



**Saturday, 7 February 2026**

## **Biking along the blond Tiber to Fiumicino !!**

**Enjoy your bike tour and a good "spaghetto alle vongole"**

**Meeting point : h. 8.15 Viale Aventino 8 (Opposite side to FAO) - Start: h. 8.30**

We will meet outside the FAO and cycle along the banks of the Tiber to Fiumicino, crossing the Regina Ciclarum... We will take a break to enjoy some mixed fried seafood or a "spaghetto alle vongole" (*spaghetti with clams*) in Fiumicino. A beautiful route along the Tiber, free of traffic, will take us through the Roman countryside to the sea at Fiumicino. Return by train from Parco Leonardo or by your own means.

- Length: about 35 km
- Difficulty: Technical difficulty: 2; physical difficulty: 3; (\* see difficulty scale below)  
(the route is mostly flat and does not present particular difficulties; it takes place first on asphalt, then along the river bank on a compact dirt road);
- Required to know how to ride on roads open to vehicular traffic;
- Ability to cycle for many hours required.
- Suitable bikes: mountain bike gravel bike, hybrid bike, , e-bike, city bike
- **HELMET OBLIGATORY**
- Front and rear bike lights are recommended (mainly just in case you prefer go back home by bike)

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

**Price: € 30.00 per person - € 25.00 for Fao Staff Coop members (lunch fee not included)**

To be paid directly at meeting point. A **€ 5.00** special discount will be applied to those who bring other people (relatives or friends). Special price for family group, minimum 4 people: **€ 15.00** per person

### **Bike rental options:**

- Bike and helmet provided and picked up by the Guide: € 20 per person (€15 per person in case of family group)
- Easy Bike Rent, Via dei Cerchi, 59 – tel. 06 83958250, 375 5678174, [info@easybikerent.it](mailto:info@easybikerent.it)
- Bike Square, Via della Piramide Cestia, 33 Roma 06 98185055
- Collalti Bici, tel. 06 68801084

### **Booking:**

Please email: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu) with [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) in cc

or whatsapp 3334816341 , not later than **Friday 6 February at 1 pm** (the sooner you book, the better).

*Tour may be canceled in case of bad weather or impediment of the Guide;*

*Tour will take place with a minimum of 3 people*

**More info: Paolo Antonini, 333 4816341 mail: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu)**

*Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.*

