



## Visiting Polignano a Mare: must-sees and our tips

By Floriane

**Polignano a Mare** and **Monopoli** are two towns **not to be missed** during your [stay in Puglia](#), located on the Adriatic coast. Both cities have **picturesque historical centers**, with small alleys with white houses where it is so pleasant to stroll.

We had a (slight) preference for **Polignano a Mare**, which is **perched on a cliffside**, with numerous belvederes offering sublime views of the town and the coast.

We'll detail our itinerary for visiting the old town, as well as the beaches to explore around Polignano a Mare, so you don't miss a thing on the spot, along with our best addresses. As always, our aim is to help you organize your trip with ease.

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## Our favorites from Polignano a Mare

**Key facts : Polignano a Mare**

**Where is Polignano a Mare?**

Puglia, on the Adriatic coast, about 30 km south of Bari.

### Must-see

- ☐ **Lama Monachile** cove
- ☐ [Boat trip to the sea caves](#)
- ☐ The **historic center** and its **viewpoints**
- ☐ La **Pescaria** restaurant for **carpaccio or its cooked fish**

### Hotel

- ☐ [Info and booking for the superbly located Hotel D'aprile Dimore](#) with large rooftop terrace

The old city, **perched on the side of a cliff**, can be visited in **a good hour**.

We recommend **strolling through the old streets** and, above all, taking advantage of the **many belvederes** offering sublime views of the sea, the cliffs and the white houses. We also recommend exploring the surrounding area by **boat** (we'll explain everything below.).

### Our itinerary :

1. The arch, **Arco Marchesale**, dating back to the XVI, marks the entrance to the old town.
2. Go to the small square where the lovely **Chiesa Matrice** (Church of Saint Mary) is located. For our part, it was undergoing renovations at the time of our visit. That's the downside of traveling out of season, but it's a good reason to come back and see the renovations!

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3. Stroll through the narrow streets with their white houses to the **Terrazza Santo Stefano Belvedere**, from where you'll have a sublime view of the little creek of **Lama Monachile** and its surrounding waters in a thousand shades of blue. The panorama is sublime.

4. Reach the **Cappella Santo Stefano**, one of the most beautiful viewpoints in the

old town.

5. Finally, head down to the small pebble beach, **Lama Monachile, where you'll have another great view as you cross the bridge**. In the off-season, you can hope to find a little spot to put your towel down and take a dip in the incredibly clear water!

## One of the most beautiful beaches in Puglia

You can set up your towel on one of the most beautiful [beaches](#) in Puglia: **Lama Monachile**. You can climb the rocks to jump into the water or go swimming to explore the caves around, snorkeling...

It is a pebble beach. Remember to bring beach shoes. The water is super transparent.

## Explore a cave by boat from Polignano a Mare

This is definitely the activity to do on your vacation in Polignano a Mare, off the beaten tourist track.

The best boat tour

For a **different view of the town and its cliffs**, we recommend you book a [boat trip to Polignano A Mare](#), lasting around 1h30, which will take you to **several caves in the area** and then allow you to **swim away from the crowds**. We really had a great time.

We've provided the link to book **the cruise** directly , **which we recommend to everyone**. We advise you to book your ticket in advance, as tours fill up quickly during school vacations.

□ [Info and booking for a 2-hour cruise departing from Polignano A Mare](#)

## Where to stay in Polignano a Mare?

We advise you to **sleep in Monopoli instead**, because the city is bigger, so there will be more choices and there are also more beautiful beaches south of Monopoli.

As you probably know, we love finding hotels during our city tours. We spotted the hotel [D'aprile Dimore](#) during our exploration of the city which is **superbly located with a beautiful large rooftop terrace, the photos and reviews clearly make you want to book here** if you want to sleep in Polignano.

□ [Info and booking D'aprile Dimore hotel](#)

Are you looking for a **place to stay during your stay in Puglia** ? To help you, we give you all our advice in this article on [Where to stay in Puglia](#) in Italy, and share our **best hotel addresses** and **unusual accommodations**.

## Restaurants : our recommendations

- Enjoy an excellent **carpaccio or cooked fish**, for a very affordable price, at the restaurant la [Pescaria](#) in an elegant setting. Order directly at the counter and a waiter will bring you your order.
- The **Caruso** ice cream parlour won the world cup of **ice cream parlours in 2015**, even if we are not very classified we enjoyed its creamy ice creams.

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**Our map with all our good addresses**

## **How to reach Polignano a mare?**

### **From Bari**

Only **40 km separate** [Bari](#) and Polignano a Mare along the Adriatic coast.

Find all our tips for [renting a car at Bari airport](#) in our dedicated article.

### **From Alberobello**

We reached the town of **Polignano a Mare from** [Alberobello](#) **after a 30-minute drive.**

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## Where to park?

We have indicated a **parking lot, 10 minutes walk from the historic center** on our map below. The parking is free from 30/09 to 30/05, in high season it is 1,5€ per hour.

Be careful, there is once again, as in all the cities of Puglia, a **ZTL** in the historic center.

**This limited traffic zone is reserved for local residents.** On the whole, we recommend parking outside the historic centers in this region, to avoid finding yourself in a ZTL and having to maneuver through the tight lanes.

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## Visiting Polignano a Mare: must-sees and our tips

We'll now take you on a tour of [Monopoli](#), the second pearl of the Adriatic coast, just a few kilometers away. Then we'll take you with us to [Lecce](#)!

We wish you an **excellent trip**! Don't hesitate to drop us a **line** if you're planning this trip, to ask any questions you may have, here or on [Instagram](#), we'll be delighted to answer you.

Before you leave and to **build your itinerary with the right steps**, you can complete your visit with our articles:

- [Our tips for renting a car to explore Puglia](#)
- [Our best hotels in Puglia](#)
- [Visit Matera](#)
- [What to do in Lecce](#)
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