



NEWSLETTER

**FAO Staff Coop
In cooperation with**

JUNE 2021



SUNDAY 27 JUNE 2021

Biking beyond Rome!

Enjoy your bike tour in an authentic and wild nature (train + bike mode)



Meeting point : **7:00hrs Termini rail station (at the platform of train Regionale n. 4590, departure to Tagliacozzo at 7:10hrs, arrival at 9:26hrs.**

Return from Tagliacozzo : 14:06hrs to Roma Termini, 16:48hrs to Roma Termini, 18:52 to Roma Tiburtina.
Bike ticket required.

We will take the train to Tagliacozzo (AQ); from the Tagliacozzo rail station we will reach the beginning of the tour in 5 km.

Just a few steps from Rome, in a wild and uncontaminated nature, we will pass through ancient villages where time seems to stand still. Tour of Monte Sant'Angelo, between Lazio and Abruzzo, on dirt and asphalted roads without car traffic. At the end of the tour we will go to the Tagliacozzo rail station to return home by train.

Length: 50 km (+ 5 km from Tagliacozzo rail station to the beginning of the tour)

Gradient: 1100 m

Difficulty: quite difficult

We will ride easy dirt roads (bike paths) and few stretches of regular roads

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

Suitable bicycle: mountain bike, hybrid bike

HELMET MANDATORY

Price:

€ 15 per person to be paid directly at meeting point (rail ticket, lunch and extra not included)

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

Booking:

Send an email to: paolo.antonini@scuoladimtb.eu and fao-staff-coop@fao.org
not later than Friday 25 June (the sooner you book, the better)

Tour may be canceled in case of bad weather.

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.