Bicycle Tours in Italy: Cycling Italy's Piedmont Plus! Lake Maggiore

OVERVIEW

Italy's Piedmont region is surrounded on three sides by a great arc of the Alps as they rise out of the Mediterranean Sea and curve north and east through France, Switzerland and Italy to Austria. Within this great curve of mountains the Po River rises, forming a broad, fertile plain that forms Italy's longest river flowing into the Adriatic Sea. It was in the western part of this valley that the Kings of Savoy built castles and fortified cities to protect wine merchants from intrusions by marauding pirates. And it was here that Count Camillo Cavour first proposed the idea of a unified Italian state. The food, the history and the landscape make the Piedmont an ideal destination for cyclists. This cycling tour through the Piedmont region and the Lakes District tour combines the best of Italian and French cuisine and wine with scenic pedaling through rolling hills dotted with vineyards and castles.

If this sounds great but you prefer a shorter tour check out our Cycling Italy's Piedmont tour, which features the first 8 days of this itinerary.

HIGHLIGHTS

Piedmont vineyards and wine tastings, Gourmet regional cuisine, multiple 2 night stays, Langhe area famous for its wine, cheese and truffles, Guided visit of Bene Vagienna Archaeological site, town of Asti (home to Asti spumante!)

TOUR FACTS

Tour Style	Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
Includes	12 days, 11 nights accommodation;meals as noted in itinerary; 2 wine and a cheese tasting; guided visit of Bene Vagienna Archaeological site
Countries	Italy
Begin/End	Cuneo / Intra-Verbania
Arrive/Depart	Milan Malpensa Airport (MXP) or Turin Caselle Airport (TRN)
Total Distance	578km (359 miles)
Avg. Daily Distance	58 km (36 miles) per riding day
Tour Level	

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the online itinerary for the most up-to-date trip information including arrival and departure tips before you depart for your trip:
https://dev.experienceplus.com/bike-tours/italy/piedmont/biking-piedmont-plus-italian-lakes

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DATES & PRICES

Dates	Price	Single Supplement*
Jun 09, 2024	USD$5895	USD$650
Aug 25, 2024	USD$5895	USD$650
Sep 15, 2024	USD$5895	USD$650

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	77km / 800m (48mi / 2624ft)	Rolling hills		
3	69km / 579m (43mi / 1899ft)	Hilly		
4	41km / 790m (26mi / 2591ft)	Hilly		Today's ride is an optional loop ride
5	50km / 791m (31mi / 2594ft)	Hilly		
6	40km / 795m (25mi / 2608ft)	Very hilly		
7	60km / 933m (37mi / 3060ft)	Hilly		
8	50km / 600m (31mi / 1968ft)	Hilly		Today's ride is an optional loop ride
9	59km / 1131m (37mi / 3710ft)	Hilly		
10	87km / 476m (54mi / 1561ft)	Rolling hills		
11	97km / 958m (60mi / 3142ft)	Hilly		
12	Last Day			

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ARRIVAL INFO

Your tour starts with a complimentary ExperiencePlus! shuttle pick-up at 11 am. The meeting place is the cafe-bar "Roma già Talmone" right by the Torino Porta Nuova train station, where you can grab a snack for the drive. The drive will take 1.5 hours. Your spot on the shuttle is already reserved for you.

If you cannot make the shuttle, you will be responsible for your own transportation to Cuneo (1-1.5 hours by train, or private transfer through hotel, around EUR 130.)

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, check with us if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like Rome2Rio. The fare and timing information listed below is approximate.

We recommend flying into the Turin Airport (TRN).

Arriving at Torino Airport and continuing to the train station:

- Arriva Bus from the Torino Airport to Torino Porta Nuova train station (every 20 minutes; 50 min/EUR 7-8)
- or Taxi (30 min/EUR 40-45)

From the train station to the meeting point for the ExperiencePlus! shuttle:

- Walk about 2 minutes (see a map here)

DEPARTURE INFO

Your trip ends on the final day after breakfast.

The below information will help you plan your departure. For more tips or other routes, you might like Rome2Rio.

We recommend flying out of the Milano Malpensa Airport (MXP):

1. Taxi to the bus stop (5min/EUR 10)
2. Airport Shuttle from Intra-Verbania to the Malpensa airport (reservations required but payment in cash only on board) (1.5 hours/EUR 15). Click here for time table.

- Or: Taxi from the Ending Hotel to the Malpensa Airport (1 hour/EUR 200 minimum)

***Note:** If you are planning to depart by train, the train station name is Verbania-Pallanza. It is located 10km outside of the village. A taxi to the train station from the Ending Hotel costs EUR 20-25.

