



## Saturday 8<sup>th</sup> February 2025 Tevere Farfa Nature Reserve !!

Enjoy your bike tour and birdwatching in a beautiful natural reserve. (Bike +train mode)



**Meeting point : viale Aventino 8 (opposite FAO) at 7.45 hrs, start at 8.00 hrs.**

From Rome to the Tevere Farfa, along Tiberina road by bike; return by train from Poggio Mirteto. Many train opportunities until 21.00; let's enjoy a day in the open air in the beautiful Natural Reserve.

Nazzano, Tevere – Farfa is the first regional protected area of Lazio, established in 1979; it protects a large wetland area, named "lake of Nazzano", formed after the construction of a dam on the Tiber in its middle course, downstream of the town of the same name. After more than a quarter of a century, the vegetation has adapted to the changed environmental conditions and the protection regime has done the rest. Today this is one of the most interesting sites in central Italy for bird watching.

- Length : about 55Km from Rome to Riserva Naturale Tevere Farfa + 10 Km to Poggio Mirteto Scalo.
- Gradient: about 300 mt
- Physical difficulty: quite demanding, a good level of stamina and ability to bike for many hours are required
- Technical difficulty : easy
- Ability to ride on roads open to car traffic is required
- Suitable bicycle: gravel bike, hybrid bike, mountain bike, e-bike
- HELMET MANDATORY

Price: **€. 20.00** for person. A **€5.00** special discount will be applied for those who bring for first time other people (relatives or friends, and of course the discount will be applied also to them).

Special price for family groups (minimum 4 people): **€. 12.50** for person

### **Bike rental options:**

bikes and helmets provided and picked up by the guide: € 20.00 for person; (e-bike €. 25.00)

Easy bike rent Roma Via dei Cerchi 59 phone: 0683958250 +39 3755678174;

Collalti bici, tel. 0668801084

*N.B.*

*The tour is reserved for FAO Staff Coop members only.*

*The tour could be cancelled in case of bad weather.*

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

*The tour can be canceled in case of impediment of the Guide*

**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 phone: +393334816341 (whatsapp), **not later than Friday 7<sup>th</sup> February h. 11.00** (the sooner you book, the better).

More info: Paolo Antonini, Mountain Bike Guide mobile +3334816341 mail: [paolo.antonini@scuoladimtb.eu](mailto:paolo.antonini@scuoladimtb.eu).

