

## 8 Day Gentle Cycling Tour - All Inclusive – 2017 Euro 1,200.00

### Lakes of Northern Italy Bike Tour - Lake Maggiore – Lake Varese – Lake Lugano

8 days / 7 nights / 6 days of cycling – a guided bike tour based in one bike hotel

#### 2017 scheduled dates:

<b>April 29<sup>th</sup> – May 6<sup>th</sup></b>	<b>June 10<sup>th</sup> – 17<sup>th</sup></b>	<b>July 15<sup>th</sup> – 22<sup>nd</sup></b>	<b>September 16<sup>th</sup> - 23<sup>rd</sup></b>
<b>May 20<sup>th</sup> – 27<sup>th</sup></b>	<b>June 24<sup>th</sup> – July 1<sup>st</sup></b>	<b>August 26<sup>th</sup> – September 2<sup>nd</sup></b>	

Other dates are possible and we'll create a departure especially for you if there is a minimum number of 4 guests and a maximum of 12 guests.

#### Accommodation

All daily rides start from our **Eco Bike Hotel Ungheria** (a 3 star hotel) located in the town of **Varese**. The hotel is a family business and all the siblings work there. Our staff shares the Italian passion for cycling with our guests. There is a special locked with CCTV bicycle storage room, where the bikes are protected against weather and theft. We also have a bike workshop with a bench, bike stand and racks. **All meals are included**. Everyday we prepare **fresh baking** at breakfast, a **bike packet** (strengthened and protein content snack with bananas and sandwiches) for your daily ride and a **afternoon buffet snack** when you'll be back at the hotel.

**Average daily distance:** approx. 20/30 miles – 30/50 km.

**Terrain:** easy and **flat** routes on road and cycle paths. Other routes are **undulating / rolling** with a few gentle, small and short climbs, with easy gradients and few hills for cycling.

**Level of difficulty:** for the leisure cyclist who exercises regularly, fairly fit. A few short and easy climbs every day with 3 -5 hours cycling.

**Our area is characterized by a continuous up and down.** It has a typically hilly and mountainous landscape in the northern part (approx 3,280 feet - 1.000 metres a.s.l.) and relatively flat (approx. 980 feet - 300 metres a.s.l.) in the southern part. **The average elevation gain is approx. 300 feet - 100 metres every 6.20 miles - 10 km.**

There are longer flat sections along the shores of Lakes or in the valleys only.

**Traffic:** low traffic on most of the roads and cycle paths.

Tours feature **undulating and peaceful roads with little traffic** among gently rolling hillsides, valleys and mountains, climbs, descents and above all, views across the **Prealps, Alps**, the **Monte Rosa Massif** and Italy's northern lakes.

Eleven lakes of different sizes surround Varese. You will mainly follow small and scenic roads, with few road signs.

You might think that, alas, this is not the place for gentle and slow cycling. And you would be right. However, we planned itineraries where you can avoid cycling any big hills and medium sized hills too. We are adept at avoiding as many as possible main busy roads.

**Our professional guides are natives of Varese** and their experience can help you **find** the best routes including **those hidden lanes** and special discoveries **you will not find on a map**.

**Our guide does the navigation so you can relax and enjoy the ride.** Some stops are planned along the tour. You can visit villas, gardens, museums, churches, castles and other attractions.

Please take a look at Gentle Cycling Area: <http://www.gpsvarese.it/hu/20.html>

**We offer a choice of several circular routes** and you can choose among them.

Every route has different options to accommodate different training and preparation levels. They have distances between 12 to 50 miles - 20 and 90 km, with each ride carefully planned to make sure you see the best of the area. Sometimes we'll get back to the base by train.

The routes almost totally include cycle paths and quiet roads with low traffic. Back in the saddle, you can then explore the area among **Lake Varese, Lake Maggiore** and **Lake Lugano**.

We can ride as long as you like. Take your time, don't worry. There is always time for a break, or a snack, or a picture. The rides may be done in a laidback and friendly environment, in small groups with similar skill and ability.

## Highlights

- Rides through two historic sites on the UNESCO Worldwide Heritage List (Sacro Monte of Varese and Castrum Sibirium at Castelseprio).
- Panoramic view from the top of the Regional Park Monte Campo dei Fiori with the Alps on one side and flatlands on the other.
- Historic villas and gardens in Varese.
- Historic village of Castiglione Olona, known as “Tuscan Island in Lombardia” and the quaint village of Arcumeggia, known as “Painted Village”.
- Villa Della Porta Bozzolo at Casalzuigno, the hermitage of Santa Caterina del Sasso, the Cloister of Voltorre, Fortress of Angera, the Abbey of Ganna and Monastery of Torba.
- Loop of Lake Lugano.

## Tour details / Daily plan

Here's the **cycling plan**. We present a range of several routes. Every route has different options to accommodate different training and preparation levels.

