



s_VIGNA_mocela in the vineyards on MTB

In Italian, "svignamocela" means let's get away from it all - for a fun weekend outdoors, pedalling through vineyards (vigne) on paths that are a challenge for any MTB fan. Two days on the morainic hills of the Canavese, among chestnut woods and Erbaluce or Canavese Rosso vineyards, on trails specially planned by bike@round guides, with time also set aside for wine-tasting, along with a traditional " *merenda sinoira*" (snack and dinner all in one), or a lunch of local delicacies. In the evening the comfort and hospitality of the splendid Relais Villa Matilde.

TYPE	MTB
DIFFICULTY	@@@
TIME	2 days
DISTANCE	about 90 km (45 first day + 45 second day)
TERRAIN	single tracks, muletracks, dirt roads
PLAN	small group with leader (at least 4 adults)
2012 DATES	Saturday 28 April/Monday 30 April Friday 1 June/Sunday 3 June Friday 13 July/ Sunday 15 July Sunday 29 July /Tuesday 31 July Sunday 12 August/ Tuesday 14 August Friday 31 August / Sunday 2 September Friday 28 September / Sunday 30 September Friday 12 October/ Sunday 14 October ... other dates on request for pre-formed groups (at least 4 adults)
PRICE/PERSON	275 Euros in double room 255 Euros in triple room 315 Euros single occupancy double room 100 Euros children 10/12 years old The price includes: 2 nights in a 4*Lux hotel, breakfast included, bike tour guide and assistance, 2 meals in traditional local restaurants, visit to a wine cellar with <i>merenda sinoira</i> (combined snack and dinner), visit to the Turin Province Regional Wine Centre with wine-tasting.

DAY OF ARRIVAL

You can arrive at Relais Villa Matilde whenever you want, the important thing is to give yourself plenty of time to have a good night's sleep to be ready for the next day! If you have time, it's worth getting here early: Villa Matilde is not only an 18th century villa with period furniture, it also has extensive grounds with lovely outbuildings where you can relax in charming surroundings. In what used to be the villa's orangery, there is now a fitness centre, sauna and Turkish bath that look onto the outdoor swimming pool, open during the summer months (from 1st June); there is also an outdoor tennis court.

FIRST DAY ON YOUR BIKE

After leaving Relais Villa Matilde we head south on our bikes along a dirt road between fields. We soon reach the foot of the Morainic hill and from the Villate Farms we take a short uphill stretch to reach the High Path of the Morainic Amphitheatre which we will follow for the whole first part of the day. Pedalling west, after the Pass of Santa Croce we cross the TO-AO motorway flyover and follow the route of the erratic masses left by the ancient Balteo glacier, until we reach Vialfrè, on a scenic path that winds through the vineyards lying above the village. A fast downhill stretch takes us to the Pianezze nature area where, in beautiful surroundings of alternating clearings and oak, acacia, chestnut, nettle tree and poplar woods, we come across the *Lab. Ir. Into*, a large-scale work of land art, made completely of stone, using the technique for making dry stone walls.

We set off riding again along the Deviation from the High Path, climbing a short uphill stretch then down through the chestnut trees towards Silva and, skirting the peat bog, we arrive at Fantasia Farm.

After a break with snacks and refreshments at the Clubhouse of the Canavese Golf & Country Club to get our strength back, we set off for Agliè and, riding along single tracks that climb up the moraine, we encounter a boulder with a cross on top: the so-called *Roc 'd San Giacô*. From here, continuing on the steep path heading up eastward, we reach the top of the hill where there is the Chiesetta di San Giacomo with alongside the *ca 'd l'Armit* (Hermit's house). Down an enjoyable descent towards Mompino Farm we come to Torre Canavese where we browse through the narrow lanes of the Medieval village seeking out the works of art found here and there among the houses, and the main attraction, the *Viassa Felliniana*, where we visit a real open-air museum celebrating the famous film director, Fellini. After leaving the village in the direction of Bairo, we go back onto the path to get to Favro then go down a fast cobbled road out of the wood and through the vineyards and, before crossing the Royal Turin Wine Trail, we keep to the left and are shortly at the church of Santa Maria delle Grazie with its two bell towers and a lantern that give the building its nickname, the *Tre Ciochè*. From here we are soon in the centre of Agliè dominated by the imposing Duke's Castle, an ancient manor house turned into one of the fine Residences of the Crown of Delights by the Savoy, today a Unesco World Heritage Site.

Leaving the town behind us, and passing through vineyards, we come to the *Meleto*, the 19th century country house belonging to the poet Guido Gozzano, deep in the countryside and surrounded by a romantic garden. From here after taking an easy dirt road that crosses wide clearings among vineyards, we reach San Giorgio. Passing the castle on the right, we again ride along the Royal Trail as far as the Roletton Estate, surrounded by Erbaluce DOCG vineyards, where a visit of the cellars awaits us with the well-deserved *merenda sinoira* (a proper dinner but earlier than usual). After a rest to let the meal go down, we start pedalling again along the Royal Turin Wine Trail towards Cuceglio and, passing in front of the local Wine-makers' Association, on a short stretch of asphalted road we reach Pietra Grossa where we begin to descend towards the "forgotten" hamlets of Cesare and Gatto. Here we take a fast road through the country that soon leads us to Scarmagno; a last stretch of easy road takes us to Romano Canavese..

