

# *Bike tours 2025*

*...and trekking ...*



[www.dueruotenevento.com](http://www.dueruotenevento.com)

## OUR PHYLOSOPHY

Travelling by bicycle, with slow rhythms and following easy paths that, mostly, do not exceed 50-60 km per day, means rejecting tourism aseptic, hurried and often superficial of car travel. Means researching a more real, closer to nature, feel the air on your face, directly perceive smells and sounds, exchange glances closely with people. Means slow down time and reduce the space to explore, then see better, get in full the atmosphere of a country, discovering even the small details which usually escape. Often inspires awe, but this does is to make it easier and more spontaneous contacts with the local people, who in the world recognizes the bike a familiar vehicle, so not intrusive or aggressive; for this reason, and also to respect the - albeit limited - fatigue that you do, wherever you are welcome. Exploring the world by bicycle means finding a way to move more authentic, closer to the experiences of the great travelers of the past. Will restore home memories and emotions. Those who have tried these feelings, no longer knows surrender.

## GENERAL INFORMATIONS

**SELF GUIDED TOURS** - what is included in the standard package

The Self guided tours are unescorted travels, which gives the possibility to choose the preferred date of departure and to be free, during the day, to plan the stops and visits. Include:

- overnights in hotels of various category, B&B, farmhouses, etc.
  - breakfast buffet
  - daily luggage transfer
  - one set of travel documents per rooms, including detailed maps & road book
  - a welcome meeting with our staff member or (if not available) delivery of documents in the first hotel
  - an emergency telephone number, also active on Saturday and Sunday
- On the self guided tours the minimum number of participants is one / two people (see details in the chosen tour). Departures are daily or weekly

### GUIDED TOURS

For every tour, if you are a group of friends, members of an association you can ask to have the guided group tours are travels with a guide speaking english.

### DIFFICULTY LEVELS

Our tours are for everyone. The pace is deliberately slow to ensure that the trip is restful. The difficulty of the tours varies depending on the type of soil, the daily distance and altitude. Could be:

very easy, suitable for families with children

easy, for everyone, flat terrain or very few sweets ascents

medium / easy, with some slight ascents that can be faced with minimal training

medium, with some quite long climbs, requiring a minimum training and use of the gearbox

high, with climbs that have good height differences, requiring good training and use of the gearbox

Even for simpler routes it is still needed a minimum cycling skill. The daily distance varies between 30 and 75 km per day depending on the tour; they are the equivalent of approximately three/four cycling hours, excluding breaks, visits and stops throughout the day.

### THE BICYCLE

You can choose to rent a bike or use your own.

Bikes for hire are good bikes with 24 speed; not insured against theft; They are equipped with bags, repair kit, pump and lock. In all tours we offer e-bike, it means "electric pedal assisted bicycle "

If you use your bike, we recommend to have it checked by a bicycle mechanic before departure

### OVERNIGHTS

The overnight will be provided in hotels \*\*\* / \*\*\*\*, farmhouses or B&B, to give the opportunity to relax after a day of effort. If the number of hotels in a given category is mixed (for example: \*\*\*\* / \*\*\* stars) the number of hotels of the highest category it is variable and not necessarily half the total.

The tour prices are given on a double room basis; for a single room you have to add a surcharge. In guided groups, if you want to avoid the extra charge for a single room, we may seek a partner of the same sex with whom to share a room.

Any city taxes are always to be paid by the participant

**HALF BOARD**

On guided tours the half board (dinner) is included almost every day.

On some self guided tours it is possible to have it for a supplement; if it is not possible to book the half board, there is always a restaurant close to the hotels or inside them. It is never given the half-board for additional nights. For children who have gratuity, hotels will apply locally for a small charge for dinner, breakfast and additional bed.

**ADDITIONAL NIGHTS**

In all departure and arrival cities it is possible to extend the vacation by booking additional overnights. In some self guided tours it is also possible to book additional nights in every locations. The extra nights must be requested at time of booking. The additional nights are inclusive of breakfast only. Please note that the luggage transfer ends in the last tour night and it is not included for extra nights. If additional nights are requested in-between the tour, it might be requested an additional fee.

**THE ROUTES**

The routes have been carefully chosen to avoid as much as possible the traffic. Often they are dedicated to bicycles, bike paths, riverbanks, streets in the countryside; in some cases are smaller roads with low traffic density, only for short distances, where it is impossible to avoid it, we cycle on busy roads. To avoid the traffic on the streets, we have sometime chosen unpaved roads but in good surface condition. The km shown in the various stages are quite accurate but indicative, the actual length of the stages depends also on individual deviations that can be made in the towns visited.

**TRAVEL DOCUMENTS**

Detailed information for the booked tour (how to get there, hotel list, etc.) Will be sent by e-mail approx. 10/15 days before departure, after receiving the final payment; the second part of the documents (maps and road book) will be given on site. On some tours it is available a GPS track, that we can send by e-mail.

**BOOKINGS**

To book a tour, please fill and send us the booking form, via mail or fax. A 25% deposit is required to confirm the booking; the balance must be paid a month before departure. There will be no additional registration fee for either adults or children.

**BOOKING VARIATIONS**

Any change to be made to chosen tour, such as number of people, number and / or type of rooms, hotel category, etc., can be communicated up to 7 days before the tour departure, provided that hotels affected by the changes are able to implement them. The change comes at a cost of EUR 50 up to 30 days before departure and EUR 100 from 30 to 7 days before departure.

**24H ASSISTANCE**

Please inform us immediately in case of every inefficiency, contacting the assistance numbers provided with travel documents. No claims will be accepted after the end of the tour, if this service will not be used during it.

**TOUR CANCELLATION**

The fees for the cancellation of tour are as follows:

- 15% of the participation fee by the act of booking up to 45 days before departure, with a minimum of 50 €
- 35% of the participation fee from 44 to 28 days before departure
- 50% of the participation fee from 27 to 11 days before departure
- 80% of the participation fee from 10 to 3 days before departure (except Saturday)
- No refund will be made after this date.

