

Gastronomic Barolo Cycling

Hotel-to-hotel independent cycling

- Luxury hotels: panoramic pools, elegant lounges, gourmet cuisine; outstanding wines at exceptional prices!
- Beautifully scenic cycling: truly undiscovered, yet highly sophisticated, Italy
- Boundless vineyards, sun-drenched hamlets, stunning views - as far as Mont Blanc on a clear day
- Historic castles, frescoed chapels, honey-colored squares, pretty medieval villages
- A mecca for foodies: numerous markets, atmospheric *enoteche* and two nights in a Michelin-starred restaurant



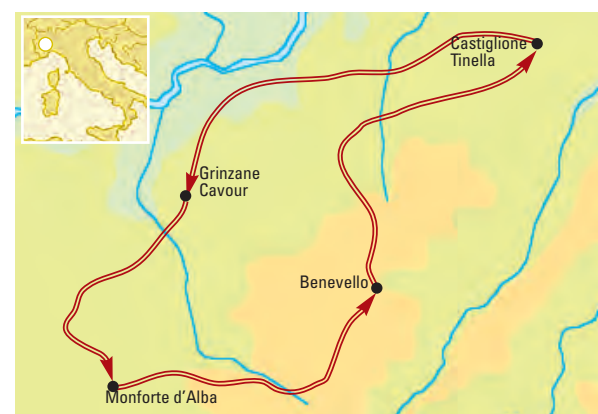
Tucked away in Northern Italy, Piedmont is a region brimming with softly rolling hills, sun-drenched hamlets, world-class wines and incredible hotels.

Your cycling holiday is varied and mainly follows quiet, traffic-free country roads. Starting in the lush hazelnut hills, you'll wind through terraces of swaying vines, verdant pine forests and gurgling rivers to discover pretty hilltop hamlets and ancient castles. The region boasts an incredible array of fine wine towns, including Barbaresco and Barolo, both ideal lunch stops on your cycling days. Other highlights include exploring Alba's crimson cobbled streets (and trying some local chocolate!), drinking in alpine views as you freewheel towards Treiso and strolling amongst the tangle of streets and geranium-decked houses of Monforte d'Alba's wonderful centre.

The hotels we've chosen for this holiday are, quite simply, fabulous: in Castiglione Tinella you're the guest of Claudia and Roberto at their 11-room country house with a breathtakingly panoramic pool; in Benevello your ★★★★★ hotel is a stunningly restored 19C family villa, with a Michelin-starred restaurant and in Monforte d'Alba private tastings can be organized in the hotel's vast wine cellar. You'll enjoy gastronomic menus everywhere: you'll either dine at your hotel, if not, at a specially selected restaurant close by.

"We have done six cycling holidays - this was the best."

Mr Hunt



GASTRONOMIC BAROLO CYCLING | DAY BY DAY



Day 1 Arrive at Benevello

We meet you at Cuneo train station and take you to your stunning hotel (75 mins) just below Benevello. The chef here trained under Marco Pierre White so you're in for a real treat!

Day 2 Benevello to Castiglione Tinella 35km/22mi

A perfect start with a gentle ride along an open road with balcony views and hawks soaring high above the breathtaking Langhe countryside. You visit lovely Treiso, formerly a summer retreat for Alba's noble families, before reaching Barbaresco for lunch and cheese-tasting in the *piazza*. Try some wine too in the *enoteca*, housed in a 19C church built by the locals in thanks for a good grape harvest! Time to visit Neive, officially one of Italy's prettiest villages and home of Romano Levi, a renowned *grappa* maker, before a panoramic climb through Moscato vines to Claudia's lovely hotel in Castiglione Tinella.

Day 3 At Castiglione Tinella

Castiglione is a great place to spend a lazy day, especially by our hotel's panoramic pool. However, a short journey away is Acqui Terme, a spa town since Roman times, with two major thermal centers. Or head across to the *spumante* capital of Asti, with its quaint cobbled historic center – each September the main *piazza* is home to a crazy *palio* horse race to rival Siena's!

