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## Saturday 30 November 2024

**Isola Farnese and Veio Park by bike! (Train + bike)**



Length: From La Storta 35 km ca., gradient: about 450 mt ; From Ponte Milvio 45 km, gradient 650 mt; From FAO 55 km, gradient 650 mt

## Sunday 1st December 2024

**La via dell'Acqua (1^ episode)**



Length: km 25, (+optional 25 km ) gradient 250

## Saturday 14 December 2024

**Viterbo, Montefiascone and Bolsena lake ( train + bike)**



Length: Km 50 gradient about 750 mt

**Sunday 29 December 2024**  
**Roma, GRAB (Grande Raccordo Anulare for bikes)**



Length: 45 km, gradient 200

**Sunday 05.01.2025**  
**Roma, Great “Roma Nord” Parks Ring**



Length: 45 km , gradient 200

**Sunday 26 January 2025**  
**Roman Statues**



Length: km 20 , gradient 200 mt

**Sunday 09 February 2025**  
**Tevere Farfa nature Reserve (bike + train)**



Length: 55 +10 x Poggio Mirteto Scalo , gradient 300

**Saturday 15 February 2025**  
**Maccarese beach (bike + train)**



Length: 45, gradient 300

**Sunday 23 February 2025**  
**Fiumicino beach (bike + train)**



Length: 45, gradient 200

**Saturday 8 March**  
**La Via dell'Acqua (2<sup>^</sup> episode)**  
**Roma Bracciano (bike+ train)**



Length: about 50 km, gradient about mt 400

**Saturday 19-20-21 April 2025**  
**Easter bike tour**  
**Destination to be determined**

**Sunday 27 April 2025**  
**Ancient Appian way and Castelgandolfo lake**



Length: Km 22, gradient 400

**Three days 1-3 May 2025**  
**Roma Ninfa Roccasecca**



Length: Km 230, gradient 870 in three days

**Weekend 17-18 May 2025**  
**San Casciano dei bagni**



Length: Km 90 , gradient mt 1300 in two days

**Weekend 7-8 June 2025**  
**Borgorose and Valle del Salto**



Tour day 1: Length km 35 , gradient mt 500  
Tour day 2: Length Km 50 gradient mt 1100

**Weekend 28-29 June 2025**  
**Valdevarri**



Length km 70; gradient mt 1100 in two days

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**This is a rough plan, the tours must be confirmed time by time by a specific communication.**  
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## 2025 summer program preview

**NEW!**

**July (date to be determined)**  
**Six days cycling in Val Badia**

**NEW!**

**July (date to be determined)**  
**Umbria**

**NEW!**

**August – September (date to be determined)**  
**Abruzzo**

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