



**SUNDAY, 13 JUNE 2021**  
**SAN CASCIANO DEI BAGNI,**  
**bike and thermal bath!**

(train + bike mode)

Relax yourself at the free spa after a tour bike !



Meeting point: **Termini rail station (6:45hrs a.m. at the platform of the train Regionale V. n. 4096, departure to Fabro at 7:02hrs, arrival at 8:35hrs a.m.).**

Return from Fabro: dep. 15:10hrs, arr. 17:05hrs; dep. 17:10hrs arr. 19:00hrs; dep. 19:25hrs arr. 21:30hrs - ticket required (more info [www.trenitalia.it](http://www.trenitalia.it)).

We will take the train to Fabro and we will start our biking from the Fabro rail station.

We will discover the Umbrian/Tuscan hills on never uncomfortable dirt roads; starting from Fabro we will have the opportunity to enjoy typically Tuscan landscapes and sceneries, watching very nice farmhouses and fields, a real pleasure to see! Points of interest: ancient village of Salci, on the border between the State of the Church and the GrandDuchy of Tuscany, San Casciano dei Bagni, (where we can enjoy a small stop at the free thermal baths) and Castello di Fighine. The tour takes place mainly on 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 : 40 km ca.
- Gradient: about 850 m

- Difficulty: quite difficult
- We will ride easy dirt roads (bike paths) and few stretches of regular roads
- Ability to bike for many hours and a good level of fitness are mandatory
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: hybrid bike, mountain bike, city bike, gravel bike.
- **HELMET MANDATORY**

**Price:**

€ 20 per person to be paid directly at meeting point (rail ticket, lunch and extra not included).

A € 5 special discount will be applied to those who book **not later than Wednesday 9 June 2021.**

**Bike rental options:**

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

**Booking:**

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org not later than **Friday 11 June at 3 pm** (the sooner you book, the better).

Tour may be canceled in case of bad weather.

**More info:**

Paolo Antonini, Mountain Bike Guide  
mobile 333 4816341 mail: [paolo.antonini@scuoladimtb.eu](mailto: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.*

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