



Sabina by Bike: Villages and rolling hills

Sunday, 17 May 2026

(Train + bike mode)

DETAILS

Date: Sunday 17 May 2026

Meeting point: directly on the train Reg 20759 to Poggio Mirteto Scalo. Departure from Roma Tiburtina h. 7.46 Arrival 8.34.

Return: Departure from Poggio Mirteto Scalo: many trains available until 21.30.

A DAY ON A BIKE THROUGH SCENIC HILLS AND OLIVE GROVES

We'll arrive in Poggio Mirteto Scalo and set off on a scenic loop tour through charming hilltop villages, enjoying breathtaking views of the rolling hills and beautiful olive groves at every turn. To top it all off, you'll have the chance to enjoy a delicious meal at Ecofattorie Sabine, a fantastic agritourism farm that serves locally sourced products.

THE ROUTE & DIFFICULTY

- **Distance:** about 45 km; elevation gain about 650 mt
 - **Difficulty:** Technical difficulty: 2-3; physical difficulty: 3; (* see difficulty scale below)
 - **Terrain:** secondary asphalted roads and some stretches of dirt road
- Ability to ride on roads open to vehicular traffic, and to cycle for many hours required.**
- **Bicycles:** suitable for gravel bike, gravel bike, hybrid bike, e-bike
 - **HELMET OBLIGATORY**
 - Front and rear bike lights are recommended

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



COSTS & BOOKING

Price: € 35.00 per person € 30.00 for Fao Staff Coop members, to be paid directly at meeting point.

Special discount: A € 5.00 special discount will be applied to those who bring other people (relatives or friends) for first time . Special price for family group, minimum 4 people: € 15.00 per person; (meals not included)

Bike rental options:

- Bike and helmet provided and picked up in Rome by the Guide: € 20 per person (€15.00 per person in case of family group)
- **Easy Bike Rent**, Via dei Cerchi, 59 – tel. 06 83958250 or 375 5678174, info@easybikerent.it
- **Bike Square**, Via della Piramide Cestia, 33 Roma, 06 98185055
- **Collalti Bici**, tel. 06 68801084

Tour may be canceled in case of bad weather or impediment of the Guide;

Tour will take place with a minimum of 3 people;

The route can be changed if necessary at the solo discretion of the Guide.



BOOK NOW

Send an email to paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org. **Not later than Friday 15 May 2026 at 1 pm!** (the sooner you book, the better).
WhatsApp +39 3334816341. **A €50.00 deposit is required.**

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.