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Gather in Cuneo, south of Turin

DAY 1

Highlights Provincial capital of Cuneo, Alpine views, Arione Bar and Confectionary, welcome dinner

Gather today in Cuneo, south of Turin. We'll fit bicycles this afternoon, then you will be free to explore the town and to take a warm-up ride. Be sure to look up the Arione Bar and Confectionary, famous for its "cuneese al rhum," a chocolate rum candy (Hemingway stopped by here to pick up some of these on a trip to Italy in 1954, the year he won the Nobel Prize.) This evening, we'll celebrate the beginning of our tour with a traditional Piedmontese dinner together.

Level
Meals Dinner
Lodging Hotel Principe

Cycle deep into the Alps along an Alpine Valley

DAY 2

Highlights Alpine scenery, the 19th century fortress of Vinadio, optional mountain ride

Your ride today follows the Stura di Demonte River valley to the fortress of Vinadio along an historic military road that has now become mainly a bike path. The Vinadio fortress was built by King Carlo Alberto of the house of Savoy in the 1830s and '40s to protect the Piedmont from possible invasions from France. You'll be back in Cuneo late afternoon to enjoy a stroll through town.

Distance 77 km (48 mi)
Gain 800 m (2624 ft)
Terrain Rolling hills
Level
Meals Breakfast
Lodging Hotel Principe

Bicycle from Cuneo to Monforte D'Alba

DAY 3

Highlights Town of Bene Vagienna or Roman "Augusta Bagiennorum," the Langhe wine region

Your ride today takes you through the small town of Bene Vagienna as you follow an ancient Roman road. We'll have a light lunch and guided visit of the large archeological park of Augusta Bagiennorum. Tonight we will be in Monforte d'Alba, one of many picturesque wine villages in the Langhe region of Piedmont.

Distance 69 km (43 mi)
Gain 579 m (1899 ft)
Terrain Hilly
Level
Meals Breakfast, Lunch, Dinner
Lodging Hotel Villa Beccaris

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Loop ride to the wine villages of Serralunga, La Morra and Barolo

DAY 4

Highlights Le Langhe wine region and wine villages, including Barolo, wine tasting

A loop ride today takes you through the vineyards of Le Langhe and the famous hills of the Nebbiolo grape. Along the route you'll pass through the stunning landscape of La Morra, as well as vineyards around Barolo, Verduno and La Mora. The town of Barolo gives its name to Italy's most famous wine. The village has an interesting ethnographic and wine museum to visit. We'll enjoy a wine tasting together this evening.

Distance 41 km (26 mi)
Gain 790 m (2591 ft)
Terrain Hilly
Level
Meals Breakfast
Lodging Hotel Villa Beccaris

Bicycle from Monforte d'Alba to the town of Alba

DAY 5

Highlights Beautiful vineyard landscapes, regional wine museum

Your ride today takes you through some of the most beautiful vineyard landscapes in Italy. If you are interested in wine we recommend a stop at the regional wine museum in Mango before continuing on through Neviglie and Trezzo Tinella, villages of less than 500 inhabitants, on the way to Alba.

Distance 50 km (31 mi)
Gain 791 m (2594 ft)
Terrain Hilly
Level
Meals Breakfast, Dinner
Lodging Hotel Castelli

Ride from Alba to Canelli for a winery visit shuttle to Bistagno

DAY 6

Highlights Alba, Ferrero chocolates and visit to Coppo, one of Italy's most famous vineyards

You'll want to take time to visit Alba before leaving this morning. Not only is Alba the capital of the Langhe wine region it is also home to Ferrero Rocher, the chocolate maker that manufactures Nutella and Kinder chocolate. From here you'll pedal on to Canelli to visit one of the oldest and most famous wineries in Italy, Coppo. Enjoy a wine tasting and lunch before shuttling on to our hotel in Bistagno.

Distance 40 km (25 mi)
Gain 795 m (2608 ft)
Terrain Very hilly
Level
Meals Breakfast, Lunch
Lodging Hotel Monteverde

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Bicycle from Bistagno to Asti

DAY 7

Highlights Culinary city of Asti, Asti Spumante

Our destination today is Asti, an elegant town famous for its architecture, wines and culinary traditions. Along the way you'll pass through Monastero Bormida, founded by a grou pof Benedictine monks around 1050. The current castle correspond to the site of the original monastery. Next up -- the rich vineyards of Canelli and the Moscato grape, which is believed to be the birthplace of the Italian sparkling wine "Asti Spumante".

