



NEWSLETTER

FAO Staff Coop

JUNE 2021

In cooperation with



Bike Tour Summer / Autumn Programme

26th or 27th June 2021

Biking beyond Rome (Valdevarri)!!



One-day bike tour on the borders between Lazio and Abruzzo in a pristine and wild nature.

Length: 50 km ca (+ 5 km from Tagliacozzo rail station to the beginning of the tour)

Gradient: 1100 m

Difficulty: quite difficult

We will ride easy dirt roads (bike paths) and a few stretches of regular roads.

Required:

Ability to bike for many hours and a good level of fitness;

Ability to ride on roads open to car traffic;

Suitable bicycle: mountain bike, hybrid bike.

17th - 19th July 2021 Trabocchi Coast



Long weekend through the Abruzzo, sea, colors, history, tradition and food, bike + private cars or transfer. Three-stage bike travel along the Adriatic coast, from San Benedetto del Tronto to Vasto San Salvo through the Trabocchi Coast.

Length: about 160 km; gradient: about 600 m. We will ride sections of bike paths and regular roads. Quite easy bike tour.

Required:

Ability to bike for many hours and a good level of fitness;

Ability to ride on roads open to car traffic;

Suitable bicycle: hybrid bike, road/travel bike, gravel bike, mountain bike.

Five days from 27th August 2021 Calabrian Parks cycle route



Bike travel through five parks in a beautiful land, Calabria.

About five days (bike travel), discovering beautiful natural parks. We will travel through the heart of Calabria, crossing natural parks and protected areas, discovering wonderful territories of a fascinating nature and unknown to many regions. The entire travel is about 550 km but maybe we can ride for fewer km.

We will ride paved roads in the parks, regular roads and dirt roads.

Quite difficult bike tour.

Required:

Ability to bike for many hours and a good level of fitness;

Ability to ride on roads open to car traffic;

Suitable bicycle: road/travel bike, hybrid bike, mountain bike.

18th – 19th September 2021

Borgorose – L'Aquila – Terni



Two-day bike tour exploring three regions, just a few steps away from Rome: Lazio, Abruzzo and Umbria to explore nature, art and good food.

Length: about 150 km; gradient about 1600 m; bottom: asphalt.

Quite demanding bike tour.

Required:

Ability to bike for many hours and a good level of fitness;

Ability to ride on roads open to car traffic;

Suitable bicycle: road /travel bike, hybrid bike, racing bike, mountain bike.

8th - 10th October 2021

Brigands' Path



From Fabro to Montalto di Castro. Three- (or two-) day bike tour.

The Brigands' Path, a fascinating riding in a corner of land where time seems to have stopped.

Multilevel bike trip, (three days, bike + train mode or two days transfer + bike).

Length (three-day option): about 150 km; gradient: about 2000 m.

Length (two-day option): about 100 km; gradient: 1100 m.

GENERAL NOTES:

These are tentative plans that could be changed; the newsletter with the final program, conditions, prices and special offers/discount for groups for each trip will be sent from time to time.

Bike rental options:

- Bike and helmet provided and picked up by the Guide: € 15 per person per day
- Easy Bike Rent, Via dei Cerchi, 59 – tel. 06 83958250, 375 5678174, info@easybikerent.it
- Collalti Bici, tel. 06 68801084

For more info on any tour you can contact the Mountain Bike guide, Paolo Antonini, right now.
Mobile 333 4816341 mail: paolo.antonini@scuoladimtb.eu

In order to take part in the proposed activities, you have to become a member by registering on our website (<https://www.faostaffcoop.org/>).
If you already are a member, you can just renew your membership for the year 2021.

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