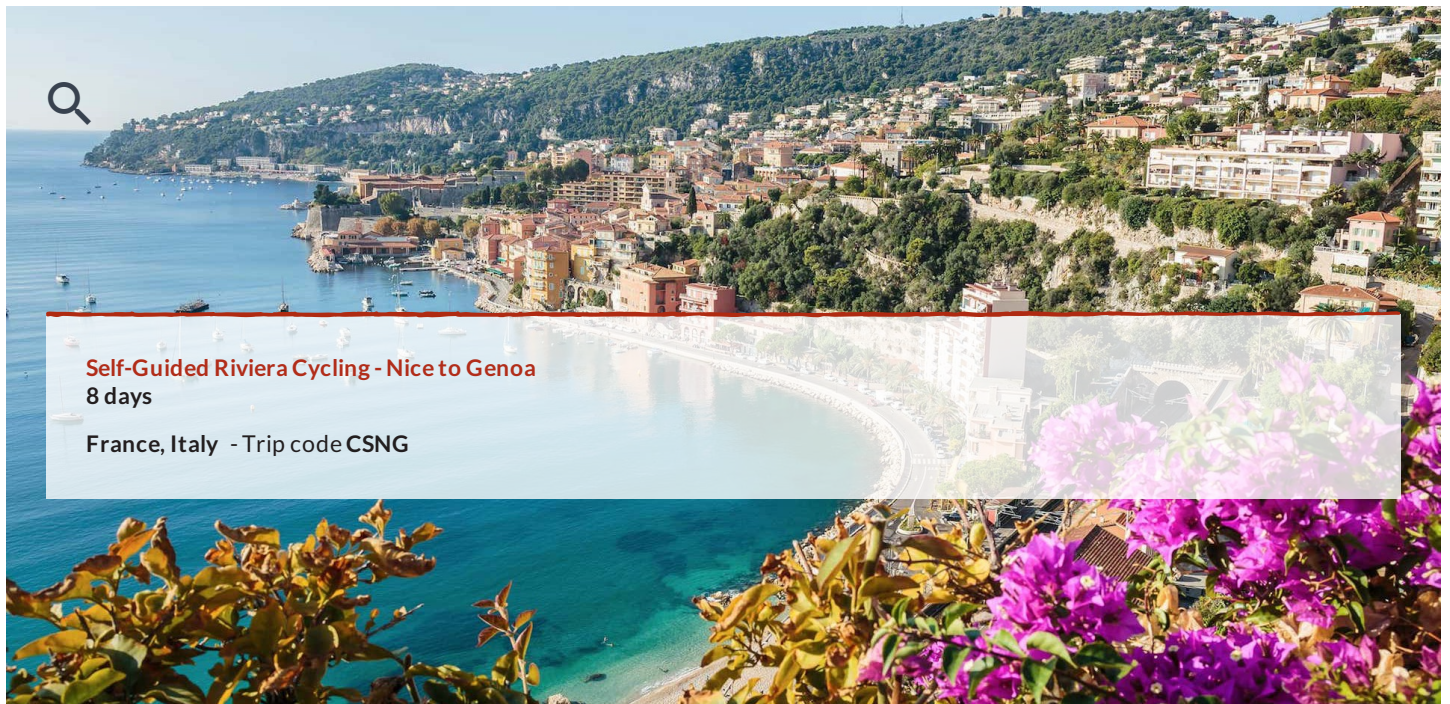


EXPLORE!



Self-Guided Riviera Cycling - Nice to Genoa
8 days

France, Italy - Trip code CSNG

Self-Guided Riviera Cycling - Nice to Genoa

Explore the Cote d'Azur and Italian Riviera on this self-guided cycle journey along the coast from elegant Nice to the grand old city of Genoa. Cycling on mostly quiet roads and bike paths where the Alps meet the Mediterranean Sea, the route passes through beautiful villages steeped in history. Along the way you can reward your efforts with the wonderful food and local wines.

