

A'gto

FAUSTO COPPI GRAN FONDO & PIEMONTE

23rd June to 1st July 2019

Ride The Undiscovered *Cycling Paradise* of Piemonte

A Letter From Your Hosts

Welcome to A'QTO and thank you for enquiring about our Fausto Coppi Gran Fondo & Piemonte Tour.



With its 31 year history, the Fausto Coppi Gran Fondo honours Italy's greatest cyclist, who managed to earn the title Champion of Champions.

Driven by the desire to see the awe inspiring mountain backdrop and climbs made famous by the Giro d'Italia and two of the local protagonists, Girardengo and Coppi, we first visited Piemonte four years ago and we still remain mesmerised each time we host a tour here.

Piemonte is a cyclist's paradise. Riding along narrow winding roads through the now World Heritage listed Le Langhe and its patchworked landscape, combined with the incredible long open climbs of the Maritime Alps that run along the French border, creates an unforgettable sense of adventure. It's what Damian calls "riding heaven".

We've designed this 9 day adventure with the Fausto Coppi Gran Fondo as the pinnacle following a week of sharing sensational rides in this little known region and an array of world class wine and food experiences that will have you truly immersed in the beauty of Piemonte.

From exclusive and private tastings of the famed Barolo and Barbaresco wines to spectacular terraced dining from hilltop castles and medieval towns with views as far as the eye can see, you'll love every minute of being off the beaten path.

The awe-inspiring beauty of Piemonte will captivate as you arrive and stay with you forever. As has the legend of Fausto Coppi to the world of cycling.

Join us for an incredible adventure,

Damian and Nancy



Your Trip at a Glance

Duration 9 Days / 8 Nights	Start & End Location Turin	Group Size 10	Days Riding 8	Price AUD \$5995*
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Total Riding Distance: 500km

Total Elevation: 9335m

Accommodation Style: Boutique Hotel with pool in Monforte d'Alba / B&B in the heart of Cuneo / Twin share with own bathroom (single occupancy available)

Meals: All included (except lunches and meals during free time).

Non-Riding Partners: Very Welcome! Full non-riding program available & hosted by Nancy.

Bikes/Bike Hire: Carbon Road Bikes can be fully arranged for you.

Travel Assistance: We are affiliated with an experienced and knowledgeable Travel Agent who can assist with flights, all pre and post travel and insurance.

* Prices are per person twin share





Fausto Coppi Gran Fondo & Piemonte

With its 31 year history, the Fausto Coppi Gran Fondo honours Italy's greatest cyclist, having earned the title Champion of Champions. With his palmares taking in multiple wins at the Giro d'Italia & Tour de France, together with a range of other title wins, it will be an honour to don the souvenir jersey at the Gran Fondo's 2018 edition, and give a nod to Il Campionissimo.

The Gran Fondo is the pinnacle of a week where we share with you a combination of sensational riding and world-class wine and food in the as yet undiscovered cycling paradise of Piemonte.

Look forward to long summer days riding through a patchwork of narrow winding roads and geometric coloured shapes covering the undulating terroir, while being surrounded by incredible panoramic views of snow capped Alps and medieval hilltop towns and castles perched atop their peaks.

Pair this with long lunches overlooking endless rows of Barolo and Barbaresco vines, aperitivo in piazzas and down cobbled streets, and unforgettable dinners where true artisans share with you their passion for Italian gastronomy. Get off the beaten path and rediscover your taste for adventure. Enjoy the unexpected, the journey, the history, the culture and of course the world class wines and cuisine.

Get ready for an unforgettable adventure.



Day 1: Barolo & La Morra

30km & 560m

Welcome to Piemonte.

After a 60 minute transfer from Turin to Monforte d'Alba you will have a light lunch, while our guides ensure that you have the perfect set-up for your bike for the week. We always start this week with the La Morra loop as it's the perfect introduction to Le Langhe, with it's rolling hills that stretch as far as the eye can see, it's ancient villages and castles perched atop hills, and the succession of gentle slopes planted with rows and rows of vines, creating magnificent geometric shapes.

As you wind your way up to the ancient hill top village of La Morra, you'll have two gentle climbs that should loosen your legs after your travels and also give you the chance to test your machine. You'll then cruise past the area's most prestigious vineyards and climb up to the village of Barolo itself, before rolling back into the picture perfect town of Monforte, with it's 18th century Palazzo Scarampi, piazza and small amphitheatre.

After indulging in a swim, you will make your way along the medieval cobblestoned streets to a favourite entoteca for aperitivo, before moving on to a local restaurant for your welcome dinner and your first introduction to the splendid Piemontese cuisine that will set the tone for the rest of the week.

This will be a highlight for connoisseurs of Italian cuisine.



Day 2: Dogliani

54km & 1000m

It's time for you to explore the maze of tiny roads that wind their way through this colourful patchworked land, made famous by its wines. Today you head out along the ridge before a gentle descent takes you into the pre roman village of Dogliani and its numerous buildings designed by the eclectic architect Giovanni Battista Schellino.

We keep tracking deep into the heart of the Cuneo Province past the sloping vineyards of Dolcetto grapes, which thrive in this area's clay and limestone soil, and start the day's climb towards Lovera and then onto Bosso-lasco, known as the "Pearl of the Langhe" and located on top of a panoramic hill between the valleys of the rivers Tanaro and Belbo. You will then wind your way back through the forest and the vines to Monforte d'Alba.

