



22-23 June 2024

San Casciano dei Bagni, bike, free thermal bath and more !

(train + bike mode)

Enjoy a bike tour and a free thermal bath experience



We will discover the Umbrian/Tuscan hills on secondary roads and few stretches of dirt tracks that are never uncomfortable; starting from Fabriano we will cross the border and arrive in Tuscany in a short time, we will have the opportunity to enjoy the typical Tuscan landscapes and scenery, observing very nice farmhouses and fields, a real pleasure to see! Points of interest: Castello di Fighine, San Casciano dei Bagni, (where we can enjoy a break at the free thermal baths), Proceno, (Orvieto). The tour takes place mainly on secondary roads and a few unpaved stretches, always with a good surface, trodden in the days 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 : day 1 50Km - ascent about 700mt; day 2 40 km - ascent 600 mt
- Difficulty: quite demanding
- Bottom: secondary asphalted regular roads and some stretches of easy dirt roads
- Ability to bike for many hours and a good level of fitness are required
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: hybrid bike, mountain bike, gravel bike, e-bike
- HELMET OBLIGATORY

Date to be determined

recovery of the trip canceled due to train strikes in May

Roma – Roccasecca or Sabina Villages (RI) or Cala Violina (GR)

Two days bike tour

(train + bike mode)



destination and program to be defined

19-24 July 2024

Alpi Carniche bike travel



From Udine to Forni Avoltri, evocative nature and history Bike travel with overnight stay and luggage in tow.

- Total Length about Km 240-260 Total ascent: about mt. 2300-2600 in 4 stages
- Physical Difficulty: quite demanding
- Technical difficulty: easy
- Bottom: secondary asphalted regular roads and some stretches of easy dirt roads
- Ability to bike for many hours and a good level of fitness are required
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: gravel bike, road bike, hybrid bike, mountain bike e-bike
- HELMET OBLIGATORY



NOTES for every bike tour:

- Ability to ride on roads open to car traffic is required
- front and rear bike light recommended
- **HELMET OBLIGATORY**

Bike rental options:

- bikes and helmets provided and picked up by the Guide: € 20.00 for person/day;
- Easy bike rent Roma Via dei Cerchi 59 phone: 0683958250 +39 3755678174;
- Collalti bici, tel. 0668801084

Price for one day bike tours: (except 16.3.2024 and 20.4.2024)

€ 20.00 for person. A €5.00 special discount will be applied for those who bring other people (relatives or friends, and of course the discount will be applied also to them).

Special price for family groups (minimum 4 people): € 12.50 for person.

In addition to the above discounts applied to participants, there will be further discount for those who purchase min. 4 tours (included a week end) or even all 7 tours, 10% off

Two or more days tours: price, bike rental option and details will be published from time to time.

This is a rough plan, the tours will be confirmed from time to time by a specific communication.

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