



Saturday, 10 February 2024

Rome, as never seen before!!

Enjoy your bike tour in an authentic Rome



Meeting point : 8.15 hrs – Viale Aventino 8(opposite FAO) - Start: 8.30 hrs

How many times have you wondered what that ruin in the middle of the countryside is?this time your curiosity will be satisfied. We will make some stops with curiosity and inquisitiveness. If you are riding the "grab," I suggest you take a few minutes to learn about the ruins you see.... We will visit Rome by bicycle, riding mostly on back roads, through parks and bike paths away from traffic. We will discover really unique places, some passages or roads that connect a park to a bike path, to let you explore many useful possibilities for getting around Rome by bike. Starting from the center, it is worth to ride along the Aniene River, reaching Monte Sacro, where I recommend you to visit the ancient bridge and learn some notes about it. Our route, developed and created by the Roman cicloactivist movement, has recently been studied by the Roman municipal administration, which plans to make it a real bike route with the goal of seeing the city without impacting the environment. It is a 45-kilometer loop that allows you to visit some beautiful areas and sites in Rome, such as the Colosseum, and other lesser-known ones, such as the working-class neighborhoods of Quadraro and Tor Pignattara (now famous for their murals). Walking through the Quadraro and Torpignattara is a journey into an authentic Rome.

- Length: about 45 km (7 hours);
- Difficulty: easy (some slight hills, on various types of terrain);
- Ability to ride on roads open to vehicular traffic is necessary;
- A good level of fitness is necessary, even though there is the option not to ride the entire 45km-tour. There are several points along metro lines where you could stop and go back by metro on your own;
- **HELMET IS MANDATORY**

Price: **€ 35.00** per person to be paid directly at meeting point. A **€ 5.00** special discount will be applied to those who bring other people for first time (relatives or friends). Special price for family groups, minimum 4 people: **€ 20,00** for person.

Bike rental options:

- Bikes and helmets provided and picked up by the guide: € 15 for person
- Easy bike rent, Via dei Cerchi, 59 – tel. 06 83958250, 375 5678174, info@easybikerent.it
- Collalti bici, tel. 06 68801084

Tour may be cancelled in case of bad weather or impediment of the Guide

Tour will take place with a minimum of 3 people

Tour included in fall-winter spring-summer tours plan ; possibility of discount in case of min 7 tours included a weekend (the whole program in fall-winter bike tour flyer available on demand)

Booking: Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org o whatsapp 3334816341 not later **Friday 9 February 2023 2.30 pm** (the sooner you book, the better).

More info: Paolo Antonini, Mountain Bike Guide

Mobile 333 4816341, email: 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