Piedmont: Gastronomic Barolo Cycling Wine Hills

8 days, *€ 926*



ITALIAN BIKE TOURS
Bike, Breathe & Discover

Introduction



This **Gastronomic Barolo cycling** tour is one of the most rewarding ways to explore this unique corner of Piedmont: rolling green hills, with the white peaks of the Alps as a backdrop, crossing the varied cradle of the 'slow food' movement, through the famous vineyards of Barolo and Barbaresco. Taste the most famous regional dishes: the spicy 'Bagna Cauda', many fine chocolates, cheeses and tasty salamis and, of course, the king of truffles, the famous white truffle of Alba. You start in the 'hundred towered' city of Alba, with Roman, Baroque and Gothic architecture. Cycling through meadows and vineyards and meandering valleys topped with solid castles, you enter the area of the Alta Langa, the centre of "slow food" and the famous Barolo and Barbaresco wines.

Day to Day

Day 1 **Arrive in Alba**

After your arrival and check-in in the hotel there may be some time left to make a stroll through this beautiful old town, also known as the city of 100 towers, and get your first taste of the gastronomic barolo cycling experience through the Langhe region. Alba is the capital of the hilly area of the Langhe famous for his white truffles, hazelnuts, peaches and top-class wines. Take your time to visit the old centre, with pre-Roman origins. Of the Roman city, which had a polygonal form, you can still see parts of fortified gate and remains of some edifices with marbles and mosaics.

Day 2 **Ride Alba to Benevello via Barolo** **48 km**

You will cycle in the famous Langhe region through a delightful countryside of green, rolling hills. This is the region of the delicious Barolo wine and there are countless winery to stop by, but if you want to sample most of them stop by the Enoteca Regionale del Barolo, where they have more than 30 on taste; The WiMu is also another interesting stop in the castle of Barolo, but remember not to drink too much since there is still some way to cycle between here and Benevello. The last climb is worth the effort as here you will stay in a very comfortable and stylish accommodation, a historic farmhouse, which has been recently completely restored.

48 km, 900m ascent, 600m descent

Day 3 **Benevello loop ride** **31 km**

Today you have two options: a north cycle route to explore the hills surrounding Cassano Belbo or a longer but very panoramic ride to the highest village of the Langhe region, Mombarcaro, at nearly 1000m above sea level, where on clear winter day you may see the sea...or you can choose to visit a winery and relax at the accommodation

31/68 km, 600/1500m ascent, 600/1500m descent

Day 4 **Ride from Benevello to Acqui Terme** **50 km**

Today's cycling route leads you from Benevello to Acqui Terme. Enjoy this relaxed riding day as most of it is along the Bormida river, have a look around in the old villages of Cessole and Bubbio and the wonderful bridge at Monastero Bormida. Once you have arrived in Acqui Terme take your time to do some Italian shopping in the nice old town or relax at the SPA.

50 km, 800m ascent, 700m descent

Day 5 **Acqui Terme loop** **34 km**

Today you can choose between two options, a northern loop and a southern one: the 1st one partially overcome tomorrow's route and leads you to the stunning wine villages of Fontanile, Alice Bel Colle and Strevi. Have lunch in one of the Trattorie in the villages, sipping some fresh wine and grissini. The southern loop (a little harder) leads to Ponzone, a very panoramic village where it's worth a stop at the local bar for some delicacies and coffee. Leave some time to visit the city center of Acqui Terme if you didn't yesterday.

34/37 km, 850/700m ascent, 850/700m descent

Day 6 **Ride from Acqui Terme to Asti** **53 km**

The ride today takes you to Asti, famous for its Spumante sparkling wines! Heading north you cycle along rolling panoramic hills all cultivated with vineyards. Try to spot the open air art installations by Chris Bangle called "Big Benches". The biggest town along the way is Nizza Monferrato, worth a stroll through the quiet alleys.

53 km, 850m ascent, 900m descent

Day 7 **Ride from Asti to Alba** **38 km**

From Asti to Alba you initially follow the Francigena cycle route to get out of town, then you pass by various villages and at least 3 imposing castles that dominates the surroundings: Govone, Guarene and Magliano Alfieri castels. The Govone castle is a UNESCO site, like the Venaria Reale in Torino, residence of the Savoia family, the former kings of Italy. Guarene castle is now a 5-star hotel.

38 km, 600m ascent, 700m descent

Day 8 **Arrivederci Alba!**

The trip and our services end after breakfast, unless you have booked another service with us.

Prices, Data, Booking

Price pp		**€**
Double room, breakfast	price from	926.00
Rental bike		**€**
Hybrid		160.00
Hybrid		166.00
E-bike		190.00
E-bike		244.00
E-bike		250.00
Extra services		**€**
Giving back to nature	per piece	5.00

Accommodation

Nights in 3/4-star hotels with breakfast

Practical Info


7 nights included


3/4 Star Hotels


Breakfast included


Tourist information on all the places of interest


Bike rental available


7-days a week service-hotline


Luggage transport included


Alba Train station


Parking possibilities at the hotel


GPS-tracks available