



7-Day Puglia by Train Itinerary



ROUTE OVERVIEW

Bari Airport



Monopoli (2 nights)



Alberobello (2 nights)



Lecce (2 nights)



Brindisi Airport

DAY 1

Bari → Monopoli by Train

Bari Airport → Bari Centrale → Monopoli

JOURNEY: Approx. 1 hr 15 mins



Activities:

- Explore old town
- Porto Antico
- Seafront walk
- Aperitivo in Piazza Garibaldi

 OVERNIGHT: Monopoli

DAY 2

Bostuni + Polignano a Mare

MORNING: Train to Ostuni

DON'T MISS:

- Whitewashed streets
- Cathedral views
- Piazza della Libertà

AFTERNOON:

Polignano a Mare

HIGHLIGHTS:

- Lama Monachile
- Cliff viewpoints
- Old town stroll



 OVERNIGHT: Monopoli

DAY 3

Monopoli → Alberobello

TRAVEL: Bus to Alberobello

JOURNEY: Approx. 55 mins



PLAN:

- Explore trulli district
- Belvedere viewpoint
- Dinner inside a trullo

 OVERNIGHT: Alberobello

DAY 4

Alberobello + Locorotondo

MORNING: Explore Alberobello early

AFTERNOON: Visit Locorotondo

DON'T MISS:

- Circular old town
- Wine bars
- Valle d'Itria views



 OVERNIGHT: Alberobello

DAY 5

Alberobello → Lecce


TRAVEL:

Taxi to Fasano + train to Lecce



PLAN:

- Explore Lecce old town
- Roman Amphitheatre
- Piazza Sant'Oronzo

 OVERNIGHT: Lecce

DAY 6

Salento Coast Day Trip

OPTIONS:

- Gallipoli
- Otranto
- Santa Maria di Leuca

DON'T MISS:

- Coastal viewpoints
- Harbour walks
- Otranto Cathedral



 OVERNIGHT: Lecce

DAY 7

Lecce → Brindisi Airport

TRAVEL:

Train + airport shuttle bus



PLAN:

- Relaxed morning in Lecce
- Final shopping + gelato

QUICK PLANNING NOTES

TRAIN APP: Trenitalia

BEST BASES:

Monopoli / Alberobello / Lecce

LUGGAGE: Carry-on recommended

BEST FOR: Slow travel & couples



Read our full detailed guide at [Two Passports One Planet](#)

[Instagram:@TwoPassportsOnePlanet](#)

Estimated Journey Times: Bari → Monopoli: 1h15 | Monopoli → Ostuni: 22m |
Monopoli → Polignano: 5m | Fasano → Lecce: 1h06