Due Ruote nel Vento srl carries out its activity in Turin, Corso Tassoni 50, VAT no. 10813760013, unique code W7YVJK9, registered in R.I. TO on 10/10/2012, REA 1163924, aut. Prov. Turin n.982875, with insurance from Unipol Assicurazioni SpA, RCT policy n. 1/2372/319/73304137, with compulsory guarantee fund at the Travel Guarantee srl via Nazionale 60 Rome RM certificate n. A / 241.2657 / 6

**IMPORTANT**

**You can see more details of the tours on our website**

**[www.dueruotenevento.co.uk](http://www.dueruotenevento.co.uk)**

**All tours of this PDF are made by us**

**All tours are for individuals, on request transformed in group tour**

## Unusual Turin by bike

WITH GUIDE

Guided visit **historic and curious** of Torino, by bike.

Other types of tour: Post-industrial , Cinema, Real Residences

**Time** : 3 hours

Price per person (included bike, helmet and guide): 2 persons € 30; 3-5 persons € 25; 6-7 persons € 22; 8 persons & more €20

**Level difficulty** very easy **Departure** on request Every day



## Tasty Piedmont by bike

self guided and group tour



A wonderful tour that touches all the cities of Piedmont linked in some way to a particular aspect of Piedmontese food or wine.

**Day 1** individual arrival in Turin  
You spend the first night in the vibrant city of Turin, a city with a prestigious past evident in the breathtaking Baroque city centre, filled with ornate palaces and churches.

**Day 2** Torino – Pinerolo 51 Km

Today you cycle on flat roads along the river Po, on cycle paths or small roads to the foot of the mountains. you get to the hunting palace of Stupinigi, royal residence of the family Savoia, masterpiece built by the architect Filippo Juvarra in rococo style; then through lovely parkland along the rivers, you get to the lovely town of Pinerolo.

**Day 3** Pinerolo – Cavour – Saluzzo 46 Km

The way is flat. 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. Along the day , in a small castle, the group will taste a typical food of Piedmont. Overnight in Saluzzo, medieval towns.

**Day 4** Saluzzo – Fossano – Benevagienna – Bra/Cherasco 63/69 Km

Today you cycle towards Fossano with some uphill stages along the way. There are a lot of historic sites along the way – from the 15th Century frescoes in the castle at Manta to the ancient Roman town of Benevagienna . You arrive in Cherasco (7 centuries of culture and art) or Bra ( “the gourmet capital” of the region!).

**Day 5** Bra/Chersco – Pollenzo – Barolo – Alba 39/45 – 55/61 Km

You are now in the Langhe wine-growing region, characterized by rolling hills, vineyards and winding roads. Passing through Pollentia on the bank of the river Tanaro you pedal on flat roads beside the river with a few hills on the way to Barolo. Tonight’s destination is Alba, home of the white truffle. Medium/easy way..

**Day 6** Alba – Asti 45/55 Km

A magnificent route through vineyards and along panoramic paths takes you to Asti, in the heart of Monferrato. You have the opportunity to visit the historical centre with its famous towers, romantic monuments and the splendid gothic cathedral. Medium/easy way..

**Day 7** Asti – Terruggia 52 Km

Today you cycle over the charming Monferrato hills to Moncalvo, where you will enjoy beautiful scenery. In the afternoon we reach our hotel in a small village on the Monferrato hills. You can relax in the outdoor pool or extend your bike tour to reach the town of Casale (+14 km A/R)! Medium difficulty.

**Day 8** Terruggia; Tour ends after breakfast. Possibility to return to Torino by private minibus; a private taxi can be booked by the hotel for those that want to go to Casale to get a train



**Tour level** medium/easy **Individual tour** **standard** from € 825.-- **deluxe** from € 945.-- every Saturday  
**Group tour** from € 1285.-- start dates: **May 3, Jun 7, September 6**

## Surprising Turin by bike



### Day 1 historical and mysterious Torino

Arrive in Turin at 12, in the afternoon visit of the historical medieval and baroque centre and cycle in the parks along river Po; taste of chocolate in a historic "café" approx.20 km

**Day 2** The Reggia of Venaria Turin - Venaria by bike - visit of



the "Reggia" - park of Mandria - cycle back to Turin along the Dora Riparia river approx. 40 km. Nightly bus tour "Magical City" at 21.00 .

**Day 3** Torino - park of Valentino - along river Po - Medieval village - castle of Moncalieri - park of Stupinigi - Torino approx. 30 km

**Day 4** Torino - along river Po - Settimo or Chivasso approx. 30/45 Km. The tour end in the afternoon.

**Tour level** easy **Individual tour** **3 days** from € 260.-- **4 days** from € 355.-- **Departure** every day

## Castles and parks in Piedmont by bike

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.

gastronomy.

**Day 1** Individual arrival in Turin. Possible short round trip in the centre; overnight in town

**Day 2** Turin - Venaria - Avigliana approx. 50 km

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.

**Day 3** Avigliana - Pinerolo approx. 45 km

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.

**Day 4** Pinerolo - Cavour - Staffarda - Saluzzo approx. 45 km

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.

**Day 5** Saluzzo - Fossano - Bra approx. 69 km

Left Saluzzo behind you, 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 Bra, delightful small town renowned for its gastronomy and, of course, for its wines.

**Day 6** Bra - Carmagnola approx. 30 km

In Racconigi you can visit the residence of the Savoia-Carignano dynasty; this castle is surrounded by a wonderful park; you can also visit the Lipu oasis with its storic centre



**Day 7** Carmagnola - Moncalieri - Turin approx. 45 km

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.

**Day 8** Turin; tour ends after breakfast.

**Tour level** easy **Individual tour** from € 795.-- **Departure** every Saturday

## Marquisate of Saluzzo by bike

Abbeys and ancient chapels, vineyards and castles: a small, enchanting land full of treasures, fertile land. Nights in a hotel of 15th Century, with the swimming pool.



