



Saturday 21 February 2026

Viterbo, Montefiascone e Lago di Bolsena (train + bike)

Meeting point: : on the train Regionale 12782 to Viterbo, leaving from Roma Ostiense h. 6.37 and arriving at Viterbo 8.43. **Stops:** Roma Trastevere h. 6.43, Roma quattro venti h 6.43, Roma San Pietro h.6.50 and more (details: www.trenitalia.it). Please let me know from which station you get the train;

Return train from Viterbo - several options: h15.53, 16.53, 18.10, 20.16

Required: one ticket for the train and one for the bike.

Bike tour from Viterbo to Lake Bolsena and Montefiascone, on secondary roads; we will spend a day surrounded by nature enjoying beautiful landscapes, passing through Montefiascone and Viterbo for a brief visit.

- Length: about 50 km ; ascent t: about 750 mt
- Difficulty: technical and physical difficulty: level 3 - moderately demanding (with ups and downs, on various types of terrain, including dirt road) * see the scale below
- Ability to ride on roads open to car traffic is required.
- Suitable bike: mountain bike, gravel bike, hybrid bike, e-bike
- **HELMET OBLIGATORY**

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

Price: **€ 25.00** per person (for FAO Staff Coop members) **€ 30.00** (for non FAO Staff Coop members), to be paid directly at the meeting point. A **€ 5.00** special discount will be applied to those who bring other people (relatives or friends); the discount will be applied also to them. Special price for family group, minimum 4 people: **€ 15.00** per person.

Recommended clothing: cycling trousers with pad, windstopper/rain jacket, glasses sun glasses gloves

Bike rental options:

- Bike and helmet provided and picked up by the Guide: € 20 per person
- Bike Square, Via della Piramide Cestia, 33 Roma 06 98185055
- Easy Bike Rent, Via dei Cerchi, 59 - tel 06 83958250, 375 5678174, info@easybikerent.it
- Collalti Bici, tel. 06 68801084

The Tour may be canceled in case of bad weather.

The 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

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org or whatsapp 3334816341 not later than **Friday 20 February 2026 h. 12.00** (the sooner you book, the better).

More info: Paolo Antonini, mobile 333 4816341 mail: 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.

