

Bike Rides For Ordinary People

Piedmont Italy
September 11 - 17, 2011

This year we are going to Piedmont in northern Italy. On these special tours, we travel as a community; making decisions as a group. We can be spontaneous and adventurous and also know that we have the support of everyone else. I call this group self-guided. We don't have a local guide, but we do have great maps and lists of places to visit. We are the guides and everyone works together to make sure that we find our way. The roads here are quiet and there are not that many of them, so no matter what, if we follow the signs to our destination, we will be rewarded with great sites and cycling.

About our Piedmont trip

Occupying a large area that borders on France and Switzerland, Piedmont is the ancient dominion of the Savoys, the ill-fated royal family who ruled Italy from the Unification in 1870 until abdication in 1946. So that's the obligatory history.

Piedmont is also a region where food comes first, with a host of specialties in an area which boasts centuries' old culinary traditions and outstanding, top quality local produce appreciated throughout the world. Fantastic wines, first-class truffles, sweet chocolate and an artful kitchen attract gourmets from all over the world to visit this region. Think the best of Provence, but you are in Italy.

The rolling landscape assures a wonderful experience, where we are in the vineyards stopping for a leisurely lunch or strolling through the numerous medieval alleys in the small villages. Cycling through Piedmont will be a rich and rewarding experience!



Below are the important details.

- Dates are September 11th – 17th (Sun. thru Sat.)
- The tour is limited to 12 people.
- Daily ride distances 24 to 34 miles
- Terrain is rolling hill suitable for an intermediate rider. With a little training, almost anyone can do it.



Registration and Pricing

Registration for is at the bottom of this document.

- Price per person/double occupancy is \$1,575 (for single supplement add \$250)
- Please enclose \$500 deposit with your registration form. Additional \$700 due April 30.
- Full payment due by June 1.



- Refunds are possible up to April 1 (less \$150 cancellation fee)
- Price does not include air transportation or transfers to and from the ride start.
- In the event that we end up with an odd number of people, the single supplement will be divided evenly among the participants. We will work out among ourselves how room are shared and assigned.



Trip includes

- 6 nights in charming 3/4 star hotels with en suite bathrooms
- All breakfasts, 4 spectacular dinners featuring local specialties
- Welcome briefing and bike delivery
- Fully equipped quality hybrid bike
- Daily routes using detailed maps
- Route notes and sightseeing suggestions
- Luggage transfers (all you ride with is your bike and maybe a pannier for a loaf of bread or things you purchase along the way)
- Emergency phone call support 7 days a week



Itinerary

Day 1 : Arrival in Alessandria-Sun. 9/11

The city of Alessandria is divided in two by the river Tanaro. Spend the days wondering thru the city and visiting places like Piazza and della Libertà and Piazza Duomo with its wonderful neoclassical cathedral. Before dinner, we'll meet with our local host to go over our trip packages and make sure your bikes are fitted properly. Dinner is included tonight.

Note that if you coming from the US, Milan is a major airport with frequent train service to Alessandria.



Day 2 : Alessandria –Acqui Terme (31 mi)-Mon. 9/12

We'll cycle for a few miles along the Strada Franca, an ancient road dating back to 1454. We'll then will pass across smooth hills, woods and small isolated villages where we'll be able to taste typical products and excellent local wines (Barbera and Dolcetto d'Aqui among others). We'll end the day in Aqiu Terme: famous for its spring waters, like the "Bollente" situated in the historical centre.



Day 3 : Acqui Terme–Alba (34 miles) – Tues 9/13

We'll ride through the famous hills of the Langhe, the countryside and the vineyards as well as the splendid small villages of Montabone, Rocchetta Palafea and Canelli. Today's stage ends in Alba, home of the most precious of the truffles, the Tartufo Bianco, and of the famous "Dolcetto d'Alba".. Dinner included tonight.

Day 4 : Alba–Asti (24 miles) – Wednesday 9/14

A route through vineyards and along panoramic paths, will take us to Asti in the heart of Monferrato. There, we'll have time to visit the historical centre with its famous towers, the romantic monuments and the splendid gothic cathedral.. Dinner included tonight.