**Day 1** Individual arrive in Costigliole Saluzzo. Handing out of travel documents and rental bikes.

**Day 2** Dronero & Val Maira approx. 40 Km

Close to Villar San Costanzo, there is the park where the "Ciciu" curious "mushrooms" of clay and quartz arise in the woods; and finally, Busca, with its many churches including the chapel of St. Sebastian with Late Gothic frescoes

**Day 3** Val Varaita approx. 40/50 km

Today we reach the Varaita valley, one of the greenest and most beautiful in the region. The route is slightly more challenging, but the landscapes repay us for the effort. In Piasco you can visit the harp

museum, unique in Italy; in Castellar the characteristic scarecrows

**Day 4** Fossano & Savigliano approx. 70 km

A beautiful and completely flat stage, will let you discover two of the most nice towns of the province: Fossano and Savigliano. Both cities retain most of the houses of medieval times with the typical arcades.

In Fossano you can visit the castle of Acaja family and in Savigliano take a refreshing break in Piazza Santa Rosa

**Day 5** Cuneo & surroundings approx. 60 km

Today goal is the capital of the province: Cuneo. The city, situated overlooking two rivers, takes its name from the shape of a wedge (cuneo in Italian), squeezed between the Gesso and Stura rivers. Along the way there are the lovely hamlets of Centallo and Busca.

**Day 6** Racconigi and Saluzzo approx. 55 km

In the morning we go to Racconigi, where you can visit the castle with its beautiful park, nature lovers can visit the service center for the storks, which usually nest on the towers of the castle. Along the way back, we pass from Moretta, Saluzzo and Manta with its beautiful castle.

**Day 7** Departure or extra nights



**Tour level** medium/easy **Individual tour** from € 580.--

**Departure** every day from the same hotel

## The beauties of Canavese: from the Lake Maggiore to Torino by bike

This route takes us on an unknown Piedmont, but no less beautiful.



**Day 1** Individual arrival on Lake Maggiore

**Day 2** Lake Maggiore - Gattinara approx. 50 Km

Gattinara is home to the regional wine cellar where you can taste the famous DOCG wine that bears the name of the city.

**Day 3** Gattinara - Lake of Viverone

approx. 62 Km

The lake is originated by spring



source and its crystal clear waters give hospitality to a multitude of

aquatic animals

**Day 4** Lake of Ivronne - Ivrea - Lakes of Ivrea - Cuornè approx. 53 Km

The town of Cuornè is at the mouth of the river Orco valley and at the basis of the morainic hill formed millions of years ago.

**Day 5** Cuornè - Lanzo - Venaria approx. 60 Km

According to the local tradition, in the medieval town of Lanzo, in 1679, was invented the “ghersin” (breadstick), a thin and digestible bread cooked especially for the frail Victor Amadeus II, King of Savoia.

**Day 6** Venaria - Alpignano - Torino approx. 28 Km

The visit of the Palace of Venaria, realized in the same period of the Palace of Versailles, is the highlight of this day; after crossing the large park of “La Mandria”, the green lung of Torino, you cycle on the bike path of the river Dora until the centre of the city, to visit the old medieval and Baroque city.

**Day 7** Torino; tour ends after breakfast.

**Tour level** medium/easy **Individual tour** from € 720.-- **Departure** every Saturday

## The Po river by bike



A journey along the longest river in Italy, which can already be traveled on quiet cycle roads. The following below it is the first step, the other versions can be found on the website, and it is also possible to create a package of your choice with more or less days o km per day.

**Day 1** Individual arrival in Saluzzo

**Day 2** Saluzzo – source of Po (by minibus) – Saluzzo 44 km

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 at the source a we suggest a tour around Saluzzo to see its castles, up to Savigliano and back

**Day 3** Saluzzo – Cavour – Pinerolo 47 km

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.

**Day 4** Pinerolo – Stupinigi – Torino 56 km

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

**Day 5** Torino – Chivasso – Fontanetto 69 km

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.

**Day 6** Fontanetto – Casale Monferrato – Breme 61 km

After the overnight stay in Fontanetto, 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 specialties; at the end of the day you get to a nice village north of the Po river

**Day 7** Breme – Pavia 67 km

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 neighbourhood of Pavia (10 km) - if you have time - it is



worth a visit to the famous “Certosa”, a Renaissance abbey.

**Day 8** Pavia; Tour ends after breakfast.

Other possibilities:

- 1) 8 days/7 nights with 2 night in Turin and without source
- 2) 7 days/6 nights without source

**Tour level** easy **Individual tour** **8 days** from € 930.--

**Departure** every Saturday

**Individual tour Pavia - Ferrara** from € 995.--



## Capitals of Northern Italy: from Turin to Milan by bike

From Turin, elegant and regal, the first capital of Italy, very green thanks to the hills and the four rivers, to Milan, the capital of business and fashion, with its glamour of a great European city.

**Day 1** individual arrival in Turin

**Day 2** Torino – Chivasso – Mazzè – Maglione - Viverone Lake, km 67

You cycle along the largest river in Italy, the Po, up to Chivasso, then continue among green hills until you reach the quiet of Lake Viverone,

**Day 3** Viverone – Candelo – Gattinara, km 65

You cross the “Serra” of Ivrea, an extensive morainic hill, then descend towards Candelo with its extraordinary “ricetto”, a fortified medieval village. Continue in ups and downs between vineyards and green hills until you reach Gattinara, famous for its excellent wine.

**Day 4** Gattinara – Pella and by ferry to Orta, km 38

You reach a small jewel of Piedmont: Lake Orta. After a very pleasant ride along the western shore, you reach Pella, where you can take the ferry; passing near the island of San Giulio with its monastery, you land in Orta.

**Day 5** Orta – Arona – Oleggio/surroundings, 58 km



After leaving Orta, you follow a beautiful path through the hills that leads you to Arona, and along the river Ticino. Overnight in Oleggio.

