

BIKE

THEMATIC ITINERARIES
IN FRIULI VENEZIA GIULIA

IO SONO
FRIULI
VENEZIA
GIULIA

www.turismoofvg.it

ENG



HOW TO TRAVEL TO FRIULI VENEZIA GIULIA

BY CAR

Highway:
A4 Torino/Trieste
A23 Palmanova/Udine/Tarvisio
A28 Portogruaro/Conegliano
A27/A4 Trieste/Belluno

BY PLANE

Airport of Trieste
www.triesteairport.it
40 km from Trieste and Udine
80 km from Pordenone
130 km from Venezia
120 km from Lubiana

BY TRAIN

www.trenitalia.it
www.italotreno.it

BY BOAT

Along the coast and
through the channels
of the Lagoons of Grado
and Marano

BY BIKE

www.alpe-adria-radweg.com
www.adriabike.eu



www.turismoofvg.it

München ↑

München ↑
Venezia ↓

Salzburg ↑
Lienz ←
Villach ↑

- WATERS
- VILLAGES AND UNESCO WORLD HERITAGE SITES
- FOOD AND WINE
- NO BORDER
- GIRO D'ITALIA CLIMBS

Venezia •



FOOD & WINE

CYCLING AMONG FLAVOURS



"Taste" these itineraries through the flavours of Friuli Venezia Giulia and discover the uniqueness of its 23 Slow Food products. Savour the famous Prosciutto di San Daniele and pedal through the vineyards of the renowned white wines you can pair it with, such as Friulano and Pinot Grigio. Look for other outstanding local products in the more than 150 local enterprises that are part of the "Wine and Taste Route" association. Choose the option that best suits your appetite from the "menu" of the Food&Wine routes!



29	ROUTES
<i>The numbers of food and wine in Friuli Venezia Giulia</i>	
12	DOC wine districts: Carso, Prosecco, Friuli, Friuli Colli Orientali, Collio, Friuli Annia, Friuli Aquileia, Friuli Grave, Friuli Isonzo, Friuli Latisana, Delle Venezie, Lison Pramaggiore
4	DOCG wines: Ramandolo, Colli Orientali del Friuli Picolit, Lison e Rosazzo
1.500	wineries
120	million bottles produced each year
23	Slow Food presidia
5	DOP products
2	IGP products
+180	accredited Traditional Food Products
150	producers open to the public on the "Wine and Taste Route"
6	Michelin star restaurants



VILLAGES AND UNESCO SITES

CYCLING THROUGH HISTORY



Discover the history of Friuli Venezia Giulia through cycling routes that combine nature and culture. Discover the UNESCO World Heritage Sites of this Region, its Most Beautiful Villages of Italy, its historic maritime villages and its authentic villages, cycling through enchanting landscapes rich in traces of the past. A unique journey on two wheels, where each itinerary chronicles centuries of traditions and architectural beauty. Grab your bike and experience the thrill of pedalling through history!



25	ROUTES
<i>Our places where history is written</i>	
5	Unesco world heritage sites: Aquileia, Palmanova, Cividale del Friuli, Palù di Livenza and Dolomiti Friulane
13	most beautiful villages in Italy
7	TCI orange flag villages
5	authentic villages
4	historic maritime villages



WATER ITINERARIES

CYCLING ALONG THE WATER



Explore Friuli Venezia Giulia on two wheels, on a journey to discover its waters, which change with every season. From the rivers of the Alps that flow through valleys and plains, to historic rivers such as the Isonzo and the Tagliamento, from the Adriatic Sea and its lagoons to peaceful lakes, from nature reserves to irrigation channels with ancient mills. Live your adventure on two wheels, to the rhythm of the water!



21	ROUTES
<i>Our waters</i>	
5	lakes
2	historical rivers (Isonzo and Tagliamento)
2	lagoons (Marano and Grado)
7	protected areas and nature reserves
93	km of coastline on the Adriatic Sea



NO BORDER

CYCLING WITHOUT BORDERS



14 ROUTES

A cycling region in the centre of Europe

3 **mountain passes** with Austria

22 **main mountain passes** with Slovenia

EuroVelo
8 Mediterranean 🇪🇺🇸🇦
(Cadice-Atene)
9 Baltic – Adriatic 🇵🇱🇷🇸
(Gdańsk – Pula)

transnational cycle routes:
Alpe Adria 🇮🇹🇸🇯
(Salzburg - Grado)
Adria Bike 🇮🇹🇸🇯
(Kranjska Gora-Trieste-Venice)

Discover the eastern borders of Friuli Venezia Giulia with Austria and Slovenia, where you can cycle through the territories of the Habsburg Empire and the places that became symbols of peace and cooperation during the Great War, up to the selection of the neighbouring cities of Nova Gorica (Slovenia) and Gorizia as European Capital of Culture 2025. Follow the routes that link to the Region of Veneto, where the legacy of the Republic of Venice is present to this day. Pedal across the borders... without borders!



GIRO D'ITALIA CLIMBS

PEDALLING UP THE CLIMBS OF CHAMPIONS



8 UPHILL STAGE ARRIVALS

Aviano - Piancavallo
Muris - Mount di Ragogna
Sutrio - Mount Zoncolan
Ovaro - Mount Zoncolan
Cividale del Friuli – Castelmonte
Chiusaforte – The Montasio Plateau
Tarvisio - Mount Lussari
Arta Terme - Sappada

Challenge yourself on some of the legendary climbs that have made cycling history, where champions such as Pantani, Simoni and Roglič captured glory. Tackle the rugged slopes of Mount Zoncolan and experience the stunning landscapes like the harsh climb to Mount Lussari while experiencing the thrill of pedalling on the roads of the Giro. Are you ready to feel like a true champion?

