


# Piedmont by Bike: Vineyards, Villages & Flavours

8 days / 7 nights

Piedmont is a paradise for lovers of good food and wine. Prestigious wines, delicious chocolate, rolling hills covered with vineyards and the Alps in the distance create a beautiful and elegant landscape.

The tour starts in Turin, a city known for its impressive Baroque architecture, palaces and churches. From there, you cycle along the Po River and towards the foothills of the Alps, passing through charming towns such as Pinerolo and Saluzzo.

The route continues through Cherasco or Bra, known for their gastronomic traditions, before reaching the famous wine-growing areas of the Langhe. You will discover Barolo and Alba, a town particularly famous for its white truffle.

The journey then continues through vineyards, green hills, forests and picturesque villages towards Asti and the Monferrato region, before ending in Terruggia.

This cycling holiday is a perfect opportunity to enjoy fresh air, beautiful scenery, local food and some of Piedmont's finest wines.

## YOUR PROGRAMME

**Day 1 - Individual arrival in Turin**

Your journey begins in Turin, where you spend your first night. Take some time to explore the elegant historic centre, known for its Baroque architecture, impressive squares, palaces and churches.



**Day 2 - Turin - Pinerolo**

Leave Turin by bike and follow the Po River along cycle paths and quiet roads towards the foothills of the Alps. Along the way, you pass the impressive Stupinigi hunting palace, once a royal residence of the House of Savoy, built by the architect Filippo Juvarra in rococo style. Continue through green parkland and pleasant riverside scenery before reaching Pinerolo for the night.
About 51 km



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**Day 3 - Pinerolo - Cavour - Saluzzo**

An easy ride through the Piedmont countryside takes you past orchards and vineyards towards Cavour. Here, you can admire the unusual Rocca, a solitary moraine hill rising from the surrounding plain. During the day, you will also have the opportunity to taste a local Piedmont speciality before continuing to the medieval town of Saluzzo.
About 46 km



**Day 4 - Saluzzo - Fossano - Benevagienna - Bra/Cherasco**

Today's route will have some uphill stages as you head towards Fossano. Several historic sites can be discovered along the way, including the 15th-century frescoes of Manta Castle and the remains of the ancient Roman settlement of Benevagienna. Your stage ends in either Cherasco (7 centuries of culture and art) or Bra, a town well known for its gastronomic traditions.

About 63/69 km





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**Day 5 - Bra/Cherasco - Pollenzo - Barolo - Alba**

Day medium/easy. You now enter the Langhe, one of Piedmont's most famous wine-producing areas. From Pollenzo, the route follows the Tanaro River before gradually reaching the rolling vineyard-covered hills around Barolo. Continue through this beautiful wine country to Alba, renowned for its white truffles.

About 39 or 55 km



**Day 6 - Alba - Asti**

Medium/easy. Cycle through vineyard landscapes and panoramic countryside on your way to Asti, in the heart of the Monferrato region. Once there, you can explore the historic centre with its medieval towers, monuments and impressive Gothic cathedral.
About 45 or 55 km



**Day 7 - Asti - Terruggia**

Medium difficulty. Today you ride across the rolling hills of Monferrato towards Moncalvo, surrounded by vineyards and beautiful rural scenery. In the afternoon, continue to Terruggia and your accommodation. If you would like to extend the ride, you can cycle on to Casale ( a charming Baroque town nestled along the banks of the Po River, 14 km) before returning to the hotel.

About 52 km



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**Day 8 - Terruggia - Tour ends**

Your cycling holiday comes to an end after breakfast. A private minibus transfer back to Turin can be arranged. Alternatively, a taxi can be booked  by the hotel for those that want to go to Casale to get a train.



## Additional information

**TARIFFS**

Price from 845 euros per person.

**OPTIONS**

Single room supplement : 350 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



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· 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 & diners
· 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.

**LUGGAGE**
Baggage transfer from hotel to hotel

**ACCOMMODATION**
Accommodation in 3 and 4 star hotel

**SIZE OF GROUP**
Minimum 2 participants

**DEPARTURES**
Every Saturday from April 3 to September 25
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.



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**EQUIPMENT TO TAKE**

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

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 recomended, 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



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- 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)



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- a survival blanket

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



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