



PICCOLA UNIVERSITA' ITALIANA

PER STRANIERI - TROPEA

Programm 2012 Mountain bike weeks

Spring: 25.03.2012 – 26.05.2012 **Autumn/Fall:** 14.10.2012 – 03.11.2012

Calabria is a nature lover's paradise. This southernmost region of Italy is a haven of untouched natural beauty. In Calabria you can enjoy bike tours far away from the usual tourist zones for our chosen mountain bike tours take you to undiscovered roads and paths around Tropea and Capo Vaticano. Experience an active language holiday in the romantic Calabrian countryside.

The mountain bike tours are organised by a German-French team. Our partner has been operating in the area for over 20 years. The mountain bike station is equipped with the renowned mountain bike brand SCOTT bikes and has 34 professional Scott mountain bikes which are equipped with Shimano Deore/XT. The mountain bike station does of course have its own repair and spare part garage, next to a small mountain bike shop staffed with specialists.

The bike tours are led by an experienced mountain bike guide in Italian, English, French or German. As a safety precaution protective cycling helmets must be worn on all of the guided mountain bike tours. Helmets are available on request at the bike station.

Mountain bike tours are arranged with the guide according to weather conditions.

Mountain bike tours at our Italian language school are customised for all those who want to get the most out of their holiday here. It is an ideal combination of cultural education, relaxation and an active holiday in some of the most beautiful countryside in the whole of Italy. Enjoy your holiday to the full!

It is also possible just to take part in mountain bike tours without Italian lessons. This combination is ideal for families with children, couples or friends with different interests. While one learns Italian the others have the possibility to get to know Calabria by mountain bike.

A minimum number of 10 participants must sign up for these mountain bike tours in order for them to take place. Mountain bike weeks are on offer as a 1 week active package deal or 2 week active package deal and can easily be combined with a main language course (4x5). The language course can of course also be extended. On request these package deals can also be carried out at other times.

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Active mountain bike package for 1 WEEK

This active package consists of 4 half day and one full day tour.

Package price includes:

- Pick up from Tropea to mountain bike station (about 15 minutes) and back
- Mountain bike guide
- Mountain bike tours as described
- SCOTT Mountain bike, helmet and rucksack with service package

EUR 225,00

Tour descriptions:

1. The Sunset

Departure: 4pm Duration: approx. 2,5 hours Difficulty level: I Distance: 16 km Altitude: 90 m
From Tropea, ride towards the small fishing village Parghelia and enjoy the magical panorama view of the long sandy beach at Zambrone. A short stop at the 'Mimmo' ice cream shop is included in this tour. The route back is by the harbour and Lungomare back into the old town of Tropea.

2. The Lighthouse

Departure: 1:30pm Duration: approx 3.5 hours Difficulty level: I Distance: 25 km Altitude: 230 m
On this easy tour the fantastic panorama can be enjoyed in a relaxing way. Ride from Tropea on hidden side streets to the famous Capo Vaticano passing onion fields along the way. On a clear day you will be rewarded with the view to the Gulf of Gioia Tauro the strait of Messina and on an extremely clear day you can see as far as Mount Etna on Sicily. To build up your strength, a " Peccoreo" (goat farmer) awaits you with homemade cheese and spicy sausage for you to try. On the way back to Tropea, you pass orangeries and flowery meadows.

3. The Valley

Departure: 1:30pm Duration approx: 4 hours Difficulty level: III Distance: 30km Altitude: 800 m
This demanding tour requires good condition and bike control. On the trip up to Ceramiti you ride on the dried out river bed from one level to the next, where the view of the endless sea and the eolian islands rewards your hard work. The Valley is a tour full of variety with single trails, tarmac roads and gravel paths.

4. The Vineyards

Departure: 1:30pm Duration: approx 4 hours Difficulty level: II Distance: 26km Altitude: 600 m
This semi challenging tour takes you over the hilly countryside above Tropea, which is surrounded by small private vineyards at Brattiro, romantic ruins and abandoned farms. A stop at one of the vineyards is included in this tour, of course with wine tasting and the chance to try some calabrian specialities. After getting back your strength, you can enjoy the ride into the valley with a glorious view of the Aeolian islands.

5. Seventh Heaven

Departure: 10am Duration: approx 6 hours Difficulty level: IV Distance: 56km Altitude: 1600 m
After a very challenging uphill ride to Monte Poro at 711m you will feel like you are in 7th heaven. After sightseeing at the medieval grotto of Zungri, you can get your strength back with a lunch of Tagliatelle ai funghi porcini. The relaxing downhill ride with a view to the sea goes down serpentine roads into the old town of Tropea. This bike tour can alternatively be taken at difficulty level 1. In this case participants are taken by minibus to the bike station at 711m.

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Active Mountain bike package for 2 WEEKS



This active package consists of 4 half day and one full day tour in the first week (see description on page 2)

In the second week discover Calabria for yourself. You will obtain several GPS tours with Garmin-X track. Alternatively these tours can also be taken with the help of usual maps. These mountain bike tours can be combined wonderfully with train trips in the vicinity. Suggestions and recommendations can be obtained from the bike team.

Package price includes:

- Pick up from Tropea to mountain bike station (approx. 15 Minuten) und back
- Mountain bike guide
- Mountain bike tours as described
- SCOTT Mountain bike, helmet and rucksack mit service package

EUR 305,00

Difficulty level description:

I = easy

II = medium

III = difficult

IV = very demanding

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Our language travel experts will be happy to assist you.

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