



Sunday 4 December 2022

The northern part of Rome, parks and more... !

bike urban exploration.... goes on, enjoy your bike tour in authentic Rome

Meeting point : 8.30 viale Aventino (Fao) start : 8.45

I am glad to show you another long bike tour, that will allow you to visit a lot of green areas and very nice, popular and authentic city districts as Tufello, La Cinquina and Torracchia, where we can enjoy one of the greatest examples of street art in Europe and maybe one of the biggest in the world.....

- Length: about 60 km (5 hours); gradient: 400 mt
- Difficulty: easy (with easy ups and downs, on various types of terrain);
- Required to know how to ride on roads open to vehicular traffic;
- A good level of performance is necessary, even though there is the option not to ride the entire 60 km. There are several points along metro lines where you could stop and going back by metro by your own;
- Suitable bike: hybrid bike, mountain bike, gravel bike, city bike
- **HELMET OBLIGATORY**

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.

Bike rental options:

- bikes and helmets provided and picked up by the guide: € 15.00 for person;
- Easy bike rent Roma Via dei Cerchi 59 phone: 0683958250 +39 3755678174;
- Collalti bici, tel. 0668801084

Tour can be canceled in case of bad weather

Booking : Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org not later than Friday 2 December at 3 pm (the sooner you book, the better).

more info: Paolo Antonini Guida di Mountain Bike - mobile 3334816341 email:paolo.antonini@scuoladimtb.eu





In order to take part in the proposed activities, you need to become a member by registering on our website (<https://www.faostaffcoop.org/>). If you already are a member, you can just renew your membership for the year 2023.

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