



HOW TO GET

BY CAR
Highway
A4 Torino - Trieste
A33 Palmanova - Udine - Tarvisio
A38 Portogruaro - Conegliano

BY PLANE
Trieste Regional Airport
40 km from Trieste and Udine
15 km from Gorizia
80 km from Pordenone
www.aeroporto.fvg.it

BY TRAIN
www.trenitalia.it
Call Center 89.30.21

CREDIT
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PromoTurismo
FVG
FRIULI VENEZIA GIULIA



ALPE ADRIA TRAIL — WALKING THROUGH THE GARDEN OF EDEN

All those who love wilderness and active holidays will find their ideal in the Alpe Adria Trail. A long journey of 750 km, divided into 43 stages, crossing Austria, Slovenia and Friuli Venezia Giulia and linking together their respective cultures, languages and traditions. Following it, trekkers discover breathtaking landscapes and incredible views, discover enchanting places and villages, taste local foods and discover the uses and customs of the areas they pass through. The trail starts in the High Tauern National Park in Austria and then descends to the valleys of Carinthia and continues along the green valley of the Soča in

Slovenia, passing through the Triglav National Park on the way. From here, the trail continues through Slovenia and Friuli Venezia Giulia: from the fascinating and mysterious Natisone valleys to the Friulian and Slovenian Collio, before reaching the karst plateau above Trieste leading to the enchanting port of Muggia, on the Adriatic Sea. And for those who want to experience the thrill of crossing 3 national borders on foot within a few days, there is the possibility of taking the tour that joins Lower Carinthia, the Tarvisio area in Italy and the Kranjska Gora area in Slovenia.

TECHNICAL INFORMATION:
Starting point:
Kaiser Franz Josefs - Höhe (A)
Finish:
Muggia

Length of trail: 750 km
Number of stages: 43
Average length of each stage: 17,5 km

FOR FURTHER INFORMATION:
www.alpe-adria-trail.com



CAMMINO CELESTE

The Iter Aquileiense - Celestial Way is an international religious trail drawing in three different states (Italy, Austria and Slovenia) and converging at Monte Lussari, right at the north-eastern border of Italy, where there is a Marian shrine called of "The Three Peoples" precisely because it is the destination of pilgrimages from these three countries. The Italian route covers about 200 km and starts from an island sanctuary in the lagoon of Grado or from Aquileia, formerly a patriarchate and a starting point for the evangelisation of Central Europe in the early centuries AD. For Slovenia, the starting point has been established at Brezje, near Kranj, the most

important shrine to the Mother of God in Slovenia, while in Austria the route starts at Maria Saal, above Klagenfurt, a beautiful church dating back to the 8th century, important for the history of Carinthia and for the cultural and religious identity of Mitteleuropa. The Italian trail is characterised by extreme diversity in terms of scenery, and during the pilgrimage hikers can enjoy many experiences: they will come across an island sanctuary in the lagoon of Grado or from Aquileia, formerly a patriarchate and a starting point for the evangelisation of Central Europe in the early centuries AD. For Slovenia, the starting point has been established at Brezje, near Kranj, the most

TECHNICAL INFORMATION:
Starting point:
Barbana Island - Grado
Finish:
Monte Lussari

Length of trail: 195,75 km
Number of stages: 10
Average length of each stage: 19,5 km

FOR FURTHER INFORMATION:
www.camminoaquileiese.it



ADRIABIKE CYCLE ROUTE

The Adriabike cycle route (Ciclovía Adriabike in Italian) is a cross-border cycle trail that includes three routes: the Via verde smeraldo between Kranjska Gora and Trieste, the Via dei Mercanti and the Burci between Venice and Ravenna and the Via della Serenissima between Koper, Trieste, Grado, Lignano Sabbiadoro and Venice. The Via della Serenissima crosses the entire coast of Friuli Venezia Giulia using cycle paths and secondary roads and offers the possibility of using the Bicycle + Boat service between Lignano and Marano Lagunare and between

Trieste and Grado. It can be followed both from Trieste to Lignano Sabbiadoro and vice versa, passing through some lovely nature reserves, places of great historical and archaeological interest such as Aquileia, seaside resorts that provide many services for cyclists and families like Lignano and Grado and finally the splendour city of Trieste with its Mitteleuropean atmosphere. The Ciclovía Adriabike is part of the Eurovelo 8 route (the Mediterranean Route) and between Cervignano and Grado intersects the famous Ciclovía Alpe Adria connecting Salzburg to Grado.

