

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 10-17, 2023	☞ USD\$4500	☞ USD\$550
☞ Aug 26-Sep 2, 2023	☞ USD\$4500	☞ USD\$550
☞ Sep 16-23, 2023	☞ USD\$4500	☞ 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 / 795m (25mi / 2608ft)	Very hilly	▶▶▶▶▶	
7	55km / 937m (34mi / 3073ft)	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 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 meeting the ExperiencePlus! shuttle:

- [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)

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, Sep 16th

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, Sep 17th

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, Sep 18th

Distance 69 km (43 mi)

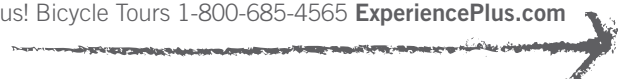
Gain 579 m (1899 ft)

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: Tue, Sep 19th

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: Wed, Sep 20th

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  Palazzo Finati
 Hotel Calissano

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

DAY 6: Thu, Sep 21st

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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Loop ride from Bistagno to Monbaruzzo and back

Highlights Thermal Spa, amaretto

Today we'll do a loop ride, so if you wish to take the day off this is your chance. Otherwise, hop on the bike and head to the hill town of Monbaruzzo, 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 guided visit at the Monteverde Gipsoteca before dinner together.

DAY 7: Fri, Sep 22nd

Distance 55 km (34 mi)

Gain 937 m (3073 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Hotel Monteverde

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, Sep 23rd

Meals Breakfast

INCLUDED**BEFORE YOU LEAVE**

- Tour planning tips on what to bring, what to leave home, and what you might like to read before your trip.
- Bicycle Tour Training program designed specifically for your tour rating by renowned cycling coach, Joe Friel.
- Assistance with flights, trains and booking extra nights at your starting and ending tour hotels.
- A complimentary gift of your choice

ON YOUR BICYCLE TOUR

- Superb tour leaders who are great fun and also bilingual, bicultural experts, and avid cyclists. They're experienced to help you navigate confidently on and off the road.
- Comfortable lodging in 3-4 star hotels located in or near the town square with easy access to your favorite café (bar, gelato, espresso) of the day, always with a private bath.
- All breakfasts & at least half of your dinners each featuring multi-courses, fresh, seasonal specialties and wine or beer. See specific tour information for details.
- On many tours we also have 1 or 2 lunches—see specific tour itineraries for details.
- Use of a high quality bike—a Titanium road bike, hybrid, or an aluminum tandem in Continental Europe. For tours in South America, Scotland and Ireland we have aluminum frames. All of our bikes are geared specifically to cruise the flats and help ease you over the mountain.
- Our bikes come with a computer so you can track your miles. They also have an expandable rear rack pack to carry your stuff, and a water bottle that's yours to keep.
- Full van support to carry luggage - and tired cyclists, too!

- Special events like wine tastings and cultural visits as described in the trip itinerary.
- All tips and gratuities at tour hotels and group meals.
- Unique routes, marked with our signature chalk dust arrows that ensure you won't get lost. They also give you the freedom to travel at your own pace.
- Daily mileage options—for those folks who just can't get enough cycling, we'll suggest optional routes off our marked course.
- Detailed route map, and arrows that will lead you to hidden wonders on your bicycle ride.
- All the fun (and more) that you expect from your vacation.

WHAT'S NOT INCLUDED

- Transportation to and from the bicycling tour including airfare, or train travel
- Helmets - we ask that you bring your own to ensure the best fit
- Meals not listed in the itinerary
- Tour Leader gratuity

AFTER YOUR BICYCLE TOUR

- Deeply discounted tours with our "Re-Cycle Program." Your fifth tour with us will be discounted by 50% of the average price of your previous four tours; your tenth tour will be discounted by 100% of the average price of your previous nine tours!

 **LEVEL RATINGS**

Our itinerary descriptions provide daily mileage to help you determine if a bicycle tour is suited to your physical capabilities and interest. You'll also find a note about the trip's terrain on the "Tour Facts" page of each tour. The purpose of this page is to offer a general explanation of our rating categories.

BIKE TOURS 101

Perfect for people looking for mostly flat terrain, or those newer to cycling. Also great for families traveling with younger children (8—14).

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 101 tours offer flat to gently rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 201

For riders who prefer a combination of flat and rolling terrain with moderate climbs on one or two days. An excellent compromise for friends who have diverse riding abilities.

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 201 tours feature mostly flat and rolling terrain with moderate climbs on one or two days where you might gain up to 2,000 feet. Some 201 tours may have some longer mileage days of up to 85 kms (50 miles) over fairly flat terrain. While others may have days of 30 - 45 kms (18—25 miles) with steeper climbs. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 301

For riders who enjoy some climbing every day. These tours are best suited to intermediate level recreational riders. Fit beginners will likely do well but may want to shuttle on days with steeper climbs.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** For 301 tours expect cumulative daily climbs of 1,500—2,000 feet and several days of climbing in excess of 3,000 feet. You might encounter some longer mileage 80—90 km (50-60 miles) days with rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 401

For cyclists who love to climb (and descend)! If you haven't trained or are an inexperienced rider you will find these trips very challenging and will very likely need to shuttle regularly.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 401 tours are challenging. Expect the possibility of longer mileage days of 80 - 120 kms (50 to 70 miles) with rolling terrain, or some sustained hills for considerable distances - think mountain passes, or steeper (+5%) climbs that come with regularity and could be as long as 10 km (6+ miles). You will have gains of 1000 meters (3000 feet) on a third of the days. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 501

Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages means limited van support so we recommended 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

It is almost always possible to adapt the day's ride to how you are feeling either by taking advantage of the support van, or asking tour leaders for additional mileage.

