



NEWSLETTER

FAO Staff Coop  
In cooperation with

OCTOBER 2021



15 - 17 October 2021

## BRIGANDS' PATH

from FABRO to MONTALTO DI CASTRO

Three (or two) days bike tour  
bike + train mode Three-day option  
bike + transfer Two-day option



**Meeting point:** Roma Termini Station 15 October 6:45 hrs, at the platform of the train RV 4096 to Fabro Ficulie; dep. 7:02 hrs - arr. to Fabro Ficulie 8:35 hrs.

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

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

Length (three-day option): about 150 km and gradient about 2200 m.

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

Quite demanding bike tour with luggage in tow; to be used to bike for many hours a day and a good level of fitness is necessary.

Cycling experience of riding on roads open to vehicle traffic is required.

Suitable bicycle: bike mountain bike.

## **Day 1**

From Fabro to Onano about 40 km gradient about 1100 m; Dirt roads and paved roads.

## **Day 2**

From Onano to Latera about 40 km gradient about 600 m; Dirt roads and paved roads.

## **Day 3**

From Latera to Montalto di Castro about 60 km, gradient about 500 m; Dirt roads and paved roads.

This stage has few gradient but has some stretches to be done by pushing the bikes (and an optional ford of a stream).

Train from Montalto di Castro to Rome: 16:18; 17:18; 18:18; 20:18 hrs (travel time 1:30 hr)

## **NOTES:**

The stages could be changed due to the hotels chosen for the overnight. The details will be communicated before departure.

Helmet obligatory

Rear and front lights, spare tyres and kit for repairing puncture obligatory.

If you use a backpack, it is recommended to bring luggage as small as possible (backpack max 15-20 liters).

Recommended clothing: bike pants, windbreaker, glasses, gloves.

## **Cost of the tour: Guide € 45 day/person**

Not included: hotel, restaurant train tickets, travel costs, extras and bike rent.

The Guide will communicate as soon as possible the hotels/b&b and their costs.

## **Bike rental options:**

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

*Tour could be cancelled in case of bad weather.*

**Booking:**

Send an email to: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu) and [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) not later than Wednesday, **13 October at 4:30 pm** (the sooner you book, the better).

**Payment on booking € 50** (final balance based on your own hotel accommodation).

More info: Paolo Antonini, Mountain Bike Guide

Mobile 333 4816341, email: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu)

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