



**Sunday, January 30th 2022**

**By bike along the blond Tiber to Fiumicino !!**

**Enjoy your bike tour and a good "spaghetti alle vongole"**

**Meeting point: 8:45 hrs – Metro Station, Viale Aventino (FAO) Start: 9:00 hrs**

We meet in Rome FAO, and cycle along the bank of the Tiber up to Fiumicino, crossing the Regina Cicularum....; Just a break to taste a fried fish or a " *spaghetti alle vongole* " in Fiumicino. Beautiful journey along the blond Tiber, devoid of traffic that allows us to reach the sea of Fiumicino through the Roman countryside.

Return by bike (along the same route) or by train from Parco Leonardo.

- Length about 35 km (+35 in case of return by bike).
- Difficulty: moderately demanding; the route is flat and does not present particular difficulties; it takes place first on asphalt, then along the river bank on a compact dirt road; required to know how to ride on roads open to vehicular traffic; necessary to stay in the saddle for many hours.
- **HELMET IS MANDATORY**
- **Front and rear bike lights are recommended (mainly for returning home by bike)**

Price: **€20** per person to be paid directly at meeting point. A **€5** special discount will be applied to those who bring other people (relatives or friends).

Special price for family group minimum 4 people: **€12,50** for person.

**Bike rental options:**

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

**Booking:**

Send an email to: **paolo.antonini@scuoladimtb.eu** and **fao-staff-coop@fao.org** not later than **Friday 28 January** at 5 pm (the sooner you book, the better).

*Tour may be canceled in case of bad weather.*

**More info:**

Paolo Antonini, Mountain Bike Guide  
mobile 333 4816341 mail:paolo.antonini@scuoladimtb.eu

*In order to take part in the proposed activities, please make sure your membership is valid for 2022 (you can register or renew your membership on <https://www.faostaffcoop.org/>).*

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