



# SPOLETO - ASSISI

**SATURDAY 24 JUNE 2023**

**ENJOY THE BEAUTIFUL UMBRIA BY BIKE**

**(TRAIN + BIKE MODE)**

**WE WILL ARRIVE TO SPOLETO BY TRAIN; FROM THE SPOLETO RAIL STATION WE WILL REACH ASSISI BY BIKE.**

**MEETING POINT: 07:40HRS TERMINI RAIL STATION (AT THE PLATFORM OF TRAIN INTERCITY N. 534), DEPARTURE TO SPOLETO AT 7:50 HRS, ARRIVAL AT 09:13 HRS.**

**RETURN FROM ASSISI: MANY TRAINS ARE AVAILABLE IN THE AFTERNOON FROM 14:48 HRS TO 21:10HRS**

**DURATION OF THE TRIP AROUND 3 -3:45 HOURS, DEPENDING ON THE TRAIN CHOSEN.**

**BIKE TICKET REQUIRED. TRAIN BOOKING IN ADVANCE RECOMMENDED.**

**THIS IS AN EASY AND FLAT ROUTE, SUITABLE FOR EVERYONE, VERY INTERESTING AND FULL OF TOURIST ATTRACTIONS. OUR JOURNEY RUNS ALONG THE MARROGGIA, TEVERONE AND TIMIA RIVERS TO CANNARA, AND THEN THROUGH THE VALLE UMBRA RIGHT NEAR ASSISI. THE ROUTE DEMONSTRATES UMBRIA'S COMMITMENT TO BIKETOURING, AS THIS ITINERARY CAN CONNECT TO MANY ROUTES INCLUDING THE TIBER CYCLE ROUTE, THE OLD SPOLETO-NORCIA RAILWAY LINE AND THE TRASIMENO CYCLE ROUTE, WHICH OFFERS EXCELLENT OPPORTUNITIES TO CYCLE FOR MANY DAYS, EVEN IN TRAIN PLUS BIKE MODE, ENJOYING AN AREA RICH IN ART, HISTORY AND NATURE.**

**LENGTH : 50 KM CA. GRADIENT: 350 M DIFFICULTY: EASY**



**WE WILL RIDE ALONG EASY DIRT ROADS (CYCLE PATHS) AND A FEW SECTIONS OF NORMAL ROADS. THE ABILITY TO CYCLE FOR MANY HOURS AND A GOOD LEVEL OF FITNESS IS REQUIRED. THE ABILITY TO RIDE ON ROADS OPEN TO CAR TRAFFIC IS REQUIRED. SUITABLE BIKE: HYBRID BIKE, MOUNTAIN BIKE, CITY BIKE, GRAVEL BIKE, ROAD BIKE.**

**HELMET MANDATORY**



**PRICE: € 25.00 PER PERSON TO BE PAID DIRECTLY AT MEETING POINT. A € 5.00 SPECIAL DISCOUNT WILL BE APPLIED TO THOSE WHO BRING OTHER PEOPLE (RELATIVES OR FRIENDS). SPECIAL PRICE FOR FAMILY GROUP, MINIMUM 4 PEOPLE: € 15.00 PER PERSON. (RAIL TICKET, LUNCH AND EXTRA NOT INCLUDED)**

**BIKE RENTAL OPTIONS:**

- BIKE AND HELMET PROVIDED AND PICKED UP BY THE GUIDE: € 20 PER PERSON**
- EASY BIKE RENT, VIA DEI CERCHI, 59 - TEL 0683958250, 3755678174, INFO@EASYBIKERENT.IT**
- COLLALTI BICI, TEL. 06 68801084**
- IT IS POSSIBLE TO USE E-BIKE**

**THE TOUR WILL TAKE PLACE WITH A MINIMUM OF 3 PEOPLE  
IT MAY BE CANCELED IN CASE OF BAD WEATHER.**

**BOOKING:**

**SEND AN EMAIL TO: PAOLO.ANTONINI@SCUOLADIMTB.EU AND FAO-STAFF-COOP@FAO.ORG**

**NOT LATER THAN THURSDAY 22 JUNE (THE SOONER YOU BOOK, THE BETTER)**

**MORE INFO: PAOLO ANTONINI, MOUNTAIN BIKE GUIDE MOBILE 333 4816341**

**MAIL:PAOLO.ANTONINI@SCUOLADIMTB.EU**