



PUGLIA · ITALY



The Ultimate Travel Guide

to Dreamy Bari

15 beautiful places, cosy family stays, and slow-travel notes from Puglia

Slow Living Art

Hello, dreamer

so glad you're here

If you found this little guide, you're probably dreaming of somewhere warm, slow, and a bit off the usual tourist path.

Puglia is exactly that.

It's the heel of Italy's boot, and it moves at its own pace. Grandmothers still make orecchiette on their doorsteps. Trulli look like something from a storybook. The sea is that clear, almost impossible blue.

This little guide brings together the 15 most beautiful and dreamy places in Bari, and around it, up to about 150 km away. That circle includes the famous ones like Alberobello and Matera, plus a few quieter spots we love just as much.

You'll also find 10 affordable, family-friendly places to stay, all with sea views.

Take your time with it. Screenshot what you love. Come back when you're ready to plan.

how to use this guide

flip through it slowly, over coffee
pages 3 to 7 are the 15 dreamy places
pages 8 and 9 are our 10 favourite family stays
page 10 is a little checklist to make packing easier

*slow travel is a soft rebellion,
and Puglia was made for it*

Dreamy Bari · part one

the city itself, and just south along the coast

01 *Bari Vecchia (Old Town)*

Bari itself

The old town of Bari is a maze of white-washed alleys, laundry drying on balconies, and grandmothers rolling pasta right on their doorsteps. Start at Piazza Mercantile, wander toward the sea, and get lost on purpose.

right in central Bari · free · best at golden hour

02 *Basilica di San Nicola*

Bari itself

A calm, honey-stone church with cool floors and centuries of prayers held inside. Even if churches aren't your thing, the light in here is worth ten minutes of your time.

Bari Vecchia · free · quiet mornings are best

03 *Polignano a Mare*

35 km from Bari

This is the one you've seen on Pinterest. White houses stacked on a limestone cliff, a tiny cove beach called Lama Monachile tucked below, and the bluest water you can imagine. Go early, or stay late, to miss the crowd.

35 min drive from Bari · train works too · bring a swimsuit

Dreamy Bari · part two

little coastal towns and famous trulli

04 **Monopoli**

45 km from Bari

Polignano's quieter, softer sister. A working fishing town with a pastel-toned old quarter, small city beaches, and none of the Instagram crush. Perfect for a slow afternoon.

40 min from Bari · free · great for gelato walks

05 **Alberobello**

55 km from Bari

The famous trulli town. Little cone-roofed houses lined up along narrow lanes, whitewashed and quiet in the mornings. Yes, it's touristy, but it's also genuinely magical if you go before 10 am.

1 hr from Bari · free to wander · UNESCO site

06 **Locorotondo**

60 km from Bari

A perfectly round hilltop town of white houses and dark-green shutters. Softer, quieter, and much less busy than Alberobello, and only 10 minutes away by car. One of our favourites.

next door to Alberobello · free · sunset is beautiful here

Dreamy Bari · part three

the white villages of the Valle d'Itria

07 Cisternino

65 km from Bari

Another white village in the Valle d'Itria, and possibly the most relaxed of them all. Locals eat late, live slowly, and the piazza at aperitivo hour feels like a warm hug.

Valle d'Itria · free · stay for dinner

08 Ostuni, the White City

80 km from Bari

You'll see it from a distance, a whole city painted brilliant white, sitting on top of a hill. Wander the tangle of little streets, find a rooftop, and drink in the view over the olive groves toward the sea.

1 hr from Bari · free to explore · bring comfortable shoes

09 Martina Franca

75 km from Bari

Baroque balconies, quiet piazzas, and one of the prettiest historic centres in Puglia. Fewer tourists, more locals, and beautiful architecture at every turn.

Valle d'Itria · free · best in early evening

Dreamy Bari · part four

further afield, into caves, castles and Matera

10 *Matera (Sassi)*

65 km from Bari

Technically in Basilicata, right on Puglia's border, and honestly one of the most extraordinary places in Europe. Ancient cave dwellings carved into the rock, lit up gold at night. Stay overnight if you can.

1 hr from Bari · free to walk · UNESCO · magical after dark

11 *Castel del Monte*

60 km from Bari

A mysterious octagonal castle built by Emperor Frederick II in the 1200s, sitting alone on a hilltop. It's on the 1-cent Italian euro coin. The drive up through the countryside is half the pleasure.

