



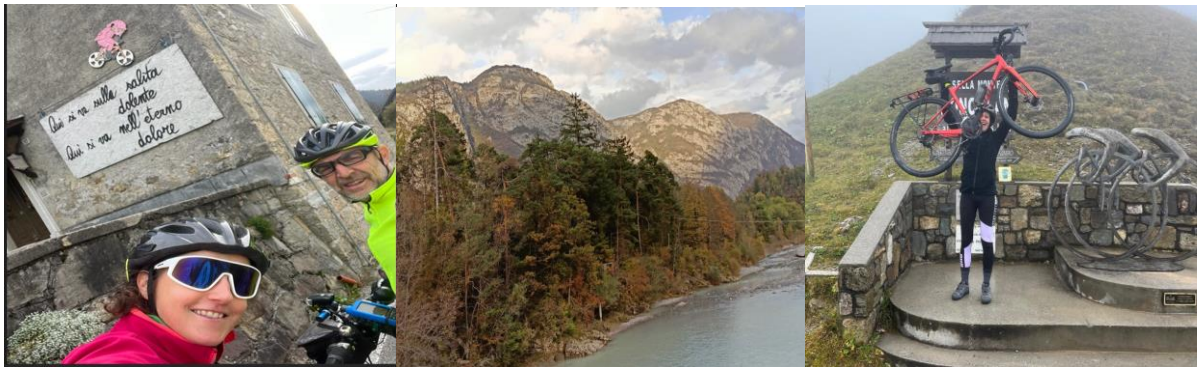
**19 -24 July 2024**

## *Alpi Carniche bike travel*

*evocative nature and history*

*(train + bike)*

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



**Meeting point :** Roma Termini rail station Friday 19 July 2024 H. 22:00 at the platform of the train Intercity 774

**Departure to Udine** h. 22:27;

**Bike transport:** a specific bike bag is required

**Return from Udine:** Wednesday 24 July train Intercity n. 770 h. 20:59 **Arrive in Rome** 25 July h. 6.35

From Udine to Forni Avoltri. Bike travel with overnight stay and luggage in tow.

We will take the night train to Udine and we will cycle on Saturday along stretches of Ciclovía Alpe Adria and Ciclovía del Tagliamento; we will stop close to Cavazzo or Venzone for the overnight; on Sunday we will reach Forni Avoltri continuing our riding across secondary roads, bike paths, green areas. We will leave from Forni Avoltri on Tuesday morning;

Monday: free time (relax, rest or short hiking or cycling in Forni Avoltri area).

Return journey will be a bit different, leaving from Forni Avoltri on Tuesday 23 July, with overnight close to Cavazzo or Venzone- Cornino;

Arrival in Udine on Wednesday 24 July .

- Total Length: round trip about 240-260 km, Total ascent: about mt. 2300-2600
- Outward journey in two days: about 120-130 km ascent about mt 1400;
- Return trip in two days : about 120-130 km, ascent about 900-1200
- Physical difficulty: quite demanding, a good level of stamina and ability to bike for many hours are required
- Technical difficulty : easy
- Bottom: secondary asphalted regular roads and some stretches of easy dirt roads
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: gravel bike, road bike, hybrid bike, mountain bike e-bike
- HELMET OBLIGATORY

## NOTES :

- Front and rear bike light recommended (to go home from Termini station).
- 4 stage - itinerary with overnight stay and luggage in tow.
- It is recommended bringing 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, sunscreen

### **Bike and e-bike rental on demand:**

Bike and helmet provided and picked up by the guide € 80.00 per person for the entire bike travel;

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: € 200 per person

Overnights:

Saturday 20: along ciclovía Tagliamento close to Tolmezzo-Venzone or Cavazzo

21 and 22 July: Forni Avoltri

Tuesday 23 July: along ciclovía (Venzone –Carnino –Cavazzo)

Rough cost per person/day € 70-90 dinner and breakfast included; the costs of the accommodations depend on the facilities chosen based on the number of participants and will be communicated as soon as possible.

The price includes : hotels, dinner and breakfast if included in hotel rates and fee for the Guide

Not included: train tickets, lunches, bike rent and extras.

*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.*

### **For Booking:**

Send an email to: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu) and [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) or whatsapp +393334816341 not later than **30 June 2024**, (the sooner you book, the better)

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

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