



**NEWSLETTER**

**FAO Staff Coop  
In cooperation with**

**SEPTEMBER 2021**



**25 – 26 September 2021**

**Two-day bike tour  
to explore Lazio, Abruzzo and Umbria  
and their nature, art, good food  
by bike from Borgorose (Rieti) to Terni**



**Meeting point: viale Aventino (FAO) 25 September 2021 7:30 a.m., to depart at 7:45 a.m.**

Beautiful itinerary through three regions, just a few steps away from Rome, to discover enchanting places, unspoiled nature, excellent food, enjoying the coolness of the high grounds overlooking the mountains (mountains of the Abruzzo Apennines - the Monti del Cicolano and the Valle di Cornino) biking through ancient villages, plateaux and beechwoods and visiting the art city of L'Aquila. On day 2 we will go from L'Aquila to Terni from Sella di Corno, Antrodoco, Cotilia, Marmore ending our trip at Terni.

From Terni, by train, we will return to Rome.

L'Aquila, a splendid city rich in art, has a large historical and artistic heritage with a first medieval layer, consisting of the city walls, a Renaissance layer represented by numerous palaces and churches and finally baroque and neoclassical features. Very interesting places: the Fountain of the 99 spouts, (about 1300 A.D.), the Basilica of Collemaggio (about 1300 A.D.) and the Basilica of San Bernardino (about 1450 A.D). The city is still affected by important reconstruction works following the 2009 earthquake.

Sella di Corno, (AQ), a very small village, represents the main Apennine Mountain pass between the province of Rieti and L'Aquila (crossed by main road SS 17 Route 17) and the Rieti-l'Aquila railway. The place is an ideal starting point, ideal also for hiking to Monte Calvo and to the Piana of Rascino and the Piana di Cornino. In the square of Sella di Corno there is a milestone that indicates

the distances in Roman miles from the city of Rome.

The Terme di Cotilia (Le Aquae Cutiliae or Aquae Cutuliae) are interesting, thermal springs located in the Piana of San Vittorino.

Marmore is located in the Nera River Park that crosses the waterfalls area, formed by the Velino river which flows from Lake Piediluco and plunges with a crash into the Nera gorge below.

## **Day 1**

Transfer to Borgorose (RI) by NCC (or private cars) from meeting point.

Departure by bike from Borgorose to L'Aquila, through secondary roads totally free of traffic. We will mainly ride along the ancient Via Amiternina. We could have lunch at Agriturismo Casale Calabrese in Castiglione di Torninparte (1000 m above sea level).

[http://www.casalecalabrese.it/it/home\\_it/](http://www.casalecalabrese.it/it/home_it/)

[https://www.tripadvisor.it/Restaurant\\_Review-g2589685-d3403942-Reviews-Casale\\_Calabrese\\_Turismo\\_Rurale-Torninparte\\_Province\\_of\\_L\\_Aquila\\_Abruzzo.html](https://www.tripadvisor.it/Restaurant_Review-g2589685-d3403942-Reviews-Casale_Calabrese_Turismo_Rurale-Torninparte_Province_of_L_Aquila_Abruzzo.html)

We will continue among green and uncontaminated nature, rich in beechtrees, going up to the Torninparte pass (AQ) /mt 1300 above sea level) overlooking the Gran Sasso d'Italia, from where a pleasant descent will lead us to L'Aquila. Visit of the city and accommodation in hotel, dinner.

Length: About 60 km uphill, about 750 meters asphalt, except a small stretch close to the farm.  
Max altitude 1300 m above sea level.

## **Day 2**

Departure from L'Aquila to Terni, from Sella di Corno, Antrodoco, Cotilia, Marmore.

From L'Aquila to Sella di Corno or Antrodoco you can use the train to avoid about 20 km of biking (6 km steep slope). From Sella di Corno/Antrodoco we will go to Marmore (waterfalls) and Terni. Return to Rome by train from Terni.

Length: About 90 km, uphill about 800 m, asphalted road. Mainly secondary roads.

Using the train to reach Sella di Corno or Antrodoco: about 65 km, uphill 350 m.

Max altitude about 1000 m above sea level.

Train timetable: from Terni many opportunities from 14:57 to 22:40, duration of the trip about one hour in all cases.

## **NOTES:**

Quite demanding bike tour; it requires to be used to ride by bike for many hours a day and a good level of fitness.

Cycling experience of riding on roads open to traffic is required.

Suitable bicycle: road bike, hybrid bike, racing bike, mountain bike.

### **Helmet mandatory**

Front and rear bike lights recommended (to go home from Termini station).

Two-stage itinerary with overnight stay and luggage in tow.

It is recommended to bring a luggage as small as possible; bike recommended with luggage racks and side bags; if you use backpack it should be as small as possible.

Recommended clothing: cycling trousers with pad, windstopper/ rain jacket.

Glasses (sunglasses), gloves, sunscreen.

Tour could be cancelled in case of bad weather.

L'Aquila is located at 600 meters above sea level.  
Castiglione /Torninparte 1300 meters above sea level.  
Sella di Corno about 1000 meters above sea level.

Bike rental on demand: bike and helmet provided and picked up by the guide € 35 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

(Booking well in advance recommended)

**Cost of the tour:**

Transfer (VAN/Auto NCC) to Borgorose (RI)	€ 200 van; (price car € 180) to be shared;
Hotel *)	€ 45 single room (breakfast included)
Guide	€ 45 day/person **)

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

\*) Porta Rivera Hotel Piazzale Caduti 8 dicembre 1943, L'Aquila

<https://www.portariverahostel.it/it-it>

[https://www.tripadvisor.it/Hotel\\_Review-g194790-d1011135-Reviews-Porta\\_Rivera\\_Hotel-L\\_Aquila\\_Province\\_of\\_L\\_Aquila\\_Abruzzo.html](https://www.tripadvisor.it/Hotel_Review-g194790-d1011135-Reviews-Porta_Rivera_Hotel-L_Aquila_Province_of_L_Aquila_Abruzzo.html)

\*\*\*) Special discount for first two people who will book before 6.09.2021 h 20: €72 two days/person instead € 90.

Special discount for third, fourth, fifth booking before 15.09.2021 h 20: €80 two days/person instead € 90.

**Booking and payment:**

Send an email to: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu) and copy [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org)  
**not later than 23 September 2021 h 20** (the sooner you book, the better).

**Payment on booking € 50** (the sooner you book, the better).

Final balance based on your own hotel accommodation.

More info: Paolo Antonini, Mountain Bike Guide

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*In order to take part in the proposed activities, you have to become a member by registering on our website (<https://www.faostaffcoop.org/>).*

*If you already are a member, you can just renew your membership for the year 2021.*

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