



PALAZZO FIUGGI

WELLNESS MEDICAL SPA

E-BIKE EXPERIENCE

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# E-BIKE EXPERIENCE



## 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

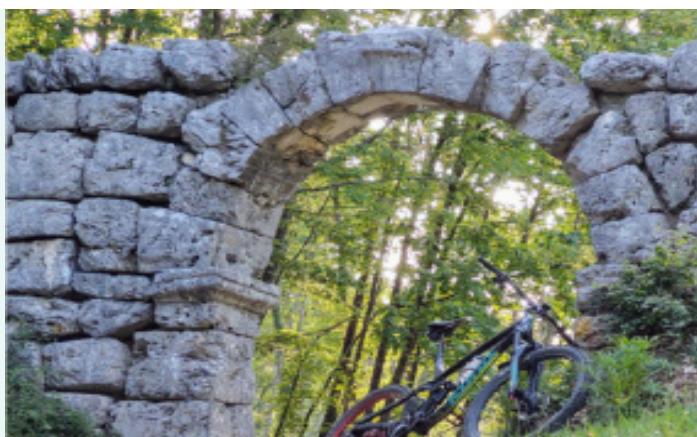
Route Level: Easy

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

Elevation Gain: 900 m

Route Length: 30-35 km

Duration: 3 hours



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# E-BIKE EXPERIENCE



## 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)





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# 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

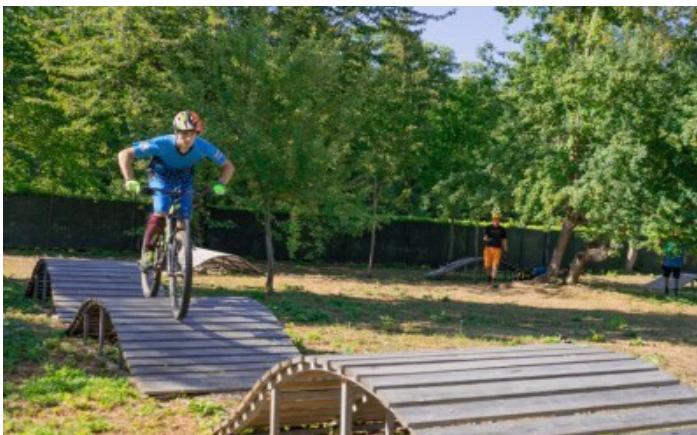
Route Level: Difficult

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

