



# From the banks of the Po to the Ligurian Sea

17-21 JULY 2026

(OR 16-21 JULY DEPENDING ON TRANSPORTATION AVAILABILITY)

*The thrill of reaching the sea by bicycle  
from Chivasso (TO) to Varazze (SV), through the vineyards and rolling hills of Monferrato.*

**MORE DETAILS REGARDING THE ROUNDRIP AND THE OVERNIGHT STAYS  
WILL BE PROVIDED DIRECTLY TO THOSE INTERESTED IN REGISTERING**

From the banks of the Po River to the blue waters of the Ligurian Sea, a ride that connects two worlds.

A cycling journey filled with emotions and ever-changing landscapes.

The rolling hills of **Monferrato** unfold through vineyards and timeless villages, while the scent of the sea grows stronger mile by mile. Then, suddenly, the **Ligurian Sea** appears on the horizon: the perfect reward for a journey powered by your own legs and the freedom of cycling.

## What you need to know

- Total distance: **about km 310**, elevation gain about 3400 mt (in 5 days); daily bike tours km 60-90; elevation gain mt 650-1000 (Possibility to shorten the last stage by train)
- **Difficulty:** technical difficulty 1-2; physical difficulty 3-4) \* see *the difficult scale below*
- **Bottom:** secondary asphalted regular roads and some stretches of easy dirt roads
- Ability to ride for many hours and a good level of fitness are required
- Ability to ride on roads open to car traffic is required



\*) difficulty scale: 1 very easy; 2 easy; 3 moderately demanding; 4 quite demanding; 5 very demanding

### • **HELMET OBLIGATORY**

#### **Suitable bicycle:**

- gravel bike, mountain bike, hybrid bike, e-bike

#### **Recommended clothing:**

- Cycling trousers with pad, lightweight windstopper/ rain jacket
- Glasses (sunglasses), gloves, sunscreen, bathing suit and towel for the beach

#### **Equipment:**

- Front and rear bike light recommended.
- Spare inner tube or tire repair kit recommended.



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## Details

### 5 stage itinerary with overnight stay and luggage in tow:

- It is recommended bringing luggage as small as possible; bike recommended with luggage racks and pannier bags; if you use backpack, it has to be as small as possible (max 15-20 lt).

### Bike and e-bike rental on demand:

- Bike and helmet provided and picked up by the guide € . 100.00 per person for the entire holiday;

### Rental recommended:

- Easy bike rent Via dei cerchi 59 tel. 0683958250 mobile 3755678174
- Bike Square, Via della Piramide Cestia, 33 Roma 06 98185055
- Collalti bici via del Pellegrino 80 tel. 0668801084 (Booking well in advance recommended)

For info and booking, send an email to: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu) and [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) or whatsapp [+393334816341](tel:+393334816341), (the sooner you book, the better)

## Costs and booking

- **Info and costs for roundtrip: please contact the guide**
- **Costs of overnight stays:** double bedrooms from 60€ to 110€ in the following venues: Treville(AI), Asti, Neive (CN), Campo Ligure (**for more information please contact the guide**)
- The tour will take place with a minimum of 3 people;
- The tour may be canceled in case of bad weather or impediment of the Guide
- If necessary, the route can be changed at the sole discretion of the Guide.
- Participant stopping the trip at any time are required to pay the full fees to the Guide and booked hotels

### Cost of the tour:

- Guide: **€ . 50,00 per day/person for Fao Staff Coop members** (€ . 55,00 for non FAO staff Coop members)

### Discounts:

- **a special € . 50,00 discount** will be applied to those who bring other people (relatives or friends) for the first time; the discount will also be applied to them.

Payment on booking: **deposit €50.00;** final balance based on your own hotel accommodation