



27 - 31 August 2021

Calabrian Parks bike trip

Five days bike travelling in a beautiful land
Calabria



Departure/Meeting point 27 August, arrival in Lamezia Terme by train from Roma Termini intercity n. 36017 (dep. 6:55 - arr. 13:02) or Freccia Argento n. 8333 (dep. 8:58 - arr. 12:52).
Bike bag required and booking in advance recommended.

In both cases: Meeting point Lamezia Terme Rail Station Centrale hrs 13:15

Five stages bike travel, along the Calabria discovering beautiful natural parks and wild nature in one of the most unexplored regions of Italy; we will travel through the heart of Calabria, crossing natural parks and protected areas, discovering wonderful territories fascinating and unknown to many regions.

(Do not hesitate to contact the Guide for advice about luggage, bike transport by train and anything else you need).

Luggage in tow, or service car and luggage transport on demand and transport bikes to the start on demand. If you bring your luggage yourself 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 it is recommended that it be as small as possible.

The entire tour is about 250 km long and gradient 4000-4500 m.

Difficulty: quite difficult.

We will ride paved roads in the parks, regular roads.

Quite difficult bike tour; it requires ability to bike for many hours a day and a pretty good level of fitness.

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

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

Helmet obligatory

Bike rental options:

- Bike and helmet provided and picked up by the Guide: € 15 per person per day
- Easy Bike Rent, Via dei Cerchi, 59 – tel. 06 83958250, 375 5678174, info@easybikerent.it
- Collalti Bici, tel. 06 68801084

(Booking well in advance recommended)

Program day 1

Travel from Rome to Lamezia Terme by train;

We will use the Guide car and other cars or transfer if it is necessary;

Estimated time arrival (ETA) to Lamezia Terme 13:00;

Possibility of arriving by train on your own;

Departure at 13:30 from Lamezia Terme to Girifalco (CZ);

Overnight in hotel or b&b in Girifalco; the final accommodation will be communicated as soon as possible;

Km 45 to gradient 800 m.

Program day 2

Departure for Simbario crossing the Natural Park Le Serre.

Overnight in a hotel/ b&b in Simbario; the final accommodation will be communicated as soon as possible.

Km 50 to gradient 1200 m;

Program day 3

Departure for Canolo to Natural Park of Aspromonte;

Overnight in hotel or b&b in Canolo;

Km 60 to gradient 1300 m.

Program day 4

Departure for Gambarie, crossing the Natural Park of Aspromonte;

Overnight in hotel or b&b in Gambarie;

Km 60 to gradient 1100 m.

Program day 5

Departure for Reggio Calabria;

Tour of one of the most beautiful seafront in Italy and around the city, tasting typical food and icecream and “briosche”;

Km 31 to gradient 300 m.

Departure for Rome by train; many trains from hrs 13:10 (booking in advance recommended).

Cost of the tour:

The Guide will communicate as soon as possible the hotels/b&b and their costs.

Guide € 50 day/person ()**

Extra: Bike transport: €15 for bike (€10 for bike hired from the Guide);

Luggage transport €10 day/person;

Not included: hotel, restaurant, train tickets, travel costs, extras, and bike rent.

() 20% off for first two people who will book not later than 5 August hrs 13:00 (€ 200 five days/person instead € 250); 10% discount for third, fourth and fifth person booking not later than 15 August hrs 14:00 (€ 225 five days /person instead € 250)**

Booking and payment:

Send an email to: paolo.antonini@scuoladimtb.eu and copy fao-staff-coop@fao.org not later than **25 August 2021 hrs 12:00** (the sooner you book, the better).

Advance payment on booking €50 (Final balance based on your own hotel accommodation and extra services required).

more info: Paolo Antonini Guida di Mountain Bike
mobile 333 4816341 mail:paolo.antonini@scuoladimtb.eu

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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