

CYCLE TOURING & TRAINING ON THE SUNNY ADRIATIC COAST

8 days / 7 nights one-hotel guided road bike touring based at Riccione



“All our cyclists are always very nice and calm. They are athletes and have only the bikes in their head. They come to Riccione because they want to ride, nothing else but ride and this is a beautiful area to do it. When they come back after the training they are exhausted but happy, very happy.”

Departs: Every Saturday from March to September (but not in August)

Costs: From AU\$1175 per person in March, April, May, June & September (AU\$1350 in July)
Single Supplement from AU\$495

Bike hire: *Technical* road touring bikes available - built to your needs / specifications - from AU\$310 per week.

The Italian region of Romagna, offers some fantastic opportunities for road cycling thanks to its year round mild weather, its coastal location and the variety of accessible terrain. You can choose an itinerary that focuses on the coastal plains towards the historic city of Bologna, beachside routes to Rimini or Pesaro or more challenging mountain stages to the ancient Republic of San Marino or to Umbria or nearby Tuscany.

As cycling specialists Outdoor Travel in conjunction with our local partners in Italy offer a program based at several specialist ‘bike hotels’ in the coastal resort of Riccione near Rimini - where cyclists are welcome and where serious cycling is the norm. Most international cycling teams will have trained in this area - including many current Australian road racers – many returning each year before major racing events.

From March to September 2009 (excluding August) we offer a great value touring program ideal for those interested in road bikes or bicycle training. We offer a choice of guided routes and training levels each day – from easy to very challenging - to suit all abilities and interests.

We offer a choice of comfortable, centrally located hotels with all the usual services, plus special facilities and diets for athlete training including roof-top training areas for cycle warm-ups, cycle storage and workshops for maintenance or repair. Nearby you will find specialist bike hire, gear shops, fitness training centres and access to beach resorts.... plus a selection of bars, shopping, restaurants and nightlife.

For cycling plus sightseeing, art and history, Riccione is also an ideal base to visit Urbino (birthplace of the painter Raffaello) which dates back to the Renaissance period, with its beautiful Galleria Nazionale and many famous works by Raffaello, Piero della Francesca and other XVI century artists; the Republic of San Marino with its duty free shopping and several coastal resort towns with extensive tourist facilities.

Call *OUTDOOR TRAVEL* on 1800 331 582 for details or reservations

A TYPICAL DAY ROAD TOURING IN ITALY - This holiday can present challenges to even the most experienced cyclist but there is no reason why you shouldn't consider this a relaxing holiday too. A typical day might include:

- * A good breakfast with ham, cheese, cereals, home made cakes, fresh juice, coffee and fruits.....
- * Bike set-up and warm-up for the ride (routes determined in advance for each day with the guide leader based on interests & abilities and with other cyclists in the group) – distances are from 60/70 or 90/100kms per day.



* During the ride the group will stop for snacks or a cup of coffee in a typical Italian roadside café. Returning to Riccione between 14:30 and 15:30 for a special light meal designed specifically for cycle training (based on carbohydrates, noodles, salads, vegetables, fruit and cakes) is served. A steam bath and swimming pool are available at the hotel or the fully equipped gym and beach is nearby. At dinner we discuss the routes for tomorrow and then, according to one of our local Bike Guides:

“In the evening we come to spend some time to talk about the next day ride. After dinner some of them stop at the bar for a drink, some of them go for a walk, others keep on talking about frames, gear, speed..... All our cyclists are always very nice and calm. They are athletes and have only the bikes in their head. They come to Riccione because they want to ride, nothing else but ride and this is a beautiful area to do it. When they come back after the training they are exhausted but happy, very happy.”

THE COST INCLUDES:

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| * 7 nights hotel accommodation – double room with ensuite | * Half board (breakfast & dinner each day) |
| * Water and local wine at dinner | * Snacks during rides |
| * Pasta buffet after rides | * Storage for the bicycles |
| * Touring maps | * Free entry to a fully equipped gym |
| * Laundry service for cycle clothing | * Turkish bath |
| * Free use of spin bike at the hotel | * Emergency rescue (if required) |
| * Services of an experienced tour leader | * Swimming Pool |
| * Dinner in a typical restaurant (outside the hotel) | * Satellite navigator (GPS system) |

Transfers to / from Riccione from / to Rimini or Forli Airports, Bologna, Milan or Rome can be arranged at extra cost, please ask when booking.

This holiday is ideal for groups of friends and cycling clubs and specific itineraries can be prepared. Smaller groups and individuals are also welcome to join the weekly programs.

These are just a few of the many small group guided or self-guided inn-to-inn cycling tours we offer in Europe - including river rides from Passau to Vienna along the Danube or from Vienna to Budapest.

Other cycling holiday destinations include several areas of Italy, Spain, France, Germany, Holland, Ireland, England and Scotland, Hungary, in the Czech Republic, New Zealand & Australia. We also offer group guided Bike & Barge cruises in many destinations including France, Belgium, Holland, Germany, Italy, the Dalmation Coast of Croatia, the islands of Greece, the Lycian coast of Turkey, Vietnam or Canada.

Contact Outdoor Travel direct for more details and reservations

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