



La Ciclonica: Salento Ionico Cycle Route*

June 11 – 14, 2026

optionally June 10–15, depending on the bus chosen

(round trip recommended: **itabus:** www.itabus.it);
please book on your own and inform the guide of the means of transportation chosen.

**Due to limited buses from Rome to Lecce and hotel availability, we recommend booking as soon as possible. Please note that you will need to book your bus or other means of transportation on your own, (for the bus, please follow the instructions on the Itabus page above).*

Explore breathtaking landscapes, ancient olive groves, and historic villages along the crystal-clear Ionian Sea. Visit unique towns such as Gallipoli and Lecce, famous for its stunning Baroque architecture and elegant historic center.

A 4-stage itinerary through towns like Gallipoli and Manduria, finishing back in Lecce.

(Please let the guide know if you wish to book for the guided tour of Lecce before starting the bike tour)

A 4-stage itinerary with overnight stays and luggage in tow

TOUR SPECIFICATIONS



Meeting Point: 11.06.2026
Lecce, Piazza Duomo 2 (Tourist Office).

- 8:00 AM: Optional guided tour of Lecce (to be confirmed).
- 9:45 AM: Official start of the bike tour.

Total Distance: 310 km (approx. 60–100 km per day).

Total Ascent: 1,500 m (300–500 m daily).

Terrain: Secondary asphalted roads and some easy dirt roads.

NOTE: Ability to ride on roads open to vehicular traffic is required.

WHAT YOU NEED TO KNOW

Difficulty: *Technical* 1–2 (Easy); *Physical* 3–4 (Moderately to quite demanding).

Requirements: Good fitness level and ability to ride on roads open to traffic are required.

Bikes: Suitable for Gravel, Mountain, Hybrid, or E-bikes.

Equipment: **HELMET IS**

OBLIGATORY Bike lights and a repair kit are highly recommended.

Luggage: You must carry your own luggage. Use pannier bags or a small backpack (max 15–20L)

Rental: Professional bike/e-bike and helmet rental available for €100.00 for the entire holiday.

- **Rental recommended:** Easy bike rent; Bike Square; Collalti bici; Veloservice Lecce Vico De Argenteris.

Essential Gear: Sunglasses, gloves, sunscreen, rain jacket, spare inner tube, and swimwear for the beach

COSTS AND BOOKING



Guide Fee: €50.00/day for FAO Staff Coop members (€55.00 for non-members).

Bike Rental: €100.00 for the entire holiday (includes helmet; picked up in Rome).

Special Discounts:

- **Early Bird:** €50.00 off for the first 3 participants who book by 7 May, 2026.

Referral: **€50.00 discount for you and any first-time friend or relative you bring.**

Overnight Stays: please read on the page below.

Booking: Send an email to paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org. Mobile **333 4816341**. A €100.00 deposit is required upon booking.

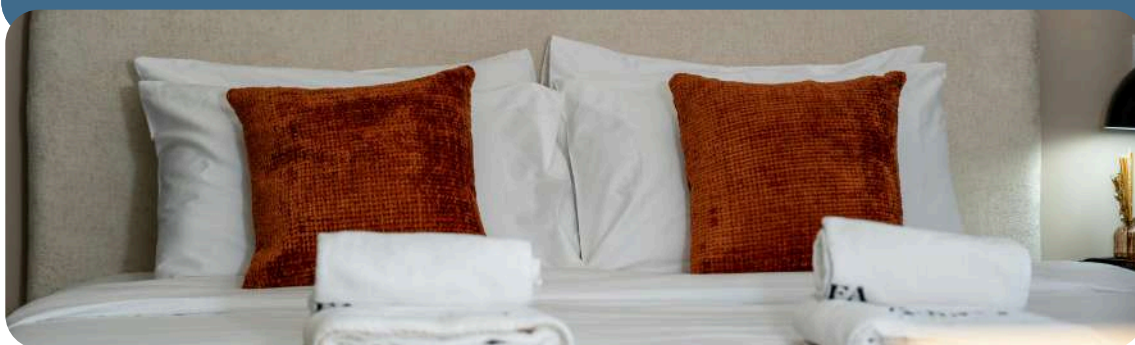
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OVERNIGHT STAYS



- **Day 0** (*The day before the starting of the tour*) - **10.6.2026** Lecce - Urban Oasis Hostel Via Nicola Cataldi 3 <https://www.urbanooasishostel.com/> € 26,00 per person/day
- **Day 1** - **11.6.2026** Alezio (LE) - Ostello Salento Via Pirelli 6 Alezio (LE) <https://ostellosalento.it/> Double room €60,00 (€40,00 for single use); bed in dormitory € 25,00
- **Day 2** - **12.6.2026** Gallipoli (LE) - Palazzo Insula Via Antonietta de Pace 56 Gallipoli LE <https://palazzoinsula.com/> single room €60,00; double room €75,00; triple room €100,00; breakfast included or Palazzo Senape de Pace via Monacelle 27, Gallipoli.
- **Day 3** - **13.6.2026** Manduria (TA) - hotel Morgan Vico III Matteo Bianchi, 74024 Manduria TA <https://hotelmorgan.weebly.com/> € 40,00 single room; € 50,00 double room; € 60,00 triple room; € 70,00 quadruple
- **Day 4** - **14.6.2026** Lecce - Urban Oasis Hostel Via Nicola Cataldi 3 <https://www.urbanooasishostel.com/> € 26,00 per person/day

*Notes: The tour will take place with a minimum of 3 people;
The tour may be canceled in case of bad weather or impediment of the Guide;
The route can be changed if necessary at the sole discretion of the Guide;
Participant stopping the trip at any time are required to pay the full fees to the Guide and booked hotel*

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