



## Sunday, 5<sup>th</sup> June 2022

### *Biking beyond Rome (Valdevarri) !!*

*enjoy your bike tour in authentic and wild nature (train + bike mode)*



**Meeting point : 7.00 hrs Roma Tiburtina Rail station (at the platform of the train Regionale n. 4560, departure at 7.10, arrive at 9,03 at Tagliacozzo )**

**Return from Tagliacozzo : hrs 14.06 to Rm Termini; 16.48 to Rm Termini; 18.52 to Rm Tiburtina; 21.24 to Rm Termini. Bike ticket required**

One day bike tour on the borders between Lazio and Abruzzo in uncontaminated and wild nature. We will take the train to go to Tagliacozzo (AQ); from Tagliacozzo rail station we will reach the beginning of the tour in 5 km.

Just few steps from Rome, in the wild and uncontaminated nature, we will pass through ancient villages where time seems to stand still. Tour of Monte Sant'Angelo, between Lazio and Abruzzo, on dirt and asphalted roads almost without vehicular traffic. At the end of the we will return to Tagliacozzo rail station to come back home by train.

- Length : 55 km ca (+ 5 km from Tagliacozzo rail station to the starting point of the track )
- Gradient: 1100 mt
- Difficulty: quite difficult
- We will ride dirt roads and few stretches on the regular roads.
- Quite difficult bike tour; you will need to be used to ride for many hours a day and an good level of training is necessary.
- Experience in riding on roads open to vehicle traffic is required.
- Suitable bicycle: mountain bike, hybrid bike, gravel bike.
- **HELMET OBLIGATORY**

Price: **€ 20.00** for person. A **€5.00** special discount will be applied for those who bring other people (relatives or friends, and of course the discount will be applied also to them).

Special price for family groups (minimum 4 people): **€ 12.50** for person

Bike rental options:

- Bikes and helmets provided and picked up by the guide: € 15 for 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: [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) with [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu) in cc not later than Friday 3th June at 1 pm (the sooner you book, the better).

More info: Paolo Antonini, Mobile 333 4816341, mail:[paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu)

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