1 hr inland from Bari · €10 entry · windy, bring a jacket

12 *Trani*

45 km from Bari

A pale-stone port town with a beautiful cathedral built right at the water's edge. Come at sunset, when the light turns the whole harbour pink and gold.

40 min north of Bari · free · cathedral is a must

Dreamy Bari · part five

port towns and the road south

13 *Grotta Palazzese, Polignano*

35 km from Bari

The famous restaurant tucked inside a sea cave. You don't have to eat there (it's pricey), but you can peek down at it from above and see the boats gliding through the cave openings. Pure fairy tale.

Polignano a Mare · free to view · book far ahead if dining

14 *Castellana Grotte*

40 km from Bari

Some of the most beautiful caves in Italy, 60 metres underground, with pale limestone chambers that feel otherworldly. Great for kids too. Bring a warm layer, it's cool inside.

40 min from Bari · €16 tour · book ahead

15 *Otranto and the coast south*

150 km from Bari

Furthest south on our list, and worth the drive if you have a day. Otranto's turquoise water rivals the Caribbean, and the drive along the Adriatic coast is dreamy from start to finish.

2 hrs south of Bari · free beaches · make it a day trip

Cosy family stays

affordable, with sea views · part one



01

Casa sul Mare, Polignano a Mare

Polignano · €110-140 / night

A bright, whitewashed apartment with two bedrooms, a little terrace, and views right out over the cliffs. Ten-minute walk to the old town.

sea view · 2 bedrooms

02

Trulli Holiday Home, Alberobello area

Alberobello outskirts · €95-125 / night

A restored trulli home just outside the town, quiet and family-friendly. Two cone-roofed bedrooms, a garden with olive trees, and countryside views. Magical for kids.

countryside · 2 bedrooms

03

B&B Vista Mare, Monopoli

Monopoli · €85-110 / night

A sweet family-run B&B right on the seafront, with balconies looking straight at the water. Breakfast on the terrace is a slow-morning dream.

sea view · family suite

04

Casa Bianca, Ostuni

Ostuni · €100-130 / night

White stone walls, arched ceilings, and a rooftop terrace with views over the olive groves down to the Adriatic. Two bedrooms, quiet street, easy walk to the old town.

rooftop views · 2 bedrooms

05

Apartment Blu, Trani

Trani · €80-105 / night

A cheerful apartment near Trani's cathedral, with big windows that look over the port. Two bedrooms, small kitchen, and a bakery downstairs. Everything you need.

prices are estimates for low-mid season, always check before booking

port view · 2 bedrooms

Cosy family stays

affordable, with sea views · part two



06

Sassi Guest House, Matera

Matera · €115-145 / night

A cave-style guest house carved into the Sassi, with two bedrooms and views over the ancient stone town. Not sea view, but the sunrise here is unforgettable.

Sassi view · 2 bedrooms

07

Casa del Sole, Polignano a Mare

Polignano · €125-155 / night

A little higher up on the cliffs, with a sunny living room and a wide balcony that catches every sunrise. Two bedrooms, family-friendly hosts, walking distance to everything.

sea view · 2 bedrooms

08

Villa Locorotondo

Locorotondo · €90-120 / night

A small stone villa in a peaceful lane, two bedrooms, a little pool, and views over the vineyards. Feels like a proper Italian holiday.

countryside · 2 bedrooms

09

Apartamento Marina, Bari

Bari centro · €75-100 / night

A modern, comfortable apartment near Bari's seafront, close to the port and the old town. Two bedrooms, sea-view balcony, and easy transport links.

sea view · 2 bedrooms

10

Casa Ulivo, Ostuni

Ostuni · €95-125 / night

A charming country home just outside Ostuni, surrounded by olive trees. Two bedrooms, a shared pool, and sea views on clear days. Slow-living heaven.

prices are estimates for low-mid season, always check before booking

olive grove · 2 bedrooms

Little things to pack

for a soft, slow trip

the slow traveller's Puglia list

- linen dress or shirt
- comfortable sandals
- sun hat and sunglasses
- swimsuit and quick-dry towel
- small backpack for day trips
- refillable water bottle
- a light cardigan for evenings
- reef-safe sunscreen
- camera or clean phone storage
- a little journal
- cash for smaller villages
- a book, and nothing to rush for

come say hello

*for more slow travel notes, gentle guides,
and dreamy corners of Europe*

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with warmth and softness,

Slow Living Art