



Saturday 02 December 2023
Sea in the winter....why not !?
From Rome to Maccarese beach



(Round trip km 45 + 45 km ca or bike + train mode)

Tour included in fall-winter bike tour program

Meeting point : 7.30 Roma viale Aventino (FAO) or 8:30 Ponte Milvio, or 9.30 La Storta (Rail Station) Via della Stazione de La Storta (you can choose one of these three meeting points); Please let me know where you join the group; La Storta can be reached by train Regional train 21248 leaving from Roma Tiburtina h. 8.08 and stopping at main station (more info www.trenitalia.it)

Very nice tour through the north-western Roman countryside which allows us to reach the sea of Maccarese by bike, along dirt roads and asphalted roads avoiding chaotic traffic. A truly exciting experience! We will reach the sea and enjoy a break on the beach, tasting a dish of spaghetti. We will return along the bike path of the Tiber and other paved streets. If you prefer you can return back by train by your own from Maccarese Rail Station (many trains available from 15.00)

- Length : Outward journey: Km 45 + back journey: Km 45 (more or less according to your destination in the city) (i.e..Roma San Paolo 30 km circa)
- Difficulty: easy (The tour does not present particular technical difficulties)
- Ability to cycle for many hours and a good level of fitness are required
- Bottom: secondary asphalted regular roads and some stretches of dirt roads
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: mountain bike, gravel bike, hybrid bike, e-bike

HELMET OBLIGATORY

Price: € 20.00 per person to be paid directly at meeting point. A € 5.00 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

Recommended clothing:

cycling trousers with pad, windstopper / rain jacket

Glasses (sunglasses), gloves

Bike and e-bike rental on demand:

bike and helmet provided and picked up by the guide € 25.00 per person;

Rental recommended:

- Easy bike rent Via dei cerchi 59 tel. 0683958250 mobile 3755678174
- Collalti bici via del Pellegrino 80 tel. 0668801084

(Booking well in advance recommended)

The tour will take place with a minimum of 3 people;

The tour may be canceled in case of bad weather or impediment of the Guide

The route can be changed if necessary at the sole discretion of the Guide.

Tour included in fall-winter bike tours plan; possibility of discount in case of min. 7 tours included one week end (whole program in the “Autumn-Winter programme”)

Booking:

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org or whatsapp +393334816341 not later than Friday 01 December h. 10.30 am , (the sooner you book, the better)

More info: Paolo Antonini, mobile 333 4816341 mail: paolo.antonini@scuoladimtb.eu

N.B. In order to take part in the proposed activities, it is required to become a FAO Staff Coop member by registering on our website (<https://www.faostaffcoop.org>). If you already are a member, you can just renew your membership for the current year. **Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties who respond directly to clients