



Weekend 25-26 October 2025 Parco della Maremma (GR) Tuscany

(train + bike mode)



Meeting point : Rome, Saturday 25 October directly on the train to Grosseto that will be communicated to participants a few days in advance;.

Return from Albinia: 26 October 2025: many trains available.

We will arrive in Grosseto on Saturday morning and head towards Alberese. After a few kilometers, we will be able to admire the beautiful Maremma Park, arriving in Alberese where we will stay. On Sunday, we will cross the Maremma Park for many kilometers with the possibility of reaching the remains of an ancient abbey, then we will reach Talamone to conclude our tour in Albinia, from where we will take the train to Rome.

- Length : **day 1** - about 40 Km - ascent about 250 mt; **day 2** - about 40-50 km - ascent about 350-500 mt
- Physical difficulty: **day 1** - easy (level 2) ; **day 2** - easy-moderately demanding (level 2-3) * see the scale below
- Technical difficulty: **day 1**- easy (level 2) ; **day 2** - easy-moderately demanding (level 2-3) * see the difficulty 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**

**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 Rome rail station).
- Two stages itinerary with overnight stay and luggage in tow.
- We recommend bringing as little luggage as possible, as well as a bicycle with a rack and panniers. If you are using a backpack, make sure it is as small as possible (max. 15-20 liters).
- spare inner tube or tire repair kit recommended.

Recommended clothing:

cycling trousers with pad, windstopper / rain jacket

Glasses (sunglasses), 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:

Bike Square Via della Piramide Cestia 33 00153 Roma tel. 0698185055

Easy bike rent Via dei cerchi 59 tel. 0683958250 mobile 3755678174

Collalti bici Via del Pellegrino 80 Roma tel. 0668801084

(Booking well in advance recommended)

Cost of the tour :

Guide: € 50,00 day/person

Overnight: Il Duchesco Fattoria Alberese

Accommodation: half board treatment: single room €95.00; double room € 75.00 per person; breakfast and dinner included.

The above mentioned prices include : hotel, dinner (day 1), breakfast (day 2) and fee for the Guide.
not included: train tickets, lunches, bike rent and extras.

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

The tour will take place with a minimum of 4 people;

The tour may be canceled in case of bad weather or impediment of the Guide

The route can be changed if necessary 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 23 October 2025 h. 08.00 am**, (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



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