



Sunday 18 December 2022 Veio Park by bike !!

enjoy your off-road mtb tour in authentic nature out of Rome
(optional mode train + bike)

Optional mode: train + bike (in this case Regional train 21383 from Roma Tiburtina or next stops, dep. h. 8.08 arr. to La Storta- Formello at. h. 9.03; you can choose the departure station on www.trenitalia.it. Return from La Storta-Formello to Rome: many options, a train every half hour at x.12 min and x. 42 min. Required one ticket for person and one ticket for bike

You can choose one of these meeting point; please let me know in advance your choice

1° Meeting point : 7:45 viale Aventino 8 (Fao)

2° Meeting point : 8.45 Ponte Milvio

3° Meeting point: 9.45 La Storta Formello Rail Station (gate: Via della Stazione della Storta)

Please note that those who choose 3^ meeting point are required to reach La Storta on their own, and at the end of the tour they will return back from La Storta on their own.

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Beautiful tour, moderately demanding, not far from Rome, in the fantastic area of the Parco di Veio. Enjoy the quiet of nature, biking in a green oasis, very close to Rome.

Lenght : from 3° meeting point, about 40 km (5 hours), gradient: around 450 mt
From 2° meeting point 60 Km, gradient 650 mt
From 1° meeting point 70 km gradient 650 mt

Difficulty: moderately demanding, (with ups and downs, on various types of terrain, including dirt road). (in case of 3° meeting point)
Ability to ride on roads open to car traffic is required.

HELMET OBLIGATORY

Price: € 20.00 for person; 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:

- bike and helmet provided and picked up by the guide €. 15.00 for person
- Easy Bike Rent , Via dei Cerchi 59 tel 0683958250, mobile: 3755678174, info @easybikerent.it
- Collalti bici tel. 0668801084.

Tour could be cancelled in case of bad weather.

Booking:

Send an email to: paolo.antonini@scuoladimtb.eu with fao-staff-coop@fao.org in cc not later than Friday 16 December at 3.00 pm (the sooner you book, the better).

More info: Paolo Antonini, Mountain Bike Guide
Mobile 333 4816341, 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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