



# 3SENSI GUIDE



## WELCOME IN PUGLIA

Our personalized guide with advices about the best spots to discover, what to do or where to eat, and some tips to enjoy your holidays in Monopoli and in the most beautiful cities around!

BARI



POLIGNANO  
A MARE

CAPITOLO

SAVELLETRI

MONOPOLI

FASANO

CASTELLANA  
GROTTE

ALBEROBELLO

LOCOROTONDO

OSTUNI



MATERA



LECCE

# EXPLORE...

## Monopoli

40°57'08"N 17°17'49"E

157,89 KM<sup>2</sup>

CELEBRATION DAY  
DECEMBER 16TH

## ANTIQUÉ PEARL OF THE ADRIATIC



### RELIGION, PORTS AND HISTORY

The Baroque cathedral of Monopoli, dedicated to the Virgin Mary (called "Madonna della Madia" here) since its restructuring in 1742.

**Porto Vecchio**, o **Porto Antico**, picturesque port with its arched access to the historic center, and symbol of Monopoli with its blue and red fishing boats. It is also only 1 minute from the **Castle of Charles V**, first built under the spanish invasion, before becoming a prison now restructured in a museum to elegantly dominate the "Punta Penna".



### THE CAVES AND BAYS OF MONOPOLI

**Cala Tre Buchi**, which is the set of 3 different beautiful beaches with caves. The easier access is the one on the left thanks to its scales leading directly to the beach. The one on the right has its access next to the Lido Colonia, while the one in the middle (**Cala Copacabana**) requires some walk through the rocks!

Rent our Stand Up Paddleboard from "**Porta Vecchia**" or "**Porto Rosso**"! Those bays, protected from the wind, offer a great view on the city of Monopoli.



### PUCCIA AND SEAFOOD

Of course, you need to taste the "Puccia", this circular bread whose taste is that of pizza dough, but filled inside with everything you wish, from the "Prosciutto" to the octopus!

Directly on the port of Monopoli, enjoy some fresh seafood such as sea urchins plates or octopus!

### THE KING STREET FOOD

Located in the historic center of Monopoli, The King is one of the most famous place to eat delicious "puccie" and pizze

-Via Orazio Comes, 31-



41°07'31"N 16°52'00"E

116,17 KM<sup>2</sup>

CELEBRATION DAY: MAY 8TH

# EXPLORE...

## Bari

### THE CAPITAL OF PUGLIA



#### THE OLD TOWN: LIFESTYLE, RELIGION AND HISTORY

Take a walk or a ride in the old town, "Bari Vecchia", to have the impression to enter in the life of the inhabitants. You can even assist to the "Orecchiette" making -those traditional pasta in the shape of an ear- directly outside, in the streets!

Still in the old town, you will find the **Norman Castle**, ancient residence of the Byzantine governor, and the **Pontifical Basilica of San Nicola**, meeting place between Roman Catholic and Greek Orthodox cultures and which keeps the remains of this saint who inspired the figure of Santa Claus in Italy.



#### FOCACCIA AND PANZEROTTO

You cannot visit Puglia without tasting the "Focaccia" and the "Panzerotto". The first regional speciality, a yeast-baked product with tomatoes and/or olives on top, is also very economical since you can find it for 1€ per (big) slice! The Panzerotto, another monument of the Apulian gastronomy, is a half moon shaped bread dough filled with mozzarella cheese and tomatoes. Yum!



#### PANIFICIO SANTA RITA

In a local barely visible from the outside is located the century-old bakery of Bari Vecchia. The right place to taste the real Focaccia, made with a lot of love.

-Strada dei Dottula, 8-



*Avoid the stress of finding a parking spot... Charge our foldable Ebikes in your car and park out of the city to then join it easily with the bikes! if you don't have a car, take the train with our Ebikes and stop to "Bari Centrale".*

BARI CENTRALE

MONOPOLI



26-48min

3,60-9€



40min



# EXPLORE...

## Ostuni

40°43'56"N 17°34'40"E

225,56 KM<sup>2</sup>

CELEBRATION DAY: AUGUST 26TH

### THE "WHITE CITY"



#### WHERE EACH STREET IS A WONDER

As a departure point for your visit, you can chose the "Piazza della Libertà" with the **Palazzo San Francesco**, an ancient Franciscan monastery and, at the center of the square, an obelisk dedicated to Sant'Oronzo, the saint of the city who saved it from the plague.

Once arrived in Piazza della Libertà, it will be hard to recomand you a place in particular... All the historic center of Ostuni, called the "White City", is an absolute architectural masterpiece between a maze of small charming streets, arches, stone stairs leading to more hidden corners and unic point of views. Even the outline of Ostuni is special, surrounded by the impressive "Aragonese walls", medieval defense of the city.