Day 4 Castiglione Tinella to Grinzane Cavour 38km/24mi or 42km/26mi

The day starts with an exhilarating whizz through vineyards to Castagnole Lanze. Time to explore the cobbled streets and bustling *piazza* of chocolate-perfumed Alba (Ferrero Rocher come from here!). Then it's on to Grinzane Cavour where a warm welcome awaits at the elegant Casa Pavesi.

Day 5 At Grinzane Cavour

Explore the castle - wine tasting on offer here too. Then perhaps visit nearby Brà, a gastronomic treasure trove where the Slow Food movement was initiated – so plenty of choice for a long, lazy lunch! Lots to explore in the town too, including the 18C rococo church and the strange octagonal *Zizzola*, where local witches held their meetings! For the best views in the region, walk or cycle to La Morra, "Balcony of the Langhe", spread out along a panoramic ridge above the vineyards.

Day 6 Grinzane Cavour to Monforte d'Alba 21km/13mi or 28km/17mi

Cycling first through sunflower fields to Roddi, then onto Barolo, an ochre-hued village perched above its world-famous vineyards – the tangle of mediaeval streets are dominated by the Marchesi Falletti's 11C castle. Pedalling on through archetypal Langhe countryside to Monforte d'Alba, whose lovely honey-colored old town seems to cling enchantingly to the hillside. Your hotel here is pretty special too!

Day 7 At Monforte d'Alba

You might not want to leave your gorgeous 18C villa hotel with private swimming pool, but it'd be a shame not to explore medieval Monforte. It's a lively town with attractive buildings grouped around an atmospheric cobbled *piazza*. Maybe strike out a little further to Dogliani, dominated by its beautiful onion-domed church and famous for being at the heart of Dolcetto wine production.

Day 8 Monforte d'Alba to Benevello 21km/13mi or 35km/22mi

Your final cycling day starts with a gentle coast along the Rea valley before a steady climb takes you to a stunningly panoramic ridge, weaving through fields of wild flowers and sleepy hamlets to Serravalle Langhe – a great lunch spot with *belvedere* views. Onwards, you pedal alongside chestnut carpeted hills with delightful vistas once more to reach your beautiful country hotel at Benevello. Time to enjoy the pool and jacuzzi before dinner.

Day 9 Leave Benevello

Note: Please note that, from spring 2011, cycling helmets are compulsory in Italy for children under 16. As we cannot provide these, we strongly recommend that you bring your own.



"Our cycling holidays are the most enjoyable, fun and romantic holidays we have, and we recommend them to everyone."

Miss C Nuss

Dates and Prices

Departs every two days **Tour Only**

2012 departures

May 11-31	\$3,644
Jun 2-30	\$3,731
Jul 2-Aug 31	\$3,798
Sep 2-Oct 14	\$3,825
Child (any dates, see notes)	\$2,423

Singles: Add \$121 per night for sole occupancy of a double room.

Child: Over 2 and under 12, sharing with 2 adults.

Room upgrade: Prices from \$11 per person, per night, based on 2 sharing.

Holiday type: Independent cycling, hotel-to-hotel, no minimum group size.

Departs: Every two days from May 11 to Oct 14.

Duration: 9 days (8 nights).

Meals: Continental breakfast and evening meals.

Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Nice Airport

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

The above prices include our standard transfers: Cuneo train station at 15:50, (transfer to hotel, 75 mins, provided). **Return:** Cuneo train station by 08:33 (transfer provided).

Rail options: Nice Ville to Cuneo (via Ventimiglia) 12:53/15:50.

Return: Cuneo to Nice Ville (via Breil-Sur-Roya) 08:33/11:12.

Second Class Rail: Add \$175 per person, round trip.

First Class Rail: Please call for details.

Tour only: Transfers included from Cuneo train station at 15:50, and back to Cuneo train station departing hotel at 07:00.

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GASTRONOMIC BAROLO CYCLING | WHERE YOU STAY



Relais Villa d'Amelia
★★★★
Benevello
Days 1+8



Albergo Castiglione
★★★★
Castiglione Tinella
Days 2+3



Casa Pavesi
★★★★
Grinzane Cavour
Days 4+5



Villa Beccaris
★★★★
Monforte d'Alba
Days 6+7

For extra nights we recommend Benevello and Monforte.

Further details at www.breakaway-adventures.com