

UNDISCOVERED ITALY

Apulia



**NO SINGLE
SUPPLEMENT**
for Solo
Travelers

SPONSORED BY



WAKE FOREST
UNIVERSITY

June 10-18, 2026

Other dates available upon request



WAKE FOREST UNIVERSITY

Dear Alumni, Parents and Friends,

Journey to the southern shores of Italy to a land punctuated by poetry, where traditions of community are set firmly in the rhythms of the past. Apulia, a relatively undiscovered Mediterranean region, awaits to share its fascinating history, coastal beauty and welcoming hospitality on this seven-night stay.

Discover the pace of local life from your base in Polignano a Mare, a whitewashed village perched above the aquamarine sea. Each day, strike out to explore well-preserved, rustic towns boasting unique architectural and archaeological treasures. Dine on seafood, fresh from the Adriatic, and indulge in locally produced olive oil and wine. Centuries of history will unfold as you dip into Apulia's rich heritage, delight in soothing Adriatic breezes and engage with the region's gregarious, warm people as you experience everything this special area has to offer.

Your itinerary has been carefully crafted by travel experts to include enriching cultural excursions, preferred access to popular attractions and an engaging educational component. Delight in the camaraderie of traveling with a group, plus enjoy ample free time to make your own discoveries. Space is limited and will sell out quickly, so make plans today!

Sincerely,

Kelly Meachum McConnico

Kelly Meachum McConnico ('00)
Assistant Vice President, Alumni and Volunteer Engagement
Wake Forest University
Office of Alumni Engagement

UNESCO World Heritage

1. The Trulli of Alberobello
2. The Sassi and the Park of the Rupestrian Churches of Matera





Discovery begins here



Discover the rhythms of southern Italian life! Here, lyrical villages dot the hills and ancient cobblestones hum with history. Explore the photogenic countryside, bursting with sunflowers and plump cacti. Stroll along scenic waterfronts and discover pretty little towns, each made even more lovely by the caring hands of locals. Along the way, our experts share their passion and firsthand knowledge of the region.

Top: Matera | Above: Fresh olives at an olive mill
Cover: Trulli, Alberobello | Mail panel: Polignano a Mare

Inspiring Moments



- Witness **magnificent Adriatic skies** melt into the cerulean sea.
- Uncover **Matera**, home to a fascinating network of caves.
- Feast your eyes on **Lecce's flamboyant, florid architecture**.
- Visit a **countryside winery** that perfectly encapsulates the Apulian way of life.
- Discover distinctive, conical trulli houses in **Alberobello**.
- Explore **Ostuni's** history-steeped streets, lined by whitewashed homes.
- Taste **Apulia's simple, fresh cuisine**, crafted with homegrown flavors.
- Delight in the exquisite charm of **Locorotondo**, one of Italy's most beautiful towns.
- Experience two **UNESCO World Heritage sites**.



Days 1 | In Transit

Depart your gateway city for Bari, Italy. 🌐

Day 2 | Bari, Italy | Polignano a Mare

Arrive and transfer 🚗 to Polignano a Mare to check in to the Hotel Covo dei Saraceni. Enjoy a Welcome Dinner at the hotel tonight.

Day 3 | Bari | Polignano a Mare

Beautiful Bari. Take a walking tour through this seaport, where colorful boats sway gently by the docks and splendid churches and shrines await you at the end of winding alleys. See the carved portal of the Basilica di San Nicola, and explore the French-influenced Murat Quarter. After, dine on regional fare for lunch.

Wonders of Polignano a Mare. Once a popular port for merchants and travelers, this vibrant fishing village rises from craggy limestone cliffs. On a walking tour, witness the medieval Marchesale Arch in the historic center, and weave through cobbled lanes bordered by artisan shops, quaint cafes and restaurants.

Enrichment: Apulia's History, Beauty & Agriculture. Discuss Apulia's rich past, and learn about its olive groves and vineyards. Gather for a Welcome Reception tonight.

Day 4 | Locorotondo | Alberobello

Locorotondo. Travel through the Valle d'Itria to picturesque Locorotondo. Notice the narrow

houses brandishing pointed gable roofs. Locorotondo's historic center features stone staircases, balconies draped with flowers and fragrant parks.

🌐❤️**AHI Connects | Family Winery.** Visit a family-owned vineyard that grows white grape varietals, such as Verdeca, Bianco d'Alessano and Fiano Minutolo. Enjoy a tour of the property and learn about the family's combination of traditional and modern wine-making techniques. See the property's ancient farmhouse, new cellar and vineyards. Sample wine made from native white grapes and enjoy the peaceful ambience of this retreat over a light snack.

Trulli of Alberobello. Discover Alberobello's ancient, dome-shaped trulli, which are pieced together using stones without mortar. Legend





claims that peasant owners used this prehistoric construction technique in order to quickly disassemble their houses. Alberobello is home to more than 1,000 trulli!

Enrichment: History & Architecture of Lecce & Ostuni. Learn about this region's fascinating history and unique architectural styles.

Day 5 | Lecce | Ostuni

Barocco Leccese. Witness whimsical Barocco Leccese architecture, where cherubs, garlands and scrolls adorn façades. In the Piazza Sant'Oronzo, see a 17th-century column built with pieces from an ancient Roman column, and the ruins of a Roman amphitheater.

Free Time: Indulge in leisure time for lunch, and explore Lecce's treasures on your own.

The White City. Journey to Ostuni, where whitewashed buildings cascade from a hilltop perch. Uncover the city's cultural riches and revel in Mediterranean vistas of olive groves and seascapes during a walking tour.

Gather for a dinner of classic Apulian cuisine. Traditional meals often include locally sourced meats, crusty breads, seasonal vegetables or orecchiette, the local pasta whose name comes from the Italian word for "ear."