Trip highlights

- ★ French and Italian Riviera - coastal scenic cycling
- ★ Nice - elegant promenade and flower market
- ★ Genoa - atmospheric medieval city rich with history
- ★ Food and drink - reward yourself and fuel your ride with the delicious local cuisine and wines
- ★ Montecarlo - ride through the Principality of Monaco
- ★ Charming historic towns - Porto Maurizio, Imperia, Varazze, Ventimiglia
- ★ Swimming opportunities - chances for a dip in the Med

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

CYCLING GRADE:

Moderate

Medium length rides suitable for cyclists who are used to undulating routes with occasional energetic climbs. Mainly on trails and quiet roads and you should have a reasonable level of fitness.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in Nice on the Cote D'Azure

After checking in to your hotel in Nice, we recommend spending time exploring. Your bike will be delivered either today or tomorrow morning and you will be required to sign an agreement of care upon receipt of the bike.



Accommodation: Hotel Durante (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Three country ride from France, through Monaco to historic Ventimiglia in Italy

This morning we ride out from Nice and start cycling along the Promenade des Anglais, with the sea by our side. Later there are a few short climbs, before reaching the city of Montecarlo where you will inevitably encounter more traffic. Then you continue along the coast, down to the coastal town of Menton, with its long beach. After crossing the border into Italy, you can find the beautiful beach of balzi rossi where there is also an interesting archaeological museum. Today's ride ends in Ventimiglia.

Your total cycling distance today is approximately 43 kilometres (total ascent 560 metres, total descent 525 metres).



Accommodation: Hotel Seagull (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Follow the Riviera dei Fiori cycle path to Imperia

The ride today is mostly along part on the Riviera dei Fiori cycle path. At about the halfway point it is possible to visit the Italian Riviera town of Sanremo. Our final destination today is Imperia; consisting of two parts with Porto Maurizio and Oneglia some two kilometres apart. Relax and enjoy Imperia for the rest of the day where it is possible to visit Villa Grock (clown museum) and the Carli museum of olive oil.

Your total cycling distance today is approximately 50 kilometres (total ascent 495 metres, total descent 501 metres).



Accommodation: Hotel Ariston (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Beautiful inland ride to Alassio

On today's ride you pass many coastal villages, each with their own 'carruggi' (narrow alleyways) - perfect for exploring. The medieval village Cervo deserves particular mention and shouldn't be missed. Today's ride ends in the town of Alassio with its cobbled pedestrian centre and great views.

Your total cycling distance today is approximately 44 kilometres (total ascent 599 metres, total descent 775 metres).



Accommodation: Hotel Garden (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Cycle through coastal villages to Finale Ligure

Today's ride you pass through many coastal villages and end in the town of Finale - a well-known outdoor activity mecca, where mountain biking and rock climbing are very common. The town is divided into three parts: Final Pia in the east, Final Marina in front of the sea and the beautiful Finalborgo located 2km inland.

Your total cycling distance today is approximately 43 kilometres (total ascent 717 metres, total descent 735 metres).



Accommodation: Hotel San Giuseppe, Finale Ligure (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Fishing villages and colourful promenade on your way to Savona

This morning you leave Finale Ligure and continue the journey deeper into Liguria. Along the way you will be passing some pretty fishing villages such as Varigotti and Noli. Finally you reach Savona and your hotel for the night. Savona was once an important harbour and is dominated by the impressive Palomar fortress.

Your total cycling distance today is approximately 30 kilometres (total ascent 465 metres, total descent 548 metres).



Accommodation: Hotel Eden (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Lungomare Europe coastal cycle path to Arenzano. Train onto Genoa.

Today's ride is a relatively short but beautiful route, mainly along the Lungomare Europa cycle path. In order to avoid Genova's traffic and to allow time to explore this wonderful city you take a local train (not included, 4 Euros) the short remaining distance from Arenzano. Trains depart at least every hour and take between 30 and 55 minutes. For centuries, Genova was a major power as one of Italy's Maritime Republics, with Venice as its main rival and often arch enemy. We recommend a wander around the atmospheric old quarter, its narrow streets and hidden piazzas. Perhaps stop at one of the many bakeries to try the local focaccia.

Your total cycling distance today is approximately 25 kilometres (total ascent 211 metres, total descent 215 metres).



Accommodation: Hotel Helvetia (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Holiday ends in Genoa

After breakfast, the organised part of your holiday comes to an end.



Meals Provided: Breakfast

Cycling information

DAILY DISTANCES



CSNG Distance Chart

General cycling information

On this journey you cycle 239 km over six days (an average of 39 km per day). The rides mostly follow secondary roads (busier near the major towns) with several long stretches on paved cycle paths. We have graded the route as moderate.

