



13 February 2021

**By bike along the blond Tiber to Fiumicino !!
Enjoy your bike tour and a good "spaghetti alle vongole"**

Meeting point : 8:30 hrs – Metro Station, Viale Aventino (FAO) Start: 8:45 hrs

We meet in Rome FAO, and cycle along the bank of the Tiber up to Fiumicino, crossing the Regina Ciclarum....; Just a break to taste a fried fish or a " *spaghetti alle vongole* " in Fiumicino and then we will continue to Ostia, from where we will take the train to Rome. Beautiful journey along the blond Tiber, devoid of traffic that allows us to reach the sea of Fiumicino through the Roman countryside.
Possibility of returning by bike along the same road.

- Length about 40 km (+40 in case of return by bike).
- Difficulty: moderately demanding; the route is flat and does not present particular difficulties; it takes place first on asphalt, then along the river bank on a compact dirt road; required to know how to ride on roads open to vehicular traffic; necessary to stay in the saddle for many hours.
- **HELMET OBLIGATORY**
- **Front and rear bike lights are recommended (mainly for returning home by bike)**

Price: **€20** per person to be paid directly at 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

Booking:

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org not later than **Friday 12 February** (the sooner you book, the better)

Tour may be canceled in case of bad weather.

More info:

Paolo Antonini, Mountain Bike Guide
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In order to take part in the proposed activities, please make sure your membership is valid for 2021 (you can register or renew your membership on <https://www.faostaffcoop.org/>).

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