



SOUTHERN VISIONS

BESPOKE TRIP FOR: Lyndey Milan

DATE: 3 October - 10 October, 2026



A brand-new culinary journey in Puglia with Lyndey Milan

Spend an unforgettable week learning the secrets of a deeply passionate and undiscovered region of Southern Italy. Puglia, the sun-drenched heel of the Italian boot, stretches between the Adriatic and Ionian Seas, with Basilicata to the west. Known for its fertile agricultural landscape, Puglia boasts over 50 million olive trees and a rich tradition of winemaking. In recent years, the region's wine industry has experienced remarkable growth, producing some truly exciting wines. This exclusive culinary tour, launching in 2026, will immerse you in the flavors and traditions of Puglia like never before!

DAY 1 – 3 OCTOBER, 2025 / ARRIVAL IN PUGLIA

Arrival at Bari airport where our driver will meet you and transfer you to your accommodation. The driver will be waiting outside the arrival gate holding a sign with your name on it.

Check in to your first accommodation.

At night walk to a local restaurant for your welcome dinner.

Overnight at Vis Urban Suites



DAY 2 - 4 OCTOBER, 2025 / BARI: STREET FOOD IN PUGLIA'S SEASIDE CAPITAL

This morning visit Bari, Puglia's prosperous seaside capital with our expert guide. Stroll the tangled streets and the charming old town to discover the spacious medieval piazzas and the beautiful San Nicola Basilica, home of Saint Nicholas, one of the most beloved saints in the whole world and father of the legend of Santa Claus. The city also boasts a lovely seafront promenade and an elegant pedestrian shopping area. Your culinary experience will start at the fish market where you'll meet local fishermen and, if you are feeling brave, taste a wide choice of raw seafood! Then move to the old town and see the local ladies making pasta in the narrow streets outside their homes and sample the whole range of the local street food - focaccia, panzerotti, sgaglionze and popizze just to name a few!

Afternoon and dinner at leisure.

Overnight at Vis Urban Suites



DAY 3 - 5 OCTOBER, 2025 / CHARMING TRANI, CASTEL DEL MONTE & ARTISANAL GELATO EXPERIENCE

Experience the charm of Puglia with a full-day tour that blends history, culinary delights, and local traditions. The day begins in the picturesque coastal town of Trani, renowned for its elegant harbor, Romanesque cathedral, and charming old town. Stroll along the seafront, explore hidden alleys, and soak in the serene atmosphere of this timeless town.

At lunchtime, indulge in a fresh seafood meal at a local restaurant, where you'll savor the authentic flavors of the Adriatic with a menu featuring catch-of-the-day dishes, regional specialties, and excellent local wines.

In the afternoon, head inland to visit the iconic Castel del Monte, a UNESCO World Heritage Site and one of the most fascinating medieval castles in Italy. With its unique octagonal shape and mysterious symbolism, the castle offers a journey through history and stunning panoramic views of the surrounding countryside.

To end the day on a sweet note, travel to Ruvo di Puglia for a hands-on experience at Mokambo Gelateria, a beloved artisan ice cream shop. Here, you'll take part in a gelato-making workshop, learning the secrets behind crafting traditional Italian gelato using fresh, high-quality ingredients. Of course, you'll also get to taste the delicious results!

Back in Bari, evening at leisure.

Overnight at Vis Urban Suites



DAY 4 – 6 OCTOBER, 2025 / ALTAMURA & MERCADANTE FOREST TOUR: FROM ANCIENT GRAINS TO ARTISAN CHEESE

Discover the authentic flavors and traditions of Puglia with a unique day tour that takes you through the heart of Altamura, a town world-renowned for its DOP-certified bread and deep-rooted culinary heritage. The experience begins with a guided visit to a working mill, where ancient machinery and modern techniques come together to produce a variety of high-quality flours, including those made from ancient grains. Learn about the milling process, the importance of grain selection, and the role these flours play in traditional baking.

Next, make your way to one of Altamura's most iconic bakeries, where the town's legendary Pane di Altamura DOP is brought to life. Discover the secrets of this centuries-old tradition, from dough preparation to wood-fired baking, and taste the warm, fragrant bread that has made Altamura famous across Italy and beyond. The journey continues with a short transfer to the Mercadante Forest, a lush natural reserve on the Murgia plateau. Here, nestled among the pines, you'll visit the cheese bar of a renowned local dairy producer. Surrounded by nature, enjoy a tasting menu featuring a selection of typical cheeses, from fresh and soft to aged and bold, each telling a story of craftsmanship and territory.

This immersive tour is a perfect blend of agriculture, tradition, and natural beauty, offering a true taste of the land and the people who keep its heritage alive.

Back in Bari, evening at leisure.

Overnight at Vis Urban Suites

DAY 5 - 7 OCTOBER, 2025 / OSTUNI, THE WHITE TOWN & OLIVE OIL

After checking out, on the way to your next destination you will visit a renowned oil estate. This experience is about so much more than an olive oil tasting - it is a step into the lifeblood of the region, its natural beauty, the people and the traditions. The olive trees in Puglia are incredibly special. Some are more than one thousand years old and are magnificent natural sculptures, monumental trees bearing the gnarly twist and knots of the passing centuries. The trees have amazing energy and olive oil has been the region's most important economic commodity for centuries. Enjoy an in-depth tour and taste the extra virgin olive oil with our guide. Afterwards we'll travel to the magical "white city" of Ostuni. Think white-washed streets and picturesque piazzas, brimming with café culture. Along the city walls you can see the Aragonese towers rising out of the rock and enjoy the stunning views over the sweeping plains of olive trees all the

way to the Adriatic Sea. The citadel is a labyrinth of impossibly-charming alleyways, decked with flower boxes that contrast against the striking white walls and clear blue sky. Take a walk with our guide and immerse yourself in the lifestyle of Southern Italy.