Need More Miles? On just about every day of every tour it is possible to add miles to the day. Just talk to your tour leader about the 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.

Chalk Dust Arrows. Remember, no matter what level of tour you choose ExperiencePlus! uses chalk dust arrows to mark our routes so riders can take the day at their own pace! Whether you prefer to stop at every gelateria, take a hundred photos a day, or push to achieve a new personal best you'll be happy on our tours.

WHAT TO EXPECT**BICYCLES**

Your bike comes with a pack for the rear rack, lock, cyclometer (bicycle computer), a spare tube and patch kit and pump. If you would like to bring your own pedals and shoes we recommend doing so—your tour leaders will install them during the bike fitting. We have flat pedals with or without cages and straps available. For safety and hygiene reasons you are responsible for bringing a helmet.

Daily Routine (Procedures and Logistics)**DAYSHEETS**

Each day you'll receive a daysheet with information on the day's activities, meals and ride. These also include Tour Leader phone numbers, hotel information and interesting historical and cultural information about sites that you may want to stop and see along the route. Your Tour Leaders will also post daily announcements in the hotel lobby with information about sightseeing in town or restaurant recommendations for dinners on your own as well as important information about breakfast, luggage down and "arrows down" time.

NAVIGATING ON TOUR

At breakfast each day we will make the "Master Route Map" available so you can highlight your map for the day's ride. Of course, we also mark the route every day with our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map! The arrows also allow you to ride at your own pace. There is no need to "keep up" with the group—this is your ride!

But what if it rains? What happens to the arrows? In a light rain, the arrows actually "set up" and become more permanent. In a heavy rain, they do wash away. If that happens, we'll re-group to cycle together for those who want to continue cycling while those who prefer to stay dry can shuttle.

VAN SUPPORT

The van carries luggage and supports cyclists. It also has water, fruit and snacks. Though the van has snacks, we encourage you to stop and enjoy markets and find your own favorite local specialty.

HOTELS

We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture.

We prefer hotels near interesting sites in the center of town located along the best cycling route in the area. Because many of the hotels are small not all of the rooms will be

exactly the same. We keep this in mind and do our best to distribute rooms fairly by the end of the tour. Our itinerary lists our primary hotels. On rare occasions, listed hotels are subject to change.

MEALS AND RESTAURANTS

Breakfasts: we work hard to arrange complete breakfasts but some hotels still serve continental style breakfasts; cycling is energy intensive so we do recommend you plan for a morning or mid-morning snack on the road at a local café or market.

Water is OK in almost all hotels and in country fountains; if there is a problem, we will advise you.

We'll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don't feel pressured to be at a certain place in the middle of your ride.

Dinners together are often pre-planned and pre-ordered. We'll ask you if you have special dietary requirements. Pre-planned meals allow us to provide a variety of regional specialties and facilitate efficient service. Water, wine and beer are included.

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 for the entire tour leader team, not each Tour Leader. If you'd like to show your gratitude for your Tour Leaders' excellent service 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, then we would like to know about it. You will also have the opportunity to leave your comments in our evaluation survey which we email to you after your trip.

PHOTOS

We'll be taking photos throughout the tour and we encourage you to do the same. Please note that we may use these for promotional purposes. Please inform us if you prefer images of you not be used. We realize that many of our travelers are great photographers and often people want to share photos after the trip. We'd love to see and share your photos from the tour with the world so if you don't mind the possibility of being famous (at least in the ExperiencePlus! world) send us a link to your tour photo gallery, or upload your favorite 20 - 30 pictures to your tour departure gallery - we'll send you the link to that online photo gallery in your final email!

CHECKLIST

TO DO TODAY!

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 online at www.experienceplus.com/travelinfo/tourcif
- Apply for trip cancellation/interruption insurance within 21 days of booking your tour. Find details at <http://www.experienceplus.com/assets/files/packingbicycle.pdf>
- Download the bicycle training program found on the Training Program Blog Page at www.experienceplus.com/training

3—6 MONTHS PRIOR TO 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. As you make your plans refer to the Getting To and Away sent to you in your booking confirmation email it provides meeting times and the starting and ending hotels and shuttle information when applicable.
- Book your pre and post-tour hotel nights. Please refer to the Getting To and Away sheet you received in your Reservation Confirmation Email.
- 12 weeks before your tour begin your training program www.experienceplus.com/training.
- Final payment is due 90 days 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 WEEKS—2 WEEKS PRIOR TO DEPARTURE

- Start reading one of the books or watching one of the movies from our Suggested Reading and Movie List which you'll find on the country page linked from the www.experienceplus.com/travelinfo page.
- Plan what you are going to pack and start packing! Refer to the Packing List on our website at www.experienceplus.com/assets/files/packingbicycle.pdf.
- We'll email your Hotel Itinerary information 30 days prior to departure.

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack your Getting To and Away information and one day of cycling gear in your carry-on. See you soon!