**Day 6** Oleggio – Ticino Park – Pavia, km 68

Today you ride in the Ticino Park until you reach Pavia, an elegant university city, the ancient capital of the Lombard kingdom. The historic center is kept in perfect condition and full of nice shops.

**Day 7** Pavia – Milano, 34 Km

You leave Pavia along the Naviglio Grande and you will soon reach the Certosa, a medieval jewel which is recommended to visit. A few kilometers and you reach Milan, a city of a thousand

facets, in constant evolution, the real economic engine of Italy.

**Day 8** Milano; Tour ends after breakfast

**Tour level** medium/easy **Individual tour** from € 1030.-- **Departure** every Saturday

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## The “via Francigena” by bike from colle Gran San Bernardo to Pavia (and to Rome...)

One of the routes followed by the ancient pilgrims to Rome is retraced by bike. Below you will find the first stage, the rest are on the website, and you can create a package of your choice

**Day 1** Individual arrival to Aosta. Possible to add a day to Colle San Bernardo

**Day 2** Aosta – Chatillon/Saint Vincent km 35

Today there are some easy ups and down while we descend through the Aosta Valley; we cycle on the right side of the river Dora, with the mountains on our side; pay some time to visit the castle of Fenis, one of the most beautiful of the region, before crossing the river to reach Saint Vincent with its famous Casino.





### Day 3 Chatillon/Saint Vincent – Pont S. Martin km 30

Still on undulating terrain, we cross the river a couple of times, descending towards the end of the valley. Along the route we can stop to visit the castle of Arnad and Donnas and the spectacular fortress of Bard; we pass on the



route used by the ancient Romans and we end the day in Pont St. Martin with its marvelous roman bridge.

### Day 4 Pont S. Martin – Ivrea - Lake of Viverone km 51

Today we leave Aosta valley to enter the Piemonte region. The route is easier and we start to see some plain with the moraine hill of Ivrea on the background. Stop in Ivrea for a break and take some time to wander on its narrow middle age streets and visit the castle of the "Green Count", before reaching the Lake of Viverone where you'll spend the night .

### Day 5 Viverone – Vercelli km 55

We are in the middle of the plain, the route is flat. We cross many rice fields, which are typical of this region and looks like

thousands of lakes when they are completely flooded in summertime. The panorama is varied by the presence of the Partecipanza wood where is placed the abbey of Lucedio. Vercelli is a large town with many monuments to be seen; do not miss the Church of S. Andrea one of the most beautiful and best-preserved Romanesque monuments in Italy.

### Day 6 Vercelli – Vigevano km 40

Easy path still on the plain; today we leave Piemonte and arrive in Lombardia. We cycle through the "lomellina" a fertile plains where rice fields are still the predominant landscape. Along the route we encounter the battlefield of PAlestro where was fought one of the independence wars of Italy. Our final destination is Vigevano with his Sforzesco Castle and the main square "Piazza Ducale", designed by the famous renaissance architect Bramante.

### Day 7 Vigevano – Pavia km 43

Easy path, most of it on the Ticino river natural park. Shortly after leaving Vigevano we encounter the Ticino River natural park, one of the best preserved in Italy; clear waters and shading trees lead us during this stage where we'll cross a boat bridge. Before arriving in Pavia we encounter the Certosa, north of the town, which deserve a stop to admire the church and the monastery. The city of Pavia await us with its famous covered bridge over Ticino river and the middle age historical centre .

### Day 8 Pavia; Tour ends after breakfast.

**Tour level** medium/easy **Individual tour** **8 days** from € 995.-- **Departure** every Saturday

## Langhe relax by bike

### Day 1: individual arrive to Alba

### Day 2: Alba - Manera ca. 24/33 Km

The route go entirely through the vineyards of the most famous



wines of the region.

Along the route you can make several stops in the typical villages of the Langhe, in particular Neive, with its castle, and Barbaresco, with its civic tower, located in a panoramic position on the Tanaro valley



### Day 3: Manera - Serralunga ca. 19 Km

Easy route, it stay almost entirely along the crest of the hills, with magnificent views of the vineyards, along the "romantic

road of the Langhe and Roero"; along the road you will have numerous opportunities to stop in the villages of the Langhe and you will end the day at the castle of Serralunga.

### Day 4: Serralunga - La Morra ca. 22 Km

The day begins with a beautiful descent along the Talloria valley, at the end of which, for those who wish, you can make a detour to visit the castle of Grinzane; the road then continues to Castiglione Falletto, then Barolo, land of one of the most famous and appreciated wines of Piedmont, in whose castle are located the regional wine shop

and the wine museum. The day ends in La Morra, a magnificent terrace nestled on the hills of the Langhe.

**Day 5:** La Morra - Cherasco ca. 19/24 Km

Today we temporarily leave the Langhe, crossing the Tanaro River, and head to Cherasco, which will welcome you with its historic center perched on the confluence of two rivers.

**Day 6:** Cherasco - Alba ca. 28 km

We return to Alba on the last leg of our journey. The route will take you to Bra (home of the Slow Food movement, a town renowned for its good food) and then on a beautiful route through the Roero hills, passing through Santa Vittoria and Monticello d'Alba, before crossing the Tanaro again and arriving in Alba

**Day 7:** Alba. End of the tour after breakfast

**Tour level** medium/easy    **Individual tour**    **7 days** from € 865.--    **Departure** every day

## Lakes of Lombardy by bike

A very varied and fascinating journey through sweet hills and transparent mirrors of water reflecting the green of the vineyards and cultivated fields.

**Day 1** Individual arrival in Peschiera del Garda (lake Garda)

In Peschiera is located the Fortress, surrounded by the river Mincio, a small jewel of architecture, enclosed in a mighty sixteenth-century pentagonal wall with beautiful ramparts and imposing access doors.

