

# TWICE-WEEKLY EXCURSION PROGRAMMES "LA DOLCE VITA BIKE" BIKENESS® GROUP

5 guided itineraries a week covering between 40 and 60 km. Excursions are different every day and take place over two weeks in the period running from 3/3 to 16/6 and from 1/9 to 3/11. In two weeks you'll never follow the same route twice.

SUNDAY	"TRACING THE OLD RAILWAY LINE..." Rimini-Republic of San Marino; an itinerary on the hills of Rimini that leads into the "ancient land of freedom". We will reach Dogana station, the first, well-preserved station in the republic and cross the old railway line.	SUNDAY	"SAN BARTOLO PARK" Heading south, through the countryside of the Marche, with its fields of intensely-fragranced onions and cabbage, we reach Mount San Bartolo, on a cliff top that drops down to the sea, to follow the panoramic route with its extraordinary views of the coast.
MONDAY	"ALBERETO CASTLE AND VECCIANO" After cycling through the park crossed by Marano Stream and visiting the small castle of Albereto and its tower, we reach our farm in Vecciano for a picnic lunch before returning to nearby Riccione.	MONDAY	"THE CONCA VALLEY AND VECCIANO" An easy and gently-rolling route along the Conca Valley with a visit to an ancient "wash-house" and then on to Vecciano for an outdoor barbecue picnic, a visit to the family's vegetable garden and the old vinegar cellar, with an opportunity to taste our famous balsamic vinegar.
TUESDAY	"TOUR OF THE MALATESTA CASTLES" Through corn fields, fields of sunflowers and olive groves, we'll visit some of the castles built by the powerful dynasty of the Malatesta - Montefiore, Mondaino and Saludecio - and also try some delicious "fossa cheese".	TUESDAY	"THE ANCIENT REPUBLIC OF SAN MARINO" We scale Mount Titano, with its traditions and well-preserved mediaeval sites, taking the easier route. We'll have enough time to visit the 3 towers and the narrow streets of one of the oldest republics in the world.
WEDNESDAY	Rest day for guides	WEDNESDAY	Rest day for guides
THURSDAY	"ROMAN RIMINI & TASTING OF TYPICAL PRODUCTS" We visit Rimini, Tiberius' Bridge and the Arch of Augustus, built by mighty Roman emperors. We then head to the hills near Rimini to try some local products; a taste experience of the typical flavours of our land.	THURSDAY	"THE GREAT MARECCHIA VALLEY AND TASTING OF TYPICAL PRODUCTS" Dominated by the ancient castles that overlook it, the Marecchia Valley helps us relive the emotions of ancient wayfarers heading to Rome. On the return journey, we stop to taste some local cheeses, olive oil, wine and typical products.
FRIDAY	"GRADARA CASTLE AND THE LOVE STORY BETWEEN PAOLO AND FRANCESCA" After passing through the village of San Giovanni, the ancient granary of the Malatesta, and trying some traditional country-style bread, we head to Gradara, with its imposing fortified walls, the first outpost in defence of the coast.	FRIDAY	"ONFERNO AND THE NATURE RESERVE" On the border with the Marche region, under wild and majestic ravines live numerous species of animals, some protected others living wild: boars, porcupines, foxes and bats. We follow a road with little traffic and from the crest of a ridge, the wind and silence accompany us throughout our journey.

Weekly programme no.10-12-14-16-18-20-22-24 (in spring) no.36-38-40-42-44 (in autumn)

Weekly programme no. 11-13-15-17-19-21-23 (in spring) n. 37-39-41-43 (in autumn)



## CONCA VALLEY - VECCIANO

We are in the heart of our hilly area and just a few kilometres from the sea is a unique landscape covered in olive groves, vineyards, cultivated fields and rustic farmhouses. The first half will be in Montescudo (13th century) that stands at 368 metres above sea level and offers magnificent views. A well-deserved coffee break, a quick visit to an ancient mediaeval ice-house and then across the nature park of the Marano torrent, a habitat favoured by majestic white herons, buzzards and birds of prey.

After a short climb we reach Vecciano for a welcome lunch break at our family's house in the country.



There you'll be able to visit our vegetable garden filled with fennel, lettuce, aubergines, courgettes, aromatic herbs and other vegetables often used in our restaurant and the family's "old vinegar cellar" to taste some balsamic vinegar. At the end we will all sit down to savour typical local dishes, grilled meat, piadina, cheese, cold cuts and homemade cakes...

