



**Saturday 20<sup>th</sup> January 2024**

## **Ancient Appian way and Castel Gandolfo Lake bike tour**

*(round trip by bike or return by train)*



**Meeting point : FAO - Viale Aventino, h. 8:45, start 9:00**

The Appia Antica, the largest open-air museum and the lake of Castel Gandolfo, ... a beautiful tour through history, to reaching the lake of Castel Gandolfo and to tasting the typical foods of the Roman castles.

We will start our tour from FAO and we will ride the Via Appia, up to Lake Castel Gandolfo, crossing secondary roads and olive groves in the last stretch. We will be able to taste a porchetta sandwich, overlooking the lake. If you prefer, you can return by train by your own (many trains available).

- Length: about 22 km (+ 22Km)
- Difficulty: easy
- Bottom: secondary asphalted regular roads and some stretches of dirt roads and typical ancient slabs of Appia Antica.
- It is required the ability to ride on roads open to vehicular traffic;
- Suitable bike: mountain bike, hybrid bike gravel bike,
- **HELMET OBLIGATORY**

### **Bike rental options:**

- bikes and helmets provided and picked up by the guide: € 15.00 for person;
- Easy bike rent Roma Via dei Cerchi 59 phone: 0683958250 +39 37556788174;
- Collalti bici, tel. 0668801084

Tour may be canceled in case of bad weather;

Tour included in in fall-winter bike tours plan; possibility of discount in case of min 7 tours included one week end (whole program in "Winter Programme 2024" poster)

Price: € 20.00 for person. A €5.00 special discount will be applied for those who bring other people for the first time (relatives or friends, and of course the discount will be applied also to them).

Special price for family groups (minimum 4 people): € 12.50 for person

**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) or tel/whatsapp +393334816341 not later than Friday 19th January 02.00 pm (the sooner you book, the better).

**More info:** Paolo Antonini Guida di Mountain Bike mobile 333 4816341 mail:[paolo.antonini@scuoladimtb.eu](mailto: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