Programme

- @ 09.30 am meeting with the group and briefing
- @ 10.00 am start of the *wine ride* from Villa Matilde
- @ 01.00 pm snack at the Club house of the Canavese Golf & Country Club
- @ 04.00 pm arrival at the Roletto Estate
- @ 04.30 pm visit of the wine cellar
- @ 05.00 pm *merenda sinoira*
- @ 07.00 pm return to Villa Matilde

SECOND DAY ON YOUR BIKE

From Relais Villa Matilde we set off eastwards, crossing the old part of Strambino and heading for the hamlet of Realizio, to turn onto the back road that soon takes us to the village of Crotte. In relaxing agricultural countryside, we follow the course of the river Dora Baltea on an easy road that gives us a view of the original Luisina Farm with its closed courtyard and reach Vische, towered over by the castle. From here, along a fast dirt road that twists and turns between the Dora and the Viscano Farm hamlets, we come to the High path of the Morainic Amphitheatre and we continue westwards, right along the river banks. We regain height and riding on a gratifying stretch where woodland is alternated with vineyards, and passing the Motta Farms it leads us to Candia Lake. On a lakeside path we reach the

north side of the lake to end the first part of our day at the Lido. Here a well-deserved lunch break awaits us at the restaurant in the Canoe Club building right on the shore, with beautiful views.

When we set off again we go back up the hill towards Barengo, to rejoin the High Path at Motta Farms. Staying on the crest on the *Gran Fondo dell'Erbaluce* trail, we reach the top of Caluso town for a rest at a viewing point near the ruins of the castle. From here a short stepped descent leads us to the Palazzo Valperga di Masino, for a visit to the Regional Wine Centre where we can taste the famous Erbaluce Passito.

We then leave the town on an easy path among the vineyards to Candia where, after a short stretch on an asphalted road we come to a pleasant single track with lovely views, pedalling along the crest on the Costa di Santo Stefano to *Buchet dal Buer*. Going down towards Villate, we ride on a relaxing country road that in no time takes us to Mercenasco. From here the last stretch on an easy road takes us through the village of Strambino to Romano Canavese.

Programme

- @ 10.00 am start of the wine ride from Villa Matilde
- @ 12.30 pm lunch at the Ristorante Al Cantun del Lago at Candia
- @ 03.30 pm visit to the Caluso Regional Wine Centre and tasting of Erbaluce passito
- @ 05.30 pm return to Villa Matilde

Price per person

in double room 275 Euros

in triple room (3 adults over 12 years old) 255 Euros

in single occupancy double room 315 Euros

for children up to the age of 12 in the same room as their parents 100 Euros

The price for groups with 4 to 10 (adult) members includes:

- bed and breakfast at Relais Villa Matilde 4*Lux
- guide and assistance for 2 days biking
- 2 meals in traditional local restaurants (2 courses, 1 glass of wine, water and coffee)
- visit to a wine cellar with *merenda sinoira*
- visit to the Turin Province Regional Wine Centre with wine-tasting (3 glasses)

Extra nights: at the best internet rate on www.relaisvillamatilde.com

Half board supplement: 30 Euros (3 courses, drinks excluded)

Relais Villa Matilde facilities: access to the SINA Wellness Club with Technogym, sauna, Turkish bath, outdoor tennis court and swimming pool (open from 1st June to 30th September), car parking, bike cleaning and garaging.

2012 Dates

Saturday 28 April/Monday 30 April

Friday 1 June/Sunday 3 June

Friday 13 July/ Sunday 15 July

Sunday 29 July /Tuesday 31 July

Sunday 12 August/ Tuesday 14 August

Friday 31 August / Sunday 2 September

Friday 28 September / Sunday 30 September

Friday 12 October/ Sunday 14 October

.....other dates on request for pre-formed groups

N.B. Arrangements of tours will be made as soon as the minimum number of 4 adult group members is reached.

Changes to the itinerary

While we intend to respect the programme shown, slight changes may be made due to organisational reasons or weather conditions, also on the spot.

Diets and special requests



At the time of booking, please state whether you are vegetarian, celiac or have any food allergies, etc. Last-minute requests will not be accepted. In the event of allergies and/or food intolerances we reserve the right to request a medical certificate. It is important for us to be informed of any health problems you may have, in order to best satisfy your needs. We will do our best to satisfy your needs, however we cannot guarantee for the variety of dishes.

Minimum compulsory equipment

- MTB with all parts in good working order
- Water bottle or camelbak with personal water supply
- Helmet, glasses and gloves
- Backpack

What to bring...

It is always a good idea to dress in layers, preferably with breathable technical materials or cotton next to your skin. Don't forget padded biking shorts and a K-way in case it rains.

Bring two pairs of shoes (one casual comfortable pair for daytime, and one for the evening or to always have a dry pair to change into), a headscarf or scarf to protect against the wind, sun protection cream, lip salve and insect repellent.

And last of all a camera to immortalise your experience in photos...

Bike and accessory hire

On request, bike@round can arrange for bike and helmet hire, go to www.bikearound.it under Info and consult the Hire section.

For two days, a hire bike for an adult costs 60 Euros and for a child 40 Euros.

Insurance

Third party liability – included.

Optional healthcare and medical fee insurance – estimate upon request.

TECHNICAL SUPERVISION AND INSURANCE

bike@round by Alterego S.r.l., via F. Chiaves 1/B, 10015 Ivrea (TO), Italy. Certificate of starting business as travel and tourist agency communicated to Ivrea Council (TO): Ref. No. 24545 of 29/09/2011. Insurance policy: Unipol Assicurazioni-Divisione Navale, No. 00100262347.