



## Piedmont by bike – Castles and parks

8 days / 7 nights

Piedmont is a generous and friendly land in the North of Italy. You will find here quiet roads in green landscapes surrounded by imposing mountains or sweet hills, the signs of a centuries-old culture and, last but not least, great wines and a refined gastronomy.

### YOUR PROGRAM

#### Day 1 - Individual arrival in Turin

You have the possibility to make a short round trip in the centre; overnight in town.

#### Day 2 - Turin - Venaria - Avigliana

In Venaria you will cycle inside the great regional park "La Mandria", former game preserve of Savoia including their wonderful castle and the stables. Bussoleno is a delicious mountain village with its typical stone roofs and houses; cycling almost always downhill you can reach Susa where you find interesting roman ruins and at last you come to Avigliana. You could visit the two delightful lakes of Avigliana included in a natural park and the medieval centre of the village.

About 40km

#### Day 3 - Avigliana - Pinerolo

Today we cycle at the foot of the Western Alps, a short climb leads us to Trana, then the path continues up through some small villages up to Pinerolo, along the way we may stop to visit the Museum of Taste in Frossasco. Overnight in the delicious Pinerolo, where in the past there was one of the most famous schools of cavalry in Italy.

About 35 km

#### Day 4 - Pinerolo - Cavour - Staffarda - Saluzzo

A very intensive day including Cavour with its "Rocca", an alluvial hill 200 meters high -you can reach the top by foot- in the middle of the plain; the abbey of Staffarda, one of the most important religious residences in Piedmont; at last you come to Saluzzo, beautiful small town with its medieval centre placed on the top of a hill.

About 50 km

#### Day 5 - Saluzzo - Fossano - Cherasco

Left Saluzzo behind you, in short you come to Fossano with its interesting historical centre and then you begin the approaching - light uphill - to the hills of Langhe covered by vineyards giving some of the best Italian wines, like Barolo, Barbera, Dolcetto... In the late afternoon you reach Cherasco, a delightful small town.

About 66 km

#### Day 6 - Cherasco - Carmagnola

In Racconigi you can visit the residence of the Savoia-Carignano dynasty; this castle is surrounded by a wonderful park; don't miss the interesting historical centre of the village. You can also visit the Lipu oasis with its stork centre.

About 42 km



### **Day 7 - Carmagnola - Moncalieri - Torino**

Cycling along the Po inside the river park, you come to Moncalieri with its castle, another Savoia residence. At last, always along the Po, you reach Turin, noble town with an important past. We recommend a short tour through the centre by night. About 45 km

### **Day 8 - Turin**

In the morning, after the breakfast, it's time for departure. The end of this trip.

## Additional information

### **TARIFFS**

Price from 695 euros per person.

### **OPTIONS**

Single room supplement : 185 euros per person.

Half board supplement (6 dinners) : 155 euros per person.

Rental E-bike (+ 1 pannier bag) : 170 euros per person.

Rental bike (24-speed bike with free-wheel + 1 pannier bag & 1 tool kit) : 90 euros per person.

GPS tracks on USB stick : 25 euros per person.

Extra night in Turin (single room) : 25 euros per person.

Price per person for an extra night in Turin (double room) : 50 euros per person.

### **INCLUDED**

- Accommodation in 3 star & 4 star hotel
- Bed & breakfast buffet
- Optional booking of half-board is possible.
- Luggage transport
- Travel documents (route description, maps, tips for sightseeing,..)
- Parking place in Turin (approx € 10 per day, to pay on spot)
- Personal tour information upon arrival in Turin

### **NOT INCLUDED**

- Transfer from origin to starting point and return
- Lunches & dinners
- Beverages
- Tips
- Personal extras
- Everything not specified under "the rate includes"

### **LEVEL OF DIFFICULTY**

Easy; some dirt patches in fairly good conditions



## **CARRYING**

Baggage transfer from hotel to hotel

## **ACCOMMODATION**

Accommodation in 3 star & 4 star hotel in Bed and Breakfast

## **SIZE OF GROUP**

2 people minimum

## **DEPARTURES**

Every saturday from March 13 to September 25 (minimum 2 people)

Other day from 4 people or more

## **DEPARTURE**

At your arrival at the hotel in Turin.

## **DISPERSION**

In the morning of the 8th day, after the breakfast in your hotel in Turin.

## **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**

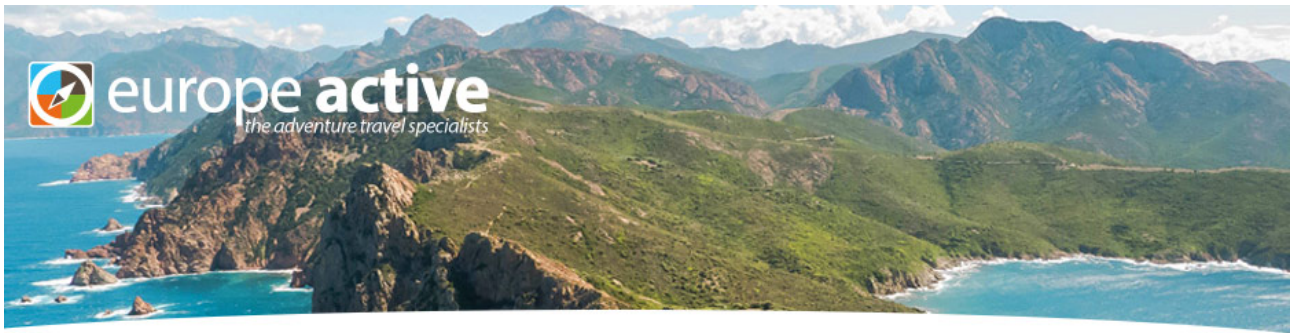
In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- 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.