



Saturday 24th February Ancient Monterano

(mode: train + bike)



Meeting point : on the train Regionale n. 12784 - departure from Roma Ostiense at h. 7:45 to Manziana-Canale Monterano (h. 9:04); **you can choose the most suitable departure station by consulting www.trenitalia.it .**

Return by train from Manziana-Canale Monterano : several options until 19.00

Tour through the Canale Monterano Nature Reserve, the woods of the Agricultural University and the Mignone valley. The striking ruins of ancient Monterano, which was abandoned in 1780 following devastation by French troops, are worth a visit.

Tour details:

- Length: Km 30
- Ascent: about 800 mt
- Difficulty: quite demanding
- It is required the ability to ride on roads open to vehicular traffic;
- Suitable bike: mountain bike, hybrid bike gravel bike,
- **HELMET OBLIGATORY**

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 obviously the discount will be applied also to them).

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

Bike rental options:

- bikes and helmets provided and picked up by the guide: € 20.00 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 will take place with a minimum of 3 people;

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 "October-February"bike tour flyer available on demand);

Booking : Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org or tel./whatsapp +393334816341 not later than Friday 23th 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

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