



IN THE FOOTSTEPS OF SIGERICO two days on the Via Francigena

In the past, the Via Francigena that led from Canterbury to Rome was used by thousands of pilgrims, while today it is one of the best-known cultural routes in Europe, guiding visitors along itineraries that are often unfamiliar, but rich in history and tradition, with hidden jewels of architecture. In the Canavese some stretches of the Via Francigena coincide with the Royal Turin Wine Trail, so it is not surprising that we stop off for a tasty "merenda sinoira" (combined snack and dinner) or lunch of traditional local produce, surrounded by Carema and Erbaluce vineyards.

TYPE	trekking bike
DIFFICULTY	@@@@
TIME	2 days
DISTANCE	about 96 (48 first day + 48 second day)
TERRAIN	byroads, dirt roads
PLAN	small group with leader (at least 4 adults)
2102 DATES	Friday 4 May/Sunday 6 May (4th National Francigena Walks Day) Friday 25 May/Sunday 27 May Friday 8 June/Sunday 10 June Friday 29 June/Sunday 1 July Friday 3 August/Sunday 5 August Tuesday 14 August/Thursday 16 August Friday 7 September/Sunday 9 September Friday 5 October/Sunday 7 October Friday 19 October/Sunday 21 Octoberother dates agreed for pre-formed groups (at least 4 adults)
PRICE/PERSON	220 Euros in double room 210 Euros in triple room 280 Euros single occupancy double room 100 Euros children 10/14 years old The price includes: 2 nights in a 3*Lux hotel, breakfast included, bike tour guide and assistance, 2 meals in traditional local restaurants, merenda sinoira (traditional combined snack and dinner).

DAY OF ARRIVAL

You can arrive at Hotel Sirio 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: Hotel Sirio is the perfect place for those who love nature and good food. A walk around Lake Sirio or a stroll through the old town of Ivrea are the best way to get yourself into a holiday mood.

FIRST DAY ON YOUR BIKE

After going down into the town from Hotel Sirio and crossing the river Dora, we leave Ivrea heading towards Carema on the Royal Turin Wine Trail, which in this part is an easy ride on byroads through the country, to the bridge at Quincinetto. Here we join the Via Francigena as it descends from the Aosta Valley parallel to the main road, passing through the towns and villages at the foot of the steep rocky ridge that borders the valley: Airale, Settimo Vittone, Montestrutto and Borgofranco d'Ivrea. When we get to Montalto, from an easy dirt road we climb up a muletrack

leading to the castle in the hills where chestnut woods are interposed with vineyards and clearings: we are in the Five Lakes area. After stopping off at the "terre ballerine" (shaking land) at the old peat bog of Lake Coniglio we reach the village of Chiaverano, where the beauty of the Romanesque site of Santo Stefano di Sessano ... will make up for the steep road we have to toil up to get there. A gratifying descent will lead us to Cascina Bedria for a well-deserved merenda sinoira (a real dinner but early) after which we return Ivrea on easy secondary roads.

Programme

- @ 09.30 am meeting with the group and briefing
- @ 10.00 am set off for the tour from Hotel Sirio
- @ 01.00 pm meal
- @ 04.00 pm arrival at the "terre ballerine"
- @ 05.00 pm merenda sinoira
- @ 07.00 pm return to Hotel Sirio

SECOND DAY ON YOUR BIKE

From Hotel Sirio we go down towards Ivrea town centre and join the Via Francigena, that soon leaves the town heading east to become a pleasant dirt road which, skirting the Lake of Cascinette, crosses the Maresco di Burolo. From here we continue on an easy asphalted road to the Church of San Pietro e Paolo in Pessano (11.50 km covered). A scenic road crossing the hill halfway up takes us to Palazzo where, after passing through the old town, we continue on an easy off-road stretch that directs us towards the Gesiun (big church) among vineyards on dry stone terraces. We then pass Viverone and leave the pilgrims' path to go down to the Lido where we join the cycle track and ride along the lake as far as Comuna. A short uphill stretch brings us to our well-deserved lunch at Morzano Farms (25 km covered). After lunch we set off again towards Masseria and, after climbing back up the hill, we pass Veneria to enter the Piana delle Logge, a lovely place that we ride along on a pleasant dirt road affording a beautiful view of the lake (30 km covered). Time to stop on the shore for a photo and then off again for Azeglio. From here we return to Ivrea on easy backroads that follow the Cavour Canal.

Programme

- @ 10.00 am start of the tour from Hotel Sirio
- @ 12.30 pm lunch at the agriturismo between the Serra and the lake
- @ 05.30 pm return to Hotel Sirio

Price per person

in double room 220 Euros
in triple room (3 adults over 14 years old) 210 Euros
in single occupancy double room 280 Euros
for children up to the age of 14 in the same room as their parents 100 Euros

The price includes:

- bed and breakfast at Hotel Sirio 3*Lux
- guide and assistance for 2 days biking
- 2 meals in traditional local restaurants (2 courses, 1 glass of wine, water and coffee)
- merenda sinoira

Extra nights: in double room 42.50 Euros; in single occupancy double room 75.00 Euros

Half board supplement: 25 Euros (3 courses, drinks excluded)

Hotel Sirio facilities: car park, bike cleaning and garaging, Wi-Fi charge

2012 dates

Friday 4 May/Sunday 6 May (4th National Francigena Walks Day)
Friday 25 May/Sunday 27 May
Friday 8 June/Sunday 10 June
Friday 29 June/Sunday 1 July
Friday 3 August/Sunday 5 August
Tuesday 14 August/Thursday 16 August
Friday 7 September/Sunday 9 September
Friday 5 October/Sunday 7 October
Friday 19 October/Sunday 21 October

.....other dates agreed for pre-formed groups (at least 4 adults)

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. We will do our best to satisfy your needs, however we cannot guarantee that the number and variety of dishes will be adequate. It is important for us to be informed of any health problems you may have, in order to best satisfy your needs.

Minimum compulsory equipment

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

What to bring...

No special technical clothing is required, but we recommend that you wear padded cycling shorts.

It is always a good idea to dress in layers, preferably with breathable technical materials or cotton next to your skin. Don't forget 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.

Optional healthcare and medical fee insurance (Globy rosso, about 10 Euros, to be confirmed at the time of request).

Optional "all-risk" travel cancellation insurance (Globy giallo, from 9.90 to 12.60 Euros, to be confirmed at the time of the 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.