

Bicycle Tours in Italy: Cycling Italy's Piedmont

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'd prefer a longer tour, check out our: [Cycling the Piedmont Plus! Lake Maggiore tour](#).

HIGHLIGHTS

Piedmont Vineyards and wine tastings, Gourmet regional cuisine, Guided visit of Bene Vagienna Archaeological site, 2 nights in the Langhe area famous for its wine, cheese and truffles. 2 nights in the Roman town of Acqui Terme

TOUR FACTS

Tour Style	📄 Classic: Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	8 days, 7 nights' accommodation; meals as noted in itinerary; 2 wine tastings; guided visit Bene Vagienna Archaeological site; and the usual (see below).
Countries	Italy
Begin/End	Cuneo / Acqui Terme with shuttle to the Alessandria train station
Arrive/Depart	Milan Malpensa (MXP) or Turin (TRN)
Total Distance	305km (190 miles)
Avg. Daily Distance	51km (32 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://www.experienceplus.com/guided-bike-tours/italy/biking-piedmont>

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DATES & PRICES

Dates	Price	Single Supplement*
☑ Jun 11-18, 2022	☑ USD\$4295	☑ USD\$550
☑ Aug 27-Sep 3, 2022	☑ USD\$4295	☑ USD\$550
☑ Sep 17-24, 2022	☑ USD\$4295	☑ USD\$550

*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

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 / 814m (25mi / 2670ft)	Very hilly	▶▶▶▶▶	
7	47km / 741m (29mi / 2430ft)	Hilly	▶▶▶▶▶	
8	Last day			

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ARRIVAL INFO

Your tour starts with a complimentary ExperiencePlus! shuttle pick-up inside the Torino Porta Nuova Train station in front of the ticket office on Day 1 of the tour at 12 noon. The drive will take 1.5 hours. Your spot on the shuttle is already reserved for you.

If you can't 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 meeting the ExperiencePlus! shuttle:

- [Sadem Bus](#) from the Torino Airport to Torino Porta Nuova train station (every 30 minutes; 40 min/EUR 6.50-EUR 7.50)
- or Taxi (30 min/EUR 40-45)

DEPARTURE INFO

Your tour ends with a complimentary ExperiencePlus! shuttle drop-off at the Alessandria Train station on the final day of the tour. between 11 a.m. and 11:30 a.m. Reservations are required. Please make your shuttle reservation by [emailing us](#) no later than 30 days prior to your tour start date.

If you do not join the shuttle, you will be responsible for your own transportation

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

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

From the Alessandria train station to the Milano Malpensa Airport:

- Train (change at Milano Centrale) (2.5-3 hours/fares vary)

Look up Italian train schedules at [Trenitalia.com](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

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Gather in Cuneo, south of Turin

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.

DAY 1: Sat, Jun 11th

Level 

Meals Dinner

Lodging  Hotel Principe

Cycle deep into the Alps along an Alpine Valley

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.

DAY 2: Sun, Jun 12th

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

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.

DAY 3: Mon, Jun 13th



Distance 69 km (43 mi)

Gain 579 m (1899 ft)

Terrain Hilly

Level 

Meals Breakfast, Lunch, Dinner

Lodging  Hotel Villa Beccaris
 Hotel Da Felicin

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

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.

DAY 4: Tue, Jun 14th

Distance 41 km (26 mi)

Gain 790 m (2591 ft)

Terrain Hilly

Level 

Meals Breakfast

Lodging  Hotel Villa Beccaris
 Hotel Da Felicin

Bicycle from Monforte d'Alba to the town of Alba

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.

DAY 5: Wed, Jun 15th

Distance 50 km (31 mi)

Gain 791 m (2594 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Palazzo Finati
 Hotel Calissano

Ride from Alba to Canelli for a winery visit shuttle to Acqui Terme

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 Acqui Terme.

DAY 6: Thu, Jun 16th

Distance 40 km (25 mi)

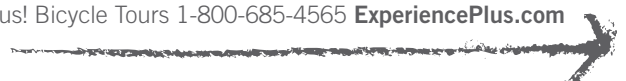
Gain 814 m (2670 ft)

Terrain Very Hilly

Level 

Meals Breakfast, Lunch

Lodging  Grand Hotel Nuove Terme



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Loop ride from Acqui Terme to Mombarruzo and back

Highlights Thermal Spa, amaretto

Acqui Terme has been a spa town since Roman times and you'll be here two nights! If you wish to take the day off to enjoy the thermal spa this is your chance. Otherwise hop on your bike and head to the hill town of Mombaruzzo, home to one of Italy's famous "amaretto" makers. Amaretto is a yummy cookie made from a base of almond paste. Take time this afternoon for a walk in town or to enjoy the spas.