Day	Description	Meals included
1 <sup>st</sup> Day	Arrival in Varese and pre-tour briefing.	D
2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> Day	Choose 6 daily guided rides among a range of eleven rides. Please look at below. Every guided ride starts and arrives in our bike hotel at Varese.	B L D
8 <sup>th</sup> Day	Breakfast and departure.	B

**B** = high-calorie continental **breakfast**

**L** = **Bike packet**, strengthened and protein content snack with bananas and sandwiches + **Afternoon buffet snack** when you'll be back at the hotel.

**D** = **Dinner** in a local and Italian restaurant, with a typical menu.

	Distance approx. miles	Ascent approx. feet	Daily rides	Distance approx. km	Ascent approx. metres
easy	12	361	Varese - Villas and Gardens	20	110
easy	24	1,010	Brinzio, Orino, Villa della Porta Bozzolo, Casalzuigno, Cittiglio, Laveno (return by train 45 minutes approx)	38	310
easy	19	853	Castiglione Olona, Monastery of Torba, Castrum Castelseprio	30	260
average	18	1,444	Loop of Regional Park Monte Campo dei Fiori	29	440
average	20	492	Gavirate, Brebbia, Hermitage Santa Caterina del Sasso, Laveno (return by train 45 minutes approx)	33	150
average	27	1,476	Brinzio, Cabiaglio, Cavona, Rancio Valcuvia	43	450
average	20 +8	984	Azzate, Rogorella, Bernate, Gavirate (return by train 25 min. if you want avoid an extra distance and an easy climb). Please look at (1)	33 +12	300
average	27	1,322	Brinzio, Bedero, Marchirolo, Ghirla, Ganna	44	403
average	30	1,150	Bedero Valcuvia, Valtravaglia cycle path, Luino, Laveno (return by train 45 minutes approx)	48	350
average	34	1,476	Arcisate, Lake Lugano, Ponte Tresa, Ghirla, Ganna, Brinzio	55	450
hard	56	1,608	Loop of Lake Lugano	90	480

(1) If you want avoid an extra distance (8 mi - 12 km) and an another climb (3.4 mi - 5,4 km, average gradient 3%, max 6%).

## Tour details / 2017 Prices and services - 8 Day Gentle Cycling Tour - All Inclusive

<b>Arrival days:</b>	29 <sup>th</sup> April 2017	10 <sup>th</sup> June 2017	15 <sup>th</sup> July 2017	16 <sup>th</sup> September 2017
	20 <sup>th</sup> May 2017	24 <sup>th</sup> June 2017	26 <sup>th</sup> August 2017	

**Train stations:** Trenord and Trenitalia (both 1.2 mile - 2 km far from Eco Bike Hotel Ungheria).

**Airport:** Milan Malpensa (22 miles - 35 km): <http://www.milanomalpensa-airport.com/en/flights/destinations>

**Transportation:** upon request from/to Malpensa Milan Airport

**Parking and accomodation:** at Eco Bike Hotel Ungheria Varese, a 3-star hotel

Prices per person in Euro:

Double room	€ 1,200.00
Single room supplement	€ 245.00
Bike hire	€ 90.00
Additional night double room and breakfast	€ 50.00
Additional night single room and breakfast	€ 85.00

### Included services:

- 7 nights in double room
- 7 high-calorie continental breakfasts
- 6 bike packets, strengthened and protein content snack with bananas and sandwiches
- 6 afternoon buffet snacks on your return to the hotel
- 7 dinners in a local Italian restaurant (menù: Italian aperitivo, first course, main course with side dish, water and coffee)
- A skilled bike guide for 6 loops
- Maps and information material
- Safe storage with CCTV for your bike at the hotel
- Workstand tool bench for basic maintenance
- Isotonic drink or water for your ride
- Washing and cleaning area for bikes
- Daily laundry service for your cycle clothing
- Bicycle recovery assistance in case of breakdown
- Free Internet Wi-Fi
- Car parking

### Upon request:

- Bike hire: [http://www.gpsvarese.it/hu/bike\\_hire\\_3.pdf](http://www.gpsvarese.it/hu/bike_hire_3.pdf)
- Electric bike rental
- Access to Gym
- Medical and physiotherapy services
- Transfer to and from Airport Milan Malpensa

### Other information:

- Entrance fees Castles, Villas, Museums not included
- Tickets or other extras not included
- Price doesn't include any extra-beverage and other extras at dinner

**Contacts** for any information and reservation:

#### Eco Bike Hotel Ungheria Varese

Viale Borri, 98 – 21100 Varese (ITA)

Phone +39 0332.264.325

<http://www.hotelungheria.it/en/bike-hotel-in-varese/>

[bike@hotelungheria.com](mailto:bike@hotelungheria.com)

for cycling tips:

#### GPSVarese

21100 Varese (ITA)

[http://www.gpsvarese.it/i\\_vacanze\\_bicicletta.asp](http://www.gpsvarese.it/i_vacanze_bicicletta.asp)

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