After a lunch and leisure and some free time for shopping, transfer to your next hotel.

Tonight, enjoy a delicious dinner on property.

Overnight at Masseria Lilei



DAY 6 - 8 OCTOBER, 2025 / APULIAN COOKING CLASS & BAROQUE LECCE

This morning transfer to Lecce, often called the “Florence of the South” for its stunning Baroque architecture. Your experience begins with a visit to the charming local market at Porta Rudiae, where vibrant stalls overflow with fresh produce, herbs, cheeses, and seasonal specialties. Stroll through the market alongside locals and soak in the lively atmosphere as you select ingredients for your cooking class. Next, join Chef Gianna, one of Lecce’s most beloved culinary ambassadors, for an authentic Pugliese cooking class. In her welcoming kitchen, you’ll learn to prepare traditional regional dishes using local ingredients and time-honored techniques. From handmade pasta to rustic sauces and sweet treats, this hands-on experience will give you a real taste of southern Italian hospitality. Enjoy the fruits of your labor over a leisurely lunch with wine.

In the afternoon, embark on a guided walking tour of Lecce, discovering its golden limestone buildings, ornate churches, and hidden courtyards. Admire iconic landmarks such as the Basilica di Santa Croce and Piazza del Duomo while learning about the city’s rich history and artistry.

After the tour, enjoy free time for shopping in the charming boutiques and artisan workshops that dot the historic center.

Return to your hotel with a full heart, satisfied palate, and a deeper connection to the flavors and beauty of Puglia.

Evening at leisure.

Overnight at Masseria Lilei



DAY 7 - 9 OCTOBER, 2025 / BYZANTINE OTRANTO & SALENTO WINERY

This morning we will travel to Otranto, a picture-postcard seaside port on the most eastern point of Italy's Adriatic coast. Occasionally your phone will pick up the Greek phone networks here. For centuries the town has been a strategic entry-point to the country. Our guide will lead you through the charming little streets, along the sea walls and past the imposing Aragonese Castle. Visit the astonishing mosaic floor of the cathedral with an eclectic mix of motifs including religious stories like Noah's ark, but also depictions of historical, mythical and even pagan figures, such as Alexander the Great and King Arthur. For the more morbid at heart there is the option to see the bones and skulls of the 800 martyrs who refused to convert to Islam when the town was invaded by the Turks in 1480.

Afterwards will stop at a historic winery with nearly 1,000 years of winemaking tradition. Explore the ancient cellars and discover the estate's fascinating story and its deep-rooted connection to the land. The visit concludes with a light lunch paired with a curated selection of wines, served in a charming setting among the vineyards. Savor regional flavors and local wines in perfect harmony—an authentic taste of Puglia's rich food and wine culture.

Back at the hotel, afternoon at leisure.

In the evening, you will gather at the property for a farewell dinner—a special moment to celebrate the journey shared together. The menu will bring together the flavors and aromas discovered **throughout your stay**, weaving them into a memorable culinary experience. Surrounded by the warmth of good company, this dinner will be both a tribute to Puglia and a delicious way to say goodbye.

Overnight at Masseria Lilei

DAY 8 - 10 OCTOBER, 2025 / DEPARTURE & FAREWELL

After check-out we will drive to Brindisi airport for your onward journey or flight back home. We are sure that your time in this region will have changed your life, just as it has all of ours!

COSTS

Cost includes

- 4 nights at Vis Urban Suites
- 3 nights at Masseria Lilei
- Breakfast
- Arrival transfer from Bari
- Departure transfer to Brindisi airport
- All transfers throughout the itinerary as per the itinerary
- Welcome dinner in a local restaurant in Bari
- Walking experience in Bari with street food tasting
- Walking experience in Trani
- Fish lunch in a local restaurant in Trani
- Guided visit to Castel del Monte (entrance tickets included)
- Artisanal gelato making experience and tasting
- Guided visit of Altamura with traditional bakery and cheese tasting
- Walking experience in Ostuni
- Visit of an olive oil farm and olive oil tasting
- Dinner on property on day 5
- Market visit and cooking class with lunch in Lecce
- Walking experience in Lecce
- Visit to a historic winery, wine tasting and light lunch
- Farewell dinner on property

Cost does not include

- Tips and gratuities
- Meals not mentioned among the "Inclusions"
- All other costs not mentioned in the "Inclusions"

Travel Insurance

We require our guest to purchase travel insurance in order to enjoy our itineraries. We highly recommend purchasing CFAR insurance (Cancel for Any Reason). For trips that include biking, kayak or vintage car activities, participants will be required to sign a release of liability form. These forms will be provided in advance. Guests agree to be responsible for their own welfare and accept any and all risks of delay, unanticipated events, inconvenience, illness, injury, emotional trauma or death. Our company cannot be held liable under any circumstances for instances of 'Force Majeure' including but not limited to: Extreme weather conditions; Acts of God; Transportation failures; Civil unrest; Criminal activity; Terrorism or the threat thereof; The adequacy of medical attention once provided; Stolen, lost, or misplaced luggage or property.