TECHNICAL INFORMATION:
Starting point: Ravenna / **Finish:** Portorotò (SLO)
Number of stages in Friuli Venezia Giulia: 2 o 3
Average length of each stage: 60 km o 70 km
Total length of the trail: 358 km

Length of the route: 9A Trail 1: 182 km
9B Trail 2: 143 km
Intermodal public transport services along the route: bicycle + boat

CONTACTS FOR THE BICYCLE + BOAT SERVICE
Delfino Verde Navigazione S.r.l.
Tel. / Fax: +39 042951913
www.delfinoverde.it / info@delfinoverde.it

Saf - Autoservizi Fvg
Call centre: tel. 800935303 (from landline)
+39 0432 524406 (from mobile)
Opening times: Monday to Friday 8.30-12.30 / 14.30-17.30;
Saturday 8.30-12.30 / www.saf.ud.it

FOR FURTHER INFORMATION:
www.adriabike.eu



TRAVERSATA CARNICA TRAIL

A walk through broad and green valleys in the shadow of rough, majestic mountains, passing through impressive forests, the whole with plentiful and unique panoramas and viewpoints to draw the eye. This is the Traversata Carnica, a trek that follows the border with Austria and links up the Eastern Dolomites in Alto Adige, the Comelico (Veneto), the Carnic and Julian Alps in Friuli Venezia Giulia. The route is divided in several stages, all Alpine in nature

but with the possibility of taking plenty of detours, so that both experts and beginners can follow the route according to their levels of skill and fitness. Every start (and finish) is at a mountain hut able to offer a bed for the night, food and anything else that might be useful on the route. Much of it can also be followed on a mountain bike, for the greater satisfaction of those wishing to combine their passions for cycling and for mountains.

TECHNICAL INFORMATION:

Starting point:
Rifugio Lambertenghi-Romanin
Finish:
Coccau (Comune di Tarvisio, UD)

Length of trail: 97 km (overall route)
Number of stages: Depending on the level of physical training
Average length of each stage: Variable

FOR FURTHER INFORMATION:
Carte topografiche per escursionisti 1:25.000 Tabacco Editrice n° 010, 017, 01, 09, 018, 019



CAMMINO DELLE PIEVI

Located in isolated splendour on hilltops to guard the community and the villages below, the pievi are the ancient baptismal churches that were built in the region in the wake of the evangelisation of the rural areas. There are ten in Carnia, founded between the fifth and the fourteenth centuries, and they still contain some wonderful works of art, testimonies of the religious zeal of the mountain inhabitants. In the early centuries of Christianity, the most important centre for evangelisation in Carnia was Zuglio, the ancient Roman Iulium Carnicum. It was in Zuglio, in the ancient basilica of which only a few

archaeological remains survive today, that the first baptisms and other sacraments were dispensed to the local converts to Christianity. In the surrounding areas, single pievi began to be constructed, and the local inhabitants in their parish would go to them to receive the same sacraments. Established as a spiritual and religious pilgrimage, the Cammino delle pievi allows one to learn about some of the important historical and cultural aspects of this region, and is also suitable for families. The average length of each stage is approximately 14 kilometres.

TECHNICAL INFORMATION:

Starting point:
Imponzo
Finish:
Imponzo

Total length of the trail: 260 km
Average length of each stage: 14 km
Number of stages: 20

FOR FURTHER INFORMATION:
www.camminodellepievi.it



PEDEMONTANA AND COLLIO CYCLE ROUTE

The Pedemontana and Collio cycle route (Ciclovía pedemontana e del Collio in Italian) connects Sacile to Gorizia along the imaginary line that delimits the range of the Alps in Friuli Venezia Giulia. The route offers wonderful landscapes and crosses towns and villages rich in art and ancient traditions: Sacile, which thanks to its Venetian atmosphere is called the "garden of the Serenissima"; Maniago, which since the fifteenth century is famous for the art of making knives; Gemona del Friuli, an ancient medieval village conserving precious architectural treasures in its historical centre; Cividale del Friuli, home of the first Longobard Duchy in Italy; and a UNESCO World Heritage Site since 2011;

Gorizia, called the "Austrian Nice" by the Habsburg bourgeoisie, which with its castle and numerous museums offers a mass of culture. The Ciclovía pedemontana e del Collio also passes through wine-producing areas where some of the excellent regional wines are produced, and which can be tasted and bought in the numerous cellars scattered throughout the area. The route, which runs predominantly along a dedicated cycle track or on secondary roads, has no particular technical difficulties. In addition, Gemona del Friuli intersects the Ciclovía Alpe Adria connecting Salzburg to Grado and thus allows other places in Friuli Venezia Giulia to be visited by bike.