**Day 2** Peschiera del Garda – Brescia km 53/63

If you choose the long, quieter and more hilly route, cycle along the Mincio cyclepath and then pass by San Martino della Battaglia with its big tower reminiscent of the wars of independence. The short route passes closer to the lake and takes you to Desenzano and Sirmione, one of the most beautiful places on Lake Garda. Arrive in Brescia, a city rich in Roman and medieval remains, surrounded by the ancient castle.

**Day 3** Brescia – Sarnico/ Iseo Lake km 35

Today a short and relaxing itinerary that leads us to ride in

Franciacorta, a land of wines of excellence. The route takes us to Rodengo Saiano, home to a Benedictine abbey where the monks still lives, passes near the castles of Passirano and Clusane and at the Sebino Nature Reserve, a protected area rich in water birds, and then ends on the banks of the lovely Lake Iseo.

**Day 4** Sarnico/Iseo lake – Montello – Bergamo km 35

We cycle along the Oglio river that comes out from Lake Iseo; in short you reach Grumello del Monte, a pretty village with the stone houses; then, past a small bridge, you enter the beautiful medieval old town of Montello, all in stone. The day on the bike ends in Bergamo, the pearl of northern Italy, where you will arrive early enough to visit both the elegant lower town, but above all the splendid upper town, accessible by a funicular.

**Day 5** Bergamo – Garlate (Lake of Lecco) km 45



Today we reach the branch of Lake Como called Lago di Lecco. The route takes us to Mapello, where there is a sanctuary dedicated to the Madonna of Prada; another place of great spirituality is Sotto il Monte, the town where Pope John XXIII was born; his birth place is a nice free museum. A memorable experience is the crossing of the river Adda on a Leonardesque ferry pulled by cable. You reach Garlate by pedaling through the green of the beautiful cyclepath along the Adda.

**Day 6** Garlate/Lecco – Como (lake Como) km 40

This is the day when you pass through the largest number of lakes, all very small: Annone, Pusiano, Alserio, partially riding on dirt roads. The end of the path is the most beautiful part; in Solzago you take the

Passeggiata Voltiana that takes its name from Alessandro Volta, buried nearby; with an exciting descent first



through the woods and then along a beautiful road you will arrive in the center of Como and then on the shores of the beautiful lake.

**Day 7** Como – Varese – Ranco (lake Maggiore) km 60

The last day we set off along the lake surrounded by splendid villas, in particular Villa Olmo, in the direction of Cernobbio; you cross the border with Switzerland and then you reach Varese and immediately after its lake with the bike path; along the Monate lake from the clear waters where it is possible to swim ; finally you are in Ispra on the Lake Maggiore and passing through the green Quassa cyclepath you arrive to Ranco, where you will enjoy a splendid view of the lake.

**Day 8** Lago Maggiore; tour ends after breakfast.

**Tour level** medium    **Individual tour** from € 1190.--    **Departure** every Saturday

## Along the sea: from Nice to Genoa by bike

The blue sea, the rugged coastline, pastel-colored villages and the climate are a combination that is rarely found elsewhere. Now it is finally possible to discover it by bike.

**Day 1** individual arrive to Nice

After arriving in Nice by plane, car or train, you can visit this pearl of the French Riviera, famous for its promenade along the sea, called the Promenade des Anglais, particularly beautiful in the light of sunset. The next day after breakfast will be delivered the bikes and the package including road book, maps and luggage tags.

**Day 2** Nice - Ventimiglia 42 Km

It starts by climbing on slopes that are not too steep along the beautiful scenic route called Haute Corniche which passes through La Turbie, where the Arch of Augustus is located, which bears witness to the passage of the Roman army along this stretch of the Mediterranean. The view of Montecarlo is splendid. Then you go down to Cap Martin and continue to Mentone, also known as the city of lemon, a historic city that preserves a fort on the sea. We recommend a stop to visit Vieux Menton and the Basilica. Shortly after you pass the border to Ventimiglia and enter Italy.

**Day 3** Ventimiglia - Bordighera - San Lorenzo - Imperia 49 km



The Ligurian

coast appears today in all its splendor. Past Bordighera, at the beginning of the 20th century a resort town for the Italian aristocracy, we reach Sanremo, the city of flowers, very elegant and full of ancient palaces and villas surrounded by wonderful plants. Opportunity to visit Bussana Vecchia, a village destroyed by an earthquake and then restored by a group of artists who live there. Overnight stay in Imperia / Porto Maurizio.

**Day 4** Imperia - Diano - Cervo - Alassio 44 km

Continue to follow the coast through the picturesque fishing villages. Brightly colored houses are full of terraces. A very

characteristic village is Cervo, which seems to have been set in the coast by the sea itself. The large parish church, which can be seen from afar, is splendid. Continue in the direction of Marina di Andora to find a beach suitable for a refreshing swim. This area is also called the Riviera delle Palme.

**Day 5** Alassio - Albenga - Finale 48 km

Today the Roman route of the Via Julia Augusta is partly followed up to Albenga, a small town with art treasures such as the Cathedral of San Michele, the 5th century baptistery and the twenty towers. We leave the coast again towards Toirano, a beautiful medieval village famous for its lime stone caves, then back to the sea up to Borgo, where we climb towards Verezzi, one of the most beautiful villages in Italy, where every year a theater festival takes place. From here we descend to Finalborgo, another wonderful medieval village surrounded by ancient walls.

**Day 6** Finale - Savona 34 km

From Finale you continue along the sea towards Finalpia and from there you go up overlooking the sea on the Manie plateau, where you cycle along the woods. Spectacular is the descent to Noli, another beautiful village with its medieval towers and the Romanesque church of San Paragorio. Along the Aurelia or along the pedestrian



path you get to Sportono, where in front of the island of Bergeggi you can swim in the clearest waters of the whole Liguria. Continuing eastwards, you reach the beautiful seafront of Savona.