DAY 7: Fri, Jun 17th

Distance 47 km (29 mi)

Gain 741 m (2430 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Grand Hotel Nuove Terme

Bicycle tour ends

Highlights Acqui Terme - shuttle to Alessandria train station

Your cycling tour of the Piedmont ends today but there is still much to see and enjoy in this area. Have fun exploring!

DAY 8: Sat, Jun 18th

Meals Breakfast

INCLUDED**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. More details on our [bikes page](#).
- 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](#).
- 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. (*Not included on Explorer Tours.)

ON TOUR

- See "What's Included" on your tour Itinerary for tour-specific inclusions.

BICYCLES

For a full list of what's included with your bike see [Our Bikes page](#). 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. Please ask if you would like us to provide you with a gently used helmet and we will do so.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map and daysheet (print or digital) that includes information on the day's activities, meals and ride. Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information.

You'll receive a highlighted route map each day or a briefing with the GPS tracks. On Classic, Bike and Boat, Spotlight 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.

Before each tour we offer the opportunity to download GPS tracks of most tour routes to your personal GPS device or smartphone using RideWithGPS.com. We do not provide GPS tracks for tours in South America.

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.

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 taken by our guides or travelers free of charge and without your right to inspection. If you do not want us to use any images of you on tour, you must inform your tour leader in writing at the start of the tour.

STYLES **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

Spotlight Tours: Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- Tour Length: 6-7 days
- Hotels: 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- Road Type: Pavement
- Multi-night Stays: Min 2 night stays
- Navigation: Chalk Arrows
- 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

**LEVELS**

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. We then look at the average day rating so you can select the perfect level of cycling you want for your trip. 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

This day will be mostly flat and the distance will rarely exceed 30 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:** 15-30km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **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

This day is ideal for riders newer to bicycle touring looking for a bit of a challenge, or for individuals who desire shorter days on the bike. On average, level 2 - 2.5 bike tours will ride 30-50 km per day on mostly rolling terrain.

- **Average daily mileage:** 30-50km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **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 tours are for active individuals (who run, bike, swim etc. on a regular basis) with the desire to cover longer daily distances on the bicycle. These tours are a great workout when you're riding as you will average 50-70 km daily with total gain of 2,000-2,800 ft. There will be multiple 4-6% climbs throughout the tour.

- **Average daily mileage:** 50-70km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 tours are for passionate cyclists or very active individuals. This level tour is great for cyclists looking to stay in shape and pedal hard as they travel across regions or countries. Level 4 - 4.5 tours cover 70-90km daily with 2,800-3,600 ft of gain. Cyclists on a level 4 - 4.5 bicycle tour can expect multiple climbs; some climbs might be short and steep (6-8% for 1-3 km) while others may be sustained (6+ km) at a 4-6% grade.

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

LEVEL 5 (EXPEDITIONPLUS!)

Our ExpeditionPlus! 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.
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

You'll find all of the details including mileage, elevation gain, terrain and level for each day of the itinerary to help you better understand what to expect from your tour on each day's description.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation Email, 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://www.experienceplus.com/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details
at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Download the bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Review the arrival and departure information under the "Travel Information" tab on the itinerary page of the website. You will find the meeting place and time, and other important information to help you plan.
- If your tour includes a complimentary ExperiencePlus! Shuttle make your reservations now.
- Reserve your flights. Only if you have confirmation that your trip is a guaranteed. (If you aren't sure check with our office to find out if your trip is guaranteed.)
- Book any extra hotel nights if you are arriving early or staying after the tour.
- Begin your bicycle training program.
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received 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 List you'll find on the country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>.
- Review the Packing Lists on our website at: <https://www.experienceplus.com/blog/travel-planning/packing/>
- We'll email your Hotel Itinerary, the Participant Roster, names and contact information of your Tour Leaders and other important departure information about 2 weeks prior to your tour start date.

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!