#### LIVE FULLY THE CITY



##### TRATTORIA FAVE E FOGGHJE

Traditional and affordable restaurant with a lovely colorful terrace in the historic center  
-Vico Antonio Fratti, 25b-



##### OSTERIA CASA CIACCIA

Elegant restaurant offering typical dishes from Ostuni and blending into the natural atmosphere of a superb villa with garden at the foot of a 15th century tower  
-Via Peppino Orlando, 2-



##### RICCARDO CAFFE

Enjoy an original moment sipping your cocktail outside on the stairs of a small street, or inside in a vaulted stone space with filtered light.  
-Via Gaetano Tanzarella Vitale, 61-

MONOPOLI

OSTUNI



20min  
2,80€



35min



40°47'02.62"N 17°14'14.86"E

40,82 KM<sup>2</sup>

CELEBRATION DAYS: 25TH TO 28TH SEPT.

# EXPLORE...

# Alberobello



## THE CITY OF THE "TRULLI"



### HISTORY AND COUNTRYSIDE

The "Trulli" are Apulian stone houses with a conical roof. Their origins lead to many theories, but the most popular one says that due to high taxation on properties back in the days (around the 14th century), the inhabitants built those constructions that could be quickly dismantled when tax inspectors were coming. Smart! The main quarters to walk or ride through those Trulli are "Rione Monti", the most characteristic one counting over 1000 cones, and "Rione Aia Piccola", more peaceful.

The **Bosco Selva**, the green lung of Alberobello, is a 45 acres of park with panoramic points, trulli scattered in the countryside, playgrounds for children, picnic areas and of course cycle paths.



### TRADITIONAL CUISINE IN THE SPOTLIGHT



#### LARGO TREVISANI RESTAURANT

Traditional cuisine with local products, located in a spacious square of the historic center offering a view on the Trulli

-Largo Trevisani 13-



#### LA CANTINA RESTAURANT

In a simple, warm and family atmosphere, taste the traditional dishes in this restaurant with vaulted ceiling

-Vico Lippolis, 8-

MONOPOLI

ALBEROBELLO



1h50  
2€

25min



Alberobello is a city of the "Itria Valley" area, where we also organize Ebikes tours during the sunset!



# EXPLORE...

## Polignano a Mare

40°59'46"N 17°13'13"E

63,09 KM<sup>2</sup>

CELEBRATION DAY: JUNE 15TH

### A FASCINATING ROCKY PLACE



#### POLIGNANO OR THE "TERRACE OF PUGLIA"

Imposing its presence above the water, we advice you to visit Polignano a Mare from its natural high "balconies" (nice point of view from the restaurant "La Balconata")



#### THE MOST FAMOUS CAVES OF ITALY

Which kind of Apulian company would we be if we wouldn't talk about **Lama Monachile/Cala Porto**? Directly from the beach or from the restaurants and bars around, the bay offers by day and by night an amawing view.

Polignano a Mare is certainly famous for its restaurant engraved in the rocks with an open viov on the sea on top of some splendid caves called "**Grotte Palazzese**" that you can visit by SUP or kayak, located 500m on the right of Lama Monachile.

A bit out of Polignano a Mare but wit h a view on the Eremità Rock, you can find "**Cala Port'alga**", this small yet lovely bay characterized by its stone door and library inside an old fidhing boat.



#### INSPIRATION



##### IL SUPER MAGO DEL GELO

This popular bar is known for having created the "Caffè Speciale" with sugar, lemon zest, cream and Amaretto.

