



ITALY – ROAD TOURING CYCLING

CYCLE TOURING FROM THE MOUNTAINS TO THE ADRIATIC COAST

8 days / 7 nights centre based in Riccione near Rimini on the sunny Adriatic east coast of Italy



“All our cyclists are always very nice and calm. They are athletes and have only the bikes in their head. They come to Riccione because they want to ride, nothing else but ride and this is a beautiful area to do it. When they come back after the training they are exhausted but happy, very happy.”

Departs: Every Saturday from March to September (but not in August)

Costs: From \$1650 per person Single room supplement on request

Bike hire: *Technical* touring bikes are available - built to your needs / specifications - from \$310 per week.

The Italian region of Romagna, offers some fantastic opportunities for road cycling thanks to its year round mild weather, its coastal location and the variety of accessible terrain. You can choose an itinerary that focuses on the coastal plains towards the historic city of Bologna, beachside routes to Rimini or Pesaro or more challenging mountain stages to the ancient Republic of San Marino or to Umbria or nearby Tuscany.

As cycling specialists Outdoor Travel in conjunction with our local partners in Italy offer a program based at several specialist ‘bike hotels’ in the coastal resort of Riccione near Rimini - where cyclists are welcome and where serious cycling is the norm. Most international cycling teams will have trained in this area - including many current Australian road racers – many returning each year before major racing events.

From March to September (excluding August) we offer a great value touring program ideal for those interested in road bikes or bicycle training. We offer a choice of guided routes and training levels each day – from easy to very challenging - to suit all abilities and interests.

We offer a choice of comfortable, centrally located hotels with all the usual services, plus special facilities and diets for athlete training including roof-top training areas for cycle warm-ups, cycle storage and workshops for maintenance or repair. Nearby you will find specialist bike hire, gear shops, fitness training centres and access to beach resorts.... plus a selection of bars, shopping, restaurants and nightlife.

For cycling plus sightseeing, art and history, Riccione is also an ideal base to visit Urbino (birthplace of the painter Raffaello) which dates back to the Renaissance period, with its beautiful Galleria Nazionale and many famous works by Raffaello, Piero della Francesca and other XVI century artists; the Republic of San Marino with its duty free shopping and several coastal resort towns with extensive tourist facilities.

Transfers to / from Riccione from / to Rimini or Forli Airports, Bologna, Milan or Rome can be arranged at extra cost, please ask when booking.

Call *OUTDOOR TRAVEL* on 1800 331 582 for details or reservations

A TYPICAL DAY: This holiday can present challenges to even the most experienced cyclist but there is no reason why you shouldn't consider this a relaxing holiday too. A typical day might include:

Castles of Malatesta: Cattolica - Tavoleto - Mercantino Conca - San Marino - Verucchio – Cattolica 121km. An average difficulty route on the flowing hills of the Romagna back-country, to discover the castles of the noble family of Malatesta, who from 1295 to 1528 controlled the border between Romagna and Marche.



* A good breakfast with ham, cheese, cereals, home-made cakes, fresh juice, coffee and fruits.....

* Bike set-up and warm-up for the ride (routes determined in advance for each day with the guide leader based on interests and abilities and with other cyclists in the group) – distances from 60/70 or 90/100kms per day.

* Whilst riding the group will stop for snacks or coffee in a typical roadside café. Returning to Riccione between 14:30 and 15:30 for a light meal designed specifically for cycle training (based on carbohydrates, noodles, salads, vegetables, fruit and cakes). A steam bath and swimming pool are available at the hotel or the fully equipped gym and beach is nearby. Routes for tomorrow are discussed over dinner:

“In the evening we come to spend some time to talk about the next day ride. After dinner some of them stop at the bar for a drink, some of them go for a walk, others keep on talking about frames, gear, speed..... All our cyclists are always very nice and calm. They are athletes and have only the bikes in their head. They come to Riccione because they want to ride, nothing else but ride and this is a beautiful area to do it. When they come back after the training they are exhausted but happy, very happy.”

THE COST INCLUDES:

- * 7 nights hotel accommodation – double room with ensuite
- * Water and local wine at dinner
- * Pasta buffet after rides
- * Touring maps
- * Laundry service for cycle clothing
- * Free use of spin bike at the hotel
- * Services of an experienced tour leader
- * Dinner in a typical restaurant (outside the hotel)
- * Half board (breakfast and dinner each day)
- * Snacks during rides
- * Storage for the bicycles
- * Free entry to a fully equipped gym
- * Turkish bath
- * Emergency rescue (if required)
- * Swimming Pool
- * Satellite navigator (GPS system)

Group or cycle team / club tours: This holiday is ideal for groups of friends and cycling clubs and specific itineraries can be prepared. Smaller groups and individuals are also welcome to join the weekly programs.

Outdoor Travel offer many small group guided or self-guided inn-to-inn cycling tours in Europe - including river rides from Passau to Vienna along the Danube or from Vienna to Budapest. More challenging routes – including the **classic cols of the pyrenees, Mont Ventoux** and of the **Alps** are offered in France.

We also offer other cycling holiday destinations include several areas of Italy, Spain, France, Germany, Holland, Ireland, England and Scotland, Hungary, in the Czech Republic, India, New Zealand and Australia.

Bike & Barge cycling cruises in many destinations including France, Belgium, Holland, Germany, Italy, the Dalmation Coast of Croatia, the islands of Greece, the Lycian coast of Turkey, in Romania or in the highlands of Scotland, the Baltic Coast of Denmark or in Vietnam.

Contact Outdoor Travel direct for more details and reservations

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