

6 Days - 7 Nights Amalfi Coast & Puglia: Wellness, Culture

Discover the beauty of southern Italy with a perfect mix of coastal views, local culture, wellness, food, and authentic experiences in Amalfi and Puglia.

START FROM	DURATION	LOCATION	GUIDE
$ 0.00	9 Days	-	-





Package Snapshot

Tour:
Amalfi Coast & Puglia: Wellness, Culture and 6 Days - 7 Nights

Category:
Italy Travel Pacakges

Sub Category:
Italy Tours

Inside This Package

Overview

Day by day itinerary

Private Enquiry

For custom dates, hotel upgrades, private guides, and family requests, send an enquiry and the travel team will customize this package.

TAILOR-MADE AVAILABLE

01 / OVERVIEW

Overview

Experience the best of southern Italy on a relaxing journey through the Amalfi Coast and Puglia. Explore the colorful towns of Positano, Amalfi, and Ravello, then discover the charm of Bari, Alberobello, Ostuni, Lecce, and Polignano a Mare. Enjoy authentic local experiences, including olive oil tasting, a traditional cooking class, yoga, wellness treatments, a garden picnic, and a scenic boat trip along the Puglian coast. This journey is designed to combine Italy’s beautiful landscapes, rich culture, delicious food, and moments of relaxation for a truly memorable experience.

02 / DAY BY DAY

Itinerary

DAY 01

Arrival in Naples and transfer to Sorrento

Arrival in Naples, meeting with a companion and private transfer to the hotel in Sorrento. Free time to rest or take a first walk around the city. Accommodation in a hotel.

DAY 02

Tour of the Amalfi Coast

Breakfast at the hotel. Full day dedicated to one of Italy's most iconic landscapes: the Amalfi Coast, traveling in two private vans, ideal for a small group. Visit of Positano, with its pastel-colored houses overlooking the sea; Amalfi, an ancient maritime republic; and Ravello, a natural balcony overlooking the Mediterranean. Time to stroll, take photos, and enjoy the coastal atmosphere before heading back to Sorrento. A companion will be with the group to attend during the day.

DAY 03

Transfer to Bari and guided tour

After breakfast, departure to Bari. On arrival, meet the guide for a tour of the old town, full of authenticity and tradition. At the end, transfer to Masseria and overnight. The companion will be with the group during the transfers and the visit.

DAY 04

Valle d'Itria with olive oil tasting

Breakfast at the hotel. Full-day excursion through the charming Valle d'Itria, an area known for its gentle hills and white villages. The group will visit emblematic towns such as Alberobello, with its unique trulli, and other picturesque villages in the area. During the day, a traditional frantoio will be visited, where an expert will introduce the group to the olive oil production process and a tasting of different local varieties will take place. At the end, return to Masseria. The companion will be with the group at all times to coordinate times and activities. 5 Senses Lifestyle

DAY 05

Wellness at the masseria and picnic in the garden

Breakfast at the hotel. A day dedicated to total relaxation inside the masseria. In the morning, the group will be able to enjoy massages, designed to recharge energies and enjoy a moment of tranquility. Afterwards, free time to walk around the gardens, read or practice yoga/meditation in the open air, according to the group's

preferences. In the afternoon, a picnic will be organized in the garden, with local products and a natural environment, creating a relaxing and authentic atmosphere.

DAY 06

Visit of Ostuni and Lecce

Breakfast at the hotel. Full-day excursion to two of the most emblematic cities of Puglia. In the morning, visit Ostuni, known as the "White City", through its picturesque alleys, squares and viewpoints overlooking the Adriatic Sea. In the afternoon, continue to Lecce, the "Florence of the South", famous for its baroque architecture, its churches and historic palaces. Time to stroll through the historic center and enjoy the most emblematic corners. The companion will be with the group throughout the day.

DAY 07

Grotte di Castellana, Polignano and boat trip

Breakfast at the hotel. In the morning, visit the impressive Grotte di Castellana, walking an underground path full of natural cavities, limestone formations and surprising geological landscapes, accompanied by a guide. Afterwards, transfer to Polignano a Mare, a jewel on cliffs, with free time to stroll through its historic center and enjoy the views of the Adriatic. In the afternoon, the group will take a 1.5-hour boat trip, sailing in front of the sea caves and the famous coves of Polignano, to admire the coast from a privileged perspective. At the end, return to Masseria The companion will be present throughout the day. 5 Senses Lifestyle

DAY 08

Yoga class and cooking class

Breakfast at the hotel. In the morning, the group will enjoy a yoga session in a quiet space of a local masseria, perfect for relaxing and reconnecting with oneself in a natural environment. In the afternoon, a traditional cooking class will be held with a local chef, where participants will learn how to prepare typical Puglian dishes with fresh ingredients from the area. At the end, you will be able to taste your own creations in an authentic and cozy atmosphere. The companion will be available during all activities to coordinate times and support the group.

DAY 09

Departure

After breakfast, a private transfer will take you to Bari airport for the return with a companion.

Considered travel. Lasting impressions.

This package is prepared for travelers who prefer depth, privacy, and a journey designed around comfort and timing.