Distance 60 km (37 mi)
Gain 933 m (3060 ft)
Terrain Hilly
Level
Meals Breakfast, Dinner
Lodging Hotel Lis

Loop ride in Asti

DAY 8

Highlights Rest day or optional loop ride into Monferrato hills and vineyards

Enjoy a rest in Asti today, exploring its lively medieval center with several of the historic "100 towers" that characterized it. Alternatively, enjoy a loop ride into the nearby Monferrato hills, with views of vineyards and gently rolling scenery. 2024 departures will stay at Hotel Lis.

Distance 50 km (31 mi)
Gain 600 m (1968 ft)
Terrain Hilly
Level
Meals Breakfast
Lodging Hotel Lis

Bicycle from Asti to Lu

DAY 9

Highlights Small country roads, Moncalvo and fortified hilltop villages, cheese tasting

Head north today through the hills of Monferrato. This is one of the most densely settled agricultural areas in Italy and features a rich network of tiny farm roads and small fortified hilltop villages. Over the years it has become fashionable to convert the town fortress into a villa. Our accommodation tonight is in the Castle of Lu. This afternoon we'll enjoy a cheese tasting at our hotel.

Distance 59 km (37 mi)
Gain 1131 m (3710 ft)
Terrain Hilly
Level
Meals Breakfast, Dinner
Lodging Palazzo Paleologi

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Enjoy a flat ride across the Po Valley today

DAY 10

Highlights Flat riding, rice farm, views of the Alps

Leave the hills behind and cross the Po River in Casale Monferrato this morning. Casale sits on the south bank of the Po River and enjoys a deep architectural heritage due to its varied history because of its critical position along the Po River. Pedal north through one of the largest rice growing areas in Europe. Along the way, you'll pass through no less than fifteen small farm villages, including San Nazzaro Sesia, a village built around an 11th-century Benedictine abbey. This afternoon we'll visit one of the area's rice producers to discover more about the history of the crop and harvest techniques.

Distance 87 km (54 mi)
Gain 476 m (1561 ft)
Terrain Rolling hills
Level
Meals Breakfast, Dinner
Lodging Tenimento Al Castello

Bicycle into the Pre-Alps and the Italian Lake District

DAY 11

Highlights Spectacular views of the Alps and pedaling along Lakes Orta, Mergozzo and Maggiore.

Your final day of riding takes you into Italy's spectacular Lakes District. This breathtaking series of lakes was created as glaciers retreated from northern Italy some 20,000 years ago. Your first lake is Lago d'Orta, then tiny Lago di Mergozzo, and finally Lago Maggiore. The journey ends in Verbania, along the shores of beautiful Lago Maggiore. This evening, we'll enjoy a farewell dinner together.

Distance 97 km (60 mi)
Gain 958 m (3142 ft)
Terrain Hilly
Level
Meals Breakfast, Dinner
Lodging Hotel Belvedere Pallanza

End of tour on Lake Maggiore

DAY 12

Highlights Beautiful Lake Maggiore

You are on your own today in one of Italy's most beautiful regions. This is a great starting point for further exploration of the Lakes District, or better yet - perhaps you'd like to join our cycling tour through the area! Whatever you choose, have a great time and thanks for joining us!

Meals Breakfast

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WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: https://ep-2023.localhost/travel-planning/
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer Tours excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: https://ep-2023.localhost/what-to-expect/our-bikes/. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. If you would like us to provide you with a used helmet, please contact us.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks. On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

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Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options.

Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

TIPPING YOUR TOUR LEADER TEAM:

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler — this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. *Tips are included in Expedition pricing.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.

OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: $$$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: $$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: $$$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: $$$
- Tour Levels: 4-5

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We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

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TO DO ONCE YOU'VE BOOKED!

- ☐ Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- ☐ Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- ☐ Complete the Customer Information Form: https://ep-2023.localhost/travel-planning/customer-information-form/
- ☐ We recommend you take out travel insurance. Find details at https://ep-2023.localhost/travel-planning/travel-insurance/
- ☐ Choose a bicycle training program: https://ep-2023.localhost/travel-planning/bicycle-tour-training/
- ☐ Peruse our country-specific Travel Planning Pages: https://ep-2023.localhost/travel-planning/

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- ☐ Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- ☐ Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- ☐ Book your pre and post-tour hotel nights.
- ☐ Begin your chosen training program
- ☐ Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- ☐ Start reading one of the books or watching one of the movies from our Reading and Movie Lists: https://ep-2023.localhost/travel-planning/.
- ☐ Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at https://ep-2023.localhost/travel-planning/packing/.
- ☐ We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!

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