

# Top 5 reasons to visit Puglia

...and our

personal tips



## 1 One of the most diverse and relaxed regions in Italy

Whitewashed villages with a very laid-back attitude.

Unique architecture: Trulli with their conical stone huts, widely famous “Barocco Lecce”, imposing Masserie (ancient fortified farmhouses). Endless fields of ancient olive trees, some of which nearly thousand years old. Hundreds of kilometers of seaside on both of Puglia’s coasts with crystal-clear water...

Here is our personal shortlist if you only have a couple of days to dedicate to sightseeing

- Locorotondo - official title “one of Italy’s most beautiful villages” and rightfully so.
- Ostuni - the “White City”, with amazing views over the near seaside and lots of great bars.
- Lecce (“Città del Barocco”) and Otranto (on the seaside, not far from Lecce and wonderful to end the day).

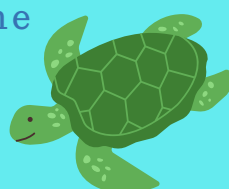
## 2 Beaches

With 800+ kilometers of coastline Puglia has lots to offer when it comes to sun&sea. Some towns like Polignano a Mare or Otranto have beaches right in town where the water is crystal clean and inviting to have a swim when it becomes too hot for sightseeing. The beaches do get crowded in high summer, but there are so many that you will always be able to find a tranquil spot to relax. What’s more, Puglia’s mild climate makes for warm weather off-season as well, which is when the crowds have gone.



### Our personal favorite

Torre Guaceto is set in the nature reserve and protected marine area Torre Guaceto, near Ostuni. It stretches for various kilometers and is breathtakingly beautiful. If you are lucky you might even spot a giant sea turtle.



# 3

## Food



Puglia is famous for its olive oil, wine and wonderful local dishes. It is probably also the region with the most vegetarian-friendly options, due to its history of poverty when locals couldn't afford meat and developed an innovative use of vegetables. Thanks to its climate and soil Puglia has a very rich offer of ingredients all year round. And local dishes know how to use them to perfection.

Antipasti (starters) are a must and can be somewhat overwhelming due to their sheer quantity. But they are the best way to have a taste of the amazing richness of the local cuisine. If you have been to Italy before then you know that this is food's heaven, both in terms of quality AND quantity. Puglia is no exception if not the epitome of this principle.

This is why Antipasti are followed by Primo (Pasta, handmade of course), Secondo, Frutta, Dolce, Caffé, Amaro .... Don't panic: No one will expect you to have all this food in one meal, but don't be surprised if people at the nearby table do.

Don't leave Puglia without having tried these:\*

- Crudo di pesce in one of the many restaurants on the Adriatic Coast (if you like seafood that is) - the Puglian Sushi so to speak.
- Orecchiette con ragù e polpette - the staple Sunday lunch in Martina Franca: Orecchiette pasta with slow cooked meats, meatballs, tomato sugo and grated cacioricotta cheese.
- Granita di Caffé con Panna at Caffè Tripoli in Martina Franca (only if you have a sweet tooth that is).
- Caffé Leccese (espresso with ice cubes and almond milk).
- Pasticciotto - small cake with a custard crème filling.

\*But on second thought: taste is subjective, so your favorites might be completely different. We would love for you to share them with us.

# 4

## Tradition

People from Puglia are especially proud of their heritage and cultural identity.



One great example (and our favourite) is the Tarantella, a rhythmic dance with singing and playing the "Putipù", a drum type instrument. Tarantella dates back to the Middle Ages and actually has a macabre origin. At the time poisonous spiders (tarantulas) were common in the area. Who got infected would fall into a trance that could supposedly only be cured by the frenetic moves of the Tarantella.

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## Family friendly by nature



Puglia is one of the best regions in Italy to visit with children. This is shown by the fact that Italian families love to spend their summer vacation here.

Lots of sandy beaches with shallow water. Kid-friendly small towns where streets are too narrow for cars and that have a bit of a fairytale-feel to them. Friendly shop and restaurant owners who don't mind one bit when toddlers drop their ice cream or throw a tantrum.

Puglia is more about DIY-sightseeing, just browsing and stopping whenever you feel like it. Exactly the type of holiday kids love.

There are, nevertheless, some great activities for kids too, like outdoor adventure and water parks or the incredible Grotte (caves) in Castellana (our personal favorite).

Visit Puglia



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