



Dear All,

new bike tour proposals are coming, for families, groups or individual tours.

This summer you can choose your "tailored tour" filling in the below survey

about your bike tours preferences:

- 1. Period (when) and number of partecipants;
- 2. How many days (roughly)?
- 3. What kind of territory and landscape do you prefer: sea, mountain or hill?
- 4. Itinerant travel or stay in a place and daily excursions?
- 5. What kind of bike (regular bike or e-bike)? it is possible to bix (some bikes, some e-bikes);
- 6. What kind of road do you prefer Dirt roads or regular (secondary) roads?

Roughly notes about the places we would suggest:

Dolomiti (Val di Fassa, Val Badia, Val Pusteria Cortina Dobbiaco) (mountain, very interesting and beautiful places, unesco heritage, possibility of comfortable dirt roads)

<u>Abruzzo: mid-mountain itinerarie</u>s, often evocative and wild landscapes, on regular (secondary) and dirt roads that are not always comfortable and quite challenging

<u>Abruzzo: Costa dei Trabocchi</u>, easy bike travel along the Adriatic Coast, which allows you to enjoy a beatiful sea from a confortable bike lane

• <u>Lazio Toscana Marche</u>: Itineraries in the hills or mid-mountain on dirt or regular secondary roads, through the typical landscapes of central Italy as secluded places, small typical villages where time seems to stay still;

• <u>Calabria</u>: in the south part of Italy, beautiful and interesting itinerary that starts from Reggio Calabria, the main city in the Calabria region, and crosses the hinterland exploring 5 natural parks, on paved roads without traffic at 800-1000 meters above sea level

Do not hesitate to ask any further details you need, contacting the Guide: phone/whatsapp +393334816341 mail: paolo.antonini@scuoladimtb.eu

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