



## Tasty Piedmont by bike - Deluxe version

8 days / 7 nights

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!

### YOUR PROGRAM

#### Day 1 - Individual arrive to Turin

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 2<sup>dn</sup> in the world), 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 cyclepaths.

#### Day 2 - Turin - Pinerolo

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. The selfguided can taste and visit the food museum in Frossasco. Overnight stay in the delicious Pinerolo, medieval town where in the past there was one of the most famous schools of cavalry in Italy.

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

About 46 km.

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

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.

About 69 km

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

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.

About 39 or 55 km



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

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. For the group tasty of chocolate and torrone.

Ca 45 or 55 km

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

Medium difficulty. We cycle on the charming hills of the Monferrato, another part of the gourmet system. From Moncalvo you can have a very pleasant view on the surrounding vineyards. In the afternoon, after a last taste in a "agriturismo" (only for the group), you reach Casale, barock town at the foot of the hills of Monferrato, along the river Po.

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 855 euros per person.

### **OPTIONS**

Single room supplement : 245 euros per person.

Rental bike (24-speed bike with free-wheel + 1 pannier bag & 1 tool kit) : 100 euros per person.

Rental E-bike (+ 1 pannier bag) : 200 euros per person.

Bike tachymeter : 15 euros per person.

Safety helmet : 6 euros per person.

GPS tracks on USB stick : 25 euros per person.

Price per person for an extra night in Turin (double room) : 95 euros per person.

Price for an extra night in Turin (single room) : 65 euros per person.

Price per person for an extra night in Casale (double room) : 75 euros per person.

Price for an extra night in Casale (single room) : 30 euros per person.

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

High season (from August 28th to September 25th included) extra charge single room : 20 euros per person.

High season (from August 28th to September 25th included) extra charge double room : 10 euros per person.

Supplement per person for a return journey by minibus between Casale and Turin (for a group of 4 people including bikes transport for at least 2 people) - Reservation required in advance : 45 euros per person.

Supplement per person for a return journey by between Casale and Turin (for a group of 8 people including bikes transport) - Reservation required in advance : 35 euros per person.



### **INCLUDED**

- Accommodation in 4 stars hotel
- Bed & breakfast buffet
- Luggage transport
- travel documents (route description, maps, tips for sightseeing,...)
- Service-hotline
- Personal tour information upon arrival in Turin

### **NOT INCLUDED**

- Arrival and departure transfer
- Lunches & dinners
- Tips
- Personal extras
- Everything not specified in "the rate includes"

### **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 4 stars hotel

### **SIZE OF GROUP**

2 people minimum

### **DEPARTURES**

Every Saturday from March 27 to September 25 (minimum 2 people)

Other dates : daily departure from 4 people and more, or with a supplement of 50 euros per person with less than 4 people.

### **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

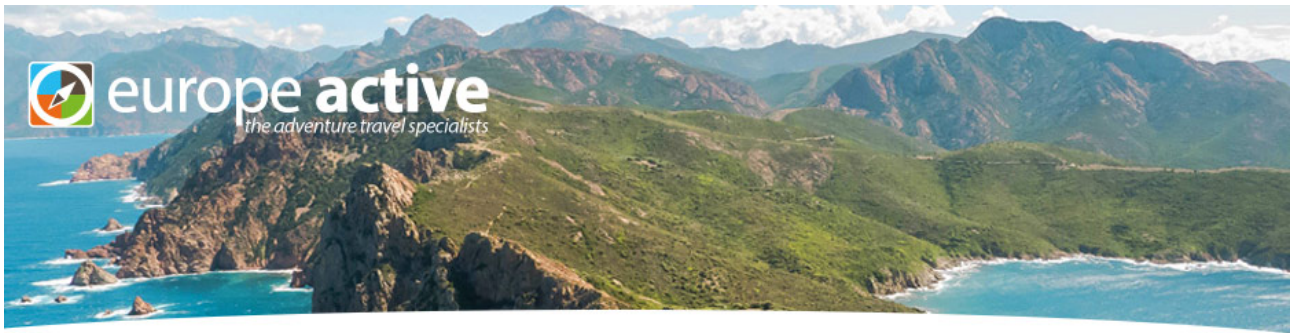
#### FIRST-AID KIT

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.