



bike4bliss

Move, explore, smile.

tour & holiday

**AMAZING EXPERIENCES THAT COMBINE FUN,
ICONIC LANDSCAPES, NATURE AND HISTORY**

A day, a weekend, or a week just for you and your friends

| COSTA AZZURRA “on the road”



A cycling holiday in France and Italy

*The French Riviera as you've never seen it between
Menton, Monte Carlo, and Nice*

Have you ever dreamed of exploring the most fascinating roads of the French Riviera on your racing bike?

If you love challenges, breathtaking views, and want to experience a two-wheeled adventure, then this vacation is tailor-made for you. We take you along the routes that professional cyclists love, between Menton, Monte Carlo, and Nice, on a 100% organized epic journey, where the only thing you'll have to do is cycle (and have fun!).

On the roads of Milan-Sanremo and in the historic villages of the Riviera

Join us for a unique cycling experience, a two-wheeled journey through the iconic roads of Milan-Sanremo, the scenic coastal cycle paths and historic villages that characterise the timeless beauty of the Ligurian Riviera. Designed for cyclists who want to combine sport, nature and culture, this tour will allow you to immerse yourself in the most authentic and fascinating Liguria.

MENTON BASE

The city of lemons and cyclists!

Menton is the perfect starting point. With its mix of Italian and French culture, it's the ideal place to recharge your energy before cycling. From here, you will immediately dive into winding roads, with the sea on one side and the hills on the other.



STAGES

Cote d'Azur Elite, Montecarlo and Nizza

69 km – 1130 d+

Imagine starting from the timeless charm of Menton, crossing the luxurious Principality of Monaco, and then descending towards vibrant Nice. Curvy roads that embrace the coast await you, climbs that will test your legs, but that will reward every effort with spectacular views of the Mediterranean Sea. Oh, and let's not forget the fast, adrenaline-pumping descents that will make you feel like a true champion!

Col de la Madone

79 km – 2280 d+

An iconic climb up one of the main hills of the Tour de France and then take descents that will allow us to admire the landscape crisscrossed by forests typical of the Mediterranean scrub.

Evocative passages between tunnels carved into the rock and canyons typical of the French hinterland will make this an unforgettable stop.

Di qua e di là

63 km – 1400 d+

More villages and hills from the sea to the interior via some of the most iconic and transit roads between the two states.

Hills that will make you savor the authentic taste of the border towns and the valleys crossed by rivers and streams that wind sinuously between the Italian-French valleys.

FRANCIA



**bike
4bliss** 
Move, explore, smile.

ITALIA



STAGES

On the roads of the Milan - Sanremo

102 km - 1170 d+l

Our tour retraces some of the most famous sections of the Milan-San Remo spring classic, with challenging climbs such as Poggio and Cipressa, where some of the most exciting pages in cycling history have been written. You will face these challenges enjoying extraordinary views of the Ligurian coast, getting closer to the thrill of a real cycling race.

After the intensity of the climbs and the beauty of the villages, a relaxing ride on the Riviera dei Fiori cycle path awaits you.

The Ligurian villages

90 km – 1490 d+

This tour is not just cycling, it is also a journey into local history and culture. You will be able to stop in some of the most picturesque villages in the region.

Dolceacqua: a charming village that even fascinated Monet.

Apricale: a medieval village of rare beauty.

Bajardo: Located on a hill, it offers breathtaking views of the Ligurian Alps.

Ceriana: famous for its musical and gastronomic traditions, nestled among olive trees and vineyards.

These villages are perfect stops for a break and offer the opportunity to discover the authenticity of Liguria, tasting typical products and experiencing the welcome of the locals.

**bike
4bliss** 
Move, explore, smile.

You don't have to worry about your level of training: the holiday is tourist-friendly!

The stages can in fact be adapted depending on the participants' preparation.



WHY THE French Riviera



Mild climate, mix sea mountain, cyclists protagonists!

In addition to the ideal climate all year round, the French Riviera is a perfect mix of sea and mountains, with routes suitable for the most trained cyclists. The roads are in excellent condition, the traffic is respectful of cyclists and every bend gives you a view that will make you forget the fatigue. Plus, cycling culture is well-established: wherever you go, you'll find local cyclists and tourists ready to exchange tips and smiles.

The holiday for everyone

While you ride your family will be able to enjoy the beautiful places of the French Riviera and Liguria thanks to their enchanting beaches, many entertainment and iconic cities easily accessible by very efficient and comfortable public transport.

What do we offer ?

