



## Cycling along the Po river

8 days/7 nights

If you like the charming scenery of Alps and the spectacle of nature, if you wish to hear its sounds, to observe animals living in their own environment, to perceive the harmony of colours, to plunge into a green world, we'll take you to discover the secrets of some of the most beautiful parks in Piedmont, the first region in Italy to create protected areas.

### YOUR PROGRAM

#### **Day 1 - Individual arrival to Saluzzo**

This medieval small town at the foot of one of the highest mountains in the Alps, Monviso, is wonderful. Former capital of a marquisate with the same name, every year it takes place here an antique trade exposition. All this area is renowned for its antique furniture.

#### **Day 2 - Saluzzo – source of Po (by minibus) – Saluzzo**

Downhills along the spectacular Po valley, then back to Saluzzo; not far from the town you can reach the village of Manta and visit the interesting castle on a green hill. In case of snow around the source as an alternative we suggest a tour around Saluzzo to see its castles, up to Savigliano and back.

About 40 km

#### **Day 3 - Saluzzo – Cavour – Pinerolo**

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 stay in the delicious Pinerolo, where in the past there was one of the most famous schools of cavalry in Italy.

About 46 km

#### **Day 4 - Pinerolo – Stupinigi – Torino**

Along pleasant cycle-tracks, at first at the foot of mountains, then along the stream Sangone, an affluent of Po, you get to the hunting palace of Stupinigi, royal residence of the family Savoia, masterpiece by the architect Filippo Juvarra in rococo style; then park by park, always along the river, you get to Torino in a very pleasant way.

About 51 km

#### **Day 5 - Torino - Chivasso - Crescentino**

After a short visit of the first capital of Italy, very smart city, your trip goes on towards east; in Chivasso you cycle for a short stretch along the canal Cavour that here comes out from the river Po; in short you'll see all around you the rice-fields, a wonderful landscape in May, when they are covered by water.

About 55 km

#### **Day 6 - Crescentino - Casale Monferrato - Valenza Po**

After the overnight stay in Crescentino, typical rural small village, very quiet and genuine, you go on cycling among rice-fields and beautiful landscapes of the river up to Casale, nice small town, gate to Monferrato, region renowned for its



eno-gastronomic specialities; at the end of the day you get to the neighbourhood of Valenza, the most important goldsmith's art centre in Piemonte.

About 61 km

#### **Day 7 - Valenza Po - Pavia**

Today you get into another Italian region, Lombardia, and cycle near another river called Ticino, affluent of Po; the landscape along this river is really wonderful and full of bights. In the last stretch before coming to Pavia you cycle following very narrow rural roads at the side of small canals. The suggestive entry into Pavia is on the ancient covered bridge, similar to the Swiss ones. In the neighborhood of Pavia (10 km) - if you have time - it is worth a visit to the famous "Certosa", a Renaissance abbey.

About 65 km

#### **Day 8 - Pavia**

End of the tour; departure or return by train and bus to Saluzzo or by private minibus (to reserve in advance) to Saluzzo. Possibility of an additional night in Pavia.

### **Additional information**

#### **TARIFFS**

Price from 805 euros per person.

#### **OPTIONS**

Single room supplement

: 270 euros per person.

E-bikes rental (+ 1 pannier bag) : 310 euros per person.

Bikes rental (24-speed bike with free-wheel + 1 pannier bag & tool kit) : 160 euros per person.

Helmet : 8 euros per person.

Bicycle tachometer : 15 euros per person.

#### **INCLUDED**

Accommodation in 3/4 stars hotels B&B

Baggage transfer from hotel to hotel

Transfer from Saluzzo to Po sources on day 2

Tourist information, maps, road book in English, German, French

Insurance 24/24

Emergency phone numbers

#### **NOT INCLUDED**

Beverages, lunch, entrance fees, tips; everything not included at the item "the rate includes"

Arrival and departure transfer



### **LEVEL OF DIFFICULTY**

Easy, always flat; some dirt roads almost always in good conditions. We recommend a mountain bike or a city bike with good tires.

### **CARRYING**

Baggage transfer from hotel to hotel

### **ACCOMMODATION**

Accommodation in 3/4 stars hotels B&B

### **SIZE OF GROUP**

Based on 2 people

### **DEPARTURES**

Every Saturday from March 26 to October 8

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

### **DEPARTURE**

At your arrival in your accommodation in Saluzzo

### **DISPERSION**

In the morning of the 8th day after breakfast

### **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.