

ITINERARY AT A GLANCE

Day 1 SUNDAY - POLIGNANO
Day 2 MONDAY - MARTINA FRANCA
Day 3 TUESDAY - MATERA
Day 4 WEDNESDAY - METAPONTO
Day 5 THURSDAY - POTENZA
Day 6 FRIDAY - BASILICATA
Day 7 SATURDAY - THE CILENTO COAST
Day 8 SUNDAY - THE CILENTO COAST
Day 9 MONDAY - POLLINO NATIONAL PARK
Day 10 TUESDAY - THE HEART OF CALABRIA
Day 11 WEDNESDAY - CITTADELLA DEL CAPO
Day 12 THURSDAY - ARRIVEDERCI



Day 1: SUNDAY - POLIGNANO

A guide and van are at the airport for guests arriving at 12:30 pm. Bike fitting in front of our first hotel at 3 pm before our quick spin up the coast. Early evening cocktails and a leisurely walk around this lovely seaside town.

Day 2: MONDAY - MARTINA FRANCA

Riding through the land of the curious looking conical shaped houses called Trulli is really a joy! The Pugliese country folk are very superstitious as can be seen from the interesting archaic looking figures and designs painted on the roofs of some trulli.

Day 3: TUESDAY - MATERA

Today's ride is flat with several long stretches of very straight road. Curiously, we begin to see more of the dry stacked stonewalls dividing farming plots (miles and miles of them) and the farms become much larger as we go along. We will pass the Trulli land between Alberobello and Martina Franca.

Day 4: WEDNESDAY - METAPONTO

The ride starts with a couple of busy miles getting out of town, then turns to a steep, narrow super fun descent for about 3 miles. The road then levels out and gradually descends to sea level in about 25 miles. We start out rolling through groves of enormous ancient olive trees (some of which are said to be over a thousand years old!), pine forests and eventually enter into the land of citrus and eucalyptus trees, making our way through the splendid woodland called "Bosco Pantano del Policoro" down the Ionian Coast.

Day 5: THURSDAY - POTENZA

Today's route starts with a spectacular roller coaster ride skirting Monte Ignino and the Brandano River Valley. While riding through a World Wildlife Foundation protected forest of pine trees and eucalyptus, we'll encounter breathtaking views of the Lago di Giuliano and tiny hilltop villages. We'll pause to enjoy a picnic of local specialties before we start climbing. Though the climbs are long and tough, the entire route is full of spectacular views in this untouristed area.

Day 6: FRIDAY - BASILICATA

Today we leave from the Basentino River Valley crossing over Monte Caravino to the Tanagro River Valley to the border of Campania.

Day 7: SATURDAY - THE CILENTO COAST

Today's ride is a bit difficult, but all the climbing is rewarded at the end with an incredibly blissful 17 mile descent to the coast. We start out rolling along the valley for about 10 miles and turn up into the Cilento and Vallo di Diano National Park. The road winds around through dense forests of pine, beech-wood and the occasional eucalyptus grove. The farmers cultivate olives and apples, and we start to see more grape vines than we had in the Basilicata region.

Day 8: SUNDAY - THE CILENTO COAST

Today is a beautiful scenic ride along "the other Amalfi Coast", the stretches of beaches the Italians prefer to the more famous and touristy ones farther north. Riding along the narrow cliffs of Cersuta, we are reminded of a local anecdote. Just a couple of miles before we reach Maratea we'll come across a narrow stretch of road called "Torre Apprezzami l'Asino", which means, "Tower of the Pricing of a Donkey." The pass is so narrow that only one donkey can pass at a time.

Day 9: MONDAY - POLLINO NATIONAL PARK

Today's route starts with some seriously tough climbing from the sea and then enters into the Pollino National Park. We wind our way through forests of pine, beach-wood and mountain oak. The town of Castelluccio is reknown for its skillful craftsmanship of copper. The towns of Rotonda on the extra loop option, is famous for the introduction of the red eggplant in Italy. This afternoon we will arrive in Morano Calabro, listed in the directory of the most beautiful towns in Italy.

Day 10: TUESDAY - THE HEART OF CALABRIA

Today's route is extremely curvy with some difficult climbs as we continue to skirt the periphery of the Pollino National Park. We will pass through some of the small towns settled by Albanians who fled from the Turks over 500 years ago. We'll pass through Lungro which is one of the more characteristic of the Albanian villages.

Day 11: WEDNESDAY - CITTADELLA DEL CAPO

After a pleasant night's sleep at the five-star Palazzo del Capo, your castle by the sea, you will have your choice of riding or spending time at the beach. While riding, we will see more people out and about working their small farm plots or just hanging about. Meet with Ciclismo codirector Mauro Rugiero's extended family and learn more about their lives in this beautiful area of Italy.

Day 12: THURSDAY - ARRIVEDERCI

After breakfast at the hotel we will shuttle you to the Lamezia Airport where you may make connections to Rome or Milan. You can also take a train from Capo Bonifati train station to Rome, taking just under 2 hours.

Total mileage: 500+

Daily average: 45-50

Included:

- All accommodations
- Eight dinners and two picnic lunches
- Guided walking tour of the Trulli of Alberobello and the Sassi of Matera
- One tasting of Castel San Lorenzo and Celento wine
- Guided boat tours of illuminated grottos
- Full van support
- Cycling clinics and one-onone coaching
- Native bilingual guides

Not Included:

- A 27-speed lightweight road or 24-speed hybrid bicycle (available in Italy at additional \$185.00 rental cost)
- Transport of bike case (for guests who bring their own bike; shipping available in Italy for additional fee)
- Wine and alcoholic beverages
- Most lunches
- Airfare
- Transfers to the starting point or from the finishing point unless specified; we can assist you in planning and arranging for any necessary shuttles
- Helmets (Bring your own, can not be rented in Italy)
- Personal expenses (laundry, supplies, phone calls, etc)
- Guide tip



Price per person	DbI	Sgl	TrI
Land Only	\$3,895	\$4,395	N/A

May 8
June 5
October 2, 16

Special departures on request with supplement

Selected Hotels

GROTTA PALAZZESE	Polignano a Mare (1 night)
VILLA DUCALE	Martina Franca (1 night)
HOTEL SASSI	Matera (2 nights)
ALBERGO LA PRIMULA	Potenza (1 night)
LA CERTOSA	Padula (1 night)
KINGS HOTEL	Palinuro (1 night)
VILLA CHETA	Maratea (1 night)
VILLA SAN DOMENICO	Morano Calbro (1 night)
PALAZZO DEL CAPO	Citadella del Capo (2 nights)