

## Tasty Piedmont by bike

8 days / 7 nights

Piedmont is a real paradise for gourmets. Prestigious white wines, delicious chocolate and sweet landscape of hills covered by regular rows of vineyards; in the distance the majestic circle of the alps. Piedmont is elegance and style.

Although renowned for its superb food and some of the best wines in Italy, Piedmont is a true paradise for gourmets, this region also displays a truly magnificent landscape of gentle green hills and lovely valleys with picturesque villages tucked away and waiting to be explored!

Our tour starts in Turin, a city with a prestigious past evident in the breath-taking Baroque city centre, filled with ornate palaces and churches. The tour meanders along river Po to the foothills of the mountains towards the small medieval towns Pinerolo and Saluzzo. We also stay in Cherasco or Bas, "the capital of gourmet", and sample fine wines in the city of Alba, famed for its white truffle. We cycle through a landscape composed of roundish hills and Apennine spurs, sights of forests, vines and meadows until we reach our final destination Casale Monferrato, a beautiful city situated on the bank of the river Po. This is the perfect way to get away from the stress of everyday life, enjoy plenty of fresh air, breathtaking scenery and well-earned Italian dinners - Magnifico!

### YOUR PROGRAM

#### Day 1 - Individual arrival in Turin

You spend the first night in the vibrant city of Turin, a city with a prestigious past evident in the breathtaking Baroque city centre, filled with ornate places and churches.

#### Day 2 - Turin - Pinerolo

Today you cycle on flat roads along the river Po, on cycle path or small roads to the foot of the mountains. You get to the hunting palace of Stupinigi, royal residence of the family Savoia, masterpiece built by the architect Filippo Juvarra in rococo style; then through lovely parkland along the rivers, you get to the lovely town of Pinerolo.

About 51 km

#### Day 3 - Pinerolo - Cavour - Saluzzo

The way is flat. Along country roads crossing orchards and vineyards, you get to Cavour with its curious "Rocca", a morainic hill just in the middle of the flat, at the present time protected area. Along the day, in the small castle of Macello, the group will taste some typical food of Piedmont. Overnight in Saluzzo, a medieval town.

About 46 km

#### Day 4 - Saluzzo - Fossano - Benevagienna - Bra

Today you cycle towards Fossano with some uphill stages along the way. There are a lot of historic sites along the way - from the 15th Century frescoes in the castle of Manta to the ancient Roman town of Benevagienna. You arrive in Cherasco (7 centuries of culture and art) or Bra ("the gourmet capital" of the region!).

About 69 km

#### Day 5 - Bra - Pollenzo - Barolo - Alba

Day medium/easy; you are now in the Langhe wine-growing region, characterized by rolling hills, vineyards and winding roads. Passing through Pollentia on the bank of the river Tanaro you pedal on the flat roads beside the river with a few hills on the way to Barolo. There is also the possibility to do the tour in the hills. Tonight's destination is Alba, home of the white truffle. About 45 or 61 km

#### **Day 6 - Alba - Asti**

A magnificent route through vineyards and along panoramic path takes you to Asti, in the heart of Monferrato. You have the opportunity to visit the historical centre with its famous towers, romantic monuments and the splendid gothic cathedral. About 45 or 55 km

#### **Day 7 - Asti - Casale**

Medium difficulty. Today you cycle on the charming Monferrato hills to Moncalvo, where you will enjoy beautiful scenery. In the afternoon you reach your final destination - Casale, located on the left bank of river Po. You can celebrate the end of the tour by exploring this wonderful town with its many churches, castles and ancient courtyards, or simply sit back and toast a great week with a glass of local wine!

About 56 km

#### **Day 8 - Casale Monferrato**

End of services after breakfast ; possibility of return to Torino by train or by private minibus (own bike included).

## Additional information

### **TARIFFS**

Price from 760 euros per person.

### **OPTIONS**

Single room supplement : 280 euros per person.

Half board supplement : 245 euros per person.

Rental bike (24-speed bike with free-wheel + 1 pannier bag & 1 tool kit) : 160 euros per person.

Rental E-bike (+ 1 pannier bag) : 310 euros per person.

Safety helmet : 8 euros per person.

Non Saturday departure (if less than 4 participants) : 50 euros per person.

### **INCLUDED**

- accommodation in 3 and 4 star hotel
- bed & breakfast buffet
- optional booking of half-board is possible
- luggage transport
- travel documents (route description, maps, tips for sightseeing,...)
- parking place in Torino is possible (approx € 10 per day, to pay on spot)

- service-hotline
- personal tour information upon arrival in Turin

**NOT INCLUDED**

- arrival and departure transfer
- lunches & dinners
- visitor's tax
- entrance fees to churches, museums,...
- personal extras
- everything not specified under the voice "the rate include"

**LEVEL OF DIFFICULTY**

Medium/easy; cycle paths and small roads; some dirt patches in fairly good conditions; flat from Torino to Fossano; some easy hills in the Langhe to Barolo and in the Monferrato from Asti to Casale; some possibilities to choose between short/long and easy/medium leg.

**CARRYING**

Baggage transfer from hotel to hotel

**ACCOMMODATION**

Accommodation in 3 and 4 star hotel

**SIZE OF GROUP**

2 people minimum

**DEPARTURES**

Every Saturday from March 26 to September 24

minimum 2 pax

Other dates : daily departures with a minimum of 4

pax, or with a supplement of 50 Euro per pax with less than 4 pax

**DEPARTURE**

At your arrival at the hotel in Turin.

**DISPERSION**

In the morning of the 8th day, after the breakfast.

**HOW TO GET THERE**

Turin is a nationally and internationally important railway junction and high-speed trains connect it to Europe and to the rest of Italy. The main railway stations are : Porta Nuova and Porta Susa

Turin has its own international airport located 16 kilometers northwest of the city centre.

**EQUIPMENT TO TAKE**

ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive checklist) :

As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

#### BIKES

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike...

#### REPAIR MATERIAL

To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recommended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :

- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

#### EQUIPMENT

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

#### DAY BACKPACK

Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:

- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

#### PICNIC

In order to avoid unnecessary waste at picnic time, remember to take with you :

- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

#### TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

#### FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.

However, it is essential to bring your own first aid kit.

Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.