated, thereby evading property taxes! Following your time in Alberobello, your driver will take you to a local winery for a tasting and light lunch. Return to Ostuni in the late afternoon with your driver. Enjoy the evening at your own pace. Overnight in Ostuni.

B/PD/G/ET/WT/L/Masseria Stay Yoga

Day 7 Friday October 10, 2025 Ostuni – Thermal Spas?? Beach Lido??

Breakfast at the Masseria and then today you have a choice!! Weather permitting, you could spend the day at the beach or you can choose to enjoy a Thermal spa day and book massages, facials etc. Or, just a down day at the Masseria enjoying the pool. More details will follow with prices etc. This evening you will enjoy a Pizzica Show and Panzerotti.

Pizzica is the traditional Pugliese Folk dancing that tells a story. It is fun and all can participate in the dancing if you so choose. During the show, local ladies will come and make various types of Panzerotti on the spot. This will be a very memorable evening for everyone!

B/D-Pizzica/Masseria Stay Yoga

optional beach or spa day PD/Lido

or PD/SPA

Day 8 Saturday October 11, 2025

Ostuni – Monopoli – Polignano a Mare



Breakfast at the Masseria and then meet your private driver for transfer to the city of Monopoli and the sensational city

of Polignano a Mare for free time (45 min). This area along the Adriatic has been settled since prehistoric times. You can view Roman ruins like the bridge on the Via Traiana in the San Vito neighborhood or you can visit a massive 10th century Benedictine abbey. By 1pm or so you will enjoy a beautiful farewell lunch in an unforgettable setting overlooking the sea. More free time in Polignano if you so choose and then return to Ostuni for overnight and prepare for return to USA.

B/PD/L/Masseria Stay Yoga

Day 9 Sunday October 12, 2025 Ostuni – Brindisi – USA

Breakfast at the Masseria and check out. Private transfers to the Brindisi Airport for return flights to the USA.

Arrivederci Bella Puglia!

B/PT

CODES:

B=Breakfast L=Lunch D=Dinner H=Hotel G=Guide ET=Entrance Ticket
PD=Private Driver PT=Private Transfer TRTK=Train Ticket BR= Boat Ride WT=Wine
Tasting PWT=Private Water Taxi CL=Cooking Lesson

Your custom itinerary includes:

- 7 nights in an authentic Pugliese Masseria
- 7 breakfasts
- 4 Lunches with wine
- 3 Dinners with wine
- 4 Days of Private transportation on land while in Puglia
- 2 Airport Transfers
- 3 Guided Tours
- 2 Entrance Tickets
- 1 wine tasting with lunch
- 1 Cooking Lesson with dinner
- Daily Yoga

Price per person for the land portion of this journey based upon double occupancy and with 25-27 travelers is \$4225.00

Price per person for the land portion of this journey based upon double occupancy and with 20-24 travelers is \$4586.00

Single Room Supplement is \$738.00 pp (A total of 5 single rooms are available)

Participation is limited and on a first come, first served basis. A \$2000.00 deposit is required at the time of commitment.

****Refunds are not available for unused Services.**