TECHNICAL INFORMATION:

Starting point: Sacile
Finish: Gorizia

Total length of the trail: 180 km
Number of stages in Friuli Venezia Giulia: 4
Average length of each stage: 45 km

FOR FURTHER INFORMATION:
www.turismo.fvg.it
info@promoturismo.fvg.it



TRAIL OF FRIULIAN DOLOMITES

Of all the Dolomites included in 2009 in UNESCO's list of World Heritage Sites, those located in Friuli are the wildest and least crowded, and offer an ideal destination for all trekkers who love to experience any of the four mountains huts along the route (Giaf, Flaiban-Pacherini, Pordenone and Padova), which provide ideal bases in which to rest and enjoy the delicacies of this part of Friuli Venezia Giulia.

ing plenty of scope for more expert mountaineers to reach some summits. Since this is a circuit, there is no especial starting point, as it can be begun from any of the four mountains huts along the route (Giaf, Flaiban-Pacherini, Pordenone and Padova), which provide ideal bases in which to rest and enjoy the delicacies of this part of Friuli Venezia Giulia.

TECHNICAL INFORMATION:

Starting point:
Rifugio Giaf or Rifugio Flaiban Pacherini (for those arriving via Forni di Sopra)
Rifugio Pordenone (for those arriving from the Pordenone area)
Rifugio Padova (for those arriving via Pieve di Cadore)
Finish: the same as the starting point

Length of trail: 38 km
Number of stages: 4
Average length of each stage: 9,5 km

FOR FURTHER INFORMATION:
www.anelledolomitifriulane.com



CAMMINO DELLE PIEVI BY MTB

The Cammino delle Pievi in MTB is a variant of the same pilgrimage trail planned to be followed on an MTB. The route consists of 20 stages plus a shortcut and covers a total distance of about 300 km on mixed terrain (asphalted roads, dirt roads and paths) and with varying levels of difficulty classified according to CAI (Italian Alpine Club) criteria. The overall height difference of the whole itinerary is about 12,250 metres, with the lowest altitude at 288 metres a.s.l. and

the highest at 1,948 metres a.s.l. The Cammino delle Pievi in MTB offers the opportunity to experience an exciting ride through villages where time seems to have stopped and through the uncontaminated nature of Carnia. Given its division into stages, it can be followed in successive moments and the sections can be selected according to the level of training and personal technical skills.

INFO TECNICHE:

Starting point: Imponzo
Finish: Imponzo

Length of trail: 300 km
Number of stages: 20
Average length of each stage: 15 km

FOR FURTHER INFORMATION:
www.carnibike.it



LOWLAND AND NATISONE CYCLE ROUTE UDINE - CIVIDALE - KOBARID

In the section shown on this map, the Lowland and Natisone cycle route (Ciclovía della pianura e del Natisone in Italian) connects Udine to Kobarid (Slovenia) passing via Cividale. The itinerary can be done in a day by fit cyclists, but can also be divided into two parts, with a stop at Cividale del Friuli for a visit to the town. The landscape crossed by this splendid trail is rich in uncontaminated nature, and ideal for a relaxing break. The small towns along the route are full of culture and history: Cividale del Friuli is the home of the first Lon-

gobard Duchy in Italy and the starting point of the Longobard route. The town itself has been a Unesco World Heritage Site since 2011. Kobarid in Slovenia (known as Caporetto in Italian), is famous for the First World War battle and is now home to a major historical museum on the theme. The stretch from Udine to Cividale del Friuli presents no difficulty and is recommended for everyone. The stretch from Cividale del Friuli to Kobarid presents a rise in altitude of about 270 metres and is therefore recommended only for fit cyclists.

TECHNICAL INFORMATION:

Starting point: Udine
Finish: Koband (Slovenia)

Length of trail: 55 km
Number of stages: 1 o 2

FOR FURTHER INFORMATION:
www.turismo.fvg.it
info@promoturismo.fvg.it



POT MIRU — PATH OF PEACE

This history and nature trails runs along the border between Slovenia and Friuli Venezia Giulia and is ideal for all those who want to discover something of the numerous traces left by the Great War in these territories. From the heart of the Julian Alps at the feet of the mighty Mangart, it leads all the way to Trieste across fascinating, wild habitats, for much of the way following the course of the River Soča/Isònzo, which for over two and a half years marked the main front in the war between the Kingdom of Italy and the Austro-Hungarian Empire. Either on foot or by bike

(and in some places even by motorised transport), it is possible to discover numerous open-air museums, war cemeteries, monuments and fortifications illustrating the history of this twentieth-century war that changed the course of history. This unique trail makes it possible not only to follow the traces of our past, but also to appreciate the cultures, traditions and excellences in terms of food and wine of two different territories, formerly divided and today united by a desire to pass on and encourage the values of peace.

