



Veio Park by bike!

Saturday 16 December 2023

Enjoy your off-road tour in authentic nature beyond Rome

You can choose one of the following meeting points

(please inform on where you will join the group):

- 1st Meeting point: 7:15 viale Aventino 8 (FAO)
- 2nd Meeting point: 8:00 Ponte Milvio
- 3rd Meeting point: 9:00 La Storta Formello Rail Station (Via della Stazione della Storta) connecting with train Regionale n 21248 arriving at 9:03 , leaving from Roma Tiburtina at h 8:08 and starting at Roma Tuscolana, Roma Ostiense and more (details: www.trenitalia.it)

Return from **La Storta-Formello** to Rome: many options, a train every half an hour.
Required: one ticket for person and one ticket for bike.

Please note that those who choose 3rd 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.

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.

Length:

From 3rd meeting point: 40 km ca. (5 hours); gradient: around 450 mt ;

From 2nd meeting point: 60 km, gradient 650 mt;

From 1st meeting point: 70 km, ; gradient 650 mt

● **Difficulty:** moderately demanding (with ups and downs, on various types of terrain, including dirt road) quite demanding in case of 3rd meeting point).

● **Ability to ride** on roads open to car traffic is required.

● **Suitable bike:** mountain bike, gravel bike, hybrid bike

● **HELMET OBLIGATORY**

Price:

€ 20.00 per person to be paid directly at the 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, windproof/rainproof jacket, sunglasses, gloves.

Bike rental options:

1. Bike and helmet provided and picked up by the Guide: € 15 per person

2. Easy Bike Rent, Via dei Cerchi, 59 - tel 06 83958250, 375 5678174, info@easybikerent.it

3. Collalti Bici, tel. 06 68801084

N.B.

The tour may be canceled in case of bad weather.

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

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

Booking - Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org or whatsapp +39 3334816341

not later than Friday 15 December 2023 h. 15.30 (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