

# Cycling Safaris

## PIEDMONT 2018

### SELF GUIDED TOUR

7 nights/8 days, total cycling distance approx 320 km



Bordering on France and Switzerland, Piedmont is renowned for its truffles, superb food and some of the best wines in Italy - a true paradise for gourmets!

The region also encompasses truly magnificent scenery of gentle green hills and lovely valleys with picturesque villages tucked away. We cycle along quiet roads surrounded by green fields, rolling hills and imposing mountains.

Piedmont was also home to the House of Savoy, the royal family that ruled Italy from Unification in 1870 until abdication in 1946.

Our safari starts in Turin, a beautiful city with something for everyone - from museums and fine art to some of Italy's best shopping....

Throughout the week we explore castles and medieval villages and take in stunning views en route. We stay in Bra, "the gourmet capital", and there is also the opportunity to sample fine wines and truffles in Alba to ensure you don't miss out on the true Piedmont experience!

This cycling safari is the perfect way to enjoy plenty of fresh air, breath-taking scenery and well-earned Italian dinners!

---

## TOUR ITINERARY

---

### **Day 1 Individual arrival 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 palaces and churches.

### **Day 2 Turin - Pinerolo 51km**

Today you cycle on flat roads along the river Po. You ride on cycle paths or small roads to the foot of the mountains. A highlight of today's cycle is the spectacular hunting palace at Stupinigi, a masterpiece by the architect Filippo Juvarra and royal residence of the Savoy Family. A cycle through lovely parkland along the river brings you to your overnight stop - Pinerolo.

### **Day 3 Pinerolo - Cavour - Saluzzo 46km**

Today's cycle brings you along flat country roads through orchards and vineyards to Cavour with its curious "Rocca", a morainic hill rising from the centre of this otherwise flat region. You spend the night in the small medieval town of Saluzzo.

### **Day 4 Saluzzo - Fossano - Benevagienna - Bra 63km/69km**

Today the way is easy/medium; there are some easy ups after Fossana. On the way you can visit the very pleasant castles of Manta and Costigliole, the ancient roman town of Benevagienna and its archeological area. You arrive in Cherasco (7 century of story and art) or in Bra (the capital of gourmet, hometown of the "Slow Food" movement).

### **Day 5 Bra/Cherasco - Pollenzo - Barolo - Alba 39-45km - 55km/61km**

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 flat roads beside the river with a few hills on the way to Barolo. Tonight's destination is Alba, home of the white truffle. Medium/easy way.

### **Day 6 Alba - Asti 45-55km**

A magnificent route through vineyards and along panoramic paths 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. Medium/easy way.

### **Day 7 Asti - Casale 56km**

Today you cycle over 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! Medium difficulty.

### **Day 8 Homeward Bound**

Tour ends after breakfast. Possibility to return to Torino by train or private minibus.

## DEPARTURE DATES 2018

---

Every Saturday from March 17 – October 13 (minimum 2 people)  
Other dates available for a group of 4 people or more

## TOUR PRICE

---

€805.00 per person sharing  
€1020.00 for single occupancy

## INCLUDED IN THE TOUR PRICE

---

- Accommodation in 3/4 \* hotels
- Breakfast Buffet
- Bike hire
- Luggage transfer from hotel to hotel
- Road book, maps, tourist information in English, French or German
- Welcome meeting in the hotel of Turin
- Telephone service hotline

### Additional options available:

- Half Board option available to include dinner each evening for €190 per person.
- Additional accommodation in 4\* hotel in
  - Torino - €55 per person sharing, €85 single room
  - Casale - €80 per person sharing, €115 single room
- Private Transfers: Casale to Torino (to be paid locally, price per person, reservation required!)  
Every Saturday departure at 9am
  - Up to 4 people - €40
  - 5 - 8 people - €30
- Helmet rental - €5 (to be paid locally)
- Bike tachometer - €10 (to be paid locally)
- E-Bike available for a supplement of €75

## BIKE INFORMATION

---



In your first hotel there will be a welcome meeting and our representative will deliver your road book, maps & bikes (a 24 gear hybrid bike). Your bike has a single waterproof pannier bag (Ortlieb), there's a good lock and you'll get a repair-kit including a pump and a water bottle.

We draw your attention to the fact that you will be held responsible for damage or theft of the bike. Above all watch your bike: in Italy a good number of bikes get stolen, so never leave it unattended. Always lock it and fasten to a fixed object

if possible or to another bike.

At the end of the last cycle day you have to return your bike. When you leave that morning from the hotel, please make sure to bring back all the equipment.

## BACK UP SERVICE

---

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

## PIEDMONT - GENERAL INFORMATION

---

### THE TERRITORY

Piedmont borders with France in the west, with the Aosta Valley and Switzerland in the north, with Lombardy in the east, with Emilia-Romagna in the south-east and with Liguria in the south. It is divided into the provinces of Alessandria, Asti, Biella, Cuneo, Novara, Turin, Verbania and Vercelli; the regional capital is Turin. The name Piedmont derives from its dominant geographical characteristic, the fact that it is situated "at the foot of the mountains", the Alps. In Piedmont there are no Pre-alps. The territory is 44% mountainous, formed by an arch of mountains extending down to the Po Valley from the Alps and the Appennines. It is crossed by the confluents of the Po.

### CLIMATE

Piedmont is characterised by three types of climate. However, since it is not subject to maritime influences, the climate is generally considered continental, with pronounced thermal ranges. Winters are cold and dry; summers are cool in the hills and rather hot down in the plain. For further information, consult the website [www.arpa.piemonte.it](http://www.arpa.piemonte.it)

### CLOTHING

We advise you to wear comfortable shoes and various layers of practical clothing to be prepared for sudden changes of climate and temperature; don't forget a rain gear, besides a light jacket for cold days and evenings.

Sunglasses, a light-coloured hat, protective suntan cream and insect repellent sprays are important, especially in summer. Cycling trousers and gloves are advisable but not essential.

Helmet: Italian law does not require cyclists to wear a helmet, but we consider it important to wear one for safer travelling. During the tour you will have the chance to visit various religious institutions, such as churches and convents, where you must be appropriately dressed (covered shoulders, shoes or sandals, etc.). Also remember to bring a first aid kit with you.

### FOOD AND SHOPS

In Piedmont you will discover that the regional cuisine is full of tasty dishes starting from the first courses (agnolotti, cold cuts, soups and rice) to main meat dishes with boiled meat, accompanied by seasonal vegetables and local specialities like Alba truffles, mushrooms, etc., excellent cheeses, to end with desserts such as Krumiri biscuits. One famous dish is "Bagna Cauda", a hot dip for raw vegetables made of oil, garlic and anchovies. Another is cheese fondue. The region is also famous for its excellent wine production, for example Barolo, Barbera, Dolcetto, Nebbiolo, Moscato and Brachetto.

In hotels, an international breakfast with a varied buffet is usually served. However, the typical Italian breakfast served in bars is just a cup of coffee and a cream-filled or jam-filled croissant.

## TRAVEL INFORMATION

---

Turin is accessible from London Stansted by Ryanair – [www.ryanair.com](http://www.ryanair.com)