



# GUIDED EXCURSIONS 2026

- trekking
- mountain bike and cycle touring
- special night trekking



**The trekking, mountain biking, and cycling experiences** we offer can be half-day or full-day, depending on the location chosen or the type of experience.

They can take place in the countryside surrounding the host facility, or in nearby natural areas such as the Conero, Gola della Rossa and Frasassi, San Vicino and Canfaieto, and the Sibillini Mountains.

They can vary in difficulty, both physical and technical, depending on the participants' level of fitness (for bike excursions, bicycles and helmets, assisted bikes and e-bikes are available for rental).

**Half-day excursions** end at 12:00 PM for morning excursions, and depart at 3:00 PM for afternoon excursions.

**Full-day excursions** are scheduled based on the chosen location.

**The nighttime excursion** will allow us to savor the pleasure of listening to the sounds of the night and admiring the colors and reflections that nature offers us at sunrise and/or sunset.

We suggest sunrise times from 3:30 AM to 7:30 AM; sunset times from 7:30 PM to 11:30 PM (these times vary depending on the date and location; we will coordinate the times).

**Recommended clothing and equipment:** hiking boots or sturdy sneakers, sweatshirt, snack, water bottle, backpack or bag, as long as it's comfortable to carry. For the bike excursion, comfortable shorts for pedaling (preferably cycling shorts). I can provide a helmet along with the bike or e-bike if you don't have one.

## Registration fees:

- **Half-day walking, sunrise, sunset:**

€15.00 per participant + €50.00 to be divided among participants\*

- **Full-day walking:**

€15.00 per participant + €100.00 to be divided among participants\*

- **Half-day mountain bike or cycle touring:**

€15.00 per participant + €60.00 to be divided among participants\*

- **Full-day mountain bike or cycle touring:**

€15.00 per participant + €110.00 to be divided among participants\*

- **Mountain bike + helmet rental (*delivered directly to the site*):**

Half-day €18.00 – e-bike (assisted) €35.00

Full-day €28.00 – e-bike (assisted) €55.00

**\* Children under 14 do not pay for the experience if accompanied by their parents; if there are members from multiple facilities, the fixed fee to be divided is shared among all members**

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