



## SERVAS BIKE 2021

**29/30/31/July 1 August—2021**

**Invitation to Servas bicycle meeting**

**.. discovering the Fluvial Park, the Stura Valley and the Occitan Region  
of Cuneo, Piedmont, Italy**



The *Gesso and Stura* rivers park is a protected natural area and wetland of 5500 hectares . It was founded in 2007 to protect and enhance environmental resources and is an area of particular interest for bird life. Within the Park there are several routes for hiking or cycling. It winds all around the city of *Cuneo, Piedmont, Italy*, which is a wedge-shaped plateau with the summit at the confluence of the two rivers and the base towards the Alpine valleys.

The *Stura Valley* in the *Maritime and Cozie Alps* is crossed by the river of the same name that flows from *Maddalena Lake* at an altitude of almost 2000 meters. From *Colle della Maddalena* you cross the French border and reach the Ubaye Valley.

We will ride along the valley until *Vinadio* town, avoiding the highest and most demanding part, leaving however the possibility - for those who wish - to reach the *Colle della Maddalena*. In *Vinadio* you can visit the Albertine Fort; whose construction began in 1834 and ended in 1847 and it is one of the most significant examples of military architecture in the entire Alpine arc . It is possible to visit the permanent exhibition "*Montagne in Movimento*" <https://www.castelliaperti.it/it/strutture/lista/item/montagna-in-movimento-nel-forte-di-vinadio.html>. In *Vinadio* there is an artificial lake with the possibility of bathing.

## PROGRAM Servas bike 29/30/31/July 1 August--2021

Number of participants: **30 persons. Registration within 15th of June 2021**

Logding: Camping of Cuneo in personal tents. No bungalow.

Local Servas hosting: it is possible, to be evaluated, you can contact Servas members directly.

Upon request, we can suggest you B&B or other accomodation.



(Vinadio)

Programm:

**Thursday 29 July: welcoming** starting from 5 pm in open air , meeting with the local Fiab/Biciingiro group  
Information about the River Park and Aperitivo.

Note: choose time of arrival, you can reach the camping and place your tent. Later you can reach by bicycle the meeting point in the River park. (we give you the exact meeting point after registration).

Dinner in Birrovia, information about Cuneo town, or visit to the town with a guide or Servas friends.

**Friday 30 July: Ride through the River Park of Cuneo.** with a naturalistic guide of the Park. Route with little difference in height, almost everything in the plain on good compact road. Packed lunch. Length :km. 30/36  
Or more, with stops at naturalistic oases. Dinner at Ristorante bar Viale Angeli. Speech by Laura Conforti (graduated in Psychology, trainer in Happiness Science..)on the theme: "Happiness: competence or emotion?"

**Saturday 31 July: bike ride to Vinadio town.** cycling on Km 75 km roundtrip, , possibility of intermediate stops.  
In Vinadio for those who want to visit the Mountain in Motion Museum or to swim in the lake (entrance ticket excluded). Back to town. Dinner in Birrovia with Occitan music.

**Sunday 1 August :** if you want to leave early: visit to the town of Cuneo or a walk/hike in the mountain (Maritim Alps Park) for the all day (important: bring mountain shoes and backpack).

Dinners in the town included in the fees.

Renting of E-Bike: euro 35/per day

Renting of standard bike: eur 5/per day

Bicycle (or E-bike) renting is possible if you book and pay in advance with registration: it is not included in the fee.

Breakfast at the Camping : included in the fee.

Packed lunch not included in fee.

Participation fee: **160 eur per person. Included insurance. Deposit of 100 Eur and eventual bike renting to be paid with registration, within 15 June 2021.**

The above program can be modified or cancelled according to the pandemic situation and to be evaluated at the moment by the organizers.

Note: check the Covid- restrictions to travel from/to your country according to pandemic local situation.

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