



Weekend 10-11 May 2025 Velletri Giardini di Ninfa Fossanova Terracina (Formia)



Due to limited places in hotels and a few single rooms available, and the need to book the visit to Ninfa well in advance, we recommend booking as soon as possible!!!

Meeting point : Rome Saturday 11 May 2025 on the train to Velletri R20111, leaving at 7.00 from Rm Termini; arrival in Velletri h. 8.01

Return: Sunday 11 May 2025 from Monte San Biagio or Formia: many trains until about h. 22.00

An easy journey, mostly on paved roads, that will take us from Velletri to southern Lazio. Of particular interest are the Abbey of Valvisciolo, one of the greatest masterpieces of Romanesque art in Lazio, and the nearby Abbey of Fossanova built in the early Middle Ages by the Benedictines. Finally, the Oasis of Ninfa, established in 1973 on the land of the Caetani family, which has been home to endemic and exotic flora, with plants from various countries around the world. The Ninfa Oasis is also interesting from a wildlife point of view.

Possibility to visit the Ninfa Oasis, visit duration approximately one hour, cost 15.75 (reservation required).

- Length : about 125 Km - ascent about 1300 mt in two days (about 70 km and 700 mt ascent day 1 and about 55 and 600 mt ascent day 2)
- Technical and physical difficulty: moderately demanding (level 3) * *see the scale below.*
- Route: regular paved roads (mainly secondary roads) and some sections of dirt roads
- Ability to bike for many hours and a good level of stamina are required
- Ability to ride on roads open to car traffic is required
- Suitable bicycles: gravel bike, hybrid bike, mountain bike, e-bike
- **HELMET OBLIGATORY**

**difficulty scale: 1 very easy; 2 easy; 3 medium demanding; 4 quite demanding ; 5 very demanding*

NOTES :

- Front and rear bike lights recommended .
- Two-stage itinerary with overnight stay and luggage in tow.
- It is recommended bringing luggage as small as possible; bike recommended with luggage racks and side bags; if you use backpack on the shoulders, as small as possible (max 15-20 lt).
- spare inner tube or tire repair kit recommended.

Recommended clothing:

cycling trousers with pad, windstopper / rain jacket
Glasses (sunglasses), gloves, sunscreen.

Bike and e-bike rental on demand:

bike and helmet provided and picked up by the guide € 45.00 per person for two days ;

Recommended rental:

Easy bike rent Via dei cerchi 59 tel. 0683958250 mobile 3755678174
(Booking well in advance recommended)

Cost of the tour :

Guide: € 50,00 day/person

Overnight: Sonnino Albergo Diffuso alloggio del gran tour

Accommodation: single room € 40; double room € 85; four-bed room € 35 per person

The prices mentioned above include : hotel, fee for the Guide.

Not included: train tickets, lunches, dinners, breakfast, bike rent, extras and ticket for Oasi Ninfa € 15.75

Limited places in the hotel; it is recommended to book as soon as possible !!!

The tour will take place with a minimum of 3 people;

The tour may be canceled in case of bad weather or impediment of the Guide

The route can be changed if necessary at the sole discretion of the Guide.

For Booking:

Please send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org or whatsapp +393334816341
not later than **8 May 2025 h. 4 pm**, (the sooner you book, the better)

payment on booking € 50.00; final balance based on your own hotel accommodation

More info: Paolo Antonini, mobile 333 4816341 mail: paolo.antonini@scuoladimtb.eu

