



18th – 19th June 2022

Two days bike tour

exploring three regions Lazio, Abruzzo and Umbria

...nature, art, good food....

...by bike from **Borgorose (RI) to Terni**



Meeting point : **viale Aventino (Fao) 18th June 2022 hrs 7.30 departure : 7.45**

Beautiful itinerary through three regions, just few steps away from Rome, to discover enchanting places, unspoiled nature, excellent food, enjoying the coolness of the high grounds overlooking the mountains (mountains of the Abruzzese Apennines - the Monti del Cicolano and the Valle di Cornino,) biking through ancient villages, plateaus and the beechwoods and visiting the art city of L'Aquila. Day 2 we will go from L'Aquila to Terni through Sella di Corno, Antrodoco, Cotilia, Marmore ending our trip in Terni.

From Terni, by train, we will return to Rome

Program day 1

Transfer to Borgorose (RI) by NCC (or private cars) from meeting point . **How to arrive to Borgorose will be decided according to the number of participants and it will be communicated before departure (van or private cars)**

Departure by bike from Borgorose to L'Aquila, through secondary roads totally free of vehicular traffic. The main itinerary will take place along the ancient Via Amiternina. Lunch is not scheduled ; highly recommended at Agriturismo Casale Calabrese in Loc Castiglione di Torninparte (1000m asl), along our way

http://www.casalecalabrese.it/it/home_it/

https://www.tripadvisor.it/Restaurant_Review-g2589685-d3403942-Reviews-Casale_Calabrese_Turismo_Rurale-Torninparte_Province_of_L_Aquila_Abruzzo.html

We will continue among green and uncontaminated nature, rich in beechtrees, going up to the Torninparte pass (AQ) /mt 1300 above sea level) overlooking the Gran sasso d'Italia, from where, a pleasant descent will lead us to L'aquila. City visit and accommodation in hotel, and dinner.

Length: about 60 km gradient about 750 meters; asphalt, except a small stretch close the Casale Calabrese. max altitude 1300 meters (about) above sea level

Program day 2

Departure from L'Aquila to Terni, through Sella di Corno, Antrodoco, Cotilia, Marmore

The first stretch from L'aquila to Sella di Corno or Antrodoco could be rode by train avoiding about 20 km (6 km up-hill) of biking. From Sella di Corno/Antrodoco we will go to Marmore (waterfalls) and Terni.

Return to Rome by train from Terni.

Length : About 90 km , gradient about 800 meters, asphalted road. Mainly secondary roads. If first stretch by train, to reach Sella di Corno or Antrodoco : about 65 km, gradient 350 mt max altitude about 1000 mt above sea level : Train timetable from L'Aquila h. 8.59



Train timetable: from Terni many opportunities from 12.47 to 22.30, duration of the trip about one hour in all case

NOTES: The tour will take place with a minimum of 5 people;

It is possible to use the e-bike;

- Quite demanding bike tour; you will need to be used to ride for many hours a day and an good level of training is necessary;
- Cycling experience of riding on roads open to vehicle traffic is required
- Suitable bicycle: road bike, hybrid bike, racing bike, mountain bike
- **Helmet obligatory**

Front and rear bike light recommended (to go home from Termini station).

Two-stage itinerary with overnight stay and luggage in tow.

It is recommended to bring luggage as small as possible; bike recommended with luggage racks and side bags; if you use backpack on the shoulders as small as possible (max 15-20 lt)

Recommended clothing:

cycling trousers with pad, windstopper / rain jacket.

Glasses (sunglasses), gloves, sunscreen.

L'Aquila 600 meters above sea level

Castiglione /Torninparte 1300 meters above sea level

Sella di Corno about 1000 mt above sea level

Bike and e-bike rental on demand:

bike and helmet provided and picked up by the guide € 40.00 per person for two days;

Rental recommended:

- Easy bike rent Via dei cerchi 59 tel. 0683958250 mobile 3755678174
- Collalti bici via del Pellegrino 80 tel. 0668801084

(Booking well in advance recommended)

Cost of the tour :

Transfer (VAN/Auto NCC) to Borgorose (RI)..... € 210.00 van; to be shared;

Price: **).... € 155,00 per person single room

€ 135,00 per person double room

€ 120,00 per person triple room

limited places in the hotel; it is recommended to book as soon as possible !!!

The price included : hotel and fee for the Guide

not included: train tickets, breakfast lunches, dinners, bike rent and extras.

*) Porta Rivera Hotel Piazzale Caduti 8 dicembre 1943 , L'aquila <https://www.portariverahostel.it/it-it>

[https://www.tripadvisor.it/Hotel_Review-g194790-d1011135-Reviews-Porta_Rivera_Hotel-](https://www.tripadvisor.it/Hotel_Review-g194790-d1011135-Reviews-Porta_Rivera_Hotel-L_Aquila_Province_of_L_Aquila_Abruzzo.html)

[L_Aquila_Province_of_L_Aquila_Abruzzo.html](https://www.tripadvisor.it/Hotel_Review-g194790-d1011135-Reviews-Porta_Rivera_Hotel-L_Aquila_Province_of_L_Aquila_Abruzzo.html)

**) Special discount 15 % off for first three people who will book not later 08/06/2022 H. 13.00:

Special discount 10 % off for fourth, fifth booking not later 10.06.2022 h. 13.00

Booking

Send an email to: paolo.antonini@scuoladimtb.eu and copy fao-staff-coop@fao.org

not later than 16.06.2022 h. 13.00 (the sooner you book, the better).

payment on booking € 50.00 (the sooner you book, the better)

final balance based on your own hotel accommodation.

more info: Paolo Antonini Guida di Mountain Bike

mobile 333 4816341 mail:paolo.antonini@scuoladimtb.eu

Tour could be cancelled in case of bad weather



L'Aquila, a splendid city rich in art, has a large historical and artistic heritage with a first medieval layer, consisting of the city walls, a Renaissance layer represented by numerous palaces and churches and finally baroque and neoclassical features. Very interesting places: the Fountain of the 99 spouts, (about 1300 A.D.), the Basilica of Collemaggio (about 1300 A.D) and the Basilica of San Bernardino (about 1450 A.D). The city is on rebuilding after the 2009 earthquake.

Sella di Corno, (AQ), a very small village, represents the main Apennine mountain pass between the province of Rieti and L'Aquila, crossed by main road SS 17 Route 17) and the Rieti l'Aquila railway. The place is an ideal starting point, ideal also for hiking to Monte Calvo and to the Piana of Rascino and the Piana di Cornino. In the area of Sella di Corno there is a milestone that indicates the distance in Roman miles from the city of Rome LXXII (72)

The Terme di Cotilia (Le Aquae Cutiliae or Aquae Cutuliae) are interesting, thermal springs located in the Piana of San Vittorino.

Marmore is located in the Nera River Park that we will cross in the waterfalls area, formed by the Velino river which flows from Lake Piediluco and plunges with a crash into the Nera gorge below.

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