



Weekend 18-19 November 2023 Anguillara lake, Marturanun Regional park, S. Severa..., ...on the slopes of the Tolfa mountains

(train + bike mode)



Meeting point : Rome Saturday 18 november 2023 on the train to Anguillara R23302 leaving at 7.17 from Rm Ostiense; you can get the train also in several stations, according to your preferences: Roma Trastevere 7.20; Roma San Pietro 7.26; Roma Valle Aurelia 7.29 and others.. (more details <https://www.lefrecce.it/Channels.Website.WEB/#/search-results?handoff=true&referrer=www.lefrecce.it>).

Please let me know where you get the train

Return from Santa Severa: many trains available from 15.00

We will skirt the lake up to Trevignano, will continue towards Bracciano and we will reach the charming village Barbarano Romano inside the Marturano Regional Park, where we will stop for an overnight stay. Sunday morning, from Barbarano Romano we will reach another enchanted village, Civitella Cesi we will continue to Santa Severa.

The itinerary takes place in a wide area, from Anguillara lake to the slopes of the Tolfa mountains, ending on the Tyrrhenian sea in Santa Severa. Points of interest: Anguillara, Trevignano (lakefront) Barbarano Romano, Civitella Cesi.

The tour takes place mainly on regular roads (secondary roads) open to vehicular traffic and some stretch on dirt roads. There are some climbs on asphalted roads and on dirt roads

- Length : day 1 about 45 Km - ascent about 650 mt; day 2 about 45 km - ascent about 650 mt
- Difficulty: quite demanding
- Bottom: secondary asphalted regular roads and some stretches of dirt roads
- Ability to bike for many hours and a good level of fitness are required
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: mountain bike hybrid bike, e-bike
(wide and clawed tires recommended; bikes without front shock are not recommended).
- **HELMET OBLIGATORY**

Program day 1: We will reach Anguillara by train and we will start our tour to Barbarano Romano; accommodation in hotel and dinner.

Program day 2: After a good breakfast we will leave to Santa severa, passing trough small villages as Civitella Cesi .

NOTES :

- Front and rear bike light recommended (to go home from Rome rail 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).
- spare inner tube or tire repair kit recommended.

Recommended clothing:

cycling trousers with pad, windstopper / rain jacket

Glasses (sunglasses), gloves

Bike and e-bike rental on demand:

bike and helmet provided and picked up by the guide €. 45.00 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 :

Guide: €. 50,00 day/person

Overnight: locanda epica Barbarano Romano (VT) Via Umberto I, 92 <https://www.epicaworld.it/>

Accommodation: double room €.65,00 per person; single room €. 85,00 per person ,

breakfast, dinner and ¼ wine included.

The prices mentioned above include : hotel, dinner day 1 breakfast day 2 and fee for the Guide
not included: train tickets, lunches, bike rent and extras.

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

The tour will take place with a minimum of 3 people;

The tour may be canceled in case of bad weather or impediment of the Guide

The route can be changed if necessary at the sole discretion of the Guide.

Tour included in fall-winter bike tours plan; possibility of discount in case of min. 7 tours included one week end (whole program in "October-February bike tour flyer")

Booking:

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org or whatsapp +393334816341
not later than **16 November h. 07.30 am** , (the sooner you book, the better)

payment on booking €. 50.00; final balance based on your own hotel accommodation

More info: Paolo Antonini, mobile 333 4816341 mail: paolo.antonini@scuoladimtb.eu

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