

Cycling Safaris

Tasty Piedmont 2025

GUIDED GROUP TOUR

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



Piedmont and Turin: a real surprise. The region's name means "at the foot of the mountains, the majestic Alps are backdrop for the entire tour. The region is known worldwide for its wines and fine cuisine that includes a unique speciality: the truffle. You ride among green orchards, vineyards and beautiful hills, away from the bustle of mass tourism. Turin, Italy's first capital, known as "little Paris", is also the capital of taste: great restaurants, bakeries and historic coffee bars. Full of life and elegant city, characterized by a French flair, rich of green, is the ideal city to be visited by bike.

In short: a memorable tour

TOUR ITINERARY

Day 1 Individual arrival Turin

Your guide will wait for you in hotel at 14.30 and will lead you on a 3 hours city tour by bike, during which you'll discover the main sightseeing place of the city.

Day 2 Turin - Pinerolo 51km

The way is flat. From Turin you cycle along the Po River and its small affluents on cycle paths and small roads to the foot of the mountains; you get to the hunting palace of Stupinigi, royal residence of the Savoy family, masterpiece of the architect Filippo Juvarra in rococo style; then park by park, always along the rivers, you get to Pinerolo in a very pleasant way. Overnight stay in the delicious Pinerolo, medieval town where in the past there was one of the most famous schools of cavalry in Italy.



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

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. Overnight in Saluzzo, medieval town and realm of fruits, above all kiwi exported in all world .



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

Today the way is medium/easy; there are some easy ups after Fossano. 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**

Day medium/easy; we are in Langhe area. In Pollenzo, the roman Pollentia, there is the University of taste and here we taste a good wine; then you will cycle to Alba along the river Tanaro, perfectly flat, but in the middle of the way we go with some ups to Barolo, famous for its wine. There is the possibility to do the tour in the hills. Overnight in Alba, the town of the white truffle and of the high houses-towers

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

Medium or easy way. Today we are in Roero area. On the way there are the castles of Guarene and Cisterna. The 1st part along the river Tanaro and after two possibilities, continue along the river or continue in the hill. Overnight in Asti, chief town very rich of history, famous for the white wine "spumante" and his Palio, historical running of horses.



Day 7 **Asti - Terrugia** **52km**

Today you cycle over the charming Monferrato hills to Moncalvo, where you will enjoy beautiful scenery. In the afternoon we reach our hotel in a small village on the Monferrato hills. You can relax in the outdoor pool or extend your bike tour to reach the town of Casale (+14 km A/R)! Medium difficulty.

Day 8 **Terrugia**

Tour ends after breakfast. Possibility to return to Torino by private minibus; a private taxi can be booked by the hotel for those that want to go to Casale to get a train

GROUP TOUR DATES 2025

3 May
7 June
6 September

The departure will be confirmed with a minimum of 6 participants

TOUR PRICE 2025

€ 1305 per person sharing
€ 340 for single room occupancy

€ 140 for a touring bike
€ 295 for an e-bike

INCLUDED IN THE TOUR PRICE

- Accommodation in 3/4 stars hotel
- Bed & breakfast buffet
- 5 dinners (Alba & Asti not included)
- Guided tour of Turin on the arrival day, starting at 14:30
- Luggage transport (1 piece per person)
- English speaking guide on bicycle
- Gps Tracks
- Service-hotline

Not included

- Bike rental
- Arrival and departure transfer
- Beverages at dinner
- Lunches
- Parking place in Torino is possible (approx. € 10 per day, to pay on spot)
- Printed road book & maps, are available at the extra cost of 20 Euro per set; to be ordered in advance)

Additional options available:

Torino 4* Hotel, B&B double room:	€140 per room - single room €115
Terruggia 4* Hotel B&B double room:	€170 per room - single room €140

Return:

You have following possibilities to go back from Terruggia to Torino:

- With our private minibus and the special bike trailer.
Fee €30 per person (transport of your own bike included)
Duration approx. 1.5 hours. Reservation required – to be paid on spot!
- By taxi to Casale and then by train to Torino (you must change the train one time).

BIKE RENTAL



Bike rental is of course possible to include in your tour which will be a 21-gear hybrid bike or an e-bike. our representative will deliver your road book, maps & bikes (a 24-gear hybrid bike).

Your bike has a single pannier bag, there's a good lock and you'll get a repair-kit including a pump.

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.

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

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 by Ryanair – www.ryanair.com