ITINERARIES, SERVICES, ASSISTANCE



*Accommodation in hotels 3-4 stars
Bed, breakfast and dinner in
partner restaurant*



*Experienced guides who can provide you
with the best assistance*



*Technical assistance: support along
the entire route, to tackle each stage
without worries*



Bike storage and assistance with on-site partners



Staff always available



*Possibility of participating with
non-cyclist companions*



Daily laundry service near the property



Video and souvenir photos

ADDITIONAL SERVICES



Medical insurance and cancellation



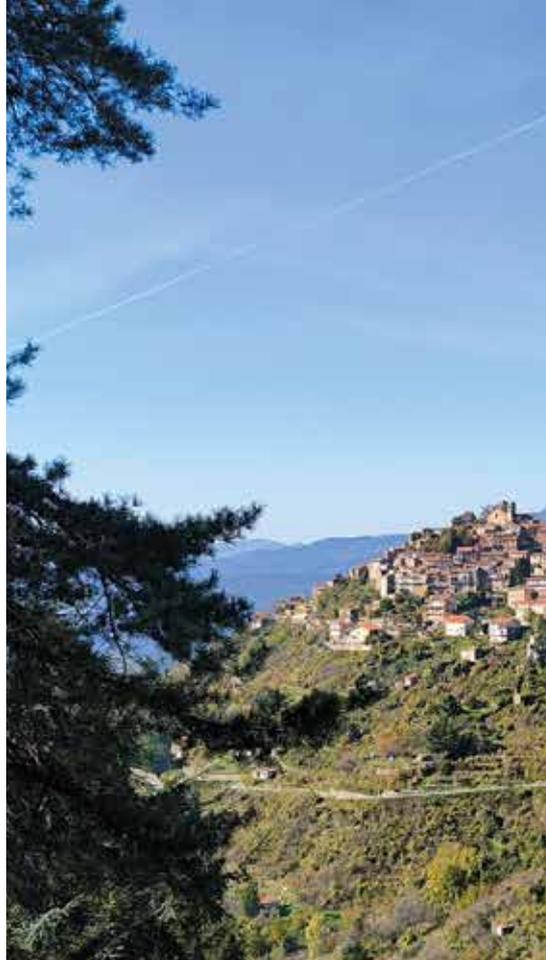
Transfer from Milan and Varese



BIKE4BLISS Event Jersey

**bike
4bliss** 
Move, explore, smile.





DO YOU WANT TO JOIN US?

Do you want to join us with your group?

Special groups of friends and ASD teams
If you want to organize with your group we reserve special conditions and complete customization of the holiday.
Also available in other Italian destinations, always with new itineraries.

PRICE from € 600.00

3 to 5 days in double room

Services available:

Guide - Means and assistance on site

Bike or e-bike rental - Transfer

Technical Jersey - Video and photo shooting - Insurance

Programmable throughout the year
with a minimum of 8 participants

bike
4bliss 
Move, explore, smile.

INFO and RESERVATIONS

www.bike4bliss.it

Information

info@bike4bliss.it

Tel. +39 349 774 0555

Reservations

TRAVEL MANAGER

Travel Chiara +39 327 076 6814

info@travelchiara.com

Programmable during
all year round

FRENCH RIVIERA “on the road” it is also

Stefano Garzelli Cycling Escape

Cycling for 5 days with the Italian champion, winner of one “Giro d'Italia” and one “Tirreno Adriatica” and much more, today RAI's leading technical commentator.

Guaranteed fun with an exceptional guide who will reveal his secrets and tell us anecdotes, experiences, and behind-the-scenes stories of his career.

Lots of advice during rides and evenings together, full of lightheartedness and a passion for cycling.

“The idea is to share my passion for cycling in places I love, in an authentic and accessible way,”

“It will be an opportunity to ride together, share anecdotes, give advice, but above all, experience quality days of sport, beauty, and conviviality. I had the opportunity to meet Giovanni Martinelli who with his bike4bliss project is helping to create real development in the world of cycle tourism and a good feeling and sharing of ideas was born immediately.”

Stefano Garzelli

“With Stefano we share a vision: to make cycling an experience of well-being, discovery and community,”

“We thought of something unique: not only spectacular routes, but also welcoming places, small groups, and an atmosphere where every cyclist feels part of something special.”

John Martinelli

These will be exclusive experiences but also within everyone's reach that will combine sport, well-being and travel, aimed at those who want to experience cycling authentically, in breathtaking locations and with the guidance of true champions.

**bike
4bliss** 
Move, explore, smile.



Stefano Garzelli Cycling Escape