



Presents

The 2010 Cycling Discovery Tour of Italy

Fiuggi, Cessanatico and Lake Garda

16days / 14 nights 16th – 31st May 2010

This is a tour through three of the most beautiful regions of Italy, you will enjoy the challenges of scenic climbs, the exhilaration of the descents with the gentle valleys in between plus the option of riding the famous Nove Colli event.



Fiuggi:

Fiuggi, which hosts the **Silva Hotel Splendid**, is known in Italy and Europe as one of the best Spa resorts. Famous not only for its waters and health centres, Fiuggi is still a small medieval town in the heart of Ciociaria, bound to rural farming land.

Up to 1911 this medieval town was called Anticoli di Campagna and later became Fiuggi, from the Italian word "Frugi" meaning, ever since ancient times, the place where the water springs.

Fiuggi is a hidden "gem" for cyclists with some great climbs amongst the gentle rolling countryside. The roads are ideal for cyclists with the low level of traffic enhancing the cycling experience.





Cessenatico:

Cessenatico is the most delightful town on the Riviera. At the heart of the Riviera of Romagna and a few kilometers from Rimini and Ravenna, Cessenatico has managed to maintain its authentic nature that combines nature, history and modernity. It is the seaside resort with the highest ratio of green areas on the entire coast. For the past 10 years, Cessenatico has been awarded a European Community "Blue Flag", synonymous with environmental quality, infrastructures, state-of-the-art services and water quality.

It is here you have the choice of riding in the famous Granfondo Nove Colli. For more information please visit www.novecolli.it

For those who choose not to ride the Nove Colli there are many places to ride along with attending the Bike Expo which is situated at the finish of the event.



Lake Garda:

Lake Garda is the biggest of Italian lakes and is full of historical and natural interests. All around the lake many old and picturesque villages are visited every year by Italians and foreign tourists attracted for its mild climate and lovely landscape.

Lake Garda is a northern lake and mixes the Alps environment with the Mediterranean...a mixture of natural lights and colors that, together with the weather and the particular architecture, make it the perfect place for a cycling vacation.

The area between Bardolino and Lazise is characterized by a great flat area that on the Lake, surrounded on one side by the Morenic Hills and on the other side by a mountain 2200 meter height....

There are various routes tours for cyclists along the plateau or up and down the hills, in the forrest or along more Mediterranean landscapes, characterized by palms and florid fields of olive trees and vines, which are sustained by the Mediterranean weather which is particularly mild for the entire time of the year thanks to the benefic influence of the Lake.



Package pricing:

TBA

- includes airfare, accommodation, transfers, entry to Nove Colli and the majority of meals. Note: prices may vary due to the exchange rate of the day

Prices may change due to the exchange rate at the time of booking.

Tour Itinerary:

Sunday 16th – Fly out to Rome

Monday 17th – Arrive in Rome – transfer via coach to Fiuggi – approximately 1.5hrs

Tuesday 18th – Group ride around Fiuggi

Wednesday 19th – Group ride around Fiuggi

Thursday 20th – Group ride around Fiuggi

Friday 21th – Transfer via coach to Cessenatico – ride up to San Marino

Saturday 22th – Short Group ride – visit Nove Colli Bike Expo

Sunday 23th – Nove Colli event

Monday 24th – Transfer to Lake Garda

Tuesday 25th – Group ride around Lake Garda – afternoon trip to Verona

Wednesday 26th – Group ride around Lake Garda

Thursday 27th – Group ride around Lake Garda – 3 Lakes Ride

Friday 28th – Group ride around Lake Garda – optional trip to Venice via train

Saturday 29th – Group ride around Lake Garda – Peri Fosse

Sunday 30th – Transfer to Milan – spend afternoon shopping – final evening tour dinner

Monday 31st – Fly home

What you need to know

- Reasonable level of cycling fitness
- Your own bike and spares
- Appropriate cycling clothing for the duration of the trip
- Cycle clothing washed nightly at Fiuggi and Lake Garda hotels
- Valid passport with 6months validation