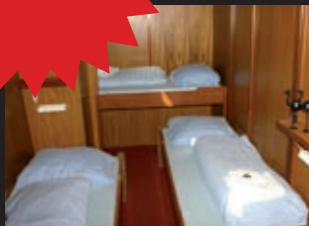


BIKE AND BOAT *

the Dutch tradition arrives in ITALY for the first time.



A voyage of discovery along Italian canals and rivers, on board a piece of Holland.

Vita Pugna meaning, "Life is a battle", is the name of the 36 metres long, 5.4 metre wide Dutch boat. The 11 cabins can accommodate up to 23/25 people. Each cabin has low twin beds and private bathroom with shower. It also has a restaurant and there is a spacious outside deck, which is ideal for parking your bikes.

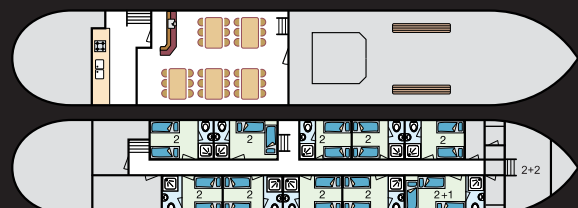
NAVIGATION ON RIVERS AND CANALS

In low-water periods, the River Po is navigable only from the estuary to Polesella. It is for this reason that our programme has been planned to feature navigation along the Fissero/Bianco canal, which runs parallel to the Po. When the waters of the Po are at a normal level, the programme will be modified as described in brackets in the "daily programme".

AUTUMN/WINTER

Even in winter Vita Pugna will not stop: it will accommodate groups who love trekking and Nordic-walking, and will celebrate New Year in the lagoon as a floating hotel.

www.vitapugna.it





BIKE AND BOAT IN ITALY FROM MANTOVA TO FERRARA AND VENICE

The itinerary winds its way along the Mincio and the Po, penetrating into rural areas of the Italian countryside that are still uncontaminated, and ends in the warm embrace of the Venetian Lagoon. This territory has been reclaimed from the marshes for many centuries now and is framed by green pine-woods, which offer protection for numerous species of animals. The work of man overlaps nature in a constant game of roles: reclaimed land alternates with natural canals, fishermen's huts are camouflaged in the reeds, and bridges formed of boats reduce the distances between strips of sand.

DAY BY DAY ITINERARY

DAY 1 Mantova. Bicycles are available from 11a.m. at the boat, which is moored at Porto Catena, just a short walk from the centre.

DAY 2 Mantova–Castelguglielmo (38km). The boat takes us to Governolo, stronghold of the Mincio Pirates: here, you take our bikes and start our ride. We cycle towards San Benedetto Po, home of an ancient monastery. We continue following the Po as far as Revere, summer residence of the Gonzaga dynasty. The last stretch of road brings us to the harbour of Ostiglia on the Fissero/Bianco canal, where you board the boat. A short stretch of navigation brings us to Castelguglielmo, where you will moor for the night (overnight in Revere if the level of the Po is suitable).

DAY 3 Castelguglielmo–Ferrara–Adria (55km). Departure for Ferrara: the historic centre is still surrounded by the old city walls. The great number of cycle paths and the widespread use of bikes have earned Ferrara the name of "the city of bicycles". At the end of the day, on board Vita Pugna, you reach Adria: the pearl of the Polesine, an ancient Greek port, famous for

trading amber coming from the Baltic, which gave its name to the sea it faced (overnight in Ferrara if the level of the Po is suitable).

DAY 4 Adria–Porto Levante (48km). We go deep into the maze of the Delta, an uncontaminated paradise between the marshes and lagoons of the Po, pedalling in the heart of nature. The destination today is Porto Levante, a small marine village of ancient traditions.

DAY 5 Porto Levante–Chioggia (34km). Vita Pugna leaves us on the other bank of the Po di Levante. We are approaching Albarella, suspended between water and land, as you pedal between the Delta and the mouth of the River Adige. From Cavanella d'Adige, the farthest border between the provinces of Rovigo and Venice, you then follow the Po-Brondolo Waterway, which links the river to the Venetian lagoon. We will stay overnight in "Little Venice" and a visit to the fish market at dawn is an absolute 'must'.

DAY 6 Chioggia–Venice (28km). Vita Pugna brings us to the Oasis of Ca' Roman, a sandy islet surrounded by pine-woods. Pedalling along the lagoon, you reach Pellestrina: from here, you ride on the new cycle path as

far as the ferry landingstage. A short boat ride takes us back up the Lido, along the 'Murazzi', with a stop in Malamocco, the ancient harbour. Overnight in the Venetian lagoon.

DAY 7 Venice–Riviera del Brenta–Venice (45 km). After a wonderful awakening with a view on the lagoon, you will head towards Padova riding along the Brenta canal. This is a very famous area thanks to its wonderful Venetian villas. We will then go back to Venice, for the last overnight stay.

DAY 8 Venice. After breakfast and the customary goodbyes, free time for individual visits of Venice, or return home.

BIKE ROUTE

The tour is entirely on level ground and the daily cycling stages vary from 28km to 55km. Much of the pedalling is along rivers and canals on tarmac cycle paths or roads with a low volume of car traffic. It is envisaged that the boat will sail some of the way during breakfast or evening meal to make getting out of the towns easier or to shorten the stages.

During the weeks in which departures are from Venice to Mantova, the "daily programme" needs to be read in reverse order.



NEW TOUR
2009

INFO

We are at your disposal to find an agreement on your commission percentage.

PRICE PER PERSON IN EURO	DOUBLE CABIN	SINGLE CABIN
Self Guided Tour (the price is the same with or without a tour leader)	740	1190
Bicycle rent (to be paid on the spot)	55	55
Reduction for a third person in a triple cabin	- 150	-
PRICE PER PERSON IN EURO	DBL	SGL
Extranight in 3*** Hotel in Mantova	60	85
Extranight in 3*** Hotel in Mestre	65	85
Extranight in Venice	on request	on request

Chartering possibility: It is possible to charter the whole boat, during the months of March and October, at a net price of 9.800 EUR per week.

The price includes: 7 overnights with breakfasts, packed lunches and dinners on board (drinks are extra), sheets and towels, baggage transport, tour leader, road book and info pack.

The price does not include: Bicycle rental, tickets for public transport, museums and extras in general. Plus everything that is not included in the section "the price includes".

DEPARTURES

Every Saturday from March 28th to October 24th, 2009. Departures will alternate, one week from Mantova and the following one from Venice, with the first one from Mantova.