Day 6 | Trani | Bisceglie

Trani, the Pearl of Apulia. Take a walking tour of Trani, renowned for its fresh seafood, bustling harbor and notable Jewish history. Admire the seafront cathedral dedicated to St. Nicholas the Pilgrim and view a defensive fortress built by Emperor Frederick II. In the Jewish neighborhood, see beautiful, well-preserved synagogues that date from the Middle Ages.

AHI Connects | Olive Mill Outing.

Visit a family-run olive mill in the sun-baked countryside. Learn about the history and cultivation process of olives. Unwind over lunch and gather with the mill's employees or owners to discuss life in Italy.

Seaport town of Bari





Day 7 | Matera

Matera. Journey through the remote region of Basilicata to Matera, home to honeycombed dwellings called sassi. Carved from limestone tufa, these prehistoric caverns were continuously inhabited until 1952, when the government relocated the population.

Savor southern Italian cuisine during lunch.

Enrichment: Contemporary Italy. Compare the rich, cultural heritage and lifestyle of Apulia with its northern neighbors.

Day 8 | Polignano a Mare

Free Time: Enjoy a full day at leisure.

🕒 Elective | Private Cooking & Dining Experience. Under the guidance of a local chef, enjoy a hands-on Italian cooking lesson. After, dig into the fruits of your labor during a lunch with carefully matched wines. Tonight, gather with your fellow travelers and raise a toast to your adventure at a Farewell Reception and Dinner.

Day 9 | In Transit

Following breakfast, transfer ➡ to Bari airport for the return flight ✈ to your gateway city.

Note: Itinerary may change due to local conditions.

✈ Flights and ➡ transfers included for AHI FlexAir participants.

🕒 Elective experiences available at an additional cost.

Activity Level

We have designated activity levels for all excursions on this program. For more details, please call or visit our website.

Excursions on this itinerary require:

- walking on cobblestones, unpaved paths and/or uneven surfaces
- getting on/off motor coaches and boats

Included Features



Accommodations (with baggage handling)

- **7 nights** in Polignano a Mare, Italy, at the first-class Hotel Covo dei Saraceni.

Extensive Meal Program

- 7 breakfasts, 3 lunches and 4 dinners, including Welcome and Farewell Dinners; tea or coffee with all meals, plus wine, with dinner.

Your One-of-a-Kind Journey

- **Small group:** Sized just right at 24 guests.
- **Enrichment by expert speakers** enhances your insight into the region.
- **Engaging excursions** showcase the local culture, heritage and history.
- 🕒 **Electives** and free time to pursue your individual interests.
- 🌍 **AHI Connects:** Local immersion.
- Welcome and Farewell Receptions to mingle with fellow travelers.
- A personal VOX headset to hear your English-speaking guide clearly.
- Tipping of guides and drivers.
- 🌱 **AHI Sustainability Promise:** We strive to make a positive impact wherever we travel.

Cathedral of St. Nicholas, Trani





The magnificent baroque architecture of the Basilica of Santa Croce, Lecce



Ruins of a Roman amphitheater, Lecce



Vineyards and trulli in the countryside near Alberobello

2026 | Departure Details

Program Dates

Travel dates✈	June 10-18, 2026
✈ Travel dates include any overnights required for international travel. These dates may vary depending on air schedules.	
Tour dates*	June 11-18, 2026
* Tour dates begin on the scheduled arrival date at your destination and end on the scheduled departure date from your destination.	

Land Program

Full Price	\$4,545
Special Savings	\$750
Special Savings Price*	\$3,795
*This Special Savings Price includes our \$250 Early Booking and \$500 Pay-in-Full discounts and is valid if you book by the date on the address panel and pay in full at booking.	
Deposit amount is \$750 per person.	
Final Payment is due at least 120 days prior to departure.	
Price includes applicable program taxes (such as VAT and port charges).	
All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).	
Special offers, promotions and discounts cannot be combined.	
Single supplement waived for solo travelers! This offer is limited, capacity-controlled and tends to sell out quickly.	
Please note: Program-specific terms and conditions are available at https://wfu.ahitravel.com/destinations/1936A?schoolId=186 .	

AHI FlexAir

Let us arrange your flights

Our experts are ready to assist you in booking flights. Our personalized air program offers the following advantages:

- **price guarantee** to protect you from fuel surcharge increases after ticket purchase
- arrival and departure **transfers** on group dates
- **flexibility** to change or cancel your reservation before departure on most flights (Fees may apply.)
- **assistance** in the event of schedule changes or delays

AHI Travel Expertise

Travel Consultants assist with the reservation process.

Travel & Air Coordinators offer their personalized assistance with flights, electives and special requests.

Travel Information provides pre-departure details and enrichment about your destination.

Your Travel Director, a seasoned, multilingual professional, manages daily logistics so you enjoy a seamless experience.

Handpicked Expert Guides and Knowledgeable Lecturers deepen your appreciation for the region and its history, culture and current events.

Accommodations



Hotel Covo dei Saraceni | Polignano a Mare



With breathtaking views of Polignano a Mare’s Cala Porto cove, the Hotel Covo dei Saraceni sits in one of the world’s most enchanting locations. Traditional wood, wrought iron and ceramic tile touched with modern elegance and airiness are hallmarks of this property. At the end of an adventurous day, relax on the restaurant’s terrace and enjoy local and regional cuisine.



Alberobello



Demijohn bottle at an Apulian winery



Book your journey today!

800-323-7373

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Explore, taste and treasure the riches of Apulia!

Committed to connecting travelers
to the people, places and cultures
of the world for more than 62 years.



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