

Cycling Safaris

Tasty Piedmont deluxe 2025

SELF GUIDED 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

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.

The first capital of Italy in the year 1861, rich of royal residences, Turin is a former industrial city which now, after the Winter Games 2006, reveals itself as a cultural city. The city offers to visitors the Egyptian Museum, the Cinema Museum (the only one in Italy) and the Automobile Museum, all recently renovated. Along his four rivers and in the city, there are 200 km of cycle paths.

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 Fillippo Juvarra and royal residence of the Savoy Family. A cycle through lovely parkland along the river brings you to your overnight stop ~ the delicious Pinerolo! A medieval town which was one of the most famous schools of cavalry in Italy.



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, 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 easy/medium; 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 (7th 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, famous for its wine. Tonight's destination is Alba, home of the white truffle and high houses towers

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

A magnificent route through vineyards and along panoramic paths takes you to Asti, in the heart of Monferrato, en route there are the castles of Guarene and Cisterna. Initially you cycle along the river Tanaro after which there are two possibilities, to continue along the river or continue in the hill. Overnight is in Asti, a town with a 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 town of Casale (+14 km - medium difficulty)

Day 8**Terrugia**

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

DEPARTURE DATES 2025

Every Saturday from March 15 - September 27 (minimum 2 people)

Other dates available for a group of 4 people or more OR for a supplement of €50 per person with less than 4 people

TOUR PRICE 2025

€ 965 per person sharing

€ 340 for single room occupancy

High Season surcharge from 23rd August - 27th September

€50 per person sharing

€75 per single room

Supplement "Salone del Libro" in Torino (15-19 May)

Double room €25

Single room €40

€140 for a touring bike

€295 for an e-bike

INCLUDED IN THE TOUR PRICE

- 7 nights Accommodation in 4 * hotels
- Breakfast Buffet
- Luggage transfer (1 piece per person)
- GPS tracks
- Telephone service hotline
- Personal tour information upon arrival in Torino

Not included / optional:

- Bike rental
- Arrival and departure transfer
- Road book and maps are available at the extra cost of 20 euro per set; to be ordered in advance.
- Helmet rental - €5 (to be paid locally)
- Bike tachometer - €10 (to be paid locally)
- Guided Tour of Turin on arrival day, 14.30pm start (3 hour duration) - €30

Additional accommodation in 4* hotel in

Torino - €110 per person sharing, €55 single room

Casale - €85 per person sharing, €50 single room

Private Transfers: Casale to Torino (to be paid locally, price per person, reservation required!)

Every Saturday departure at 9am

1 to 4 people fee - €45 per person (minimum of 2 people, bike included)

5 - 8 people - €35 per person (bike included) reservation required - to be paid on spot

BIKE RENTAL



Bike rental is of course possible to include in your tour which will be a 21-gear hybrid bike (€140) or an e-bike (€295). 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

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