## lots of activities for guests ACCOMPANYING CYCLISTS

The programme for guests accompanying cyclists includes:

- >> a barbecue at our house in the country in Vecciano
- >> a minibus excursion to San Marino
- >> 15 Excel poles for Nordic Walking
- >> weekly street markets in Rimini and Riccione
- >> our "Aqua" wellness centre
- >> 10 city bikes
- >> electrical bicycle hire
- >> lots of information for visiting Riccione and its surroundings
- >> "Pasta & Pizza" cookery lesson

## two special events GEOCACHING

This event is dedicated to those who love adventure and nature. In spring, on Wednesday 2nd May, there's a GPS waiting for you for a pinch of adventure and lots of fun.

These are the ingredients for the treasure hunt of the new millennium.

## ORIENTEERING

In autumn, more precisely on Wednesday 12th September, we look forward to welcoming you to an orienteering event, an itinerary in close contact with nature, indicated on the map we give you on departure

## special MTB

The inland area of Romagna and the Marche, with the Conca and Marano valleys, the Montefeltro and the Apennine mountains, offer bikers and incredible variety of "off road" itineraries. We recommend booking one of the excursions organized by our MTB guides in advance. We offer a minibus for any transfers and for assistance. If you prefer to go alone, we have lots of material available with 15 itineraries with detailed road books and the possibility to hire a Garmin GPS with the itineraries already set.

## excursions NORDIC WALKING

We offer 3 fantastic weekly Nordic Walking excursions in the company of Maurizio, our friendly guide. Here's the programme that lasts approximately 4/5 hours:

- > Sunday: Vallugola, Gabicce Monte along the panoramic route and Fiorenzuola di Focara
  - > Tuesday: the Conca Valley as far as Morciano
  - > Thursday: Vetrana Valley and the castles of Mondaino and Saludecio
- Contribution to costs € 12.00 for each excursion and a minimum of 5 participants.



# HOTEL DORY RICCIONE / BIKENESS® MAGAZINE / 12 ENG



Bikeness® Bike Hire  
**HYBRID & E-BIKE**

the secrets of Romagna with  
**OUR GUIDES**

new tourist group  
**BICYCLE TOURISM**

Bikeness® philosophy  
**LA DOLCE VITA**



Our great hire service offers Scott Sportster bicycles, which are ideal for safely and comfortably tackling the Bikeness itineraries. Shimano XT RD-M772 27 speed gears, disc brakes and front fork with comfortable suspension at € 93.00 per week. We also have Kalkhoff pedal-assisted electrical bikes fitted with latest generation lithium batteries that cover an average distance of 70/80 km when fully charged at just € 120.00 a week or € 25.00 a day.

Our guides not only know all the roads, but also all the secrets of our territory. Thanks to them, you'll discover all the history, culture and ancient traditions of our territory, see its natural unspoilt landscapes and the most exclusive itineraries in Romagna. They'll be a great help when our guests tackle any technical difficulties while cycling, this way they'll be sure to finish the excursion safely.

We have set up a new "Bikeness" Group to discover, while cycling in small groups accompanied by an expert guide, this wonderful territory. Together you'll get to know this land and the people who live here and discover the pleasures of typical gastronomy in great company. The itineraries, which cover between 40 and 60 km approx., are easy and great fun; ideal for "pleasure-loving" cyclists. They'll give you the chance to fully enjoy all the delights of our territory and its typical produce. Find out more about the new programme on pages 4 and 5.

Bikeness® is a new bike philosophy, the discovery of nature, history and traditions - lots of emotions we wish to share with you. For this very reason, we have dedicated lots of energy to bicycle tourism, looked for new routes and designed itineraries immersed in unspoilt natural surroundings and history. The next bicycle tourism season will therefore open with a new cycling group, the "Bikeness" group, driven by a great desire to discover all that is wonderful in our land. "La Dolce Vita Bike" is dedicated to you and to lots of new friends who'll ride around the inland area with me and our guides. Welcome to Romagna!

Stefano Giuliodori, hotel manager and... cyclist.

# BIKE EXPERIENCE

## BECAUSE LA DOLCE VITA BIKE IS:

### ...FRIENDSHIP

There's no better time for building group spirit and creating a great feeling between people than on holiday; the ideal time for sharing emotions. You're already relaxed, ready to enjoy new experiences that arouse the senses and your desire to know more, explore and enjoy natural panoramic views and unforgettable flavours and places.

