



# PEDAL & SEA adventures

## SOUTHERN ITALY'S PUGLIA

As you prepare for your cycling tour in southern Italy, here is  
some important information about your vacation with  
Pedal & Sea Adventures





## AIRPORT & TRANSPORTATION

### BRINDISI SALENTO AIRPORT (BDS)

This is the airport most guests fly in and out of for the tour.

### TAXIS

Taxis can be found just outside the airport. Most hotels are within 5-10 minutes away.



# ACCOMMODATIONS

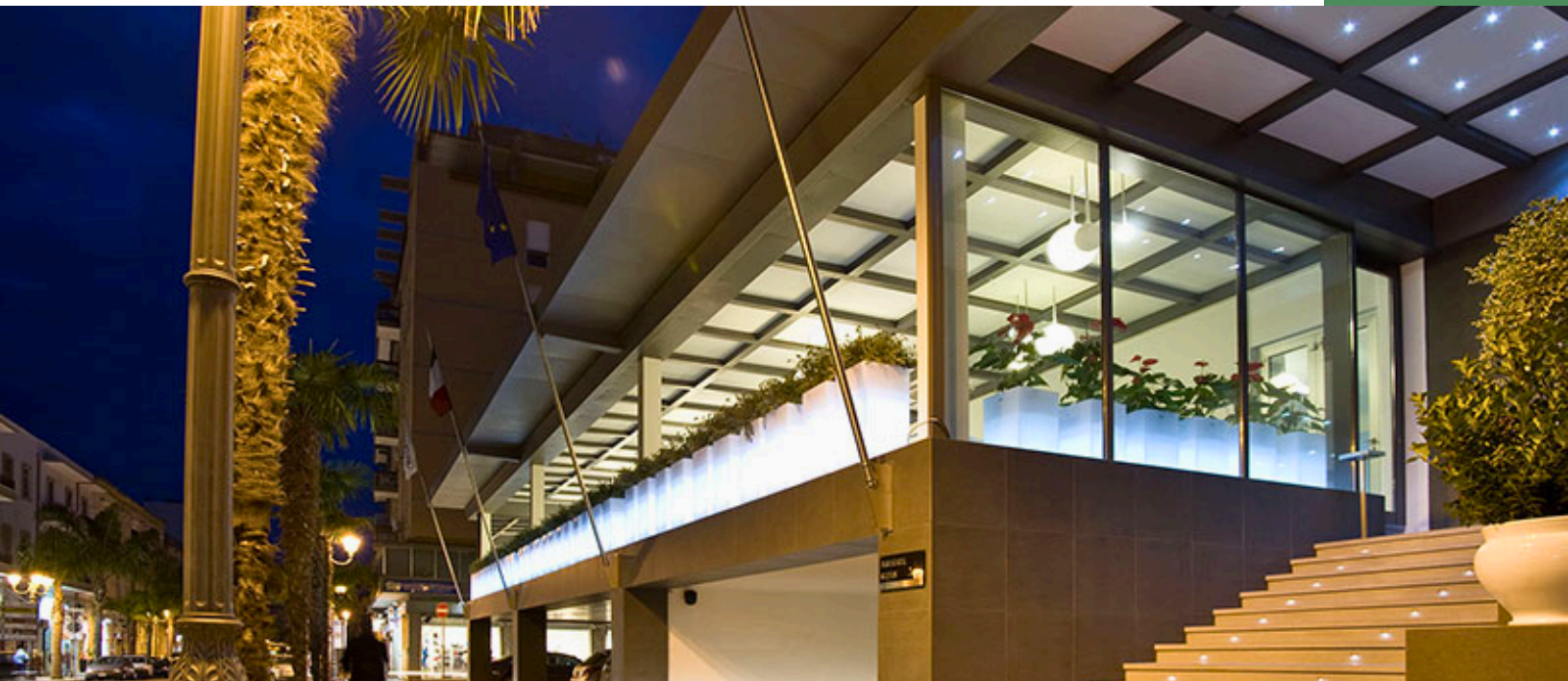
## GRANDE ALBERGO

For guests who fly in prior to the day of the tour, this is one of the hotels we recommend. (website - [click here](#)).



## PALAZZO VIRGILIO

Another great recommendation in town. (website - [click here](#)).



# TOUR START LOCATION

## Pick up:

Our tour begins at 10:00 A.M. with pick up at the Brindisi Airport. If you arrived prior to the start of the tour, you will be met at your accommodations. Please contact our office at least 14-days before your tour to inform us where you are staying. Toll-free [1-877-777-5699](tel:1-877-777-5699), email: [info@pedalandseaadventures.com](mailto:info@pedalandseaadventures.com)

## Suggested Apps To Install:



We use WhatsApp —  
Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)



We use Ride With GPS —  
Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)





## TOUR END

- **Departure**  
After our final breakfast together in Lecce, the tour ends with a transfer to the train station or Brindisi Airport.
- **Guests requiring early departure**  
If you require an earlier departure, guides will assist in making the transportation arrangements at guest's expense.

# MEDICAL & ALLERGIES

Guests with any medical issues, medications or allergies that we ought to be aware of, must inform our guides when they check-in. **GUESTS WHO CARRY AN EPIPEN:** Please tell the guides at check-in where you keep it so they can assist if necessary.