Day 5 : Asti–Casale Monferrato (32 mi) – Thurs 9/15

Perhaps we'll take advantage of the hospitality of the wine cellars and restaurants along the way, which offer an excellent eno-gastronomical choice. In Monferrato we'll meet the river Po, the longest river in Italy
Dinner on our own.

Day 6 : Casale Monferrato–Alessandria (28 mi)-Fri-9/16

Further cycling across green hills and cultivated lands. Passing through the small villages on the right side of the Po river you will return to Alessandria where the tour ends. When we arrive back in Alesandria, there should be time for more exploration, to relax in a café near piazza and della Libertà and watch life at a piazza before our final dinner, included tonight!

Day 7 : Departure - Buon viaggio! – Saturday – 9/17

Departure after breakfast

Bike Rides For Ordinary People, 52A Pleasant St, Cambridge, MA 02139 617 710-1832
<http://www.BikeRidesFOP.org>
Bruce Lederer - Tour Leader

Bike Rides For Ordinary People

European Cycling Adventures

BIKE RIDES FOR ORDINARY PEOPLE RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

I ACKNOWLEDGE that the bike ride I am going to participate in with Bike Rides for Ordinary People involves a dangerous activity, as does any bike ride or physical activity. I acknowledge that this ride carries with it the potential for death, serious injury, property damage, and property loss. I hereby assume all the risks of doing this ride, regardless of their cause. I promise to ride in a safe and prudent manner, so as not to endanger myself or others. I agree to wear a helmet at all times while riding. In consideration of my application to participate in this ride, I hereby execute this Waiver and Release from Liability on behalf of myself, my personal representatives, my administrators, my heirs, my next of kin, my survivors, my successors, and my assigns, as follows:

A. I WAIVE, RELEASE, DISCLAIM and FOREVER DISCHARGE from any and all liability for me while riding in any rides sponsored by Bruce Lederer or Bike Rides for Ordinary People, the following entities or persons: Bruce Lederer, and all other employees, volunteers, representatives, agents, assigns, funders and sponsors of Bike Rides for Ordinary People, together with vendors and manufacturers, and their respective directors, officers, employees, representatives, agents, and assigns involved in any way with Bike Rides for Ordinary People.

B. I INDEMNIFY AND HOLD HARMLESS the entities and persons specified in paragraph A above from any and all liability, loss, demand, claim or action at law or in equity that may hereafter be made or brought by those individuals or entities as a result of any of my actions during this ride. This indemnification and hold harmless agreement obligates me to defend any action brought against the entities and persons specified in paragraph A above as a result of any of my actions during this ride. Should I refuse to undertake my responsibilities under this paragraph, I will be liable for attorneys fees and costs incurred by the entities and persons specified in paragraph A above in defending any action brought against them as a result of any of my actions or those of my family members during this ride.

C. I CONSENT to receive medical treatment that may be deemed advisable as a result of any injuries I receive during this ride and agree that I am solely responsible for all costs, including diagnosis, treatment, medical transportation, and evacuation, that may become necessary for me or another person as a result of any of my actions during this ride. I am aware that medical services or facilities may not be readily available or accessible during some of the time in which I am participating in the ride or trip.

D. I AGREE that any photographs and audio or video recordings taken of me during my ride may be printed, reproduced and published in any manner anywhere without any further consent by me or my family members and without any compensation to me.

E. This agreement will be interpreted according to the laws of the Commonwealth of Massachusetts and exclusive jurisdiction for any legal claims arise out of it or in connection with the said event shall rest solely with the Commonwealth of Massachusetts, where Bike Rides for Ordinary People is based. If any portion of this agreement should be determined by a Court to be null and void, the remaining portions of the agreement shall remain in full force.

F. I CERTIFY that I have read this document, understand its contents in their entirety and have executed this document below without reservation or duress.

Date _____

Name _____