



23 – 25 July 2021

TRABOCCHI COAST

**LONG WEEKEND THROUGH THE ABRUZZO,
SEA, COLORS, HISTORY, TRADITION AND FOOD**



Meeting point : 7:30 a.m. – Metro Station Viale Aventino (FAO) Departure: 9:45 a.m.

Three-stage bike travel along the Adriatic coast, from San Benedetto del Tronto to Vasto San Salvo through the Costa dei Trabocchi. Once in Vasto San Salvo, we will take the train to return to San Benedetto del Tronto, from where we will return to Rome by car.

The Costa dei Trabocchi is a wonderful destination for those who want blue and salty air. Between Ortona and San Salvo a succession of beaches marked by the trabocchi, authentic fishing machines which were made thanks to the ingenuity of the coastal populations specialized in fishing even in adverse sea conditions, and which allow you to fish without going into the water..

They consist of platforms stretched out on the sea supported by thin poles anchored to submerged rocks. Some of these are now used as fish restaurants.

Program day 1

From Rome to San Benedetto del Tronto by private cars/transfer.

We will use the Guide's car and other cars or transfer if it is necessary.

Estimated time of arrival to San Benedetto del Tronto 11:00 a.m.

Possibility of arriving by train on your own.

Departure at 11:45 a.m. from San Benedetto del Tronto.

Overnight in a hotel in Pineto (TE); The final accommodation will be communicated as soon as possible.

Km 45 to gradient 150 m.

Program day 2

Departure for Fossacesia.

Possibility of stops along the route to enjoy the beauty of the Adriatic coast.

Overnight in a hotel in Fossacesia (CH); The final accommodation will be communicated as soon as

possible.
KM 60 to gradient 250 m.

Program day 3

Departure for Vasto San Salvo.
Km 35 to gradient 200 m.
Stop at Punta degli Aderci beach.
Arrival in San Salvo, departure by train to San Benedetto del Tronto.
Trains: various, from 10:00 to 17:00.

During day 3 highly recommended a stop in Natural Reserve Punta Aderci.

It is a protected natural area located in the municipality of Vasto, in the province of Chieti. It occupies an area of 285 hectares and was established in 1998. It extends along the Adriatic coast north of the port of Vasto, up to the mouth of the Sinello river, where it is possible to meet the only deciduous forest in the reserve.

In the reserve, the flat area appears more anthropized; the agricultural landscape is traditional, with large vineyards and olive trees. The promontory of Punta Aderci (26 m a.s.l.) characterizes the entire area offering a 360 ° view over the whole reserve. From Punta Aderci we can see the Majella National Park and, at sunset in conditions of good visibility, the Gran Sasso National Park.

NOTES:

The whole trip is about 150-160 km long with about 600 meters in altitude mainly before and after Ortona and in the area between Punta Aderci and Vasto.

We will ride sections of bike paths and regular roads.

Almost easy 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, gravel bike, road bike.

Helmet obligatory

Front and rear bike light recommended.

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

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

Recommended clothing:

cycling trousers with pad, light windstopper / rain jacket.

Glasses (sunglasses), gloves, sunscreen.

NOTE: Tour could be cancelled in case of bad weather.

Bike rental on demand: bike and helmet provided and picked up by the guide € 50 per person for three days.

Rental recommended:

- Rental Grottamare tel 348.6090097
- Easy bike rent Via dei cerchi 59 tel. 0683958250 mobile 3755678174
- Collalti bici via del Pellegrino 80 tel. 0668801084

(Booking well in advance recommended)

We are looking for rentals on San Benedetto.

Cost of the tour :

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

Anyway the costs could be:

- from € 50 to € 70 single room;

- from € 70 to € 80 double room;
- from € 90 to € 100 for triple (breakfast included);
- Dinner at the hotel from € 20 to € 25.

Guide € 45 day/person ()**

Not included: hotel, restaurant, train tickets, travel costs, extras, and bike rent.
The cost of the trip by car will be divided among all participants.

(**) Special discount for first five people who will book before Sunday 18 July: **€ 100** three days/person instead € 135.

Booking and payment:

Send an email to: paolo.antonini@scuoladimtb.eu and copy fao-staff-coop@fao.org not later than **22 July 2021 at 12 a.m.** (the sooner you book, the better).

Advance payment on booking €50. Final balance based on your own hotel accommodation.

More info: Paolo Antonini, Mountain bike guide
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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