

## SOME USEFUL INFO

The bicycle represents an excellent alternative to mobility-based travel and sustainable tourism. The Eternal City is still unique, even by bicycle. There are a total of 240 km of cycle paths in Rome, 110 km of which are routed through green areas, while the remainder follow public roads. The paths follow the courses of the Tiber and Aniene rivers and along the line of the coast at Ostia.

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ROME BY BIKE





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### Along the Tiber

A flat course, suitable for everyone, which follows the bends in the Tiber River, reaching a total length of 34,8 km. The section between Ponte Milvio and the Gasometer runs through a slowly-changing landscape of great scenic and artistic interest. Along the itinerary: you'll pass the **Foro Italico**, with its **Stadio dei Marmi** and **Stadio Olimpico**, the **Mausoleo di Adriano**, usually known as **Castel Sant'Angelo** and the legendary boat-shaped **Isola Tiberina** on your right, and the **Colle Aventino** on your left, before reaching the old industrial area with the former **Gasometro** and the Ostiense district.

On the right bank's wall of the Tiber, between Ponte Mazzini and Ponte Sisto, stands a recent, ephemeral street art work by the South African artist William Kentridge *Triumphs and Laments* (2016), dedicated to the glories and miseries of Rome, created by removing the layer of biological material caused by the city smog.

**Starting point:** Milvio Bridge - **Finish:** Testaccio Bridge, Gasometro



### Ponte Risorgimento at Villa Ada

Constructed almost entirely on the pavement, this bridge connects the banks of the Tiber with Villa Borghese and Villa Ada. The route sets out from Ponte Risorgimento, on the left bank of the Tiber, crosses the Lungotevere and descends along Via Flaminia, before approaching the green heart of Rome, **Villa Borghese**, along Viale delle Belle Arti. From here it runs alongside the **Museo Nazionale Etrusco a Villa Giulia**, one of the most complete museums of Etruscan art, **La Galleria Nazionale**, which houses the most complete collection of Italian and foreign art of the 19th to 21st centuries, before reaching the **Valle dei Daini**. A short distance away is the **Bioparco**, site of the Rome Zoo. Moving on from Piazza Ungheria you reach Via Panama, which leads to **Villa Ada**, which at 180 hectares boasts the greatest concentration of fauna and environmental riches of all the city's parks.

**Starting point:** Risorgimento Bridge (right bank of the Tiber) - **Finish:** Via Panama, Villa Ada

DOME RIVER

### Valley of the Caffarella

The main path of the Valley of the Caffarella, scene of myths and legends intertwined with the history of Rome, features a wide range of biodiversity as well as important historical heritage, such as a part of the Triopius of Herod Atticus. Entering the park via the Via Latina entrance in correspondence with Largo Tacchi e Venturi, head right up to Via della Caffarella and follow the path to the Appia Antica, approximately 6 km away. Along the way you'll encounter: the **Casale della Vaccareccia**, consisting of a medieval tower and a sixteenth century farmhouse, built by Caffarelli who, in the sixteenth century, reclaimed the area; the **Sepolcro di Annia Regilla**, a sepulchral monument shaped like a small temple, and the meandering **Almone river**, a small tributary of the Tiber, thought to be sacred by the ancient Romans. The route ends on the old Appian Way, near the **Domine Quo Vadis Church**, which rises on the place where, according to tradition, after the appearance of Jesus, Saint Peter repented and decided to return to Rome, where he was crucified.

**Starting point:** Via Latina - **Finish:** Appia Antica (Domine Quo Vadis Church)

### Villa Pamphilj

With its 181 hectares it is the largest historical villa in Rome. Country residence of the Doria Pamphilj family, it was the scene of fighting between Garibaldi's troops and the French army in the mid nineteenth century. The Villa Pamphilj cycle path extends for 11 km through areas of outstanding and unique natural and artistic beauty. From **Porta San Pancrazio** entrance, you can access the monumental part of the park and admire the **Palazzina Corsini**, an eighteenth-century building now hosting the **Casa dei Teatri**, the **Casino del Bel Respiro** designed by Alessandro Algardi in 1644, which has been in use by Italian Prime Minister to host important guests and events since 1967, and the **Giardino del Teatro** (Theatre garden). From a botanical point of view, there is the pine tree d'Aleppo, in the Botanic Collection area, the cedar of Lebanon and the black poplar near the Great Lake.

**Starting point:** Porta San Pancrazio - **Finish:** Via Aurelia Vecchia