



Sunday 22th May 2022

Tevere Farfa Nature Reserve !!

enjoy your bike tour and birdwatching in a beautiful natural reserve.

Bike +train mode



Meeting point : viale Aventino 8 (Fao) hrs 7.45, start hrs 8.00

From Rome to the Tevere Farfa, along Tiberina road by bike; return by train from Poggio Mirteto, many train opportunities until 21.30;

let's enjoy an open air day in the beautiful Natural Reserve.

Nazzano, Tevere – Farfa is the first regional protected area of Lazio, established in 1979; it protects a large wetland area, named "lake of Nazzano", formed after the construction of a dam on the Tiber in its middle course, downstream of the town of the same name. After more than a quarter of a century, the vegetation has adapted to the changed environmental conditions and the protection regime has done the rest. Today this is one of the most interesting sites in central Italy for bird watching and world observation

- Length : 55Km from Rome to Riserva Naturale Tevere Farfa + 10 Km to Poggio Mirteto Scalo.
- Gradient: 300 m
- Difficulty: quite difficult
- Ability to bike for many hours and a good level of training are required
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: hybrid bike, gravel bike.
- HELMET MANDATORY

Price: **€. 20.00** for person. A **€5.00** special discount will be applied for those who bring other people (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

Booking: Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org or phone: +393334816341 (whatsapp), not later than **Saturday 21th May 2022 at 11.30 am** (the sooner you book, the better)

More info: Paolo Antonini, Mountain Bike Guide mobile +3334816341 mail: paolo.antonini@scuoladimtb.eu

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