



ITALIA SPRING TOUR



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Italy 2010

27 June - 17 July

Italia Spring Tour 2010

Italy is reputed to be the home of road cycling and is internationally renowned in the great cycling races. For the rare breed of cyclist, touring the continent is the pinnacle of sport and there can be no better way to appreciate the delights of Italy than with Italia Spring Tour. Riding along the amazing Italian roads in the warmth of spring and summer, you will fully experience all that Italy offers.

Our specially chosen tour routes will take you through picturesque vistas of medieval villages with winding cobbled streets, ancient vineyards and fields of sunflowers. During our rides, you can soak up the local culture with stops at pretty cafés for your coffee of choice and a Panini with local prosciutto, whilst marvelling at this country's ancient history.

Off the bike, we include a number of rest days for tours of surrounding towns and cities, wineries and attractions. As well as the opportunity to see some of Italy's spectacular cities, we will also be taking in some history and art. If your non-riding partner wants to join you on the tour, that's not a problem. They can relax in the comfort of our air-conditioned vehicles enjoying side tours when you're in the saddle. After a morning ride, you are free to spend the rest of the day together.

As Italy is as much about food and wine, you will be able to sample the regional specialities. In each region, we will schedule one dinner where the group can opt to eat at a local Slow Food restaurant. All other dinners are supplied and will include primi, secondi and dolce prepared by selected restaurants.

You supply the bike - we'll take care of the rest!



Itinerary

Sunday 27 June

Meet at Rome Airport - transfer to Bolsena

Sunday 27 June - Thursday 1 July

Bolsena - Lazio

Thursday 1 July - Sunday 4 July

Lake Trasimeno - Umbria

Sunday 4 July - Friday 9 July

Buonconvento - Tuscany

Friday 9 July – Wednesday 14 July

Dolomite Mountains - Trentino

Verona - Veneto

Wednesday 14 July – Saturday 18 July

Alba-Pinerolo - Piemonte

Saturday 18 July

Depart from Torino airport to your
next destination

Note: Transfer to Torino Caselle Airport is only covered in this package - guests are responsible for organising and covering costs for transfer to any other destination

Mysterious Lazio & Umbria

Four days will be spent in Bolsena overlooking the volcanic Lago Bolsena. From here we move to Lago Trasimeno where we will spend three days in this beautiful Umbrian countryside.

While in Lazio and Umbria, we will visit Perugia, Cortona and Montepulciano, as well as sampling the famous local wines and prosciutto.

This time will provide you with the opportunity to recover from your jet lag while doing some spectacular warm up rides.



Enchanting Tuscany

We will spend five days in Buonconvento which we will use as a base to experience all that Tuscany offers. Memorable experiences will include lunch at a local Agriturismo where you can experience homegrown food and wine, lunch at the Abbey of Monte Oliveto and a wine tour in the famous wine region of Montalcino.

Site visits will include Siena and Pienza, and rides will have us climbing Monte Amiata climb and back home through the famous rolling hills of Tuscany.



Breathtaking Trentino

Set in the heart of the Dolomites, we will be spending 3 days in Canazei. This Austrian/German influenced region is the gateway to some of Trentino's more famous passes.

Riders will enjoy a day or two in the saddle with the legendary Francesco Moser, winner of three Paris-Roubaixs, the Giro d'Italia and the first man on earth to break 50 kms in a one hour ride! We may also have the opportunity to ride with 3 times Giro d'Italia winner, Gilberto Simoni.

Highlights during our stay in the Dolomites will include lunch at Francesco Moser's house, seeing the amazing glaciers of the Dolomites and a visit to the South Tyrol Museum of Archeology to visit Otzi, the Tyrolean Iceman. Rides will include the Marmolades as well as the 4 Passes in a Day incorporating Pordoi, Campolongo, Gardena and Sella. And if you still haven't had enough climbing by this stage, the San Pellegrino will also be on our list!

