



**30 March-01 April 2024**

***Tagliacozzo - Roccasecca - Sperlonga***  
***(train + bike mode)***

***Bicycle trip with overnight stay and luggage in tow***

***Enjoy a bike tour from Abruzzo to Sperlonga beach through "Valle Roveto" and "Gole del Melfa"***



**Meeting point : Roma Tiburtina rail station on Saturday 30 March at 7:00hrs a.m.** at the platform of the train Regionale n. 4568, departure to Tagliacozzo at 7:15hrs, (arrival at 9.26hrs).

**Return** from Fondi on 1<sup>st</sup> April: many opportunities from 15:00 until about 21:00

**Due to limited places, advance booking is required**

We will cross the Apennines through the "Valle Roveto" and "Valle di Comino", mostly downhill route (except on the third day), and many interesting villages to Sperlonga, a beautiful town on the Tyrrhenian Coast.

Possibility of short detours to visit "Zompo Lo Schioppo" waterfalls and Pastena caves.

Bicycle trip with overnight stay and luggage in tow.

- Total Length (in three days) : about Km 160 / Total ascent: about mt. 1200
- Difficulty: quite easy
- Bottom: secondary asphalted regular roads and some stretches of easy 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: gravel bike, road bike, hybrid bike, mountain bike, e-bike
- **HELMET OBLIGATORY**

**Program:**

**Day 1:** We will reach Tagliacozzo by train and we will start our tour to Sperlonga; first night at Carpello (Posta Fibreno Lake) - accommodation in B&B "La casa sul Lago" and "La finestra sul lago"

**Day 2:** from Carpello to Lenola - Accommodation at the "Collecammino B&B"

**Day 3:** from Lenola to Sperlonga and Fondi. Train to Rome from Fondi

## NOTES :

- Front and rear bike light recommended (to go home from Termini station).
- Itinerary in three stages with overnight stay and luggage in tow.
- It is recommended carrying as little luggage as possible; bike with luggage rack and side bags; if using backpack on 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  
(bathing suit and towel for the lake)

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

Bike and helmet provided and picked up by the guide € 60.00 per person for three days;

### **Recommended rental services:**

→ 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:

#### **1st night**

B&B La Casa sul lago - Carpello Lago di Posta Fibreno (FR)

Accommodation: double room € 35,00 per person; single room € 50,00 per person; breakfast included.

B&B La Finestra sul Lago - Carpello Lago di Posta Fibreno (FR)

Accommodation: double room € 50,00; triple room € 60,00; suite for 5 people € 90,00 (possible double room); breakfast included.

#### **2nd night B&B Collecammino Lenola (FR)**

Accommodation: in bungalow € 50,00 per person in multiple room (possible double room); breakfast included

(single room – if available- € 90,00 per person)

The price includes: two overnight in B&B, breakfast and fee for the Guide.

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

**Limited places in the hotel; it is recommended booking as soon as possible !!!**

**Very limited possibilities of single rooms in B&B.**

*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 modified if necessary, at the sole discretion of the Guide.*

### **For booking:**

Please send an email to: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu) [with\\_fao-staff-coop@fao.org](mailto:with_fao-staff-coop@fao.org) in cc

Or whatsapp +393334816341

[Not later than 23 March 2024 h.10 p.m. , \(the sooner you book, the better\)](#)

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

**More info: Paolo Antonini, mobile 333 4816341 mail: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu)**

N.B. In order to take part in the proposed activities, it is required to become a FAO Staff Coop member by registering on our website (<https://www.faostaffcoop.org>). If you already are a member, you can just renew your membership for the current year.

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