



PALAZZO FIUGGI

WELLNESS MEDICAL SPA

E-BIKE EXPERIENCE

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CHESTNUT GROVES OF FIUGGI AND LAKE CANTERNO

Route Level: Easy

Type of Bike: Gravel/Bike Touring

Elevation Gain: 400 m

Route Length: 25 km

Duration: 3,5 hours

CESANESE WINE ROUTE

Optional: Wine Tasting at a Winery

Route Level: Easy

Type of Bike: Gravel/Bike Touring

Elevation Gain: 300 m

Route Length: 25 km

Duration: 3,5 hours



LAKE CANTERNO AND THE CASTLES

Route Level: Medium

Bike Type: Gravel/Bike Touring

Elevation Gain: 800 m

Route Length: 40 km

Duration: 4,5 hours

TOUR OF THE TREVI ARCH

Route Level: Easy

Bike Type: XC-MTB (Cross-Country Mountain Bike)

Elevation Gain: 900 m

Route Length: 30-35 km

Duration: 3 hours



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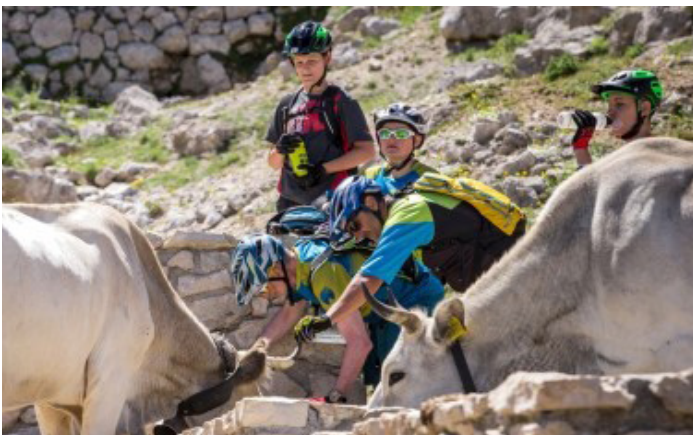


TOUR OF THE MONASTERIES AND THE ANIENE RIVER

Route Level: Difficult
Bike Type: Gravel/MTB
Elevation Gain: 1300 m
Route Length: 65 km
Duration: 7 hours

TOUR OF THE CITY OF THE POPES AND THE ERNICI MOUNTAINS

Route Level: Medium
Bike Type: Gravel/MTB
Elevation Gain: 1100 m
Route Length: 60 km
Duration: 5 hours



ALL-MOUNTAIN TOUR FONTE POZZOTELLO

Route Level: Difficult
Bike Type: Enduro - MTB
Elevation Gain: +1258 m -2100 m
Route Length: 48 km
Duration: 7 hours (shuttle ascent)

ALL-MOUNTAIN TOUR MT. ROTONARIA

Route Level: Difficult
Bike Type: Enduro - MTB
Elevation Gain: +1258 m -2100 m
Route Length: 48 km
Duration: 7 hours (shuttle ascent)



E-BIKE EXPERIENCE



QUOTA MILLE TOUR – EUROPA TRAIL

Route Level: Medium

Bike Type: XC/MTB

Elevation Gain: 1000 m

Route Length: 40-45 km

Duration: 4 hours

GUARCINO GRAVITY ENDURO DOWNHILL

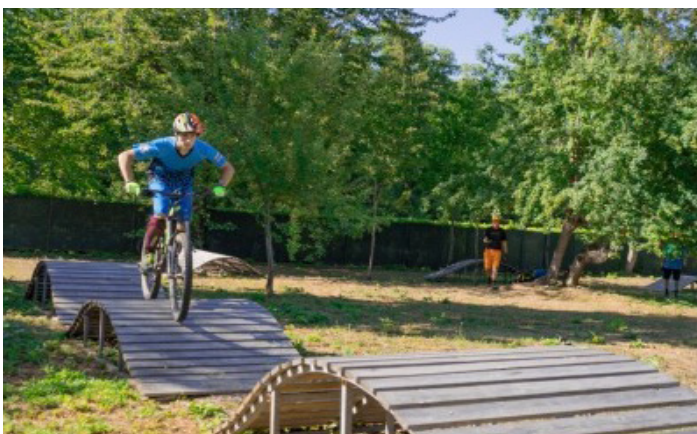
Route Level: Difficult

Bike Type: Enduro/DH

Elevation Gain: -2500 m

Route Length: 20 km

(shuttle ascent)



