



MOUNTAIN BIKE COURSE

November - December 2025

Sign up for this mountain biking course to improve your cycling skills in a natural environment (such as easy dirt roads and more), allowing you to enjoy safer bike tours with greater confidence.



COURSE SCHEDULE

- **Lessons:**

9th - 15th - 29th November and 14th December

- **BIKE TOUR at the end of the course**

(date and destination to be determined)

November						
L	M	M	G	V	S	D
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December						
L	M	M	G	V	S	D
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

*Time and location of the lessons will be communicate every week

COURSE SUBJECTS

The course topics will be:

- riding positions;
- riding and braking techniques on easy dirt roads;
- balance exercises;
- basic mechanical maintenance and repairs;
- clothing

The lessons will take place with a minimum of 3 people; the course may be rescheduled in case of bad weather or impediment of the Guide

OTHER INFORMATION

EQUIPMENT

Internal rental

- Bike and helmet provided and picked up by the guide:
€ 70,00 per person

External rental

- Easy bike rent
Via dei cerchi 59, Roma
Tel. 0683958250, mobile 3755678174
- Bike Square
Viale della Piramide Cestia 33, Roma
Tel. 06 9818 5055
- Collalti bici
Via del Pellegrino 80 Roma
Tel. 0668801084

*Booking well in advance recommended / Helmet is obligatory

RECOMMENDED CLOTHING

- Layered clothing,
- Cycling trousers with pad,
- Windstopper / rain jacket
- Glasses (sunglasses),
- Winter gloves

PRICE

€ 150 per person

This price includes:

- 4 about lessons of about 90 minutes
- 1 day bike tour

*20% off for family group minimum two people

BOOKING

Send an email to: **paolo.antonini@scuoladimtb.eu** with **fao-staff-coop@fao.org** in cc, or whatsapp **+393334816341** not later than 7th November 2025.

The sooner you book, the better!

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