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, multiple 2-night stays, Langhe area famous for its wine, cheese and truffles

TOUR FACTS

Tour Style	Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
Includes	8 days, 7 nights accommodation; meals as noted in itinerary; 2 wine tastings; guided visit Bene Vagienna Archaeological site
Countries	Italy
Begin/End	Cuneo/Asti
Arrive/Depart	Turin/Torino Airport (TRN) / Milan Malpensa Airport (MXP)
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/bike-tours/italy/piedmont/biking-piedmont

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DATES & PRICES

Dates	Price	Single Supplement*
Aug 25, 2024	USD$4695	USD$550
Sep 15, 2024	USD$4695	USD$550
Jun 08, 2025	USD$4895	USD$550
Aug 24, 2025	USD$4895	USD$550
Sep 14, 2025	USD$4895	USD$550

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	77km / 800m (48mi / 2624ft)	Rolling hills		
3	69km / 579m (43mi / 1899ft)	Hilly		
4	41km / 790m (26mi / 2591ft)	Hilly		Today's ride is an optional loop ride
5	50km / 791m (31mi / 2594ft)	Hilly		
6	40km / 795m (25mi / 2608ft)	Very hilly		
7	60km / 933m (37mi / 3060ft)	Hilly		
8	Last Day			

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ARRIVAL INFO

Your tour starts with a complimentary ExperiencePlus! shuttle pick-up on Day 1. Your spot on the shuttle is already reserved for you. The drive will take 1.5 hours. If you can't make the shuttle, you will be responsible for your own transportation to the tour start location in Cuneo (1-1.5 hours by train, or private transfer, arranged by the hotel, around EUR 130).

- Shuttle pick-up time: Day 1 at **11 AM**
- Meeting point: Cafe-bar "Roma già Talmone" right by the Torino Porta Nuova train station, where you can grab a snack for the drive.

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.

Airport: We recommend flying into the Turin/Torino Airport (TRN).

From the Turin/Torino airport to the Torino Porta Nuova train station:

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

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

- Walk about 2 minutes (see a map here)

DEPARTURE INFO

Your trip ends on the final day after breakfast.

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

Airports:

- The closest airport to the tour end is Turin/Torino Airport (TRN).
- You can also fly out of the Milano Malpensa Airport (MXP). Trains take about 3.5 hours to the airport (Malpensa Aeroporto T1). Pre-booking is recommended.

Getting from the tour ending hotel to the Turin/Torino airport:

1. Taxi from the ending hotel to the Asti train station (5 min/EUR 10)
2. Train from Asti to Torino Puerta Nuova. No need to pre-book train tickets (40 min/fares vary by class and connection chosen)
3. Arriva bus to the Torino Airport (every 20 minutes; 50 min/EUR 7-8), or Taxi (30 min/EUR 40-45)

Look up Italian train schedules at Trenitalia or Trainline. Questions? See our information on taking trains in Europe or ask

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Gather in Cuneo, south of Turin

DAY 1: Sun, Sep 17th

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

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

Level
Meals Dinner
Lodging Hotel Principe

Cycle deep into the Alps along an Alpine Valley

DAY 2: Mon, Sep 18th

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

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

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

Bicycle from Cuneo to Monforte D'Alba

DAY 3: Tue, Sep 19th

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

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

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

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

DAY 4: Wed, Sep 20th

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: Thu, Sep 21st

Highlights Beautiful vineyard landscapes, regional wine museum

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

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

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

DAY 6: Fri, Sep 22nd

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

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

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

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Bicycle from Bistagno to Asti

DAY 7: Sat, Sep 23rd

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

Highlights Culinary city of Asti, Asti Spumante

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

Bicycle tour ends

DAY 8: Sun, Sep 24th

Meals Breakfast

Highlights Bon Voyage!

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

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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 what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel. Plus, all the logistics are taken care of.

PRE-TRIP SUPPORT

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

BICYCLES

For a full list of what's included with your bike see: https://www.experienceplus.com/what-to-expect/our-bikes/. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer and Self-guided tours we include a GPS device on all bikes.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

On a guided 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. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

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 5-8% 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 and not expected on self-guided tours.

PHOTOS:

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

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.

Classic Tours: Dream of traveling through a region by bike? 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.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and 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
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- 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 except for land extension.
- Road Type: Pavement
- Navigation and support:2 tour leaders, van Support and 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
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: $$$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: $
- Tour Levels: 1-4

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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. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

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

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

LEVEL 2 - 2.5

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

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

LEVEL 3 - 3.5

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

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

LEVEL 4 - 4.5

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

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

LEVEL 5 (EXPEDITION)

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

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

REMEMBER

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

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CHECKLIST

TO DO ONCE YOU'VE BOOKED!

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

6 TO 3 MONTHS PRIOR TO TOUR START DATE

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

6 TO 2 WEEKS PRIOR TO TOUR START DATE

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

DAY OF YOUR FLIGHT

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

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