



# APRIL IN ITALY

APRIL 23-29, 2019



*Puglia is a secret gem of Italy - located on the 'heel of the boot' in south-eastern Italy, this coastal region provides everything STAT trips seek: inspiring landscapes and seascapes, challenging hike and bike trails, and just the right amount of luxury. We'll visit some ancient cities, stop at contemporary museums, and feast our way through Italy!*

**April 23:** Arrival into Lecce, Italy where we gather and settle in to our *palazzo* for the first leg of our trip in the heart of Lecce. Welcome drinks and a dinner to acclimate to the tastes of Italian spring, and the journey has already begun.

**April 24 - 25:** Days in southern Italy will rejuvenate and inspire. We'll start with morning yoga and then head out on STAT adventures - hiking through World Heritage sites, biking through scenic trails, and trekking to the coast to take in some of the most beautiful views of the Adriatic. It's going to be too cold for a proper swim, but maybe some of us will be feeling bold and take a jump into the sapphire blue waters that surround Puglia!

Lecce is an ancient city - a crossroads between Ancient Greece and Italy, and home to incredible architecture and art.