Our time here will be something you will not forget!



Veneto, the home of Romeo & Juliet

Home of the world renowned Arena, we will be spending 2 days in Verona to watch the spectacular and haunting opera, Aida at the Arena di Verona. This ancient Roman amphitheatre is one of the greatest and most prestigious archaeological monuments in Europe.



Piemonte, the Food Lover's Paradise

A mecca for gourmands from every corner of the world, this region in the north west of Italy is a world unto itself. The ancient dominion of the ill-fated royal family, the Savoys who ruled Italy from 1870 to 1946, this region is hopelessly picturesque. Our stay here will have us stopping for a time in Alba before moving to Pinerolo for the end of this three week tour.

During our time in Piemonte, we will be taking in the region's fine cuisine including its renowned Barolo and Barberesco wines, as well as the amazing white truffles. Highlights will include lunch at a winery, a ride through the Langhe region and also our climb to Sestriere, a famous mountain starting point for the Giro d'Italia and Tour de France.



Inclusions

A holiday is not a holiday if you are forever worrying about making flights, catching cabs and buses, and finding restaurants! All you need to provide is your bike, Italia Spring Tour can take care of the rest - including:

- Accommodation
- Transfers
- Most meals (all breakfasts and most dinners)
- Ticket to the opera, Aida at the Arena di Verona (general numbered seating on benches)
- Italia Spring Tour Cycling Outfit - (jersey, knicks & gloves)
- Scenic Tours
- Mechanical Support
- Ride Coordinator
- Support Cars
- Professional Training Program - available on request

Pricing

Twin Share: \$9,080

Non Rider: \$7,420

Single: \$60 per day additional to twin share price

Note: A surcharge may apply for those who require a shortened tour.

Other Details

Bike Maintenance

While we do provide a tour mechanic, we recommend that you have your bike serviced prior to the tour. Please make sure your bike is in perfect working order with the following.

- Bike tune-up
- New tyres
- New brake pads
- New chain
- Gearing as recommended below

Bike Transportation

Bike transportation by air is a fairly simple task however certain precautions do need to be made for peace of mind. Most important is to make sure your bike is packed with plenty of bubble wrap, preferably the large cell kind. Also recommended is to wrap hot water pipe insulation around the bike tubes. Just remember that anything touching your bike even slightly can wear through the paint, even something as simple as a water bottle. Also remember to remove any compressed air cartridges, aerosol spray lubes and degreasers and also let the air out of your tyres.

Bike Pump & Spares

A bike pump and extra tubes are required equipment. There is a van for support on many days however they may be up the road or at the bottom of the hill helping someone else. You may not want to wait that long while everyone else is sipping their coffee or admiring the view on top of the climb!

Cancellation Policy

In the event that you have to cancel your trip the following rules apply to regularly scheduled tours. Private tours have additional guidelines.

- 50% refund of full payment 31 - 90 days prior to the tour start date. Deposit is non refundable.
- 0% refund 0 - 30 days prior to the tour start date
- Medical emergencies are on a case by case bases

Clothing

We suggest that you bring 3 sets of short sleeved jerseys and short knicks for your trip. For European tours, we also advise that you pack booties, arm/leg warmers and a windproof jacket for the higher elevation rides.

Off the bike, pack comfortable wrinkle-free clothing for the majority of the trip, plus also clothes for dinner. Ladies might also want to pack a couple of casual dresses and shoes for our evenings.

Deposit

20% payable now for tour reservation. Deposit is refundable within 91 days of the tour date minus a \$100 administrative fee. Deposits amounts and policies differ for custom or speciality tours.

Final Payment

Final payments are due 30 days prior to the tour start date. This will include the trip amount minus the deposit paid plus any additional items purchased or extra nights stayed. The prices shown are in Australian dollars.

