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### Saturday 17 January 2026

Biking to the beach (bike + train)  
Length: 45km, ascent 100mt; Physical and technical difficulty: easy (level 2)

### Sunday 18 January 2026

Roman obelisks bike tour  
Length 20 km; Physical and technical difficulty: very easy (level 1)

### Sunday 25 January 2026

Roman statues bike tour  
Length 20 km. Physical and technical difficulty: very easy (level 1)



### Saturday 7 February 2026

Urban bike tour  
Length 20 km difficulty: very easy level 1 ;  
Physical and technical difficulty : very easy (level 1)



### 21 February 2026

Viterbo, Montefiascone e Lago di Bolsena (train + bike)  
Length: Km 50 ascent about 750 mt; Physical and technical difficulty: moderately demanding (level 3)

### Saturday 7 March 2026

Ancient Appian way and Castelgandolfo lake  
Length: Km 25, ascent 400 difficulty: Physical and technical difficulty easy (level 2)

### Saturday 21 March 2026

Urban bike tour  
Length 20 km difficulty: Physical and technical difficulty very easy (level 1)



### Sunday 29 March 2026

La Via dell'Acqua 2^ episode Bracciano Roma  
Length: about 50 km, ascent about mt 400 Physical and Technical difficulty: moderately demanding (level 3);



## BIKE TOURS: 2026 PROGRAMME



### 4-5-6 April 2026

Easter bike tour  
Hidden Marche  
Length: about 40-50 per day; difficulty: Physical difficulty: 2-4-Technical difficulty: 2-3

### Saturday 18 April 2026

Urban bike tour  
Length 20 km difficulty: Physical and technical difficulty very easy (level 1)

### Weekend 25-26 April 2026

Parco della Maremma (GR) Tuscany  
(train + bike mode)  
Length : about 40-50 Km per day - ascent about 700 in two days Physical and technical difficulty: easy-moderately demanding (level 2-3);

### Weekend 9-10 May 2026

Valdevarri  
Length km 70; ascent mt 1100 in two days; Physical and technical difficulty: moderately demanding-quite demanding (level 3-4);



### Sunday 17 May 2026

Sabina Villages  
Length: about 50-60 km, ascent about mt 700  
Physical difficulty: moderately demanding-demanding level3 Technical difficulty: easy(level 2)

### Weekend 23-24 May 2026

Giardini di Ninfa da Velletri  
Length: about 125 Km - ascent about 1300 mt in two days: Physical difficulty: 3 Technical difficulty: easy level 2



### 11-14 June 2026

Ciclonica – Puglia bike travel  
Length: about Km 320 , ascent mt 1400 in four days; Physical difficulty: 3 Technical difficulty: 2



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### Weekend 4-5 July 2026

Sabina, Abbey and more  
Length: about 100 Km - ascent about 1300 mt in two days: Physical difficulty: moderately demanding (level3) Technical difficulty: 2

### Weekend 11-12 July 2026

Borgorose e Valle del Salto  
Tour day 1: Length km 35 , ascent mt 500  
Physical and technical difficulty: moderately demanding level 3  
Tour day 2: Length Km 50 ascent mt 1100 Physical difficulty: 4 Technical difficulty: 3

## 2026 Summer program preview

### July (date to be determined)

Six days cycling in Alto Adige



### August (date to be determined)

Places to be determined



### September (date to be determined)

Lazio-Abruzzo -Umbria



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

**This is a rough plan, the tours must be confirmed time by time by a specific flyer.**

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