



Sunday, 25 April 2021

Veio Park by bike!

Enjoy your off-road Mtb Tour in authentic nature beyond Rome

You can choose one of these meeting points:

- **1st Meeting point: 8:00 viale Aventino (FAO) Start : 8:10**
- **2nd Meeting point: 8:30 Ponte Milvio**
- **3rd Meeting point: 9:15 La Storta Formello Rail Station (Gate: Via della Stazione della Storta)**

Optional mode Train + Bike (in this case Regional train 20614 from Roma Tiburtina or next stops):

Departure h. 8:08; arrival to La Storta- Formello h. 9:03 (you can choose the departure station on www.trenitalia.it).

Return from La Storta-Formello to Rome: many options, a train every half an hour at x.min 12 and x. min 42.

Required: one ticket for person and one ticket for bike.

Please note that those who choose 3rd meeting point are required to reach La Storta on their own, and at the end of the tour they will return back from La Storta on their own.

(Please let me know in advance your choice)

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Beautiful tour, moderately demanding, not far from Rome, in the fantastic area of the Parco di Veio. Enjoy the quiet of nature, biking in green oasis, very close to Rome.

Length: From 3rd meeting point 40 km ca. (5 hours); Gradient: around 450 mt
 From 2nd meeting point 60 km; Gradient 650 mt
 From 1st meeting point 70 km; Gradient 650 mt

- Difficulty: moderately demanding (with ups and downs, on various types of terrain, including dirt road in the case of 3rd meeting point).
- Ability to ride on roads open to car traffic is required.

- **HELMET OBLIGATORY**

Price:

€20 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:

1. Bike and helmet provided and picked up by the Guide: € 15 per person
2. Easy Bike Rent, Via dei Cerchi, 59 - tel 06 83958250, 375 5678174, info@easybikerent.it
3. Collalti Bici, tel. 06 68801084

Tour may be canceled in case of bad weather.

Booking:

Send an email to: **paolo.antonini@scuoladimtb.eu** and **fao-staff-coop@fao.org** not later than **Friday 23 April at 5 pm** (the sooner you book, the better).

More info:

Paolo Antonini, Mountain Bike Guide

mobile 333 4816341 mail: 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.