



Weekend 11-12 October 2025

*Two days, two regions, starting foliage
between Lazio and Abruzzo (RI- AQ)*

(train + bike mode)



Limited places in the hotels; it is recommended booking as soon as possible !!!

Meeting point : Saturday 11th October 2025, ROMA TIBURTINA rail station, on the R4542 train to Tagliacozzo , leaving at 8.10 and arriving in Tagliacozzo at. 10.05

We'll depart from Tagliacozzo and head to Corvaro (RI) , where we'll stay overnight. The next day, we'll continue our tour around Mount Sant'Angelo. We'll pass through small villages and enjoy the picturesque mountain landscapes.

DAY 1

- Length: about 30 km ascent: about mt. 500
- Physical difficulty: moderately demanding (** level 3 of the scale below*)
- Technical difficulty : moderately demanding (** level 3 of the scale below*)
- Bottom: secondary asphalted regular roads and stretches of dirt roads
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: mountain bike gravel bike, hybrid bike e-bike
- HELMET OBLIGATORY

DAY 2

- Length: about from 35 km ascent: about mt 500
- Physical difficulty: moderately demanding, (** level 3 see of scale below*)
- Technical difficulty : easy (** level 2 see of scale below*)
- Bottom: secondary asphalted regular roads and some stretches of dirt roads)
- Ability to ride on roads open to car traffic is required
- Suitable bicycle:, mountain bike gravel bike, hybrid bike e-bike
- HELMET OBLIGATORY

**difficulty scale: 1 very easy; 2 easy; 3 moderately demanding; 4 quite demanding ; 5 very demanding*

NOTES :

- Front and rear bike light recommended (to go home from Termini station).
- spare inner tube or tire repair kit recommended
- Two stages itinerary with overnight stay and luggage in tow.
- It is recommended bringing as little luggage as possible; bike with luggage racks and side bags recommended; if you use backpack on your shoulders, it should be as small as possible (max 15-20 l).

Recommended clothing:

Layered clothing
Cycling trousers with pad, windstopper / rain jacket
Glasses (sunglasses), winter gloves

Bike and e-bike rental on demand:

Bike and helmet provided and picked up by the guide € 45,00 per person for two days;

Recommended rental:

Easy bike rent Via dei cerchi 59 Roma tel. 0683958250 mobile 3755678174
Bike Square Viale della Piramide Cestia, 33, 00153 Roma RM tel 06 9818 5055
Collalti bici via del Pellegrino 80 Roma tel. 0668801084
(Booking well in advance recommended)

Cost of the tour :

Guide: € 50,00 per day/person

Overnight stay:

Saturday 11.10.2025 - guest house or B&B in Corvaro (RI) or surrounding area:
Triple room €25.00 per person; double room € 30.00 per person; Single room € 40. Self service breakfast included; served breakfast 5€.

The above mentioned prices include: overnight stay and fee for the Guide

Not included: train tickets, meals, bike rent and extras

*The tour will take place with a minimum of 3 people;
The tour may be canceled in case of bad weather or impediment of the Guide
If necessary, the route can be changed at the sole discretion of the Guide.*

Booking:

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org or whatsapp +393334816341 not later than **9 October 2025**, (the sooner you book, the better)

payment on booking € 50.00; final balance based on your own hotel accommodation

More info: Paolo Antonini, mobile 333 4816341 mail: paolo.antonini@scuoladimtb.eu



In collaborazione con Italy Bike Tours Agenzia di Viaggi e Tours Operator – Ass Allianz S.p.A. Polizza n.253618897



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