Given this backdrop, it's easy to meet new people who, like you, want the same thing and share your passion: cycling. What's important is not the kilometre indicator, the average speed or the total metres covered, but nature, the surrounding landscape, the love for typical local products and the history that accompanies us during our excursions.

We cycle slowly, admiring the views, nature, the landscapes and their characteristics and nuances. We take breaks often for a photo, a coffee and lots of laughs. Naturally, we also tackle some climbs, but we do so at our pace and sometimes, even on foot.

### ...EMOTIONS

Bikeness® emotions are absolutely personal and unique. These are profound sensations that come from within each one of us. They can be summarized in the complicity of a glance, an unpicked flower at the roadside, a day spent in total freedom and the ability to find some time just for ourselves.

Emotions don't abandon us along the way; on the contrary, it's easier to recall them in the evening, under the shower, thinking about the day that has just ended.

### ...NATURE

The desire to escape from everything, take your time and follow itineraries that gently take you away from the chaotic traffic of the coast, from noisy and crowded places to dive into a natural dimension.

The air is cool and lightly-fragranced: the smell of damp earth in the fields, cut grass, haystacks and the sweet and persistent scent of trees in bloom. Gaze on the gently rolling hills that fade into the horizon, lie down in a field and then... cycle, cycle, cycle.

### ...FLAVOUR

Savour the real flavour of time spent in good company! There's nothing better than a refreshing drink after a magnificent ride under the sun, a simple coffee with sea view or the fragrance of freshly-baked traditional cakes.

We savour the tasty side of a great "excursion" with typical local cheeses, olive oil and wine, along with carefree fun and laughter. Because the real flavour of bike excursions isn't only found in bicycles!

### ...ADVENTURE

There's lots of determination and desire to discover and explore unexpected landscapes at the end of a climb when there, waiting for you behind a hill, is an enchanted little village that looks like a painting. A stop for coffee and then off again along paths, at break-neck speed, through a wheat field, stopping for a moment to admire the views, with the sea faraway in the background, which leave you speechless. All you hear is the chirruping of cicadas, the warm laughter of your fellow cyclists and your own heartbeat.

### ...FREEDOM

Bikeness® means total freedom. It is the pleasure of taking a trip with all the family, the opportunity to pick a flower, take a photo, have a coffee; it's the smile of a child standing in a field of sunflowers. The surrounding landscape is the backdrop for doing whatever you want outdoors.

La Dolce Vita Bike offers you the opportunity to savour pieces of history and typical local produce, with the chance to stop any time we want to.

#### ITINERARIES

We will ride along roads and paths that are sometimes just dirt tracks to discover our magical inland area, which boasts a wealth of characteristic sites, enchanting villages, fragrances and colours. All types of bikes are welcome; what's important is that they have enough gears. The routes cross both flat and hillier areas, with some slightly longer climbs that alternate with delightful descents. Ideal for "fair-weather" cyclists with normal levels of fitness and training. All you need to know is we'll be cycling for about 4/5 hours.

#### ROMAGNA - CORDIAL AND HOSPITABLE, THE LAND OF THE MALATESTA AND THE MONTEFELTRO.

In Romagna you'll find beautiful mediaeval castles and fortified villages surrounded by nature and simple but tasty cuisine based on wholesome dishes like piadina and lots of olive oil and Sangiovese wine.

Our hospitality is based on ancient traditions, emotions and passion. Romagna, from the ancient Romans through to the Middle Ages, has witnessed numerous bitter battles between the Malatesta and Montefeltro families. Today it's also possible to visit San Marino, the oldest republic in the world. Our landscape boasts gently rolling hillsides, pine trees, cypresses, vineyards and olive groves - an incredible mix of nature and culture. The roads are narrow and generally traffic-free, making it possible to discover ancient villages surrounded by nature.

#### EVERY WEEK:

- 5 guided itineraries .
- 1 picnic in Vecciario, with piadina and grilled meat, vegetables and a tasting of balsamic vinegar.
- 1 tasting of wine, olive oil, cheeses and typical local produce.
- Visits to a farm, castles, fortified villages, mediaeval piazzas, caves and ancient works.
- Lots of lovely people to meet.



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THE FIRST HOTEL FOR CYCLISTS  
IN RICCIONE