FIUGGI AND FOREST SCHOOL CAMP

Private or Small Group Lessons.

Development of Basic and Intermediate Techniques.

For Adults and Children.

Duration: 1,5 h

CAMPOCATINO SCHOOL CAMP

Private or small group lessons.

Development of basic and intermediate techniques.

Jumping techniques.

For adults and Children

Duration: 1 - 2 h



MTB INSTRUCTOR RATES

- Basic, intermediate, and advanced riding and downhill technique courses for children, teens, and adults
- Field practice and trail sessions

	1 HOUR	2 HOURS
1 PERSON	25 €	50 €
2 PEOPLE	35 €	60 €
3 PEOPLE	40 €	65 €
4 PEOPLE	45 €	70 €
EXTRA PAX UP TO 7/8	+5 €	+10 €

CUSTOM MTB/ROAD BIKE/GRAVEL TOURS WITH GUIDE

3,5 -HOUR TOUR	70 €
FULL-DAY TOUR	100 €

Prices valid for up to 2 people; each additional person +5 euros (max 7/10 people)

FULL SUSPENSION E-MTB RENTAL

4 -HOUR TOUR	35 €
FULL-DAY TOUR	45 €

Puncture Repair Kit: 5 euros (if used), including a spare tube and tools.

Rental of at least 4 bikes: 50% discount on the guide fee

RENTAL CONDITIONS

- Personal document
- The rental period begins when the bike is picked up and ends when it is returned.
- A helmet is recommended and included with the rental, and is mandatory for riders under 18 years of age.

INSURANCE

Athlete Registration and ASI Insurance (Mandatory insurance application)

- A fee of €7 per person, valid for one year
- *This insurance is mandatory for guided tours and bike rentals.

Bike Insurance for Accidental Damage (Optional insurance request)

- A fee of €5 per person, valid for one day

Accidental Damage Covered by Insurance:

- Transmission: broken gears, chain, derailleur, sprockets, pedals, cranks
- Brakes: levers, discs, master cylinders, calipers
- Handlebars: grips, Bosch computer, any accessories provided, handlebar bend
- Saddle: telescopic seatpost, seat post, saddle
- Wheels: inner tube, tires, wheels, spokes

Damage Not Covered by Insurance:

- Theft: A lock is always provided for unguided tours; the guest is responsible for for storing the bike when not in use
- Battery and stand damage resulting from impact or improper use (water entering through the charging port)
- Motor damage due to impact or improper use (water entering through the charging port, adult towing)
- Frame damage caused by impact or improper use (in cases of cracks or dents, the damaged part must be replaced)

PRICE LIST FOR ACCIDENTAL DAMAGE OR THEFT:

*Accidental damage covered by purchasing Bike Insurance:

- Tire 40 €
- Rim 70 €
- Brake lever 40 €
- Bosch computer 100 €
- Helmet 30 €
- Saddle 30 €
- Crank 90 €
- Gear shift 50 €
- Pedals 50 €
- Inner tube 5 €
- Front derailleur 90 €
- Crankset 40 €
- Telescopic seatpost 170 €
- Seatpost control 40 €
- Handlebar 30 €
- grips 20 €

Damage not covered by Bike Insurance:

- Theft 3000 €
- Battery 700 €
- Bosch motor 700 €
- Frame 2000 €





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VIA DEI VILLINI, 34,

03014 FIUGGI FR, ITALY

+3907757661 - BOOKING@PALAZZOFIUGGI.COM