**Day 7** Savona - Arenzano 24 km ; train to Genova

We follow the seafront to Albissola, the beach is backed by extensive bathing establishments Continue to follow the coast to Albissola, the beach of Celle Ligure and then the beautiful city of Varazze, with its waterfront. From here the bike path to Arenzano starts on the site of the former railway. Crossing tunnels, railway bridges and with splendid views of the sea you reach Arenzano, where we recommend a stop in the splendid park surrounding the Villa Negrotto Cambiaso, now seat of the town hall. Here you return the bike and receive your luggage. Then take the train to Genoa, the final point of the journey, ancient maritime city with a unique charm.

**Day 8** Genova, departure or extra nights

**Tour level** medium/easy depending on the day **Individual tour** from € 1265.-- **Departure** every Saturday

## Genoa and 5 Terre by bike



A wonderful tour departing from Genoa, an ancient seaside town, and arriving in La Spezia in the Gulf of Tigullio, passing through the natural park of the Cinque Terre, among the scents and intense colors of the Levante Ligure.

**Day 1** Individual arrival in Genoa.

Genoa, for centuries a crossroads of peoples of the Mediterranean, is one of the ancient maritime republics, rivaling Venice; a trace of the ancient splendor is clearly visible in the marble palaces decorated with frescoes and in elegant churches such as the cathedral of S. Lorenzo. The other face of Genoa, the popular one, is discovered in the streets near the harbor full

of picturesque little shops. If you have time do not miss visiting the Museum of the Sea and the Aquarium.

**Day 2** Genoa - train to Casella - Scoffera - Lumarzo - Carasco - Chiavari (km 65 – height difference 500 mt)

Today a day full of emotions: the historic rack railway will take you to Casella 410 m above sea level; from there it gently climbs up to the mountain pass of the Scoffera, then descends along narrow streets

among the olive trees, touching small villages such as Lumarzo, the birthplace of Frank Sinatra's mother. Arrival at the sea in



Chiavari along the shady and fresh cyclepath that runs along the Entella river.

**Day 3** Chiavari - Val Graveglia - Varese Ligure (km 65 – height difference 800 m)

Challenging stage due to the difference in height but without steep climbs. From Chiavari, return to the hinterland passing through the Basilica dei Fieschi, a Romanesque jewel, then take the quiet Val Graveglia where the Gambatesa manganese mine, still in activity, is located, which can be visited if you like. Arrival in Varese Ligure, a small village with lively colors and a characteristic circular shape, unique in Liguria.

**Day 4** Varese Ligure - Levanto (48 km – height difference 650 mt)

After yesterday's hardships, today we descend among the green inland mountains dotted with delightful villages that resemble the houses of a tale written by Tolkien, until we return to the sea in Levanto, an ideal place to take a swim in the sea or relax in one of the many characteristic and welcoming coffee bars enjoying a good ice cream.

**Day 5** Levanto - Cinque Terre by boat and or on foot



Day without bikes dedicated to the Cinque Terre, a unique area in the world where the mountain full of terraces descends steeply into the sea, creating an unforgettable scenery. On the sea by ferry or, in case of bad weather, on the land by train, you will reach the five picturesque villages: Monterosso, Vernazza, Corniglia, Manarola, Riomaggiore; we suggest to make a part of the return journey on foot along the famous "Via dell'amore".

**Day 6** Levanto - Cinque Terre - La Spezia (41 km – height difference 350 m)

From Levanto we climb slowly towards the sanctuary of Soviore, a welcoming place with a great view of Monterosso, then we continue almost flat along the spectacular road passing through the mountains allowing you to enjoy the beautiful view of the creeks and fishing villages visited the day before. Breathtaking descent on La Spezia, military port where there is an interesting naval museum. Possibility to reach Portovenere by bus or by bike but on a busy road.

**Day 7** La Spezia, end of services after breakfast

**Tour level** medium **Individual tour 2 persons** from € 1299.-- **Departure** every Saturday

## Tuscany: "Terra di Siena" and val d'Orcia by bike

An unforgettable tour in the Italian region where many people coming from abroad for a visit have chosen to remain forever, enchanted by its sweet hilly landscapes, by the refinement of its culture, its great wines and its delightful, country cuisine.

**Day 1** Individual arrival in Siena

**Day 2** Siena – Brolio – Castelnuovo Berardenga – Asciano km 49

Highlights: Brolio Castle, the hamlet of Villa a Sesta, the town of Asciano; the panorama of Chianti region with its wines and woods.

**Day 3** Asciano – Monte Oliveto – San Giovanni d'Asso – Pienza km 52

Highlights: The monastery of Monte Oliveto, the medieval

town of San Giovanni d'Asso, the monastery of Sant'Anna in Camprena and Pienza, the jewel city of the Renaissance.

**Day 4** Pienza – S. Quirico – Montalcino – Buonconvento – Murlo km 56

Highlights: the historical center of San Quirico, the town of Montalcino, the medieval hamlet of Murlo.

**Day 5** Murlo – Radi – Sovicille – Monteriggioni - Colle Val d'Elsa km 64

Highlights: the walls of Monteriggioni and the historic center of



Colle Val d'Elsa.

**Day 6** Colle Val d'Elsa – Casole d'Elsa – Ugnano - Volterra km 47

Highlights: the town of Casole d'Elsa and Volterra.

**Day 7** Volterra – Il Castagno – San Gimignano – Certaldo- transfer by train to Siena km 47

Highlights: the city of San Gimignano and the historic center of Certaldo.

**Day 8** Siena; Tour ends after breakfast.

**Tour level** medium **Individual tour** **5 days standard** from € 550.— **5 days deluxe** from € 630.—

**8 days standard** from € 865.-- **8 days deluxe** from € 990.— **Departure** every day



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## Eurovelo 8 from Limone to Valenza by bike

**Day 1:** Individual arrival in Limone Piemonte

**Day 2:** Limone Piemonte – Saluzzo, 71 km in bicicletta

From the mountain you descend to the plain towards Saluzzo, the medieval town perched on the hill at the foot of Monviso is a little gem. Former capital of the homonymous marquisate, an antiques fair is held there every year, an activity for which it is renowned.

