



UNIONE EUROPEA



REGIONE PUGLIA



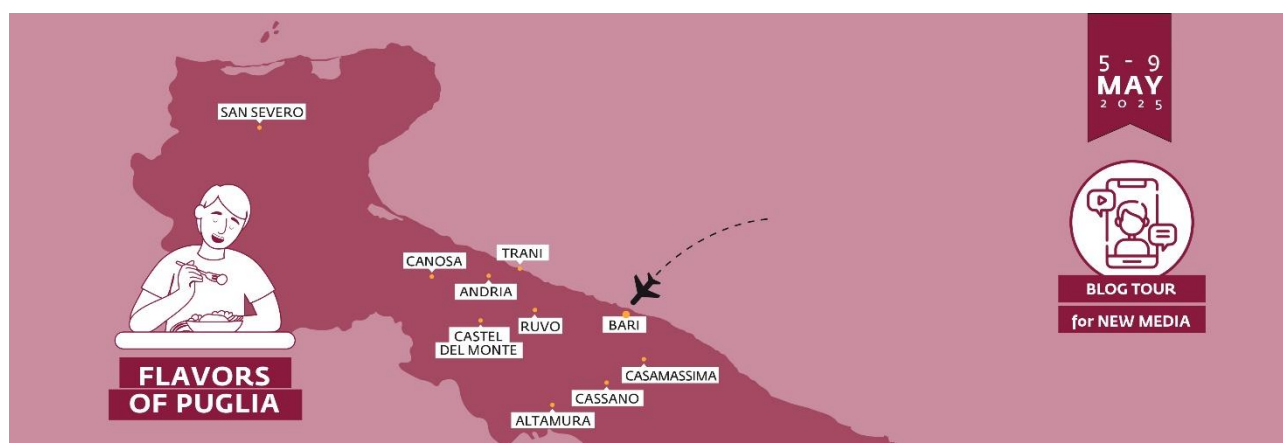
PROMOZIONE  
Agenzia Regionale del Turismo

POC PUGLIA 2014/2020 | ASSE VI - AZIONE 6.8

POC-Additional Operative Programme Puglia 2014-2020 – Axis VI – Measure 6.8

Blog tour for new media

*Between Identity and Tradition: The Flavors of Puglia*  
From May 5 to May 9, 2025



*In Puglia, we celebrate life at the table! A 5-day tour to savor the excellence of Puglian cuisine.*

### Day 1

Arrival in Bari. Check-in at the hotel.

In the afternoon, departure for **Altamura** to visit the ancient Santa Caterina bakery and taste freshly baked bread. Explore the city's historic center.

Briefing and greetings with Pugliapromozione.

Welcome dinner.

### Day 2

Tour of **Castel del Monte, Andria, and Trani**.

Morning visit to Castel del Monte, the mysterious fortress built by Frederick II and a UNESCO World Heritage site. We'll explore the castle's interior while enjoying the breathtaking surrounding views.

Next, we get hands-on with a casaro (cheese maker) to uncover the secrets of Andria's famous burrata at a farm in the heart of the Alta Murgia National Park, followed by a tasting of typical cheeses and mozzarella.

The day continues with a visit to Trani, a city of great historical significance, known for its impressive Cathedral. The tour ends with a tasting of Trani's Moscato, a delightfully balanced sweet liqueur wine, paired with a typical Puglian dessert. Dinner at a masseria (farmhouse) and overnight stay.

### PugliaPromozione

[www.agenziapugliapromozione.it](http://www.agenziapugliapromozione.it)

Direzione Generale / General management  
Fiera del Levante, PAD. 172,  
lungomare Starita, 70123 Bari  
tel 080.5821411 fax 080.5821429  
[direzione.generale@viaggiareinpuglia.it](mailto:direzione.generale@viaggiareinpuglia.it)

Sede di Bari / Office in Bari  
piazza A. Moro 33/A, 70122 – Bari  
tel 080.5242361 fax 080.5242361  
[bari.promozione@viaggiareinpuglia.it](mailto:bari.promozione@viaggiareinpuglia.it)



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## **POC-Additional Operative Programme Puglia 2014-2020 – Axis VI – Measure 6.8**

### **Day 3**

Tour of **Canosa di Puglia, San Severo, and Ruvo di Puglia.**

Morning visit to Canosa di Puglia, one of the region's key archaeological centers, to explore its rich cultural and gastronomic heritage. We'll stop at a local pasta factory to learn about the famous strascinati made with grano arso (toasted wheat) from Canosa.

Next, we head to San Severo, one of Italy's top producers of award-winning DOC wines. Here, we'll enjoy a wine tasting at a historic winery, with a stroll through the vineyard, upon availability.

Continuing south, we stop in Ruvo di Puglia to explore its charming historic center and enjoy some artisanal gelato. The day ends with a unique dining experience of ethno-botanical cuisine, which highlights the collection and study of wild, uncontaminated vegetables from the Murgia region.

Overnight stay.

### **Day 4**

Tour of **Cassano delle Murge/Altamura, Casamassima.**

After breakfast, we explore the Mercadante Forest and a local farm, tasting local cheeses and traditional products at a cheese bar inside the forest.

Next, we head to a typical masseria for an authentic farm experience.

The journey ends in Casamassima, known for the distinctive blue-colored buildings in its historic center. Here, we'll enjoy a tasting of high-quality local meats at one of the town's famous eateries.

Dinner and overnight stay.

### **Day 5**

We reach **Bari**, where we'll explore the historic center and the famous Strada delle Orecchiette (Orecchiette Street), also known as the "Strada dell'Arco Basso," surrounded by the delightful aroma of simmering ragout.

Departure.

Please note that breakfast will always be served at the hotels. For lunch, an aperitif in scenic locations is offered according to the various stops on the tour. Dinner will always take place at a restaurant in the overnight location.

\*The itinerary may undergo changes depending on flight schedules, weather conditions, and time availability. The tour may be reversed in the order of visits for logistical reasons.

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