



SATURDAY 23 JANUARY

Ancient Appian Way guided bike tour

Meeting point : 9:30 hrs – Metro Station Viale Aventino (FAO) Start: 9:45 hrs

Come with us and discover the oldest road of the world. We will bike along the Ancient Appian Way on a Saturday morning and we will discover its secrets and famous sites with our Guide.

We will start from FAO next to the Terme di Caracalla, and continue on to the Appia Antica up to Villa dei Quintili.

During our journey we will stop at the most significant and beautiful places, such as: Porta San Sebastiano and Mura Aureliane, Chiesetta del Domine Quo Vadis, Mausoleum of Cecilia Metella, Archaeological Area of Capo di Bove, Villa dei Quintili.

- Length: about 16 km (estimated end of the tour at 3 pm).
- Difficulty: easy.
- Ability to bike for many hours and a good level of fitness are mandatory
- Ability to ride on roads open to car traffic is required
- **HELMET OBLIGATORY**

Price: **€30** per person to be paid directly at the meeting point. A **€5** special discount will be applied to those who bring other people (relatives or friends).

Bike rental options:

- Bike and helmet provided and picked up by the Guide: € 15 per 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

Booking:

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org not later than **Friday, 22 January** (the sooner you book, the better).

More info: Paolo Antonini, Mountain Bike Guide

Mobile 333 4816341, email: paolo.antonini@scuoladimtb.eu

In order to take part in the proposed activities, you have to become a member by registering on our website (<https://www.faostaffcoop.org/>).

If you already are a member, you can just renew your membership for the year 2021.

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