



Weekend 17-18 May 2025

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 : Roma Termini rail station on 17 May 2025 h. 6:45 hrs a.m.
at the platform of the train Regionale V. n. 4096.
Departure to Fabro at h. 7:02, arrival at h. 8:35.

Return from Orvieto 18th May: many train opportunities from 15.00 to h.19.43

We will take the train to Fabro and begin our cycling tour from the Fabro train 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 is no shortage of climbs always on good roads that make the journey just a little 'challenging'!!!

- Length : **day 1** - about 50Km - ascent about 750 mt; **day 2** - about 40 km - ascent about 600 mt
- Physical difficulty: **day 1** - level 4*; **day 2** – level 3* ([read the scale below](#))
- Technical difficulty: level 2* ([read the scale below](#))
- Bottom: secondary asphalted regular roads and some stretches of easy dirt roads
- Ability to bike for many hours and a good level of stamina are required
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: gravel bike, hybrid bike, mountain bike, e-bike
- **HELMET OBLIGATORY**

*** Difficulty scale: 1 very easy; 2 easy; 3 medium demanding; 4 quite demanding, 5 very demanding**

Program:

Day 1 - We will reach Fabro by train and we will start our tour to San Casciano dei Bagni. After a break at the free spa, we will reach Proceno, where we can visit the old village and the Castle. Hotel accommodation 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 may make a short visit to the center of Orvieto, which is a very beautiful city, known for its cathedral.

NOTES :

- Front and rear bike light recommended (to go home from Termini 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, sunscreen
bathing suit and towel for the thermal bath

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

→ **Rial Ecomobilità** Via Luigi Perna 65 tel. 06 89013378

(Booking well in advance recommended)

Cost of the tour :

Guide: € 50,00 day/person

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

Accommodation: half board double room € 115 per person; single room € 145 per person ,
(breakfast and dinner included).

The price includes : hotel, dinner day 1 breakfast day 2 and fee for the Guide
not included: train tickets, lunches drinks , 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.

Booking:

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org or whatsapp +393334816341
not later than **15 May 2025 h. 07.00 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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