



Wednesday 1st May 2024

Spoleto - Assisi

Wonderful Umbria by bike (train + bike mode)

***Meeting point:** Roma Termini Station – the platform of the train will be decided according to the number of participants and will be communicated directly to participants.*

***Return from Assisi:** many trains are available in the afternoon until h. 20:48.*

***Duration of the trip:** about 3 - 3.45 hours, depending on the train chosen.*

Bike ticket required.

Length: about 50 km. - **Gradient:** 350 m – **Technical Difficulty:** easy

We will take the train to Spoleto; from the Spoleto rail station we will reach Assisi by bike. Easy and flat itinerary, suitable for everyone, very interesting and full of tourist attractions.

Our journey runs along the rivers Marroggia, Teverone and Timia, to Cannara, and then through the Umbrian valley near Assisi. The route makes clear Umbria's commitment to bike touring, as this itinerary can connect to many routes, including the Tiber cycle route, the old Spoleto-Norcia railway and the Trasimeno cycle loop, which offers excellent opportunities to cycle for many days, even in train plus bike mode, enjoying an area rich in art, history and nature.

- Bottom: easy dirt roads (bike paths) and few stretches of regular roads
- Ability to ride for many hours and a good level of fitness are necessary
- 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 MANDATORY**

Price: € 25.00 per person to be paid directly at meeting point.

A **€ 5.00** special discount will be applied to those who bring other people (relatives or friends).

Special price for family group, minimum 4 people: **€ 15.00** per person (rail ticket, lunch and extras not included)

Bike rental options:

- Bike and helmet provided and picked up by the Guide: € 20 per person
- Easy Bike Rent, Via dei Cerchi, 59 - tel 0683958250, 3755678174, info@easybikerent.it
- Collalti Bici, tel. 06 68801084

N.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 changed if necessary at the sole discretion of the Guide

For Booking: Please send an email to: paolo.antonini@scuoladimtb.eu with fao-staff-coop@fao.org in cc, or whatsapp +39 3334816341 not later than **Monday 29 April 2024 h.9:00** (the sooner you book, the better).

More info: Paolo Antonini, Mountain Bike Guide

mobile +39 333 4816341 / email: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 are already a member, you can just renew your membership for the current year.

****Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties who respond directly to clients**