



24th – 25th September 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), September 24, 7.30 hrs. Departure : 7.45 hrs.**

Beautiful itinerary through three regions, just a stone's throw from Rome, to discover enchanting places, unspoiled nature, excellent cuisine, enjoying the coolness of the heights overlooking the mountains (the mountains of the Abruzzo Apennines-the Cicolano Mountains and the Cornino Valley), biking through ancient villages, plateaus and beech forests and visiting the city of art of L'Aquila. On the second day we will ride from L'Aquila to Terni crossing Sella di Corno, Antrodoco, Cotilia, Marmore and ending our journey in Terni.

From Terni, by train, we will return to Rome.

Program day 1

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

Departure by bicycle from Borgorose to L'Aquila, via secondary roads totally free of vehicular traffic. The main route will be along the ancient Via Amiternina. Lunch is not provided; we strongly recommend lunch at the Agriturismo Casale Calabrese in Castiglione di Torninparte (1000 m above sea level), along our route.
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 through green and unspoiled nature, rich in beech trees, climbing to the Torninparte Pass (AQ)/mt 1300 above sea level) overlooking the Gran Sasso d'Italia, from where, a pleasant descent will take us to L'aquila. City tour, hotel accommodation and dinner.

Length: about 60 km slope about 750 meters; asphalt, except for a small section near the Casale Calabrese.
Max. altitude 1300 meters (approximately) above sea level.

Program day 2

Departure from L'Aquila for Terni, trough Sella di Corno, Antrodoco, Cotilia, Marmore
The first section from L'aquila to Sella di Corno or Antrodoco can be done 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, slope about 800 meters, paved road. Mainly secondary roads. If the first section is by train, to reach Sella di Corno or Antrodoco: about 65 km, slope 350 mt.

Maximum altitude of about 1,000 meters above sea level.



Train schedule from L'Aquila h. 8.59 a.m.

Train schedule: from Terni many opportunities from 12.47 to 22.30, travel time about an hour in all cases.

NOTES: The tour will take place with a minimum of 4 people; e-bike can be used;

Rather challenging bike tour; you must be used to cycling for many hours a day and have a good level of training;
Experience cycling on roads open to vehicular traffic is required

- Suitable bike: road bike, hybrid bike, racing bike, mountain bike
- **Helmet mandatory**

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

Itinerary in two stages with overnight stay and luggage in tow.

Luggage should be as small as possible; bike recommended with luggage rack and side bags; if using backpack on the shoulders as small as possible (max 15-20 lt)

Recommended clothing:

cycling pants with padding, wind/rain jacket.

Goggles (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 upon request:

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

Recommended rental:

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

(We recommend booking well in advance)

Tour cost :

Transfer (VAN/Car NCC) to Borgorose (RI)..... € 220.00 van, to be divided among participants;

Price: **).... € 155,00 per person in single room
€ 135,00 per person in double room
€ 120,00 per person in triple room

limited places at the hotel; reservations are recommended as early as possible !!!

Price includes : hotel and guide fee

not included: train tickets, breakfasts, lunches, dinners, bike rental 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-L_Aquila_Province_of_L_Aquila_Abruzzo.html

****) Special 15% discount for the first three people who book no later than 24/08/2022 h. 23.00:
Special 10% discount for the fourth and fifth booking no later 07/09/2022 h. 23.00**

Reservation:

Send an email to: paolo.antonini@scuoladimtb.eu and in copy fao-staff-coop@fao.org or whatsapp +393334816341
no later than **22/09/2022 h. 08.00** (the earlier you book, the better).

payment at reservation: € 50.00

final balance according to your hotel accommodation.

more info: Paolo Antonini Guida di Mountain Bike

mobile/whatapp 333 4816341 email:paolo.antonini@scuoladimtb.eu

Tour may be cancelled in case of bad weather





L'Aquila, a splendid city rich in art, has a vast historical and artistic heritage with an early medieval layer consisting of the city walls, a Renaissance layer represented by numerous palaces and churches, and finally Baroque and neoclassical features. Places of great interest: the Fountain of the 99 Spouts, (circa 1300 AD), the Basilica of Collemaggio (circa 1300 AD) and the Basilica of San Bernardino (circa 1450 AD). The city is being rebuilt after the 2009 earthquake.

Sella di Corno, (AQ), a tiny hamlet, represents the main Apennine pass between the province of Rieti and L'Aquila, crossed by the SS 17 state road and the Rieti-L'Aquila railway. The place is an ideal starting point, also ideal for excursions to Monte Calvo and the Piana di Rascino and Piana di Cornino. In the Sella di Corno area is a milestone indicating the distance in Roman miles from the city of Rome LXXII (72).

The Baths of Cotilia (Le Aquae Cutiliae or Aquae Cutuliae) are interesting hot springs located on the Plain of San Vittorino.

Marmore is located in the Nera River Park, which we will cross in the area of the waterfalls, formed by the Velino River, which rises from the Piediluco Lake and rumbles into the Nera Gorge below.



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