-Piazza Giuseppe Garibaldi, 22-

POLIGNANO A MARE

MONOPOLI



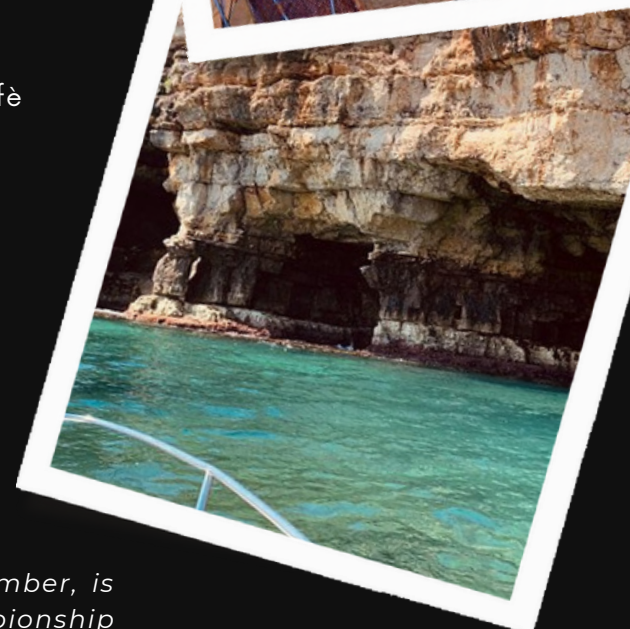
05min  
2€



15min



30min  
9km



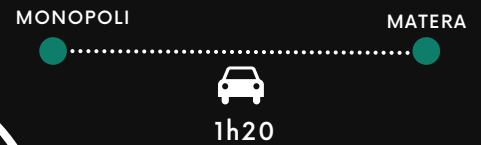
Every year, usually between July and September, is organized by Red Bull a Diving World Championship from the rocks of Polignano a Mare!

# MORE TO DO



## MATERA

Matera is part of the Basilicata region and not of Puglia, but is unmissable for its "Sassi", dwellings carved into the rock and dating back to prehistoric times. Matera has been declared a World Heritage Site by Unesco.



## FASANO

By walking or abroad your car, the Fasano's Zoo Safari immerses you in its flora and fauna, listing 3000 animals of 200 different species.

Ticket **18-30€**



## LOCOROTONDO

Famous for its white wine by being a step of the "Wine road", Locorotondo is also distinguished for its constitution in the shape of a circle as its name says, and its "Cummerse" houses.



## CASTELLANA GROTTE

Over 3348 meters long and 70m deep, visit the famous complex of stalactites, stalagmites and underground caverns of Castellana Grotte

Ticket **12-18€**



# STILL WANT MORE?

## CAPITOLO

This touristic city boarding the sea and joining Monopoli to Savelettri may be small, but gathers everything you need for your vacation, thanks to its numerous beach clubs from the more natural and simple one to the most chic one.

It is also where you can admire "Torre Cintola", one of the 6 towers left on Bari's region, built in the years 500 to defend against invasions of corsairs and pirates. And further, you can also find the traces of an antique rock extraction activity creating some natural pools in front of the Residence Atlantide. A perfect spot to swim inside the History of the territory.

And the cherry on the cake for the families, Capitolo has its own huge aquapark, the biggest of the South Italia!



## AQUAPARK EGNAZIA

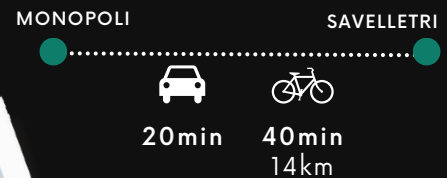
Adult/day: **25€**  
Kid (up to 135cm)/day: **20€**

## LECCE

Also nicknamed "The Lady of the Baroque" or "The Florence of the South", Lecce will delight visitors with its particular architectural atmosphere and its many historical and religious buildings such as the **Santa Croce Basilica**, the **Palazzo Vescovile** or its "Duomo" square.

## SAVELLETRI

In addition to its seaside, we strongly advise you to "lose yourself" in the countryside of Savalletri, between olive trees and spectacular old "Masserie", those beautiful stone farm houses.





# Beach Clubs



## LIDO MILLENNIUM CAPITOLO



## LIDO ARCHEOLIDO SAVELLETRI



## PORTO GHIACCIOLO MONOPOLI



## LIDO PERLA NERA MONOPOLI



## LIDO MACRAME MONOPOLI



## SABBIA D'ORO CAPITOLO



# Useful info

## EMERGENCY NUMBERS

GENDARMES	112
POLICE	113
FIREFIGHTERS	115
MEDICAL AID / AMBULANCE	118

## 3SENSI

(+39) 320 378 7700 - [INFO.3SENSI@GMAIL.COM](mailto:INFO.3SENSI@GMAIL.COM)

## CAR AND MINIVAN RENTAL WITH DRIVER

(+39) 392 514 7154

## TO BOOK YOUR TRAIN OR AUTOBUS TICKETS

[WWW.THETRAINLINE.COM](http://WWW.THETRAINLINE.COM)

**BUS LINE MONOPOLI-CAPITOLO TIMES AND STOPS**  
(FROM JUNE 10 TO OCTOBER 15 - 1,10€ ROUND TRIP)

[WWW.BUSMICCOLIS.IT](http://WWW.BUSMICCOLIS.IT)

LINEE URBANE >> MONOPOLI >> LINEA CAPITOLO



# Symbols



Places to visit by bike



Places to visit by SUP/Kayak



Culinary specialties/restaurant



Family friendly



Pet friendly



Eco Friendly



Disabled access



Wifi access



Parking lot



Shower



Swimming pool



Parties and events



Historic monument



Library area



Fitness area



Extra tip

We think that you are ready now... Enjoy your vacation!