Bike included

21 gear Hybrid Bike.

Bike information

Your included bike is a 21 gear hybrid bike and will be the correct frame size for your height. Various models are possible, each of a similar standard. Each bike is fitted with one rear lateral pannier bag (20 litre capacity each) as well as a handlebar bag that doubles as a map note holder. The bike also has a water bottle holder as well as the facility to fit your own pedals or saddle if you wish to bring them. A lock, pump, spare inner tube and puncture repair kit with tyre levers is included. All you need to bring is your own helmet. You will be required to sign an agreement of care upon receipt of the bike.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

Cycling grade

Moderate

Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a pump, lock, spare inner tube and tyre levers. All you need bring is your own helmet.



What's included?



Included meals

Breakfast: 7



Transport

Bicycle
Train



Accommodation

7 nights standard hotel

Trip information

Country information

France

Climate

Across France, from April - August, weather conditions are generally warm and pleasant with moderate rainfall; Autumn temperatures are a bit lower and the winter months (though colder) remain mild. The summer months on the Mediterranean Coast in the south tend to be warmer than the rest of France and have less rainfall, and also more mild winters; freezing conditions are nearly unheard of. The mountainous areas of the Alps, Juros and Pyrenees can be quite different. During summer the morning and evening temperatures are considerably cooler and it becomes much colder in winter with heavy snowfall. Western France, along the English Channel, there can be very strong winds and frequent rain during the winter months Nov - Apr. Wine harvesting takes place in late August/early September.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Catholic

Language

French

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Budgeting and packing

Clothing

Bring cycling gear such as quick drying cycle tops, padded cycle shorts and cycle gloves. If travelling in Spring or Autumn months it can be cool, especially at night, so bring a warmer jacket/fleece. A waterproof cycle jacket is recommended in case of rain. A light windproof jacket is always useful. A swimming costume if you plan on having a dip in the sea.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you are expected to carry your own luggage if using public transport so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Mark your bags clearly and leave them at the place and time arranged with them. When travelling on public transport you should always take your luggage with you.

Luggage transfer

Included between each hotel.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Tipping

Local fees

The train from Arenzano to Genoa on Day 6 cannot be pre-booked and so is payable locally. Tickets cost around 4 Euros. You will need to validate your ticket by stamping it in one of the machines on the platform before boarding the train.

Local city tax is required to be paid in cash upon check in to the accommodation. The amount varies from 1 to 3 Euros per person per night, with the higher amount relating to higher category hotels. It is only applicable to a number of towns and cities in Italy but it is being rolled out to cover more places in time so please allow accordingly in your budget.

Country Information

France

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£11

Dinner price

£16.00 - 18.00

Beer price

£4

Water price

£1.3

Foreign Exchange

Local currency

Euro

Recommended Currency For Exchange

Pounds Sterling and US Dollars can only be changed in larger airports with a Bureau de Change. Please change currency into Euros prior to arriving in France.

Where To Exchange

Bureau de Change can only be found in major cities and large airports. Many French banks no longer exchange Foreign currency.

ATM Availability

In cities and most major towns

Credit Card Acceptance

In major restaurants (make sure you have informed your credit card company that you are travelling abroad as some companies will reject payments)

Travellers Cheques

Travellers Cheques are no longer commonly accepted and can only be changed in larger airports with a Bureau de Change.

Italy

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£5.00 - 10.00

Dinner price

£15.00 - 20.00

Beer price

£2.00 - 4.00

Water price

£1.00 - 2.00

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

Major towns.

Credit Card Acceptance

Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bicycle, Train

Recommended airport

Arrival Nice. Departure Genoa.

Flying to your destination

We'd recommend flights into Nice Airport and home from Genoa Airport, both of which are served by budget and non-budget airlines from multiple airports in the UK.

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool (pool may have seasonal opening). Generally rooms will be comfortable with en-suite facilities.

Arrival and departure information

At the start of your trip you can fly into Nice Airport.

At the end of your trip you can fly back from Genoa Airport.

Both airports have regular and inexpensive public transport between the airport and downtown. Alternatively you may prefer to take a taxi.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

France: Visas are not required by UK, EU, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

Italy: Visas are not required by UK, E.U nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

France

Vaccinations

Nothing compulsory. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by

following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
