



Sunday, 28 December 2025

The northern part of Rome, parks and more... !

bike urban exploration.... goes on! Enjoy your bike tour in authentic Rome

Meeting point : 8.30 viale Aventino 8 (Opposite side to FAO) start : 8.45

I am glad to show you another long bike tour, that will allow you to visit a lot of green areas and very nice popular and authentic city districts as Tufello, La Cinquina and Torraccia, where we can enjoy one of the greatest examples of street art in the Europe, and maybe one of the biggest in the world.....

- Length: about 60 km (5 hours); gradient: 400 mt
- Physical difficulty: moderately demanding, (* level 3 - see the scale below)
- Technical difficulty : easy (* level 2 see the scale below)
- Ability to ride on roads open to vehicular traffic is necessary;
- A good level of stamina is necessary, even though there is the option not to ride the entire 60km tour. There are several points along metro lines where you could stop and go back by metro on your own;
- Suitable bike: hybrid bike, mountain bike, gravel bike, city bike, E-bike
- **HELMET OBLIGATORY**

**difficulty scale: 1 very easy; 2 easy; 3 moderately demanding; 4 quite demanding ; 5 very demanding*

Price: **€. 20.00** for person. A **€5.00** special discount will be applied for those who bring other people (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.

Bike rental options:

- bikes and helmets provided and picked up by the guide: € 20.00 for **person**;
- Bike square Via della Piramide Cestia 33 Roma, phone 0698185055
- Easy bike rent Roma Via dei Cerchi 59 phone: 0683958250 +39 3755678174;
- Collalti bici, tel. 0668801084

The tour could be cancelled in case of bad weather.

The tour will take place with a minimum of 2 people

Booking : Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org not later than **Friday 26 December 2025 11:00 am** (the sooner you book, the better).

more info: Paolo Antonini mobile 3334816341 email:paolo.antonini@scuoladimtb.eu



In collaborazione con Italy Bike Tours Agenzia di Viaggi e Tours Operator – Ass Allianz S.p.A. Polizza n.253618897

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.

