



**Saturday, 19 November 2022**

*Rome, as never seen before!!*

*Enjoy your bike tour in authentic Rome*



**Meeting point : 9:00 hrs – Metro Station Viale Aventino 8 (the opposite side of FAO)- Start: 9:15 hrs**

We will visit Rome by bike, with an English-speaking guide, riding on mainly secondary roads, through parks and on bike lanes away from traffic. We will discover very unique spots, some passageways or streets that link a park to a bike lane, in order to let you explore many useful possibilities to get around Rome by bike. The itinerary, developed and created by the Roman cycle-activist movement, has recently been studied by the Roman city government which plans to make it a real bike route with the goal of seeing the city without an impact on the environment. It consists of a ring road of 45 km which allows you to visit some beautiful areas and sites of Rome such as the Colosseum, and others less known, such as the working class neighborhoods of the Quadraro and Tor Pignattara (now famous for their wall murals).

- Length: about 45 km (5 hours);
- Difficulty: easy (some slight hills, on various types of terrain);
- Ability to ride on roads open to vehicular traffic;
- A good level of fitness is necessary, even though there is the option to not ride the entire 45km-tour. There are several points along metro lines where you could stop and go back by metro on your own;
- **HELMET IS MANDATORY**

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** per person.

**Bike rental options:**

- Bikes and helmets provided and picked up by the guide: € 15 for person
- Easy bike rent, Via dei Cerchi, 59 – tel. 06 83958250, 375 5678174, info@easybikerent.it
- Collalti bici, tel. 06 68801084

*The tour may be cancelled in case of bad weather.*



**Booking:**

Send an email to: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu) and [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) not later than **Friday 18 November at 1.00 pm** (the sooner you book, the better).

**More info:** Paolo Antonini, Mountain Bike Guide  
Mobile 333 4816341, email: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu)

*In order to take part in the proposed activities, you have 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**.*

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