**Day 3:** Saluzzo – Carignano, 56 km in bicicletta

All plain and cycle paths along the important orchards of the Saluzzo area up to Carignano, one of the oldest towns in Piedmont, with a fair amount



of Romanesque parish churches, now an important agricultural centre.

**Day 4:** Carignano – Torino , 37 km in bicicletta

More plains along the river. Turin will surprise you with its discreet and elegant style, with the French atmosphere of its cafés and some of its squares, with the incredible quantity of parks and gardens, at the foot of a green hill. The city is crossed by four rivers and is full of cycle paths and pedestrian areas full of nice bars and shops.

**Day 5:** Torino – Crescentino, 60 km in bicicletta

You leave Turin along the river in an easterly direction; once you reach Chivasso, you follow the Cavour canal for a short stretch, which here originates from the Po, and you soon find yourself in the middle of the rice fields of Crescentino, in a typical rural landscape, splendid in the month of May, when the rice fields are covered with water.

**Day 6:** Crescentino – Valenza, 63 km in bicicletta

We continue through rice fields and enchanting views of the Po until we reach Casale, a lively and charming town that is the gateway to Monferrato, a land of wines and good food, and then reach the surroundings of Valenza, the most important centre of goldsmith art in Piedmont.

**Day 7:** Valenza, end of services after breakfast



**Tour level** easy

**Individual tour** from € 670.--

**Departure** every Saturday

## Mantua by bike

**Day 1** Arrival in Mantua in the late morning - tour of the city and the lakes by bike approx. 40 km

**Day 2** Mantua - Borgoforte - Mantua 55 km

**Day 3** Mantua - Rivalta - Le Grazie - Mincio park by boat - Mantua 30 km,

**Day 4** Mantua - Peschiera del Garda by bike+bus - return to Mantua by bike 45 km



**Tour level** easy

**Individual tour** from € 280.--

**Departure** every day

One hotel based tour

## Po Delta by bike

**Day 1:** Individual arrive to Porto Tolle

**Day 2:** Porto Tolle - Porto Levante - Boccasette and back 45 km

**Day 3:** The isle of Ariano and the museums: Bonifica museum, Ocarina museum, Taglio di Po, along Po di Venezia, Ariano, Po di Goro, Dune museum in San Basilio; 56/35 km

**Day 4:** the way of the Valleys and Bonifica, by bike along the Po di Goro,

Gorino lighthouse, boat bridge, Mesola woods, Pomposa abbey; 50 km

**Day 5:** Porto Tolle - Lido di Volano, Mesola castle, Abate tower, Po di Gnocca; 50/30 km

**Day 6:** Comacchio ring and Valle Bertuzzi 47/32 km

**Day 7:** Lido di Volano, end of the tour after breakfast



**Tour level** easy

**Individual tour** from € 415.--

**Departure** every day

## From Swiss to the sea

**Lugano (Swiss) - Casale:** individual tour, 5 days, tour level easy, departure every day, from €648.--

**Casale – Imperia (Liguria):** individual tour, 7 days, tour level medium, departure every day, from € 895.--

# FRANCE - bike tours

## From Marseille to Nice by bike Group tour

A tour that allows you to explore the beautiful surroundings of Fuggi and relax in a 4\* hotel with an elegant and luxurious spa area, placed in a green oasis. You reach Rome, the eternal city and spend an entire day exploring the capital by bike.

### Day 1 Individual arrival in Marseille

### Day 2 Marsiglia - Bandol ca. 50 Km

Leaving Marseille we find ourselves having to go up a 200m uphill stretch of about 5km, which leads us to a plateau dominated by the Pain de Sucre and which then descends to Cassis, famous for its syrup, which combined with the white wine gives its name to Kyr, an appreciated aperitif; after Cassis the route takes us back to about 200 meters in altitude and then returns to the sea to Bandol, the city that has the most beautiful beaches on the French Riviera and, not to be missed, the Exotic Garden right in the center of the village



### Day 3 Bandol - Giens ca. 45 km

Also in this stage we find two small climbs of about 40 meters; you get to Sanary sur Mer, a town that claims to be the sunniest in France, a small literary capital that hosted Brecht, Mann, Marcuse and others who fled from Nazism; after passing the Six-Fours peninsula, continue pedaling fairly flat on the beautiful protected cycle paths of the "Parcours cyclable du Littoral" to Toulon, an ancient city of the 2nd century BC with a large port and a daily Provençal market; Still on the flat, we arrive at the Giens peninsula ("lengo de Giens" in Provençal Occitan, that is, the tongue of land), we will spend the night in the old city.



### Day 4 Giens – Cavalaire sur Mer ca. 53 Km

Almost flat stage, a single climb of about 80 meters in altitude; you go inside Cap Benat to Le Lavandou, a name that identifies the old washhouses of the last century (which can still be seen in the historic center) fed by 13 springs; the stage ends in Cavalaire sur Mer, always pedaling on cycle paths.

### Day 5 Cavalaire - Frejus ca. 45 Km

Departing from Cavalaire, the paradise for sailing lovers, you cross the Ramatuelle peninsula and arrive at Saint Tropez, the centerpiece of this trip, a town famous for the uninterrupted flow of wealthy people on the perennial catwalk but also for its center

historic with bright red tiles and the bell tower; from here until the end of the stage you are always on the level passing Saint Maxime and Saint Aigulf, and the red cliffs up to Frejus / Saint Raphael

### Day 6 Frejus - Cannes ca. 37 Km

In this stage you follow the interior and go up to 300 meters over 6 km, unfortunately the road along the coast which would be more flat is too busy; after a long descent you arrive at the port of La Napoule / Mandelieu which boasts an excellent Mediterranean climate and a beautiful castle; the last 7 km are completely flat up to Cannes, the city of cinema and its Boulevard de la Croisette, on which it will be possible to meet some famous stars.

