



Saturday 16 March 2024

Roma bike tour

Aurelian Walls - Guided Bike tour



- Length: 20 km;
- Difficulty: easy
- Bottom: asphalted
- Ability to ride on roads open to car traffic is required
- HELMET OBLIGATORY

30 March-01 April 2024

Tagliacozzo Roccasecca Sperlonga
(train + bike mode)

Enjoy a bike tour from Abruzzo to Sperlonga beach through Valle Roveto and Melfa Gorges



Due to limited places, booking in advance is required

Crossing of the Apennines through the Roveto and Comino Valley, mainly descent route, (except for the third day) and many interesting villages to Sperlonga, beautiful village on the Tirrenic Coast. Possibility of short detours to visit the Zompo Lo Schioppo water falls and Pastena caves. Bike travel 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

Saturday 13 April 2024

Spoletto - Assisi

Wonderful Umbria by bike (train + bike mode)



Easy and flat itinerary, suitable for everyone, very interesting and full of tourist attractions; our journey runs along the Marroggia, Teverone and Timia Rivers, up to Cannara, and then it crosses the Umbrian Valley just close to Assisi.

- Length : 50 km ca. Ascent: 350 mt
- Difficulty: easy
- Bottom: easy dirt roads (bike paths) and few stretches of regular roads
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: hybrid bike, mountain bike, city bike, gravel bike, road bike e-bike
- HELMET OBLIGATORY

Saturday 20 April 2024

Roma bike tour

tourist Rome bike tour



- Length: to be determined ;
- Difficulty: easy
- Bottom: asphalted /easy dirt road
- Ability to ride on roads open to car traffic is required
- HELMET OBLIGATORY

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



We will discover the Umbrian/Tuscan hills on secondary roads and a few stretches of dirt roads that are never uncomfortable; starting from Fabriano, we will pass the border getting to Tuscany in few time, we will have the opportunity to enjoy the typical Tuscan landscapes and sceneries, watching very nice farmhouses and fields. Points of interest: Castello di Fighine, San Casciano dei Bagni, (where we can enjoy a break at the free thermal baths), Proceno, (Orvieto). The tour takes place mainly on secondary roads and some stretch dirt roads, always with a good bottom, trampled on at the time of historical cycling and retraced today in many cycling events that recall the old glories! There are some climbs always on good roads that make the trip just a little bit “challenging”...!!

- Length : day 1 - 50Km - ascent about 700mt; day 2 - 40 km - ascent 600 mt
- Difficulty: quite demanding
- 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: hybrid bike, mountain bike, gravel bike, e-bike
- HELMET OBLIGATORY

21-23 June 2024

(possibility to ride only two days)

Roma – Roccasecca

(train + bike mode)



From Rome to Terracina across the Pontine plain (Agro Pontino). Many interesting villages to visit and Ninfa garden possibility to ride only two days. Bike travel with overnight stay and luggage in tow.

- Total Length (in three days) : about Km 230 Total ascent: about mt. 870
- 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

July 2024: 4 days to be determined - bike tour

Alpi carniche bike travel



From Udine to Forni Avoltri, evocative nature and history. Bike travel with overnight stay and luggage in tow.

- Total Length about Km 280 Total ascent: about mt. 2500
- Difficulty: quite demanding
- 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



NOTES for every bike tour:

- Ability to ride on roads open to car traffic is required
- front and rear bike light recommended
- **HELMET OBLIGATORY**

Bike rental options:

- bikes and helmets provided and picked up by the Guide: € 20.00 for person;
- Easy bike rent Roma Via dei Cerchi 59 phone: 0683958250 +39 3755678174;
- Collalti bici, tel. 0668801084

Price for one day bike tours: (except 16.3.2024 and 20.4.2024)

€. 20.00 for person. A **€5.00** special discount will be applied for those who bring other people (relatives or friends, and of course the discount will be applied also to them).

Special price for family groups (minimum 4 people): **€. 12.50** for person.

In addition to the above discounts applied to participants, there will be further discount for those who purchase min. 4 tours (included a week end) or even all 7 tours, 10% off

Two or more days tours: price, bike rental option and details will be published from time to time.

This is a rough plan, the tours will need to be confirmed time by time by a specific flyer.

More info: please email to paolo.antonini@scuoladimtb.eu mobile +39.3334816341 (whatsapp)

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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