

Weekend 18-19 May 2024
San Casciano dei Bagni, bike, free thermal
bath and more !
(train + bike mode)



Enjoy a bike tour and a free thermal bath
experience



Meeting point : Termini rail station -18 May 2024 - 6:45hrs a.m. at the
platform of the train Regionale V. n. 4096,

Departure to Fabriano at 7:02hrs - Arrival in Fabriano (TN - Umbria) at 8:35hrs

Return from Orvieto: many trains available from 15.00 to 19.43



We will take the train to Fabro and begin our cycling tour directly from the railway station.

We will discover the Umbrian-Tuscan hills on secondary roads and a few stretches of dirt track that are never uncomfortable; starting from Fabro we will cross the border and arrive in Tuscany in a short time, we will have the opportunity to enjoy the typical Tuscan landscapes and scenery, observing beautiful farmhouses and fields, a real pleasure to see! Points of interest: Fighine Castle, San Casciano dei Bagni (where we can take a break at the free thermal baths), Proceno (Orvieto). The tour takes place mainly on secondary roads and a few unpaved stretches, always with a good surface, trodden in the days of historic cycling and retraced today in many cycling events that recall the old glories! There are some climbs always on good roads that make the journey just a little 'challenging'!!!

•	Length : day 1 50Km - ascent about 700mt; day 2 40 km - ascent 600 mt
•	Technical difficulty: quite easy - Good level of stamina required
•	Bottom: secondary asphalted regular roads and some stretches of easy dirt roads
•	Ability to bike for many hours required
•	Ability to ride on roads open to car traffic is required
•	Suitable bicycle: hybrid bike, mountain bike, gravel bike, e-bike
•	HELMET OBLIGATORY

Program:

Day 1: We will reach Fabriano by train and we will start our tour to San Casciano dei Bagni. After a break at the free SPA, we will bike to Proceno. We can visit the old village and the Castle; accommodation in hotel and dinner.

Day 2: After a good breakfast we will leave for Orvieto, passing through small villages such as Acquapendente. Depending on our arrival time, we can make a small visit to the centre of Orvieto. Orvieto is a very beautiful city, known for its cathedral.

NOTES :

Recommended front and rear bicycle light (to return home from Termini station).

Itinerary in two stages with overnight stay and luggage in tow.

It is advisable to carry as little luggage as possible; we recommend a bike with luggage rack and side bags; if using a backpack on your shoulders, the smallest possible (max 15-20 litres).

Spare inner tube or tyre repair kit recommended.

Recommended clothing:

Cycling trousers with pad, windstopper / rain jacket

Glasses (sunglasses), gloves

Bathing suit and towel for the spa

Bike and e-bike rental on demand:

Bike and helmet provided and picked up by the guide € 45.00 per person for two days ;

Recommended rentals:

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: ancient residence Castello di Proceno (Corso Regina Margherita Proceno VT <https://www.castellodiproceno.it/>)

Accommodation: double room € 110 per person;

single room € 140 per person ,

breakfast, dinner and ¼ wine included.

The price includes : 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;
It 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.*

Booking:

**Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org
or whatsapp +393334816341**

**not later than 19 October 2023 h. 07 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**