TECHNICAL INFORMATION:

2 parallel but interchangeable routes:
one along the Italian front and the other along the Austro-Hungarian front in Slovenia;

Length of trail along the Slovene front: 320,6 km
Number of stages: 13
Average length of each stage, Slovene front: 24 km

Starting point for both:
Log pod Mangantom (SLO)
Finish for both: Trieste (ITA)

Length of trail along the Italian front: 375,7 km
Number of stages: 15
Average length of each stage, Italian front: 25 km

FOR FURTHER INFORMATION:
www.potmiru.si



ALPE ADRIA CYCLE ROUTE

The Alpe Adria cycle route (Ciclovía Alpe Adria in Italian) starts in Salzburg, Austria, and reaches Grado, crossing the entire Friuli Venezia Giulia region. The route has been built in part on the former track of the historic Pontebbana railway line and therefore features a succession of bridges and tunnels once used by trains and which today contribute to make the Ciclovía Alpe Adria one of the most beautiful

and fascinating cycling routes in Europe. The Italian section of the itinerary runs largely on a dedicated cycle track or on secondary roads with little traffic, does not have significant slopes and does not require particular athletic skills or good training to be tackled. It can be followed in all or part of its length, thanks to the presence of dedicated intermodal services effected by train and bus.

TECHNICAL INFORMATION:

Starting point: Salzburg
Finish: Grado
Total length of the trail
Salzburg-Grado: 400 km

Length of the Tarvisio-Grado section: 180 km
Number of stages in Friuli Venezia Giulia: 3
Average length of each stage: 60 km
Intermodal public transport services along the route: bicycle + train, bicycle + bus

BICYCLE + BUS SERVICE

Saf - Autoservizi Fvg
Call centre: tel. 800935303 (from landline)
+39 0432 524406 (from mobile)
Opening times: Monday to Friday 8.30-12.30 / 14.30-17.30;
Saturday 8.30-12.30
www.saf.ud.it

BICYCLE + TRAIN SERVICE

Società Ferrovie Udine Cividale s.r.l.
www.ferrovieudinecividale.it
Stazione di Cividale: Tel. +39 0432 731032

Trenitalia Direzione Regionale Friuli Venezia Giulia
www.trenitalia.com

FOR FURTHER INFORMATION:
www.alpe-adria-radweg.com
"Ciclovía Alpe Adria" — Robert Schumann — Ediciclo editore € 14,50

RECOMMENDATIONS FOR WALKING SAFELY

Equipment and clothing. Telescopic trekking poles are useful, especially when going downhill, as they lessen the load on knee-joints and help maintain balance. It is also very important always to have a complete change of clothes with you, without forgetting something suitable for keeping out the rain and wind.

Footwear. It is important to wear footwear suitable for rough terrain, such as light walking boots with a sculpted sole able to grip in mud or wet grass.

Backpack. The backpack should be of the right size and packed for the activity that you are going to do. Its capacity is expressed in litres: a 20-30 litre backpack is ideal for day trips which may also

require the use of technical equipment. The most important requirement of a backpack is the quality of the backrest and the shoulder straps: they have the task of distributing most of the weight on the arch of the back and shoulders.

Trail information. Before leaving, it is very important to collect all the information you need to prevent any problems during your outing. It is therefore vital to check the weather forecasts and to ensure the selected paths are accessible. Also, be sure always to have a detailed map of the route showing details of the CAI (Italian Alpine Club) paths.

RECOMMENDATIONS FOR CYCLING SAFELY

- Always wear an approved helmet, reflective sports vest or straps and/or brightly-coloured clothes, especially at night, together with and any other protection as appropriate such as knee pads and gloves;
- Take a bicycle maintenance kit with you
- Keep lights always on and efficient, at both front and back;
- Ensure children are seated in appropriate approved seats;
- Remove sunglasses in tunnels;
- Indicate left/right turns or your intention to move to the centre of the road with your arms;
- Check brakes and wheels frequently;
- Comply with road traffic rules

Note well
Since the cycling routes on this map can be both paved and unpaved, or even gravel, the use of a trekking bike is recommended. Please note: some of the routes may be partly open to traffic, so be careful.

