



Saturday, 19th March 2022

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

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



Meeting point : viale Aventino, 8

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 Torraccia, where we can enjoy one of the greatest examples of street art in the 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);
- It is required the ability 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 tour km. There are several points along metro lines where you could stop and go 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.



Sunday, 3th April 2022

Ancient Appian way and Castelgandolfo Lake bike tour

(round trip by bike or return by train)





Meeting point : Fao viale Aventino, 8

The Appia Antica, the largest open-air museum and the lake of Castelgandolfo, ... a beautiful tour through history, to reaching the lake of Castelgandolfo and to tasting the typical foods of the Roman castles. We will start our tour from FAO and we will ride the Via Appia, up to Lake Castelgandolfo, crossing secondary roads and olive groves in the last stretch. We will taste a porchetta sandwich, overlooking the lake. If you prefer, you can return by train by your own (many trains available).

- Length: about 22 km (+ 22Km)
- Difficulty: easy
- It is required the ability to ride on roads open to vehicular traffic;
- Suitable bike: mountain bike, hybrid 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 (minimun 4 people): € 12.50 for person



16th-18th Aprile 2022

Brigands' Path

from Fabro to Montalto di Castro

Three (or two) days bike tour

bike + train mode three days option

bike + (own veichles to reach the group on saturday evening) two days option



Meeting point : Metro Station Viale Aventino 8 (FAO)

The Brigands' Path, a fascinating riding in a corner of land where the time seems to have stopped.

Multilevel bike trip, (three days, bike + train mode or two days, transfer + bike)

Quite demanding bike tour, with luggage in tow; to be used to bike for many hours a day and a good level of performance is necessary.

(three day option 16-18 April 2022):

- Length: about 150km gradient about 2000 mt

(two days option 17-18 April 2022)

- Length: about 100 km gradient about 1100 mt



- Difficulty: quite difficult , on various types of terrain;
- It is required the ability to ride on roads open to vehicular traffic;
- A good level of performance is required
- Suitable bike: mountain bike, gravel bike,
-
- **HELMET OBLIGATORY**

Price:

Guide €. **45,00** day/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): **€. 30,00** for person

Not included: hotel, restaurant train tickets, travel costs, extras, and bike rent

The Guide will communicate as soon as possible the hotels/b&b and their costs.

Possibility of luggage transport (extra)

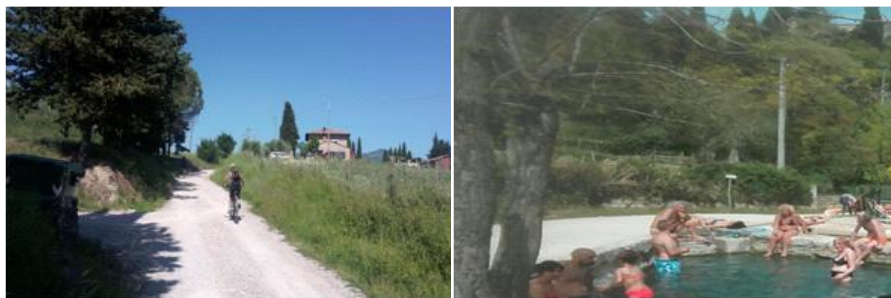


Sunday, 1th May 2022

San Casciano dei Bagni, bike and thermal baths!

(train + bike mode)

Relax yourself at the free spa after a tour bike !



Meeting point : Metro Station Viale Aventino 8 (FAO)

We will take the train to Fabriano and we will start our biking from the Fabriano rail station.

We will discover the Umbrian/Tuscan hills on never uncomfortable dirt roads; starting from Fabriano we will have the opportunity to enjoy typical Tuscan landscapes and sceneries, watching very nice farmhouses and fields, real pleasant to see! Points of interest: ancient village of Salci, on the border between the State of the Church and the Grand Duchy of Tuscany, San Casciano dei Bagni, (where we can enjoy a small stop at the free thermal baths) and Castello di Fighine. The tour takes place mainly on dirt roads, always with a good bottom, trampled on at the time of historical cycling and retraced today in many cycling events that recall the old glories! There are some climbs always on good roads that make the trip just a little bit “challenging”!

- Length : 40 km ca.
- Gradient: 750 m
- Difficulty: quite difficult
- We will ride easy dirt roads and few stretches of regular roads
- Ability to bike for many hours and a good level of stamina are required
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: hybrid bike, mountain bike, city 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



Sunday 22th May 2022

Tevere Farfa Nature Reserve !!

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



Meeting point : **viale Aventino 8 (Fao)**

From Rome to the Tevere Farfa along Tiberina; let's enjoy an open air day in the beautiful 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 stamina 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



Sunday, 5th June 2022

Biking beyond Rome (Valdevarri) !!

enjoy your bike tour in authentic and wild nature (train + bike mode)



Meeting point : Metro Station Viale Aventino 8 (FAO)

One day bike tour on the borders between Lazio and Abruzzo in uncountaminated and wild nature.

- Lenght : 50 km ca (+ 5 km from Tagliacozzo rail station to the beginning of the tour)
- Gradient: 1100 mt
- Difficulty: quite difficult
- We will ride dirt roads and few stretches on the regular roads.
- Quite difficult bike tour; you will need to be used to ride for many hours a day and an good level of stamina is necessary.
- Experience in riding on roads open to veichle traffic is required.
- Suitable bicycle: mountain bike, hybrid bike gravel 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 (minimun 4 people): **€. 12.50** for person



18th – 19th June 2022

Borgorose – L'Aquila – Terni

two days bike tour exploring three regions

Lazio, Abruzzo and Umbria

..nature, art, good food.





Meeting point : Metro Station Viale Aventino 8 (FAO)

Two days bike travel through three regions, just few steps from Rome, Beautiful itinerary through three regions, just few steps away from Rome, to discover enchanting places, unspoiled nature, excellent food, enjoying the coolness of the high grounds overlooking the mountains (mountains of the Abruzzese Apennines - the Monti del Cicolano and the Valle di Cornino,) biking through ancient villages, plateaus and the beechwoods and visiting the art city of L'Aquila. Day 2 we will go from L'Aquila to Terni through Sella di Corno, Antrodoco, Cotilia, Marmore ending our trip in Terni. From Terni, by train, we will return to Rome

- Length about 150 km , gradient about 1600 meters; bottom: asphalt,
- Quite demanding bike tour; you will need to be used to ride for many hours a day and good level of stamina is necessary.
- Experience in riding on roads open to vehicle traffic is required
- Suitable bicycle: road /travel bike, hybrid bike, racing bike, mountain bike.
- **HELMET OBLIGATORY**

Price:

Guide € 45,00 day/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): € 30,00 for person

not included: hotel, restaurant train tickets, travel costs, extras, and bike rent
The Guide will communicate as soon as possible the hotels/b&b and their costs.
Possibility of luggage transport (extra)



GENERAL NOTES:

This is a rough plan that could be changed; the playbill with the definitive program, conditions, prices of the hotels (offers/discount for groups), for each trip will be sent time by time.

Bike rental options:

- Bike and helmet provided and picked up by the Guide: € 15 per person per day
- Easy Bike Rent, Via dei Cerchi, 59 – tel. 06 83958250, 375 5678174, info@easybikerent.it
- Collalti Bici, tel. 06 68801084
-

Discounts:

For single guests:

- special price: € 275,00 (instead of € 325,00) in case of Brigands Path three days option for those who will buy all the tours (about 15% discount);
- special price: € 255,00 (instead of € 280,00) in case of Brigands Path two days option for those who will buy all the tours (about 10% discount);
- a 5 % discount will be applied with the purchase of min. 5 tours (at least one multi-days tour is mandatory);

The discounts will be applied with the balance of the last tour.

For guests who already benefit by group or family/ friend discounts

- an additional 5% discount will be applied to those who purchase at least 5 tours;



- a 10% discount will be applied to those who reach the number of 7 tours

The discounts will be applied with the balance of the last tour.

More info: Paolo Antonini Guida di Mountain Bike; mobile 333 4816341 mail: paolo.antonini@scuoladimtb.eu

*Kindly note that, 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 **2022**. Please contact fao-staff-coop@fao.org for any further assistance.*

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