Gearing

Adequate gearing is a must for any European tour. A triple front gear is highly recommended for the average weekend rider. At a minimum, you should have your bike set up with no less than a 39 tooth front and 27 tooth rear. This is a standard gear and should work with any 9 to 10 speed system. However, it is highly recommended for most double systems to have a 39 front with a 32 rear, or perhaps a compact crank set providing a 34 front ring along with a 27 or 29 rear. If you need help deciding on the best gearing for you please call.

Helmets

Helmets are compulsory on our tours and must be worn at all times while on the bike. They also need to be in good working order and Australian Standards approved.

Italia Spring Tour Cycling Outfit

Included in your tour fee is an IST cycling outfit consisting of one jersey, a pair of knicks and gloves. If you would like to purchase any additional clothing for yourself or friends just let us know.

Itinerary

We will try to follow our itinerary as closely as possible as it is laid out on the itinerary. However, please note that there may be changes due to unforeseen circumstances or just to make things better.

Luggage

The best advice on luggage is not to bring too much. There is laundry service available at many of the hotels or towns, so you do not have to bring a set of cycling clothes for each day. What we recommend is one medium to large size bag and a regular size back pack. A 4-5 day supply of clothes and 3 sets of riding cloths should be adequate for your holiday. We recommend bringing small travel packets of clothes washing detergent so that you can handwash your cycling clothes after each ride.

Meals & Beverages

Breakfasts and most dinners are included on the trip however you do need to bring some money for lunches, snacks and the occasional dinner when we visit a Slow Food restaurant (or you may want to do your own thing). Most lunches are after, or during longer rides. We do provide you with a box of Megaburn nutritional bars for ride snacks, but also suggest you pickup other snacks to make sure you are well energized during your rides.

Beverages other than water are not included on the tour. This would include wine, beer, soft drinks, etc. For rides, we provide Megaburn energy powder to add to your bidon.

Passports

You are responsible for making sure your passport is up to date. If you need a new or renewed passport, please allow several months. Passports are very important while in Italy and will be used every day. It is also important to make a photocopy to keep separately.

Tour Pace

Our tours are not intended to be competitive in nature. Depending on tour numbers, we typically split into two groups – one for stronger riders and one for those who want to enjoy the countryside more. Through hilly areas, we should expect to stay together on the flats and regroup at the top of each climb. If someone gets a flat and we are already all together then we should all stop and help out.

Training

Our tours are targeted at intermediate to experienced riders, and do take training and some riding experience. Please take note that in the mountains the roads can be steep and sometimes narrow, and good bike handling skills are essential. For our European tours, we do offer an 8 week training program which we advise that you use. And if a ride does get too difficult, remember that you can always jump into the support vehicle which will follow the group throughout the tour.

Travel Arrangements

When you sign up for our tours, you will be provided the starting and finishing location for each tour. Travel arrangements to and from the tour pickup/dropoff locations at the times indicated on the tour itinerary are your responsibility. Arrivals and departures outside of these dates and locations can be arranged but are not included in the package price and additional fees may apply. When reserving your travel tickets, please refer to the Tour Itinerary that will be provided to you on booking with us.

Please let us know your itinerary as soon as your travel arrangements are confirmed. If you need a travel agent, please let us know and we will recommend one.

You are responsible for your own shuttle or taxi to and from the airport or train station. Large mini-van shuttles and taxis are in large supply and transporting large bike boxes is usually no trouble at all. Please budget about AUD\$80-100 each way.

- For arrivals account for approximately 45 minutes to exit the airport with baggage.
- For domestic departures, allow 1 hour prior to take-off.
- For international departures allow 2-3 hours prior to take-off.

Travel Insurance

Travel insurance, also known as trip insurance, is recommended for anyone traveling in a foreign country. They are relatively low cost and can protect against unexpected cancellations and depending on the company can provide additional medical coverage, property damage, theft etc.

Weather

Italia Spring Tours operate rain or shine so make sure you bring a range of suitable clothing. In rainy situations the tour may be modified to include the climbs and not some descents for safety reasons.