### Day 7 Cannes - Nizza ca. 40 Km

This stage is also completely flat; from Cannes continue along the seafront passing through Antibes, a small fortified jewel (see the Picasso museum) and Cap d'Antibes which houses many luxury villas; after Cagnes sur Mer you pass near Nice airport and finally enter the city on the Promenade des Anglais and its typical blue chairs to rest in front of the sea; founded by Greek colonists from Marseille in 350 BC it has a truly remarkable historical center.

### Day 8 Nizza. Tour ends after breakfast.



**Tour level** medium/easy

**group tour** from € 1490.--

- **Departure** every Saturday

# TREKKING in Italy

## PIEMONTE: GTC (Gran Tour of the Hill) - Trekking on the hill of Torino

**Day 1** Individual arrival in Torino

**Day 2** Torino – Superga 12 km/ +490m

We follow the cycle-pedestrian path that runs along the Po to the north-east, until we reach the Sassi cemetery; from here begins the climb up to the Basilica of Superga, one of the most beautiful panoramic points of the city of Turin. Those who wish can go up on the cog railway (ticket not included). In a few minutes we reach the farmhouse where we spend the night.

**Day 3** Superga – Chieri 14 km/ +200/-500m

A splendid panoramic road, surrounded by the trees of the Turin hills, takes us to the village of Pino T.se, where the astronomical observatory is located.

In the afternoon, a beautiful route, almost entirely downhill, takes us to the town of Chieri, with its beautiful historic center of medieval origin.

**Day 4** Chieri – Moncalieri 20 km/ +570m/-600m

In the morning we head towards Pecetto, famous for its cherries, and then we begin the climb that takes us to the Park of Rimembranza, with the Vittoria lighthouse located on the Maddalena hill, which with its 715 m. it's the highest point of the city of Turin. Then we return to the South-East side, almost completely downhill until we reach the castle of Moncalieri, currently the headquarters of the Carabinieri corps, and the beautiful historic center of the city.

**Day 5** Moncalieri – Torino 10 km/ +0m/-0m

The last stage takes you quickly to the center of Turin, following the beautiful pedestrian path that runs along the Po river. Along the way, you cross the Automobile Museum, the medieval village and the park of Valentino. The afternoon can be spent exploring the historic city centre, visiting a museum or indulging in shopping

**Day 6** Torino, end of the service or extra nights.

**Tour level** easy **Individual tour** from € 455.-- **Departure** Monday to Saturday



## PIEDMONT Langhe : trekking between wines and castles

**Day 1** Individual arrival in Alba

**Day 2** Alba - Grinzane - Barolo: 13 km /approx. 3,5 hours

In the morning, a taxi will take you to the castle of Grinzane, here begins your journey on foot that will lead you through Gallo d'Alba and then in the middle of the vineyards of La Morra until you'll reach Barolo with its castle.

**Day 3** Barolo - Novello - Monforte: 9 km/ ca. 2,5 hours or 14 km/ca. 4 hours

Today's route runs almost entirely among the finest vineyards of Nebbiolo grapes, which yields one of the most appreciated Italian wines; initially we reach Novello with its imposing castle, then we head up to Monforte, where we can relax in the main square of the village, always buzzing with tourists and local people. On the longer route you pass by Monchiero.

**Day 4** Monforte - Cissone: 16 km/ approx. 4,5 hours

Today's route takes us to Serrallunga, Sinio, Roddino and then Cissone; addition to the usual rows of grapes, we meet the first

hazelnut trees, typical of high Langhe and some wooded areas a little wilder. It's worth a stop in Serrallunga, to visit the castle and enjoy a glass of wine.

**Day 5** Cissone, rest day

Today you can take a short circular route around the hills of this pretty village, or enjoy a little relaxation on the terrace of the agriturismo

**Day 6** Cissone - Cravanzana: 17 km/ approx. 5 hours

We are located in Alta Langa, famous for its hazelnuts, the landscape is characterized by extensive cultivation of





hazelnut trees and the deep valley of the Belbo, which we cross, after making a stop at the beautiful church of Cerretto Langhe, to reach Cravanzana

**Day 7** Cravanzana - Cortemilia: 12 km/approx. 3,5 hours  
From Cravanzana start a nice stretch going down to Torre Bormida, where we cross the river of the same name, then begin a steep climb to Bergolo, one of the smallest and characteristic municipalities of Alta Langa, from here onwards we continue in the midst of the forests to Cortemilia, an ancient village dating back to the Roman Age.

**Day 8** Cortemilia; Tour ends after breakfast.



**Tour level** medium/easy **Individual tour** from € 695.-- **Departure** every day

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# Booking form

**Form to send always when you book to fulfill as dispositions of the of italian Consumer Code.**

Please copy in the message and send to: [info@dueruotenevento.com](mailto:info@dueruotenevento.com)

For problems of filling : tel.0039 011 488529

To avoid spamming remember to put always the description in object of the email

Destination .....

Trip duration, days.....from .....to ..... alternative day .....

Type of tour individual  group with guide

Number of persons ..... of which children..... aged.....

Rooms : single  double  triple  quadruple  separed beds

Category A  B

Meals bed & breakfast  half board  full board

Bike own  rent  normal  e-bike

Transfer yes  no

Extra night in ..... n..... from ..... to .....

Extra night in ..... n..... from ..... to .....

Car parking in ..... yes  no

Others .....

## Reference person

Name and surname .....

Address.....City.....State.....

Telephone..... Fax ..... Mobile.....

E-mail .....

Date of birth..... Height (for the rent bike) .....

## Others partecipants

Name and surname	Address	Date of birth	Height
2°.....			
3°.....			
4°.....			

Any food allergies  for .....

Arrive by car  train  fly  bus

Payment by bank  credit card or Paypal

How did you know Due Ruote nel Vento ?

internet  friends  bike magazine  other magazine  fear  other  .....

We grant authorization for the processing of personal data

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Date .....Sign .....

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