



8-10 April 2023

Trabocchi Coast

A long weekend through Abruzzo sea, colours, history, tradition and food



Meeting point: Viale Aventino 7 a.m. Departure: 7:15 a.m.

Cycling trip in three stages along the Adriatic coast, from San Benedetto del Tronto to Vasto San Salvo, through the Costa dei Trabocchi. Arriving in Vasto San Salvo, we will take the train back to San Benedetto del Tronto, from where we will return to Rome by car.

The Costa dei Trabocchi is a wonderful destination for those who desire blue, salty air. Between Ortona and San Salvo are beaches marked by the Trabocchi, authentic fishing machines that, built thanks to the ingenuity of the coastal populations, served to practice fishing even in adverse sea conditions, allowing fishing without entering the water.

They consist of platforms stretched out over the sea supported by thin poles anchored to submerged rocks. Some of these are used today as fish restaurants.

Day 1 - Program

Approach from Rome to San Benedetto del Tronto by private car/transfer/train.

We will use the Guide's car and other cars or transfer if necessary.

Expected arrival in San Benedetto del Tronto at 11 a.m:

Possibility of arriving by train on your own

Departure at 11:45 a.m. from San Benedetto del Tronto

Overnight stay in hotel in Pineto (TE); Final accommodation will be announced as soon as possible

Km 45 – Gradient 150 mt

Day 2 - Program

Departure for Fossacesia

Possibility of stops along the way to enjoy the beauty of the Adriatic coast

Overnight hotel stay in Fossacesia (CH); final accommodation will be announced as soon as possible

KM 60 mt - gradient 250 mt

Day 3 - Program

Departure for Vasto San Salvo

Km 35 - gradient 200 mt

Stop at the punta degli Aderci beach

Arrival in San Salvo, departure by train to San Benedetto del Tronto

Trains: many options from 10.00 to 17.00

During the third day, a stop at Punta Aderci Nature Reserve is highly recommended.

It is a protected natural area located in the municipality of Vasto, in the province of Chieti. It occupies an area of 285 hectares and was established in 1998. It stretches along the Adriatic coast north of the port of Vasto the mouth of the Sinello River, where the only deciduous forest in the reserve can be observed.

In the reserve, the flat area appears more man-made; the agricultural landscape is traditional, with large vineyards, olive trees. The promontory of Punta Aderci (26 m above sea level) characterizes the entire area, offering a 360-degree view of the entire reserve. From Punta Aderci you can see the Majella National Park and, at sunset in good visibility, the Gran Sasso National Park.

NOTES:

The entire trip is about 150-160 km long with about 600 meters of elevation gain mainly before and after Ortona and in the area between Punta Aderci and Vasto.

Sections of bicycle paths and normal roads are followed.

This is a quite easy tour; you need to be used to cycling for many hours a day and have a quite good fitness level.

Experience cycling on roads open to vehicular traffic is required

Suitable bike: hybrid bike, mountain bike, gravel bike, road bike

Helmet obligatory

Front and rear bicycle light recommended.

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

It is recommended to carry luggage as small as possible; bike with luggage rack and side bags; if using backpack on shoulders it is recommended to carry it as small as possible.

Recommended clothing:

cycling pants with pad, light wind/rain jacket.

Goggles (sunglasses), gloves, sunscreen.

Tour may be cancelled in case of bad weather

Bike rental on demand:

- bike and helmet provided and picked up by the guide: €60.00 for person for three days
- Easy bike rent Via dei cerchi 59 tel. 0683958250 mobile 3755678174
- Collalti bici via del Pellegrino 80 tel. 0668801084

(Booking well in advance recommended)

We are looking for rentals in San Benedetto

Cost of the tour :

The Guide will communicate as soon as possible the hotels and their costs

Guide € 50.00 day/person

The tour takes place with a minimum of 5 participants -

FOR BOOKING: paolo.antonini@scuoladimtb.eu with fao-staff-coop@fao.org in cc.

more info: Paolo Antonini Guida di Mountain Bike

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

