

# THE ESSENTIAL GUIDE

All you need to know about Puglia in your smartphone



## Puglia



Puglia is a perfect holiday destination offering loveliest beaches, 800km of coastline, a sublime climate, many historical and fascinating towns, several important archaeological sites and an excellent culinary tradition.

### BASIC ITALIAN

**HELLO** - salve (SALH-vay)  
**GOODBYE** - arrivederci (ahr-ree-veh-DEHR-chee)  
**PLEASE** - per favore (PEHR-fah-VOHR-eh)  
**THANK YOU** - grazie (GRAHT-syee-eh)  
**YOU'RE WELCOME** - prego (PREH-goh)  
**PARDON ME** - mi scusi (mee SKOO-zee)  
**ENGLISH** - inglese (een-GLEH-zeh)  
**YES** - sì (see)

### MUST - TRY DISHES

- **Orecchiette con cime di rapa** (pasta with turnip tops - Puglia's signature dish)
- **Purè di fave con cicoria** (fava bean soup with chicory)
- **Bombette di maiale** (thin-cut slices of pork filled with cheese and other goodies, typical of Cisternino)
- **Pasticciotto** (mini custard pies, perfect for breakfast)
- **Melanzane e zucchini riempite** (stuffed aubergines and courgettes)
- **Alici arraginate** (anchovies au gratin)
- **Tubettini con le cozze** (short pasta tubes with mussels)
- **Orecchiette con sugo alla ricotta forte** (orecchiette pasta with tomato sauce and strong ricotta cheese)
- **Ciceri e tria** (tagliatelle with chick peas)
- **Zuppa di pesce alla Gallipolina** (Gallipoli style fish soup)



## ALBEROBELLO



Trulli, trulli everywhere... This is Alberobello: the picture-postcard town famous for its conical-roofed houses called trulli. Trulli are with no doubts the most famous sign of Puglia. With its narrow pedestrianized streets, little shops, nice cafés and trattoria, Alberobello is a great day out for families.

### DO NOT MISS

Historic Centre UNESCO World Heritage



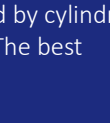
## VALLE D'ITRIA



Valle d'Itria, also called "Trulli valley", is an extended valley around Alberobello with a unique fairytale landscape composed by cylindrical peasant houses with beehive roofs known as Trulli. The best place for bikers and wine lovers.

### DO NOT MISS

Bike tour in the countryside  
I Pastini (wine producer and wine tour)



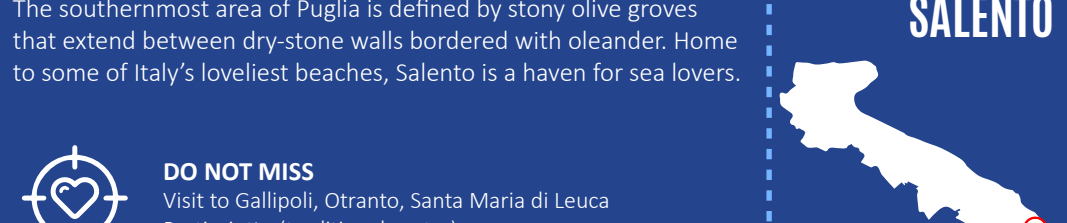
## SALENTO



The southernmost area of Puglia is defined by stony olive groves that extend between dry-stone walls bordered with oleander. Home to some of Italy's loveliest beaches, Salento is a haven for sea lovers.

### DO NOT MISS

Visit to Gallipoli, Otranto, Santa Maria di Leuca  
Pasticciotto (traditional pastry)



## GARGANO



Jutting out into the sea at the northern tip of Puglia, Gargano is a perfect hub for eco-tourism and relax. It is replete with beautiful fishing villages, dark and ancient forests inland, fine sandy beaches but also rugged cliffs, secret caves and picturesque coves. Over 1,200km<sup>2</sup> hectares of the Gargano is given over to a national park.

