



Saturday 7 March 2026

Ancient Appian way and Castalgandolfo Lake bike tour

(bike + train mode)



Meeting point: FAO Viale Aventino, 8 h. 8.30 start 8.45

The Appia Antica, the largest open-air museum, and Lake Castalgandolfo... a beautiful tour through history, ending at Lake Castalgandolfo where we will taste typical products from the Castelli Romani.

We will depart from the FAO and travel along the Via Appia to Lake Castalgandolfo, crossing secondary roads and olive groves in the last stretch. We will enjoy a porchetta sandwich overlooking the lake. Return by train with your own transport (numerous trains available).

- Length: about 25 Km
- Difficulty: Physical and technical difficulty: easy (with a short, fairly steep climb) - level 2 * of the scale below
- Bottom: Regular asphalted secondary roads and some sections of dirt roads and paving typical of the Appia Antica (slabs).
- Ability to ride on roads open to vehicular traffic required;
- Suitable bike: mountain bike, hybrid bike gravel bike, e-bike
- HELMET OBLIGATORY

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

Price: **€ 30.00** for person. **€ 25.00** for FAO Staff Coop members (lunch fee not included); **A €5.00** special discount will be applied for those who bring other people for the first time (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

Bike rental options:

- bikes and helmets provided and picked up by the guide: € 20.00 for person;
- Bike Square, Via della Piramide Cestia, 33 Roma 06 98185055
- Easy bike rent Roma, Via dei Cerchi 59 phone: 0683958250 +39 37556788174;
- Collalti bici, tel. 0668801084

N.B. Tour may be canceled in case of bad weather;

Tour will take place with a minimum of 3 people

The route can be changed if necessary at the sole discretion of the Guide

Booking : please email paolo.antonini@scuoladimtb.eu with fao-staff-coop@fao.org in cc or tel/whatsapp +393334816341 **not later than Friday 6th March at 1 pm** (the sooner you book, the better).

more info: Paolo Antonini mobile 333 4816341 / email: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.

