



No! No! You can't be THAT bored and desperate staying in the house. Besides, there's are better cliffs you should see. Climb back up, sit back, relax and take a look at a little-known town that will knock your socks off in the Region of Puglia: Polignano al Mare (aka "gorgeous").

**A shining gem on the coast on a high limestone cliff
above the crystal clear waters of the Adriatic,
Polignano al Mare truly lives up to its name and
literally could not be any more 'at sea'!**

Polignano offers all the right ingredients for a perfect day out. The tiny old town combines charming, white-washed streets with beautiful old churches such as the Chiesa Matrice. You may find yourself getting lost in the winding streets, but you won't mind at all. Before you know it, you will have reached one of three panoramic terraces offering breathtaking views of the beautiful Adriatic Sea and coastline.

The Blue Flag beach, just a few minutes' walk from the old center, has crystal clear waters and is flanked on two sides by cliffs from which children and teenagers dive all through the day until sunset.

Polignano al Mare is famous for three things:

- * First of all is cliff diving.
- * Second is its outstanding ice-cream.
- * The third (and possibly its most famous export) is the great

Domenico Modugno, who wrote and sang the famous hit *Volare*.

Here's a video that gives you an idea of what the town looks like.

[Click here.](#)

And by the way, there's also a restaurant built into the side of one cliff that offers spectacular views while you eat. If you like fish, this is the place for you. And only 77 steps down to get to it (and 77 back up, too). Your wallet will get some exercise as well! A four-course meal is around \$200 per person and that's without wine!!

Grotto Palazzese Restaurant

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