- If you have any cardiac, pulmonary, breathing issues or recent surgeries, we urge you to inform our guides at check-in so we can assist in the best manner possible.
- In the event of an incident, Guides will make the best decisions in consultation with each guest and their respective partners/designates. Guests agree to understand this to be the case.
- **ALLERGIES:** We must be informed of any allergies you have, whether food or substance so we can make every effort to provide a safe environment.
- **DIETARY:** Please confirm any dietary needs or preferences at registration.



# ADDITIONAL INFORMATION

## Inclusions

- 6 Nights' Accommodation
- Pick-up at start of tour
- Drop-off at end of tour
- 6 breakfasts, 1 lunch, 5 dinners
- Support vehicle
- Bilingual guides
- Detailed itinerary & route maps
- Guided Tour of Lecce
- Snacks and refreshments
- New water bottle
- Trip support



## Weather

In late May and early June the Puglia region experiences warm and generally sunny weather. Average daytime temperatures range from 22°C to 25°C (72°F to 77°F). Average nighttime temperatures range from 13°C to 16°C (55°F to 61°F).

In mid-September until mid-October, the Puglia region enjoys pleasant, weather as summer transitions to early autumn. Average daytime temperatures range from low 20's°C in October to 26°C in September (79°F). Average nighttime temperatures in this time range from 13°C to 20°C (55°F to 68°F).

Occasional showers or short thunderstorms can occur.



## Roads & Traffic

In Italy, roads are measured in kilometers (km) for distance and speed limits. Cyclists and vehicles travel right of center.



## Banking and shopping

- Banks in Italy have limited opening hours. They are generally open on weekdays between 8:00 A.M. and 1:30 P.M.
- Morning shopping hours are generally from 9:00 A.M. until 1:00 P.M. Shops may close for a lunch break and re-open from 3:00 P.M. until 7:30 P.M. In heavy tourist traffic areas, these hours may be longer.



## Tipping Your Guides

While tipping is always at the discretion of our guests, we are often asked what guidance we can provide regarding tipping. Here is what we suggest: 15-20 Euros per day – per guest – per guide – as a general amount. Should you believe more or less is warranted, feel free to adjust accordingly.

# CHECKLIST

## Items We Suggest You Bring

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|--|--|
| <input type="checkbox"/> Airline tickets   | <input type="checkbox"/> Bring a few lightweight clothing items for city wear (dinner and sightseeing)   |
| <input type="checkbox"/> Valid Passport / government ID / Any required travel documents                              | <input type="checkbox"/> Fleece / Lycra sweater / long sleeves   |
| <input type="checkbox"/> Phone and charger   | <input type="checkbox"/> Sun hat or visor  |
| <input type="checkbox"/> Luggage: 2 carry-on sized suitcases, if possible, but not necessary.                        | <input type="checkbox"/> Sandals   |
| <input type="checkbox"/> One personal bag (if your tour has a hiking portion, a knapsack to carry items)             | <input type="checkbox"/> Swimsuit  |
| <input type="checkbox"/> Cycling jerseys (2 or 3 - short sleeve and long sleeve)                                     | <input type="checkbox"/> Sunglasses  |
| <input type="checkbox"/> Cycling shorts (1-3 pairs)  | <input type="checkbox"/> Sunscreen/bug spray   |
| <input type="checkbox"/> Arm warmers if desired  | <input type="checkbox"/> Any medical or nutritional items you deem necessary   |
| <input type="checkbox"/> Cycling rain (jacket, pants waterproof and breathable)                                      | <input type="checkbox"/> Gel seat cover, or your own saddle, do not bring the post (if cycling)  |
| <input type="checkbox"/> Cycling shoes   | <input type="checkbox"/> Universal power outlet adapter, or European power outlet adapter  |
| <input type="checkbox"/> Cycling gloves  | <input type="checkbox"/> Rear view mirror, if desired. Helmet version preferred.   |
| <input type="checkbox"/> Helmet: if you wish to bring your own, otherwise one will be provided at no additional cost | <input type="checkbox"/> Pedals: If you want to clip in, bring your own pedals. Our guides will put them on your bike. This does not apply to e-bikes. |
| <input type="checkbox"/> Comfortable walking shoes, sweater, light jacket or windbreaker for after dinner            | <input type="checkbox"/> Extra water bottle, if desired.   |

### **ETIAS (New European Union travel visa.)**

#### **ETIAS PROJECTED TO BEGIN IN THE 4<sup>th</sup> QUARTER OF 2026.**

- As with all travel authorization and visa documents, it is your responsibility to apply for and submit an application. Please be aware of, and have received, everything you require to travel. [Monitor the European Union's OFFICIAL Website for the latest status on ETIAS \(click here\).](#)



## A NOTE TO OUR GUESTS:

We are excited to have you as part of our tour! I trust this tour package answers many questions and provides insights about your upcoming trip. It's our role to provide you with a great cycling adventure. Please ask our guides for anything you may need.

Have a great trip and have lots of fun!

My best,

**Michael**

**Michael O'Leary**  
**President,**  
**Pedal and Sea Adventures Inc.**

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## EMERGENCY CONTACTS

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