

10-11 JUNE 2023 ALBA FUCENS AND SMALL VILLAGES IN ABRUZZO



**ENJOY YOUR BIKE TOUR IN THE
AUTHENTIC ABRUZZO REGION RICH IN
ART, HISTORY AND GOOD FOOD!!!**

(TRAIN PLUS BIKE MODE WITH DEPARTURE FROM ROMA TERMINI)

RENDEZ VOUS ON 10 JUNE 2023 H. 7: 00 A.M.

MEETING POINT: PLATFORM OF THE TRAIN N. 4568

DEPARTURE: 7:15 A.M.

ARRIVAL AT TAGLIACOZZO: 9.26 A.M.

A two-stage cycling trip along the beautiful land of Abruzzo, visiting interesting archaeological sites and much more.

PROGRAM

DAY 1

We will leave by train from Rome for Tagliacozzo. From Tagliacozzo, after a short tour of the town, we will begin our cycling tour along mostly secondary roads, passing through small typical villages, to arrive at Alba Fucens, where we will visit the archaeological site and the church of San Pietro with an English-speaking tour guide.

DAY 2

We will continue our backcountry tour from Alba Fucens to Massa d'Albe, visit other Abruzzo villages such as Scurcola Marsicana (Orsini Fortress), Rosciolo dei Marsi (possibility to visit the Church of Santa Maria in Valle, and then return to Tagliacozzo from where we will take the train to Rome).

Train options:

departure 4:48 p.m - arrival 6:25 p.m.

departure 6:50 p.m. - arrival. 8:35 p.m.

departure 9:24 p.m. - arrival 11:15 p.m.



LENGHT:

- **day 1** approx. 45 km gradient 550 (5 hours);
or 50 km gradient:750 (6 hours)
- **day 2** approx. 35 km (4 hours);
difference in altitude:450 m
- Difficulty level: easy (with easy ups and downs, on regular side roads);
- Ability to ride on roads open to vehicular traffic required;
- An average level of physical fitness is required;
- Suitable bike: hybrid bike, mountain bike, gravel bike, city bike.

- HELMET MANDATORY



NOTES

Itinerary in two stages with overnight stay and luggage in tow. It is recommended to carry as little luggage as possible; the bicycle is recommended with a luggage rack and side bags; if using a backpack on the shoulders, the smallest possible luggage is recommended.

Recommended clothing:

Cycling trousers with padding, light wind/rainproof jacket.

Goggles (sunglasses), gloves, sunscreen.

BIKE RENTAL OPTIONS:

- **bikes and helmets provided and picked up by the guide:** € 40.00 for person;
- **Easy bike rent Roma** Via dei Cerchi 59 phone: 0683958250 / +39 3755678174;
- **Collalti bici** tel. 0668801084

COST OF THE TOUR:

Guide: € 50.00 day/person;

Guided tour of the archeological site of Alba Fucens:

€80,00 to be divided among the participants;

Overnight at Antico Borgo di Albe (AlbaFucens -AQ)

Price of the accommodation:

Single room (Double room single use): € 85,00

Double room: € 120,00

Triple room: € 180,00

Quadruple room: € 240,00

Breakfast included.



Restaurant (dinner):

- starter, main course, side dish, dessert, coffee, water:
€ 35,00 (wine excluded)

- first course, side dish, dessert, coffee, water: € 25,00
(wine excluded)

Train tickets, lunches and extra not included.

The tour will take place with a minimum of 3 participants.
It may be canceled in case of bad weather.

BOOKING:

please email paolo.antonini@scuoladimtb.eu with
fao-staff-coop@fao.org in cc, or whatsapp

+393334816341 not later than 1st June 2023 hrs at
11:00 pm (the sooner you book, the better).

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