For further information on the routes or to receive the gpx tracks please contact info@promoturismo.fvg.it



HIKING CYCLING

FRIULI VENEZIA GIULIA



FRIULI VENEZIA GIULIA
www.turismo.fvg.it

FVG card
Your pass to discover Friuli Venezia Giulia



Trieste Infopoint
Via dell'Orologio, 1 (angolo Piazza Unità d'Italia)
I-34121 Trieste
Tel. +39 040 3478312 / Fax +39 040 3478320
info.trieste@promoturismo.fvg.it

Udine Infopoint
Piazza I° Maggio, 7 / I-33100 Udine
Tel. +39 0432 295972 / Fax +39 0432 504743
info.udine@promoturismo.fvg.it

Gorizia Infopoint
Corso Italia, 9 / I-34170 Gorizia
Tel. +39 0481 535764 / Fax +39 0481 539294
info.gorizia@promoturismo.fvg.it

Pordenone Infopoint
Palazzo Badini
Via Mazzini, 2 / I-33170 Pordenone
Tel. +39 0434 550381 / Fax +39 0434 241608
info.pordenone@promoturismo.fvg.it

Lignano Sabbiadoro Infopoint
Via Latisana, 42
I-33054 Lignano Sabbiadoro (UD)
Tel. +39 0431 71821 / Fax +39 0431 724756
info.lignano@promoturismo.fvg.it

Lignano Pineta Infopoint
Via dei Pini, 53 / I-33054 Lignano Pineta (UD)
Tel. +39 0431 422169 / Fax +39 0431 422166
info.lignano@promoturismo.fvg.it

Sistiana Infopoint
Sistiana 56/B / I-33011 Duino - Aurisina
Tel. +39 040 299166
info.sistiana@promoturismo.fvg.it

Palmanova Infopoint
Borgo Udine, 4 / I-33057 Palmanova (UD)
Tel. 0432 924815
info.palmanova@promoturismo.fvg.it

Grado Infopoint
Viale D. Alighieri, 66 / I-33073 Grado (GO)
Tel. +39 0431 877111 / Fax +39 0431 83509
info.grado@promoturismo.fvg.it

Arta Terme Infopoint
Via Umberto I°, 15 / I-33022 Arta Terme (UD)
Tel. 0433 929290 / Fax. 0433 92104
info.artaterme@promoturismo.fvg.it

Forni di Sopra Infopoint
Via Cadore, 1 / I-33024 Forni di Sopra (UD)
Tel. +39 0433 886767 / Fax +39 0433 886686
info.fornidisopra@promoturismo.fvg.it

Tolmezzo Infopoint
Via della Vittoria, 4 / I-33028 Tolmezzo (UD)
Tel. +39 0433 44898 / Fax +39 0433 467873
info.tolmezzo@promoturismo.fvg.it

Tarvisio Infopoint
Via Roma, 14 / I-33018 Tarvisio (UD)
Tel. +39 0428 2135 / Fax +39 0428 2972
info.tarvisio@promoturismo.fvg.it

Aquileia Infopoint
Via Italia Augusta (Parcheggio / Bus terminal)
I-33051 Aquileia (UD)
Tel. +39 0431 919491 / Fax +39 0431 919491
info.aquileia@promoturismo.fvg.it

Aeroporto FVG Infopoint
Via Aquileia, 46
I-33077 Ronchi dei Legionari (GO)
Tel. +39 0481 476079 / Fax +39 0481 776729
info.aeroporto.fvg@promoturismo.fvg.it



HIKING ROUTES

- 1** Alpe Adria Trail
Starting point: Kaiser Franz Josefs - Höhe (A)
Finish: Muggia
- 2** Traversata Carnica Trail
Starting point: Rifugio Lambertenghi-Romanin
Finish: Coccau
- 3** Trail of Friulan Dolomites
Starting point: Rifugio Giau or Rifugio Flaiban Pacherini (from Forni di Sopra)
Rifugio Pordenone (from the Pordenone area)
Rifugio Padova (from Pieve di Cadore)
Finish: the same as the starting point
- 4** Pot Miru - Path of Peace
2 parallel routes:
Starting point for both: Log pod Mangartom (SLO)
Finish for both: Trieste
- 5** Cammino Celeste
Starting point: Barbana Island - Grado
Finish: Monte Lussari
- 6** Cammino delle Pievi
Starting point: Imponzo
Finish: Imponzo



CYCLING ROUTES

- 7** Cammino delle Pievi by Mtb
Starting point: Imponzo
Finish: Imponzo
- 8** Alpe Adria cycle route
Starting point: Salzburg (A)
Finish: Grado
- 9** Adriabike cycle route
Starting point: Ravenna
Finish: Portorazzo (SLO)
- 10** Pedemonatana and Collio cycle route
Starting point: Sacile
Finish: Gorizia
- 11** Lowland and Natisone cycle route
Starting point: Udine - Cividale - Kobard
Starting point: Udine
Finish: Kobard (SLO)

Dotted line means overlapping of routes

