



The beauty of the landscape and the gentle rolling hills of the Langhe are an inviting and challenging land for the fans of the pedal. The Hard work and good sweat will vanish before the incomparable views of the pattern of the hills and the Alps. The climbs and descents are quite challenging but not exhausting. The roads are never too busy being in some cases real cycle paths. Do not miss the opportunity to combine physical training with visits to museums and castles, as well as tasting of wines and local products. The excursion table (next page) contains a rating of difficulty so that riders can choose the itineraries which best suit their training. Upon request, we offer a minibus service to help the cyclists on the route, or to draw a linear route that provides for the recovery of the cyclists. The proposals can be self-managed with the informations resorting to the association or taking advantage of an experienced bike guide.

Proposals:

WEEKENDS (2 nights) from **102.00 €person**

FIVE DAYS (4 nights) from **166.00 €person**

Suggested trips:

A	Easy	2 h	<i>From Sinio to Grinzane Cavour roundtrip (30 km)</i>
B	Easy / Medium	3 h	<i>From Sinio to Alba. On road from Sinio to Roddi and from Roddi to Alba along the river Tanaro cycle path. Return from Alba to Sinio on road. (40 km., of which 15 on cycle path)</i>
C	Medium	5-6 h	<i>From Sinio to Govone. On road from Sinio to Roddi and from Roddi to Alba along the River Tanaro cycle path. <u>Way back to Alba by local train</u>. Back from Alba to Sinio (60 km, of which 35 on cycle path).</i>
D	Easy	2-3 h	<i>From Sinio to S.Benedetto Belbo by car or minibus. Cycle way along the river Belbo as far as the Pavoncella hut. (30 km.roundtrip). Option lunch in a restaurant.</i>
E	Medium	2 h	<i>Sinio – Montelupo – Sinio loop (35 km.)</i>
F	Easy / Medium	2-3 h	<i>Sinio – Pedaggera – Monforte – Barolo – Grinzane – Sinio (loop 42km.). Easy option with possible transfer to Pedaggera (35km.). Possibility of visits in to Barolo castle or Grinzane castle.</i>
G	Difficult	4 h	<i>Sinio – Pedaggera – Serravalle – Dogliani – La Morra – Sinio) (65 km. loop). Possibility of visits and tasting of local products.</i>
H	Very difficult	5 h	<i>The champions' climbs circuit. Including Marco Pantani, Charly Gaul and Gino Bartali. From Sinio to Albaretto Torre, Lequio Berria, San Bovo, Manera.</i>





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Freewheeling



Proposal 1 - WEEKENDS (2 nights)

Programme

Friday:	Arrival in Sinio in the afternoon, welcome aperitif and introducing briefing. Transfer and Accommodation. Possible warm-up trip (suggested A, E). Evening free.
Saturday:	Breakfast. One of the suggested bike trips (B,C,D,F,G,H), according to the difficulty and length. Lunch free or picnic basket. Evening free.
Sunday:	Breakfast. One of the suggested bike trips (B,C,D,F,G,H), according to the difficulty and length. Lunch free or picnic basket. Relax and departure.

Individual rate for the stay:

102.00 €/ person

Cost includes:

2 nights in a double room, breakfast included
welcome aperitif
"Colori di Langa" card—insurance
information on the selected bike trips.

Cost doesn't include:

transfers by car or minibus
any meals not described in 'Cost Includes'
the cycling guide
anything else not described in 'Cost Includes'

Extra charges:

Single room	48.00 €	person / night
Picnic lunch box	8.50 €	Sandwiches, fruit, cake and water.
Bus rental, max 9 seats	108.00 €	a day (fuel and driver not included)
Cycling guide	120.00 €	for a day whole
	60,00 €	for a day half
Bike transfer	42.00€	Driver service for transfer of bikes in a range of 35 km

Proposal 2 - FIVE DAYS / FOUR NIGHTS

Programme

Day 1°:	Arrival in Sinio in the afternoon, welcome aperitif and introducing briefing. Transfer and Accommodation. Possible warm-up trip (suggested A, E). Evening free.
Day 2°:	Breakfast. One of the suggested bike trips (B,C,D,F,G,H), according to the difficulty and length. Lunch free or picnic basket. Possible visit to a farming museum. Wine tasting. Evening free.
Day 3°:	Breakfast. One of the suggested bike trips (B,C,D,F,G,H), according to the difficulty and length. Lunch free or picnic basket. Possible visit to a Wellness centre with massaging, spa, hammam treatment. Evening free
Day 4°:	Breakfast. One of the suggested bike trips (B,C,D,F,G,H), according to the difficulty and length. Lunch free or picnic basket. Possible visit next a honey producer or nougat factory. Honey or sweet tasting. Evening free.
Day 5°:	Breakfast. One of the short bike trips (Suggested A or E) or visit to a farmhouse producing cheese. Cheese tasting. Departure.

Individual rate for the stay:

166.00 €/ person

Cost includes:

4 nights in a double room, breakfast included
1 visit with honey tasting
1 visit with cheese tasting
1 visit with wine tasting
welcome aperitif
Information on the selected trips
ARCI – Colori di Langa card and insurance

Cost doesn't include:

transfers by car or minibus
any meals not described in 'Fee Includes'
the cycling guide
anything else not described in 'Fee Includes'

Extra charges:

Single room	72.00 €	person / night
Picnic lunch box	8.50 €	Sandwiches, fruit, cake and water.
Rental bus, max 9 seats	108.00 €	a day (fuel and driver not included)
Cycling guide	120.00 €	for a day whole
	60.00 €	for a day half
Bike transfert	42.00€	Driver service for transfer of bikes in a range of 35 km