This afternoon you will have a private tour and tasting at a revered maker of Barolo, before you will be chauffeured across to La Morra for an aperitivo to continue the vino appreciation program before wandering a little way down the hill to a charming little restaurant with a terrace and unbeatable views overlooking the vineyards of Barolo for dinner.



Day 3: Neive

77k & 1600m

Rolling out of Monforte today, you will head in the direction of Castiglione Falletto and its imposing medieval castle. You keep descending, all the while taking in the splendid views across the vineyards of the low Langhe and the Serralunga that are home to the prized vineyards of Barolo, Barbera and Dolcetto d'Alba.

The winding road will take you to the first of four distinct climbs for the day as you make your way up to Grinzane Cavour and another historic castle. You keep tracking north east and tackle two more of the rolling hills before reaching Neive in the Barbaresco region, considered to be among the best preserved towns in the area. Here, in 1854, the famous French winemaker Oudard was the first to vinify Nebbiolo grapes and invent Barbaresco wine. After a light lunch, you will continue your ride through hazelnut groves, and more picture postcard vineyards, passing the small town of Treiso as you make your way back up to Monforte.

The afternoon will see you relax by the pool, before preparing for dinner with our friends at a family run restaurant, which has been in the family for over 100 years and who are renowned for their regional specialties.





Day 4: Bra

50km & 890m

Today is a bit of a rest day on the bike. You head out after a leisurely start on a traditional coffee shop ride. Expect one climb and more of the majestic landscape filled with endless rows of vines, cascading down the rolling hills. There will be plenty of time for on-the-bike conversation as you make your way to Bra with its mostly Baroque era architecture.

Bra is classed as a city of art but is now most famous for being the birthplace of the slow food movement. We will stop here for *caffè e torta* before making our way back up to the village of Barolo and onto Monforte.

Our light ride has allowed us the space for a long leisurely lunch at one of the Langhe's most prized terraced restaurants, with its sublime views and where local specialties are all based on what is available that day. A 5 course 'slow' lunch featuring simple country style regional cuisine will see the hours pass us by.

A light and casual dinner will see us enjoying *pizza e birra* in the piazza.



Day 5: Niella Belbo

53km & 1235m

As you keep building your condition for Sunday's Gran Fondo, you only have three rolling hills to contend with today. You set off in the direction of the charming village of Roddi, home to the only truffle dog university in the world. You'll continually roll past cultivated vineyards and natural forests en route to Cerreto Langhe, Feisoglio and up to Niella Belbo, all perched on top of top of hills before rolling along the ridge line back to Monforte.

In the afternoon you have the opportunity to wander the cobbled streets of Alba, which is the capital of the white truffle and Dolcetto red wine, before enjoying aperitivo at a local tasting room located in Piazza Savona, giving you the perfect vantage point to watch the world go by as you graze on the best aperitivo plate in town.

Our main course this evening will be with our friends Maurizio & Mario at a restaurant in town, featuring mostly traditional, and always fantastic food.





Day 6: Garavagna

87km & 1280m

You say goodbye to Monforte and make your way south past the iconic vineyards of the Barolo region one last time.

You take in the jaw dropping view of the snow capped Alps as you roll down the ridge on your way to Garavagna and Pradeboni, the two climbs that you encounter on your way to Cuneo, an ancient town founded in 1198 and now home to the Fausto Coppi Gran Fondo.

You will have the afternoon to yourself to wander the narrow cobbled streets before you are chauffeured to a prized Piemontese Birreria, whose beers have become famous and won awards worldwide in recent years.

We'll do a comprehensive tasting and enjoy dinner at their restaurant, which only serves beer to accompany its inventive, contemporary cuisine.

Day 7: Caraglio

38km and 260m

After a leisurely start, you will head west towards the French border along tiny quiet roads, flanked by fields of strawberries and orchards of apples and pears with the imposing Alps in the background. We'll stop for a coffee in the little village of Caraglio before riding the mostly gentle downhill stretch back into Cuneo.

You will then head to the start village to collect your race number and registration pack. You'll now have the afternoon to take your time to explore the start village and expo, before ensuring that you are "all set" for the Gran Fondo tomorrow.

Tonight you will be staying in the neighborhood for aperitivo and then head just around the corner for dinner for cuisine that is both local and high quality. Try the typically Piemontese cruset (fresh pasta) with wild game ragù as a carbo loading essential.



Day 8: Fausto Coppi Gran Fondo

111km & 2510m or 177km & 4125m

You will start the day with another sumptuous breakfast and enough coffee to get through the morning. The Fausto Coppi Gran Fondo has been going for the last 31 years but whatever distance you choose, you will be climbing the Colle Fauniera a mountain pass in the Maritime Alps, also known as Colle dei Morti, "Hill of the Dead" which stems from the fierce fighting which occurred...

Sitting at 2,480m, this is not only a great challenge for the body and the mind, but it also has some of the most amazing landscape you will see on a bike. Open rolling high valleys and craggy rock strewn peaks, dissected by a narrow ribbon of tarmac.

After your outstanding effort today, your celebratory and farewell dinner will be at a local and superb Osteria which will complete an amazing adventure on and off the bike through one of Italy's premier gastronomic food and wine regions.





Day 8: Turin

After a leisurely breakfast, you will have a 60 minute transfer to Turin to end your trip, arriving by midday.

Buon viaggio and thanks for the memories created.



Get in touch.

We'd love to host you in Piemonte for the Fausto Coppi Gran Fondo. While we outline each day here, there's still a lot we haven't detailed because what's an adventure without some surprise?

If you have any questions, please do not hesitate to get in touch. We would be happy to help.

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