



## **BIKE TOUR on Saturday 30 November 2024**

### **Isola Farnese and Veio Park by bike! (Train + bike)**

*Enjoy your tour in the authentic nature beyond Rome*

**Meeting point: h. 9.00 a.m. La Storta-Formello station (Via della Stazione della Storta), coinciding with Regional train n. 21248 arriving at 9.03 a.m., departing from Roma Tiburtina h 8.08 a.m.**

**Stops: Roma Tuscolana, Roma Ostiense, Roma Trastevere and others (details: [www.trenitalia.it](http://www.trenitalia.it)).**

**Possibility (upon request) to cycle from FAO h. 7.00 a.m. or from Ponte Milvio h 8.00 a.m. with arrival at the meeting point at La Storta - Formello station at h. 9.00 a.m.; please let us know your choice in advance.**

Loop tour departing from La Storta (or other options mentioned above) and ending in La Storta.

Return from La Storta-Formello to Rome by train: many options, one train every half hour.

**Mandatory: one train ticket per person and one train ticket per bike.**

Beautiful tour, moderately demanding, not far from Rome, in the fantastic area of "Parco di Veio".

Enjoy the quietness of nature, cycling in a green oasis, a stone's throw from Rome.

Length: From La Storta - about 35 km (5 hours); gradient: around 500 mt / from Ponte Milvio – about 45 km, gradient 650 mt / from FAO - about 55 km, ; gradient 650 mt.

- **Difficulty: moderately demanding (with ups and downs, on various types of terrain, including dirt road) quite demanding in case of starting from FAO.**
- **Ability to ride on roads open to vehicles is required.**
- **Suitable bike: gravel bike, hybrid bike, mountain bike, e-bike**
- **HELMET OBLIGATORY**

Price: **€ 20.00** per person to be paid directly at the meeting point. A **€ 5.00** special discount will be applied to those who bring other people (friends or relatives).

Special price for family groups of minimum 4 people: **€ 12.50** per person.

Recommended clothing: cycling trousers with pad, windstopper/rain jacket, glasses/sun glasses, gloves.

#### **Bike rental options:**

1. **Bike and helmet provided and picked up by the Guide: € 20 per person**
2. **Easy Bike Rent, Via dei Cerchi, 59 - tel 06 83958250, 375 5678174, [info@easybikerent.it](mailto:info@easybikerent.it)**
3. **Collalti Bici, tel. 06 68801084**

*Tour may be canceled in case of bad weather.*

*The tour will take place with a minimum of 3 people;*

*The route can be changed if necessary at the sole discretion of the Guide*

**For booking:** Send an email to: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu) and [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org) or whatsapp **3334816341** not later than **Thursday 28 November 2024 h. 16.00** (the sooner you book, the better).

**More info:** Paolo Antonini, mobile 333 4816341 mail: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu)