



## BIKE TOURS: 2026 PROGRAMME



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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)

### 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 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



### Saturday 21 March 2026

Urban bike tour

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

### 11-14 June 2026

Ciclonica – Puglia bike travel

Length: about Km 320 , ascent mt 1400 in four days; Physical difficulty: 3 Technical difficulty: 2



**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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