### DO NOT MISS

Visit to Vieste, Peschici, Isole Tremiti  
Hiking in the national park



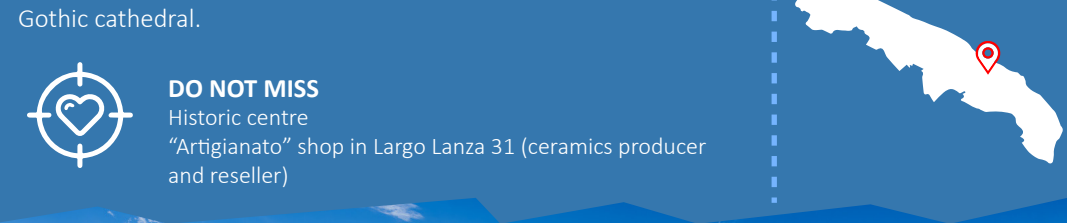
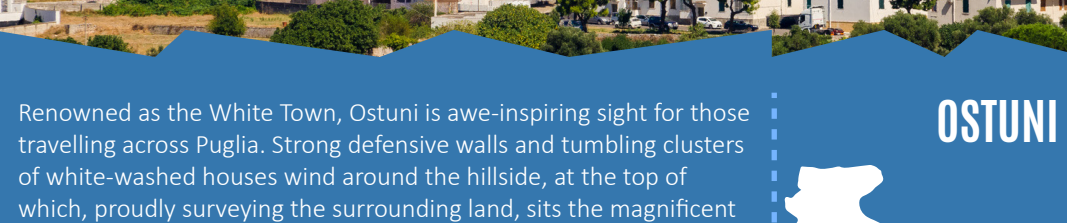
## OSTUNI



Renowned as the White Town, Ostuni is awe-inspiring sight for those travelling across Puglia. Strong defensive walls and tumbling clusters of white-washed houses wind around the hillside, at the top of which, proudly surveying the surrounding land, sits the magnificent Gothic cathedral.

### DO NOT MISS

Historic centre  
"Artigianato" shop in Largo Lanza 31 (ceramics producer and reseller)



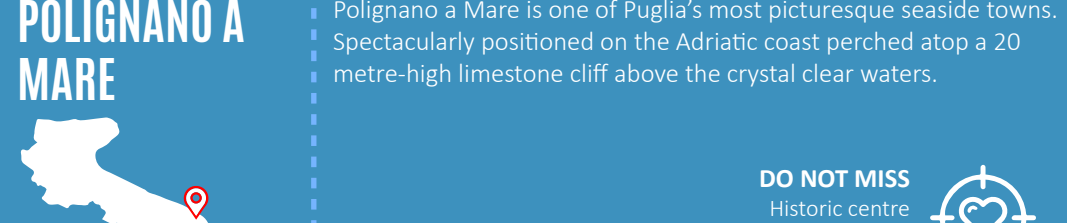
## POLIGNANO A MARE



Polignano a Mare is one of Puglia's most picturesque seaside towns. Spectacularly positioned on the Adriatic coast perched atop a 20 metre-high limestone cliff above the crystal clear waters.

### DO NOT MISS

Historic centre  
Boat tour  
Kayaking (only for sports people)



## BARI



Bari is the capital of the region renowned for its charming old centre called Bari Vecchia, a walled city built on a peninsula jutting into the sea. While walking down the narrow alleyways you will feel like being in someone's living room. The perfect place for shopping lovers.

### DO NOT MISS

Bari Vecchia (Old town of Bari)  
Shopping in Via Sparano  
Focaccia (flatbread baked with olive oil, salt and additional toppings)



## LECCE



Built in the local soft creamy limestone and with dazzling architectural surprises around every corner, Lecce is known for its baroque architecture with more than 40 churches and as many noble palazzi.

### DO NOT MISS

Guided tour in historic centre  
Pasticciotto (traditional cake)  
Ice coffee with almond syrup



## OTRANTO



Known as Italy's easternmost town, charming and picturesque, it's a mix of history, architecture, beautiful views, sea-front restaurants and white sandy beaches and definitely worth a visit.

### DO NOT MISS

Romanesque cathedral dating back to 1088  
Alimini beach (marine protected area)



## BRINDISI



UNESCO heritage site for culture of Peace, Brindisi old town has the charm of old-school traditional Italy that sometimes feels lost in the more touristic cities. People are friendly and welcoming and visitors like to call it "Brindeasy" for its slow and relaxed lifestyle.

### DO NOT MISS

Historic centre  
Harbor

